



THE RIPLEY CROSSING CHRONICLE

Rehab News

August 2025



Yardwork Safety Tips

Yardwork and gardening can be a very rewarding and pleasurable activity for all ages. Bending, stretching, and pulling weeds from standing or sitting is great physical exercise. However, it can often lead to back pain, sore muscles, joint aches, and injuries...especially for older adults.

Follow these simple strategies when lifting, reaching, or kneeling down to help decrease pain and prevent injuries:



LIFTING:

- Squat and bend your knees. Let your legs and rear end muscles do the lifting, not your back.
- Contract your abdominal muscles.
- Keep your feet wide apart rather than close together.
- Move close to objects you are working on.



REACHING:

- Work below shoulders when possible to avoid neck or shoulder strain.
- Use a ladder to stay at the level of your work.
- Take frequent breaks to stretch your muscles.
- Keep your feet firmly on the ground.
- Use both arms whenever possible.



KNEELING:

- Move close to your work so you are not stretching or straining your back to reach.
- Always face your work without twisting.
- Squat with your knees on the ground or at least one knee on the ground.
- Keep your back relatively straight.

Ripley Crossing
1200 Whitlatch Way
Milan, Indiana 47031
Phone: (812)-654-2231
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www.ripleycrossing.com

Trina Johnson, CDP
Administrator

Becky Robbins
Director of Nursing

Abby Moorehead
Assistant Director of
Nursing/Infection Prevention

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MDS Coordinator

Krystle Kaiser
Therapy Director

Timothy Sublett
Social Services

Tiffany Curry
Business Office Manager

Madelynn Roell
Admissions Coordinator/
Marketing

Robert Russell
Maintenance Supervisor

Valerie Bennett
Activity Director

Patti Weaver
Medical Records

Rhonda Maybrier
Dietary Manager

Tricia Doyle
Housekeeping/Laundry Supervisor

Rev. Harris Long
Facility Chaplain

-Upcoming Events-

6th @ 10:00 am, Music w/Don Stegimiller
11th @ 2:00 pm Karaoke w Jackie Lee
14th @ 10:00, Bingo Store
18th @ 10:15, Resident Council
27th @ 1:30, Music with Tom Taylor
Second Monday @ 6:00 pm, Harmony Group
First Thursday @ 1:30, Catholic Mass
Every Tuesday @ 3:00, Bible Study w/Tito
Every Thursday @ 1:30, Sing Along w/Louise
First Sunday @ 1:30, Moores Hill Baptist Church
Third Sunday @ 2:00, Milan First Baptist Church
Fourth Sunday @ 3:00, Fairview Baptist Church

*Check out our Calendars at
www.ripleycrossing.com
to see what we have to offer
on each wing!*

Come in and volunteer for one of our activities we offer!

-Team Building-

Ripley Crossing is a fabulous place to work. What makes this possible is the caring, committed team of co-workers. We would all like to extend our warmest welcome to our new team members! Joining the Nursing Department, Angel McRoberts Q.M.A, Abigail Schmidt, C.N.A, Amanada Peckham C.N.A, Brynn Negangard C.N.A, & Aubrey Neal C.N.A. Joining the Houskeeping Department, Brooklyn Gill. We would like to take this opportunity to thank each one of them for joining our team and sharing their time and talents, making our team even greater.

Pawsitive Days of August

The hot and sultry days of summer, known as the "dog days," stretch from July 3 to August 11. This period of time was named by the ancient Romans, who observed that the Dog Star, Sirius, was most visible in the night sky during this steamy season.

It makes perfect sense, then, that August 3–9 is Assistance Dog Week, a week honoring canines that help humans with disabilities. Guide, hearing, and medical-alert dogs are specially trained to accompany their owners anywhere and everywhere. "Detection dogs" sniff out everything from bedbugs to forest truffles to cancer.

