

THE RIPLEY CROSSING CHRONICLE



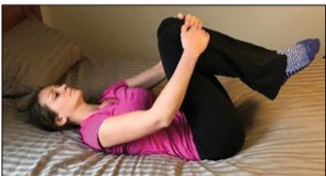
Daily Stretches for Better Health

Morning stretching is important for your body to help kick-start your energy levels and improve circulation. Stretching can help loosen tight muscles and improve your range of motion making it easier to move and perform daily activities like getting dressed and picking up objects from the floor.

Try these simple stretches you can do every morning in bed. If you have any concerns about stretching please consult with your health care provider. We recommend stretching at least 2 to 3 times per week.



Full-body Stretch: Inhale, reach your arms overhead & straighten your legs out. Hold for 5 counts, then exhale & release the stretch. Repeat 3 times.



Knees-to-Chest: Lay on your back, bend your knees and use your hands to draw one knee in toward your chest at a time, wrapping your arms around both shins. Hold for 10 deep breaths.



Seated Forward Bend: Begin by sitting up and keeping your legs straight. Inhale and lengthen through your spine; as you exhale, start to walk your fingertips toward your feet. When you get to your farthest point, let your neck hang heavy toward your legs, releasing any tension. Hold for 10 rounds of breathing.

If you are experiencing pain or having trouble moving around and performing daily activities, talk with your doctor about Physical and Occupational Therapy. Physical therapists can teach you how to exercise and stretch appropriately for joint mobility, muscle strength and fitness. Occupational therapists can help older adults to safely do the things they want to do, stay active and live well despite limitations.



1200 Whitlatch Way | Milan, IN 47031

812-654-2231 | www.ripleycrossing.com

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

Lynne Hutter
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-

7th @ 2:00 Music w/Ken Petro

10th @ 10:00, Bingo Store

16th @ 1:30, Music with Tom Taylor

21st @ 2:00 Music w/the Duke

21st @ 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

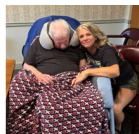
*Check out our Calendars at
www.ripleycrossing.com
to see what we have to offer
on each wing!*

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, Haley Fields R.N, Brittany Busch R.N, Crystal Meadors L.P.N, Krista Fleming L.P.N, Sadie Upton C.N.A, Lucie Nicholson C.N.A, Kailey Lohrum C.N.A, Madison Holbrook C.N.A, Amanda Ephraim C.N.A, and Taylor Alvarez C.N.A. Joining the Housekeeping & Laundry Department, Ernest Thompson, Savannah Thompson, and Dakota Huff. Joining the Dietary Department, Carrie Keith. 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.

Happy Fathers Day!!



Thank you to everyone who was
able to attend our Fathers Day
Brunch!

The Birth of a King

On July 18, 1953, a young man named Elvis Presley walked into the Sun Records studio in Memphis, Tennessee, to make his first record. The resulting acetate disc, with just two songs—"My Happiness" and "That's When Your Heartaches Begin"—was supposed to be a gift from Elvis to his mother. Rumor has it, though, that the Presleys did not even own a record player.

And besides, his mother's birthday had long passed.

Many speculate that the recording was an attempt by Elvis to get the attention of Sun Records owner Sam Phillips. Apparently, Elvis made an impression, because he was invited back to the studio a year later, on July 5, 1954. At first, the session was uninspiring. The band was about to give up when Elvis began fooling around, goofing off, and singing. That sound was exactly what Phillips was looking for, and the King of Rock 'n' Roll was born.

Camping

WORD SCRAMBLE PUZZLE

- 1 CAPBCKKA
- 2 SBOTO
- 3 MPCOSAS
- 4 RSALMOWLMHA
- 5 HMCAT
- 6 EPRO
- 7 TTNE
- 8 HCORT
- 9 INREFOB
- 10 YOTNCRUDIES
- 11 IRLTA
- 12 IEKH
- 13 VNATUREED
- 14 APNICGM
- 15 GAZIAGTRNS

