



THE RIPLEY CROSSING CHRONICLE

REHAB NEWS

JUNE 2025



Managing Painful Arthritis with Exercise

Approximately 350 million people worldwide have arthritis. Arthritis is a condition defined by painful inflammation and stiffness of the joints. Exercise may be the last thing on a person's mind when suffering from arthritis. But exercise is absolutely crucial. A person may think exercise will aggravate their joint pain and stiffness, but that's not the case. Lack of exercise can actually make your joints even more painful and stiff.

EXERCISE CAN...

- Strengthen Muscles Around Joints
- Help Maintain Bone Strength
- Give You More Energy
- Help Control Your Weight
- Enhance Your Quality of Life
- Improve Your Balance

Keeping muscles and surrounding tissue strong is crucial to maintaining support for your bones. Not exercising weakens those supporting muscles, creating more stress on your joints.

Exercise is considered the most effective non-drug treatment for reducing pain and improving movement in patients.

How Therapy Can Help You!

Exercise is extremely important in managing arthritis symptoms, but it may be hard to get started and maintain an exercise program. Overcoming the hurdles of pain, exhaustion, or boredom can be difficult, especially on your own. A physical or occupational therapist can help you to overcome these hurdles and gain success in maintaining your exercise routine.

Physical therapists evaluate your needs and teach you how to exercise appropriately for joint mobility, muscle strength and fitness. Physical therapists can also recommend exercises for you to do on your own. These exercises might include; range-of-motion exercises, aerobic exercise and strength training. Occupational therapists help by teaching you how to protect and reduce stress on your joints while exercising and performing daily tasks. **Talk with your doctor about the benefits of both physical and occupational therapy for your arthritis needs!**

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 Therapy Director

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 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-

11th @ 1:30, Music with Tom Taylor

14th @ 10:00 Fathers Day Brunch

19th @ 10:00, Bingo Store

23rd @ 2:00 Music w/Ken Petro

23rd @ 10:15, Resident Council

Second Monday @ 6:00 pm, Harmony Group

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 Housekeeping Department Matthew Scruggs and Sevannah Thompson. 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.

Wellness Wins for Men

Is it the doughnuts? The BBQ? The beer? When it comes to the proverbial battle of the sexes, women are winning in the health arena. Unfortunately, many men put their health last. But June is Men's Health Month—a time to cast aside being macho and embrace the advice medical science has to offer.

Lucky for men, the top threats to their health aren't secret. The leading threat to men's health is cardiovascular disease—the hardening of arteries that often leads to strokes or heart attacks. To combat this deadly disease, commonsense medical advice applies: exercise at least 30 minutes a day, eat more fruits and vegetables, get your cholesterol checked, and stop smoking. Quitting smoking will also reduce the chance of lung cancer, another leading threat to men.

Another cancer that affects many men as they age is prostate cancer. Luckily, most prostate cancers are slow-growing and unlikely to spread... if caught early. Perhaps one of the most important decisions a man can make is to regularly visit a doctor for checkups. Amazingly, women are 100 percent more likely to visit a doctor for an annual checkup than men. Visiting a doctor is truly the first, and easiest, step in improving a man's health.

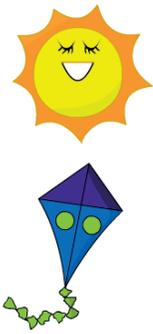
Throughout the month of June, people will be wearing blue in support of men's health issues.

For you men out there, June may be just the time to try a new hobby or exercise, such as yoga, weightlifting, tai chi, golf, fishing, gardening, or woodworking. Even a daily walk can bring innumerable benefits to both mind and body.

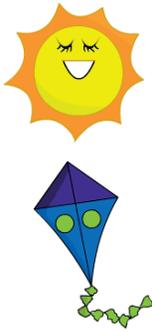
And men don't just ignore physical ailments; they often ignore mental or psychological ailments, too. Activities that exercise the body also reduce stress and provide a social outlet. June 15th is Father's Day, but it may also be a great day to schedule a doctor's appointment.