In addition, August 5 is Work Like a Dog Day, a day for all those dogs who put in a hard day of work. Search-and-rescue, police, therapy, herding, hunting, tracking, guard, and sled dogs are not merely pets but are integral partners in working endeavors. For example, no other dog can compete with the bloodhound's sense of smell, which is so reliable that it's admissible as evidence in a courtroom. Bloodhounds can track a smell more than 300 hours old and trails more than 130 miles (209 km) long.

The Doberman pinscher was bred by a German tax collector named Karl Friedrich Louis Dobermann as a protective companion to assist him on his daily rounds. Not only is the Doberman a tough guard dog but also it's one of the smartest dog breeds in the world.

German shepherds are renowned Hollywood actors as well as police and therapy dogs. The breed's courage may be rivaled only by their charisma. When Rin Tin Tin debuted on the silver screen, he received more than 10,000 pieces of fan mail per week.

While we've all heard the saying "work like a dog," these industrious canines give the phrase new meaning.

Cents and Sensibility

It's one of those things you don't appreciate until it's not there—the Take a Penny/Leave a Penny Tray. What luck when the tray is there, brimming with shiny pennies so you don't have to pocket a handful of change. Do your part and keep those penny trays filled on August 8—Take a Penny, Leave a Penny Day.

There are many who deem the lowly penny a useless denomination of currency. In the United States, it costs 3.7¢ to make one penny. In 2012, Canada decided a penny wasn't even worth minting. Their lowest denomination of currency is now 5¢. Such a change in currency won't help the U.S., however, where it costs a whopping 13.8¢ to mint one nickel. Why does it cost so much to make these coins? It all depends on the price of copper, a component in coins. Even when the price of copper fell in 2014—saving the U.S. Mint \$29 million in overall production costs—it still lost money minting pennies and nickels. It seems that coins are becoming more of a financial burden than a practical currency in today's economy.

RIPLY CROSSING



September
13th, 2025
11am-2pm

Presents

1200 Whilatch Way
Milan, IN 47031



11th Annual Classic Cruise-In

**Live Music
Raffles**



**Live
Broadcast!**

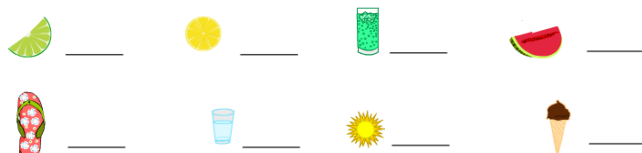
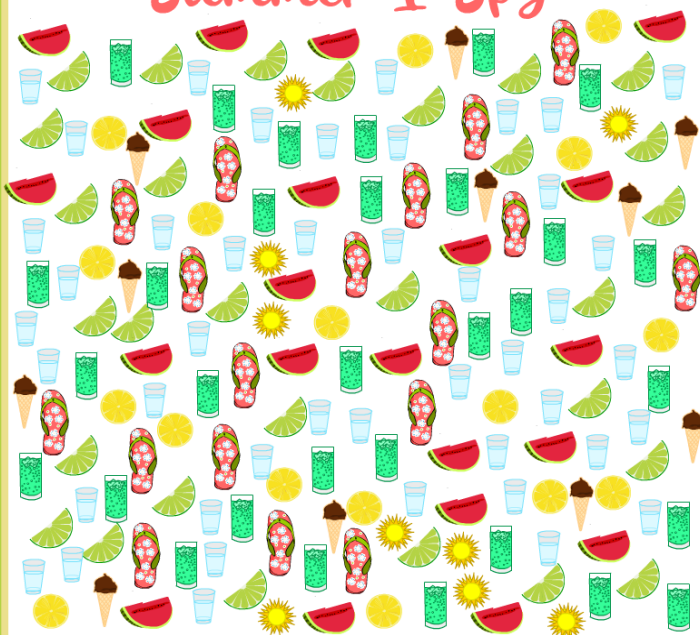
Trophies awarded for
1st, 2nd, & 3rd Place!
And Residents
Choice.

\$15 Chicken Dinner & \$20 Registration Fee, the day of the event.

We are Looking for Sponsors & Vendors.

