

THE RIPLEY CROSSING CHRONICLE

December 2025

REHAB NEWS



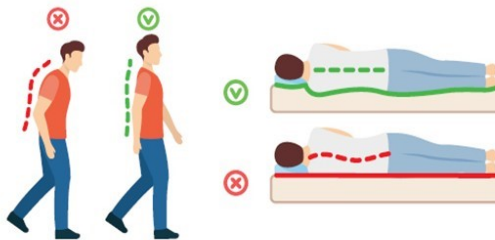
Poor Posture Takes a Toll on Overall Health

Everyone has heard the phrase "Stand Up Straight! Don't Slouch!" Behind those long forgotten words lies a very valuable and surprisingly simple message: Good posture is important because it helps your body function at top speed. It promotes movement efficiency and endurance and contributes to an overall feeling of well-being.

Our bodies change as we age. If you have poor posture, your bones are not properly aligned, and your muscles, joint and ligaments take more strain than nature intended. These natural changes make it especially important for older adults to maintain good posture, strength, flexibility and balance. Good posture can decrease your risk of falls!

Poor Posture Can Cause:

- Headaches & Fatigue
- Back, Neck & Shoulder Pain
- Breathing Problems



Tips for Maintaining Good Posture:

- ✓ Avoid staying in one position for long periods of time; inactivity causes muscle tension and weakness.
- ✓ Maintain a healthy weight; excess weight exerts a constant forward pull on the back muscles and weakens the abdomen.
- ✓ Sleep on a firm mattress and use a pillow under your head just big enough to maintain the normal cervical-neck-curve.
- ✓ Wear comfortable and well-supported shoes. Avoid high heeled or platform shoes, which distort the normal shape of the foot and throw the back's natural curves out of alignment.
- ✓ Walk with good posture; keep head erect with chin parallel to the ground, allow arms to swing naturally, and keep feet pointed in the direction you are going.

For more exercise and posture tips, talk with your doctor about physical and occupational therapy. Therapy can help correct your bad posture and help alleviate chronic pain. No matter what age you are, every BODY will feel the benefits of better posture.

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Madelynn Roell
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Patti Weaver
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Rhonda Maybrier
Dietary Manager

Tricia Doyle
Housekeeping/Laundry Supervisor

Rev. Harris Long
Facility Chaplain



1200 Whitlatch Way | Milan, IN 47031

812-654-2231 | www.ripleycrossing.com

-Upcoming Events-

11th @ 10:00, Bingo Store
17th @ 1:30, Music with Tom Taylor
22nd @ 2:00, Music with Ken Petro
22nd @ 10:15, Resident Council
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, Reese Cain C.N.A, Julia Dwenger C.N.A, Lacy Isaacs C.N.A, April Noppert C.N.A, Crystal Shuler L.P.N, & Carmela Young L.P.N. Joining the Housekeeping Department, McKenzie Bevis & Christine Lawhorn. We would also like to welcome Kaitlyn Ballew, Alaina Bennett & Khloe Peelman to the Activities Department. 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.

COLORING BOOK

Shades of Calm



Looking for that perfect gift for someone on your “nice” list? Consider a coloring book. Coloring books are no longer just for children. Adult coloring clubs meet up at bars after work. Executives gather employees in conference rooms for impromptu coloring sessions. Just look at Amazon’s Best Sellers list, which regularly features adult coloring books. Recent top titles lean toward cozy, bold, easy-to-color designs. While Johanna Basford’s intricate *Secret Garden* remains iconic and beloved, selling over 21 million copies worldwide, current bestsellers favor simpler, hygge-inspired pages.

Why are adults so drawn to coloring? Research continues to support coloring as a form of stress relief. It promotes mindfulness and flow, engaging the brain in a soothing, focused activity that quiets anxiety. Clinical psychologist Ben Michaelis explains that the amygdala, the part of our brain responsible for our fight-or-flight response, takes a rest while we focus on coloring. Dr. Michaelis is such a believer that he both prescribes coloring to his patients and uses it at home with his own family.

When Krampus Comes to Town

December 4 is Santa's List Day, but throughout December, children worldwide will be wondering whether old St. Nick has counted them as *naughty* or *nice*. Of course, most fall somewhere in the middle. But tell that to Krampus. In the alpine villages of Europe, December 5 is celebrated as *Krampusnacht*, or Krampus Night. It's the eve before Saint Nicholas Day, and—says cultural historian Stefanie A. Babb—it's the night when a creature called Krampus (half Bigfoot, half devil) searches for all the children who've been naughty.