Summer Word Search Puzzle



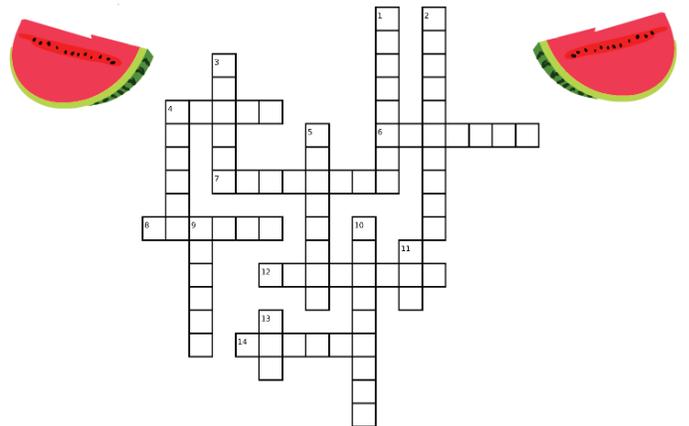
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 G X U R B G O C E A N N Y O M



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|-----------------------|-----------------------|
| 1. BACKPACKING | 10. RELAX |
| 2. BASEBALL | 11. SUN |
| 3. BOATING | 12. HEAT |
| 4. BIKINI | 13. HOT |
| 5. CAMPING | 14. SANDALS |
| 6. FLOWERS | 15. SWIM |
| 7. ICE CREAM | 16. TRAVEL |
| 8. OCEAN | 17. VACATION |
| 9. PICNIC | 18. WATERMELON |



Summer Crossword Puzzle



Across:

- A pebbly or sandy shore especially by the sea
- The activity of spending a holiday living in a tent.
- Beverage made of lemon
- An occasion when a packed meal is eaten outdoors, especially during an outing to the countryside
- take a holiday
- The warmest season of the year

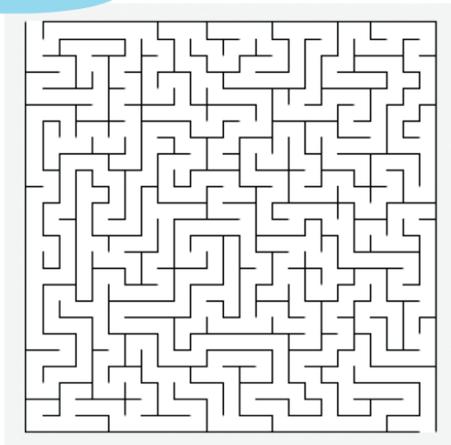
Down:

- Food cooked out of the door on a grill
- A big red and green fruit
- Go from one place to another, typically over a distance of some length
- A two-piece swimming costume for women
- We put _____ on our skin to prevent sunburn.
- Let's build a _____ with sand.
- From caterpillar to _____
- In summer the weather is _____
- Let's have some fun in the _____



Summer Maze

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



Summer Word Scramble Puzzle

- NCBCAIGKKPA
- ALAELSBB
- ABIOGNT
- NIBIK
- MNIAGPC
- LOREFSW
- EIC RAMEC
- CANEO
- IICCPN
- LRXAE
- USN
- ETAH
- OTH
- AADSLSN
- MISW
- ELVART
- CIONTAAV
- TERMWAONEL



CELEBRATIONS AND MILESTONES

Resident Birthdays

Barbara Gaebe 6/3
 Sue Turut 6/3
 Charles Wilburn 6/5
 Donald Cottingham 6/7
 Evelyn Clark 6/10
 Harry Patton 6/16
 Barbara Davis 6/19
 Connie Hudson 6/23
 Doris Spencer 6/27
 Antoinette Andres 6/29

Employee Birthdays

Tammy Crist 6/4
 Debbie Calvert 6/6
 Shantel Manis 6/7
 Madelynn Roell 6/8
 Cristy Curry 6/10
 Payton Bennett 6/15
 Rachel Henson 6/17
 Zoey Bowling 6/19
 Kyla Curry 6/19
 Cita Moll 6/19
 Faith Pindell 6/22
 Stephanie Evans 6/22
 Jacqueline Johnson 6/22
 Cheryl Agapie 6/23

June Birthdays

In astrology, those born between June 1-21 are Gemini's Twins. Geminis love conversation, and they're good at it too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party. If you were born between June 22-30, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions.

Employee Anniversaries

Samantha Meyers 15 yrs
 Ashely Rodgers 11 yrs
 Jessica Doyle 6 yrs
 Ashley Hall 6 yrs
 Jennifer Haney-Dixon 5 yrs
 Hannah Hutter 5 yrs
 Diana King 5 yrs
 Alexandra Womack 4 yrs
 Brynlee Gilbert 2 yrs
 Amy Faber 1 yr
 Markiesha Lillard 1 yr
 Justina Sims 1 yr

Celebrity Birthdays

Andy Griffith (actor)	6-1-26	Dean Martin (singer, actor)	6-7-17	Burl Ives (singer)	6-14-09
Morgan Freeman (actor)	6-1-37	Joan Rivers (comedian)	6-8-33	Meryl Streep (actress)	6-22-49
Curtis Mayfield (singer)	6-3-42	Gene Wilder (director)	6-11-33	June Carter Cash (singer)	6-23-29
				Mel Brooks (actor)	6-28-26

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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Ripley Crossing
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PLACE
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