ALL PROCEEDS GO TO THE ALZHEMER'S RESEARCH

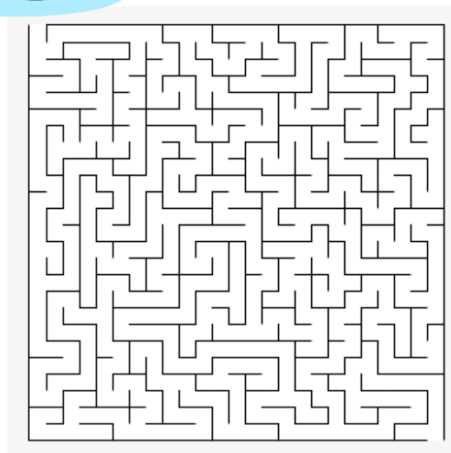
Summer I Spy



 www.MyPartyGames.com

Summer Maze

Help the hot-air balloon find its way
through the maze to reach the sky



 www.MyPartyGames.com

CELEBRATIONS AND MILESTONES

Resident Birthdays

Henrietta Lay	8/4
Phillis Thomas	8/14
Garnet Williams	8/14
Eugene Marsee	8/14
Keith Noah	8/17
Mary Jo Disney	8/17
Jerry Bolden	8/20
Mary Lou Powers	8/20

Employee Birthdays

Alexandra Womack	8/1
Abby Morehead	8/4
Jasmine Lutz	8/18
Jodee Withers	8/19
Kellie Doyle	8/20
Gay Morgan	8/23
Ashlynn Burns	8/24
Deborah Polly	8/24
Laura Linger	8/24
Rebecca Hughes	8/26
Paula Boyd	8/27

August Birthdays

In astrology, those born between August 1 and August 22 take on the lion star sign of Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They're also ambitious-reaching for the stars, working hard, and accomplishing their goals. Those born between August 23 and August 31 are Virgos, known for being industrious and efficient. They pay close attention to details and get the job done right on the first try.

Employee Anniversaries

Lynne Hutter	25 yrs
Rebecca Robbins	20 yrs
Jodee Withers	20 yrs
Melissa Walton	4 yrs
Shelby Williams	3 yrs
Jessica Riley	3 yrs
Stephanie Evans	3 yrs
Amelita Evans	2 yrs
Jessica Guerich	2 yrs
Hailey Richmond	2 yrs
Robert Russell	2 yrs
Rebecca Wahl	2 yrs
Morgan Duning	1 yr
Pamela Furnish	1 yr
Cynthia Widner	1 yr

Celebrity Birthdays

P.D. James (writer)	8-3-1920
Mata Hari (spy)	8-7-1876
Alfred Hitchcock (director)	8-13-1899
Julia Child (chef)	8-15-1912
Connie Chung (journalist)	8-20-1946

Cal Ripkin Jr. (ballplayer)	8-24-1960
Mother Teresa (nun)	8-26-1910
Ingrid Bergman (actress)	8-29-1915
Buddy Hackett (comedian)	8-31-1924

CLERGY

Our facility chaplain Rev. Harris Long is available to staff, residents, and families who may need his assistance. Please call 812-654-2231 to set up an appointment or for more information.

The Eucharist of Anointing of the sick is administered by the priest on the first and third Thursday of every month to all Catholic residents at Ripley Crossing. The prayers ask for God's healing physically, spiritually, and mentally. The sacrament offers a special grace to calm the spirit. The elderly and those with chronic pain and suffering, can and should be anointed often. This sacrament, sometimes referred to as the Last Rites or Extreme Unction, helps prepare a person for death, if and when God wills it.

*Activity Calendars are always available at the front desk for each wing. Please feel free to help yourself!

*We are always looking for new and exciting ways to highlight our residents and their families.

Check out our Family Feedback stories on www.ripleycrossing.com and let us know if you'd like your loved one added! Call Valerie Bennett @ 812-654-2231 or e-mail activities@ripleycrossing.com



Like us on Facebook & visit our website at www.ripleycrossing.com

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