 www.MyPartyGames.com

Camping Word Search Puzzle

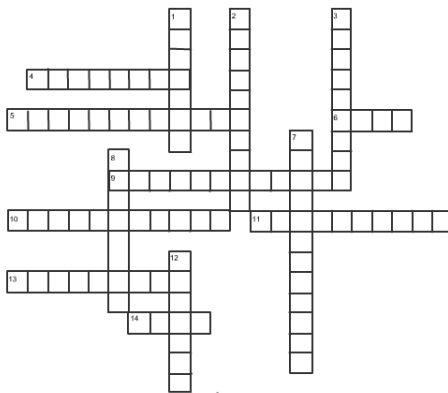


C J T N C R C T R A I L S J S A
H O I L O E R A W W T O R R R D
B L A P M A R S H M A L L O W V
A O S Q P H E O A A D R P P N E
C C O A A G O P R T G L H E S N
K O R T S Y E N O C D S I T T T
P S U H S G J I E H H Y K S A U
A T W N N H I D E Y T G E H R R
C E H A T U R Y B A H A E E G E
K N M E B R A T O R C H A B A E
E T T I T T Y E N U T Q R R Z I
S R M E A L S S F A I G I E I E
T V R I C A M P I N G W A L N I
Q K A F J R G I R D R E S S G F
I T J I W M E S E G E W S O H I

| | | |
|-------------|-------------|------------|
| BACKPACK | ROPE | TRAIL |
| BOOTS | TENT | HIKE |
| COMPASS | TORCH | ADVENTURE |
| MARSHMALLOW | BONFIRE | CAMPING |
| MATCH | COUNTRYSIDE | STARGAZING |

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Independence Day Crossword Puzzle



Down:

1. the state of being free within society
2. the group of people with the authority to govern a country or state; a particular ministry in office
3. a loss entailed by giving up something
7. law determining the fundamental principles of a government
8. a device containing gunpowder which causes spectacular effects and explosions used for display or in celebrations.
12. marked by active interest and enthusiasm

Across:

4. practices that are handed down from the past by tradition
5. a formal public statement
6. a piece of cloth used as the symbol or emblem of a country or institution
9. the fact or state of being independent.
10. the date on which an event occurred in some previous year
11. love of country and willingness to sacrifice for it
13. behave as expected during of holidays or rites
14. The seventh month of the year

 www.MyPartyGames.com



Father's Day Word Scramble Puzzle

- 1 TAFERH
- 2 ONILGV
- 3 TIRCCLPAA
- 4 VREBA
- 5 WNLEKGOABLEDE
- 6 EASILCP
- 7 AHOCC
- 8 IKDN
- 9 UPDOR
- 10 UNTTIRGS
- 11 UFYNN
- 12 UYSB
- 13 NE PTRA
- 14 IESW

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CELEBRATIONS AND MILESTONES

Resident Birthdays

| | |
|-----------------|------|
| Mabelyn Liberto | 7/1 |
| Paula Giltner | 7/2 |
| Pruda Setser | 7/2 |
| Edward Lewis | 7/3 |
| Darla Alford | 7/12 |
| Larry Beck | 7/23 |
| Susan Freeman | 7/25 |

Employee Birthdays

| | |
|--------------------|------|
| Haylei Little | 7/3 |
| Jessica Guerich | 7/6 |
| Keiara Shaw | 7/11 |
| Tammalee Kutz | 7/12 |
| Gracie Ahrens | 7/14 |
| Taylor Alvarez | 7/15 |
| Ciara Spurlock | 7/16 |
| Ernest Thompson | 7/17 |
| Christine Fraley | 7/17 |
| Michelle Bushelman | 7/22 |
| Shelana Thompson | 7/22 |
| Marilyn Struckman | 7/22 |
| Hannah Przybyla | 7/24 |
| Jessica Kirby | 7/26 |
| Lynne Hutter | 7/27 |
| Karen Hunter | 7/27 |
| Morgan Duning | 7/28 |
| Desiree Defalco | 7/30 |

July Birthdays

In astrology, those born July 1-22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Those born July 23-31 are the Lion star sign, Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious, reaching for the stars, working hard, and accomplishing their goals.

Employee Anniversaries

| | |
|-----------------|--------|
| Tiffany Curry | 24 yrs |
| Jill Campbell | 14 yrs |
| Hunter Liming | 7 yrs |
| Cathy Lozier | 6 yrs |
| Jasmine Lutz | 5 yrs |
| Desiree Defalco | 3 yrs |
| Joy Disney | 2 yrs |
| Rebecca Ollman | 1 yr |

Celebrity Birthdays

| | |
|-------------------------------|-----------|
| P.T. Barnum (circus showman) | 7/5/1810 |
| Nancy Reagan (first lady) | 7/6/1921 |
| Michelle Kwan (figure skater) | 7/7/1980 |
| Milton Berle (comedian) | 7/12/1908 |
| Harrison Ford (actor) | 7/13/1942 |
| Phyllis Diller (comedienne) | 7/17/1917 |
| Don Knotts (actor) | 7/21/1924 |
| Gracie Allen (comedienne) | 7/26/1895 |
| Paul Anka (singer) | 7/30/1941 |

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



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RIPLEY CROSSING BRINGS YOU THE NEWS

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