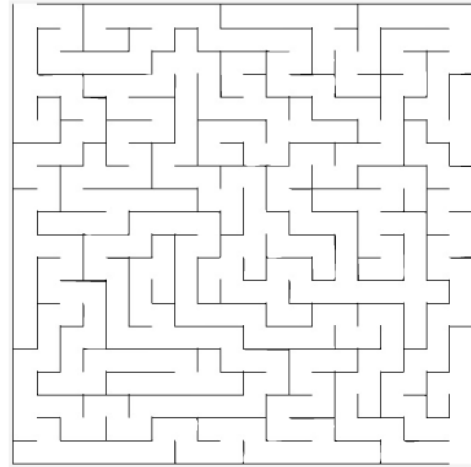
This long-haired beast is thought to be Santa's twin brother and helper. The clanking chains and bells around his waist announce his arrival. The punishment for the naughty depends upon the child's degree of naughtiness. Some children are given coal or bundles of birch. But the naughtiest are said to be thrown into a sack and carried away to the Krampus' lair, where they're eaten for dinner.

Modern-day *Krampusnacht* activities involve men and women donning elaborate goatskin costumes and exquisitely carved wooden masks. Photographer Alan Taylor has traveled throughout the Alps—from Italy to Austria and Germany—capturing groups of people parading the streets in their terrifying costumes while dragging chains and carrying flaming torches. It's a common sight for homes to be decorated year-round with bundles of the Krampus' birch, painted gold, to remind children to remain well-behaved. There's even a horror movie that tells the tale of this devil beast.

It's the "nice" children who enjoy the big payoff on December 6, Saint Nicholas Day. It's named for the fourth-century bishop of Myra, famed for his secret gift-giving. Lucky children awake to find gifts and sweets, breathing a sigh of relief that there's a whole year before Krampus returns.

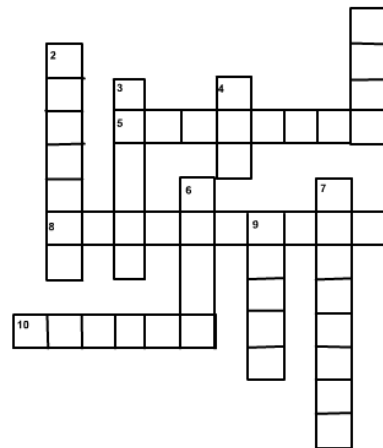


Christmas Maze



www.MyPartyGames.com

Christmas Crossword Puzzle



Down:

1. This is one of the most famous Tree toppers.
2. What was Brenda Lee doing around the Christmas Tree
3. Who said, "don't cry I'll be back someday"?
4. How many Horses pull the sleigh in Jingle Bells?
6. What color is the Grinch?
7. What direction did the star lead the 3 Kings?
9. What reindeer could be seen on Valentine's day?

Across:

5. What did Grandma get run over by?
8. What is the name of the most famous Christmas Ballet?
10. How many pipers piping did my true love give to me?



www.MyPartyGames.com

CELEBRATIONS AND MILESTONES

Resident Birthdays

| | |
|-----------------|-------|
| Bernetta Dobson | 12/4 |
| Charles Marsee | 12/6 |
| Hazel Cornet | 12/7 |
| Ramona Miller | 12/10 |
| Betty Morton | 12/21 |
| Lois Williamson | 12/22 |
| Carolyn Hankins | 12/26 |
| Martha Wolfe | 12/27 |

Employee Birthdays

| | |
|----------------------|-------|
| Angel McRoberts | 12/9 |
| Jennifer Haney-Dixon | 12/11 |
| Sarah Todd | 12/14 |
| Brenda Carter | 12/18 |
| Deborah Seaver | 12/18 |
| Kaitlyn Tingel | 12/23 |
| Aubrey Neal | 12/30 |
| Brittany Fullenkamp | 12/31 |

December Birthdays

In astrology, those born December 1 - 21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22 - 31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs, they make good multitaskers and politicians.

Employee Anniversaries

| | |
|---------------|-------|
| Jane Volz | 4 yrs |
| Janice Vaughn | 3 yrs |
| Janice Merida | 2 yrs |
| Kyla Curry | 1 yr |

Celebrity Birthdays

| | |
|-------------------------------|------------|
| Bette Midler (singer) | 12/1/1945 |
| Eli Wallach (actor) | 12/7/1915 |
| Rita Moreno (actress) | 12/11/1931 |
| J. Paul Getty (industrialist) | 12/15/1892 |
| Ray Romano (comic) | 12/21/1957 |
| Diane Sawyer (journalist) | 12/22/1945 |
| Howard Hughes (aviator) | 12/24/1905 |
| Maggie Smith (actress) | 12/28/1934 |
| Bo Diddley (musician) | 12/30/1928 |

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 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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