



THE RIPLEY CROSSING CHRONICLE

November, 2025

REHAB NEWS



Therapy's Role in Bone Health

According to the National Osteoporosis Foundation, one in two women and one in four men age 50 and older will suffer an osteoporosis-related fracture. Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to weak and brittle bones. Breaking a bone is serious, especially when you're older and broken bones can cause severe pain.

How Can Therapy Help?

Physical therapy can help manage and prevent osteoporosis as well as reduce falls and injuries for those diagnosed with the disease. Based on a thorough assessment of your posture, balance, strength and flexibility, a physical therapist will work one-on-one with you to target your specific areas of weakness. Also, an occupational therapist will work with you to evaluate your lifestyle, home environment and activities of daily living to ensure you can safely do all the things that you want and need to do. Talk to your doctor about your fall risk and ask if physical or occupational therapy could help. Be sure to have your doctor or pharmacist to review your prescriptions regularly.

Therapy Goals for Preventing & Treating Osteoporosis:

- ▶ Maintain or Increase Bone Mass Density Using Exercise
- ▶ Improve Muscle Strength, Balance, Posture, and Cardiovascular Fitness
- ▶ Improve Psychological Well-being
- ▶ Prevent Fractures
- ▶ Reduce Falls
- ▶ Provide Education

For more information, please contact the therapy department.

References: National Osteoporosis Foundation

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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, Veterans Program
13th @ 10:00, Bingo Store
17th @ 2:00, Music with Ken Petro
17th @ 6:00, Music by Kenzie
17th @ 10:15, Resident Council
19th @ 1:30, Music with Tom Taylor
20th Ripley Crossing Thanksgiving Luncheon
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, Tamra Jutzi R.N, Sheila Armbruster L.P.N, Edith Hatcher C.N.A, & Stephanie Carroll C.N.A. We would also like to welcome Cynthia Willoughby & Sarah Todd 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.

Love the Skin You're In

As the weather turns dry and cold, those at the American Academy of Dermatology start to worry about the season's harsh effects on our skin. To encourage us all to take healthy precautions, the academy has dubbed November Healthy Skin Month.

Protecting our skin is no small task. The skin, after all, is the body's largest organ. The average adult wears about 20 square feet worth of it! It keeps us waterproof and shields us from germs. It acts as an air conditioner when we're hot and a blanket when we're cold. It makes vitamin D, which allows our bodies to absorb calcium and strengthen our bones. One square inch of skin contains more than 70 feet of nerve fibers, making our sense of touch one of our most important senses for interacting with and understanding the world around us. With so many important jobs to do, it's no wonder keeping our skin healthy is a top priority.

The Mayo Clinic offers five easy tips for keeping skin in tip-top shape:

- 1. Protect yourself from the sun.** Use sunscreen, wear protective clothes, and seek shade when the sun's rays are strongest, between 10 a.m. and 2 p.m. (Vitamins A and B3 can help counteract sun exposure.)
- 2. Don't smoke.** Smoking decreases blood flow in the skin, depleting it of oxygen and other nutrients. Smoking also damages the fibers that keep skin strong and ward off wrinkles.
- 3. Be gentle.** Shave in the direction your hair grows, not against it. Use gentle cleansers, avoid hot water (which can remove essential oils), and apply a moisturizer with sunscreen.
- 4. Eat well.** A diet full of fruits, vegetables, whole grains, lean proteins, and vitamin C improves not just your skin but overall health.
- 5. Manage stress.** Avoid breakouts by not overwhelming yourself and exercising regularly.

Talkin' Turkey (and chicken)

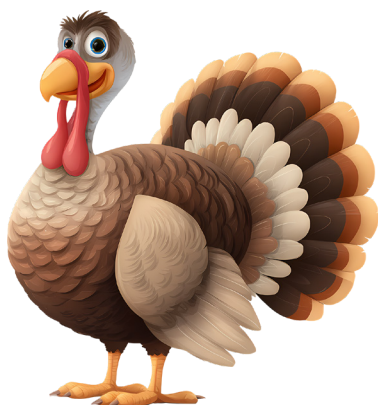
When it comes to barnyard birds, turkeys and chickens rule the roost, but not in the same way. November might be the turkey's time to shine (or roast), but chickens hold their own all year long.

Let's start with turkeys. Wild ones can fly—surprisingly fast and far, actually—and they sleep in trees. They're also pretty clever at dodging predators and, yes, humans.

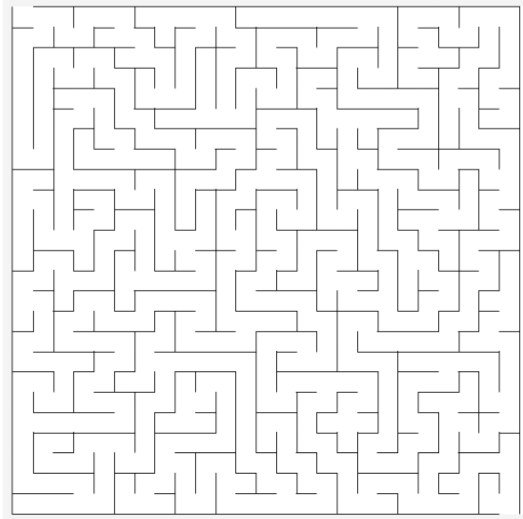
Domesticated turkeys, on the other hand, aren't quite so nimble. Their flashy fans and “gobble gobble” calls are iconic this time of year, but only the males gobble; females stick to more modest clucks and chirps.

Chickens, meanwhile, are the overachievers of the coop. They come in all sorts of breeds, from poofy-headed Polish chickens to speckled Sussex. They each lay about 250–300 eggs a year, which is pretty impressive considering they're also known to chase bugs, peck your shoelaces, and form complicated social hierarchies.

In fact, chickens have become so popular that many people now keep them in their backyards. Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don't need a full farm—just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama.



HELP THE PILGRIMS FIND THE TURKEY



 www.MyPartyGames.com



Thanksgiving Word Scramble

- 1 miunppk
- 2 unamut
- 3 keap
- 4 ivenat
- 5 bdear
- 6 scanor
- 7 ctteeablr
- 8 rnco
- 9 abrcerdon
- 10 lsnebsigs
- 11 tea
- 12 la lf
- 13 iyamlf
- 14 stape
- 15 lebobj
- 16 attgudei
- 17 shveatr
- 18 sesolerac
- 19 iep
- 20 imsglrip
- 21 sbeeranrcrri
- 22 kshivingagnt
- 23 eykurt
- 24 tesbelwage

 www.MyPartyGames.com

CELEBRATIONS AND MILESTONES

Resident Birthdays

Vandora Stuard	11/2
Bonita Cochran	11/2
Beverly Rodgers	11/9
Russel McCann	11/9
Diane Brown	11/13
Lois Craft	11/14
Patricia Ludeker	11/17

Employee Birthdays

Patricia Ball	11/12
Brianna Hoppes	11/12
Kelsey Patterson	11/12
Samantha Myers	11/13
Brynlee Gilbert	11/15
Janice Vaughn	11/22

November Birthdays

If you were born between November 1 - 21, your astrological sign is Scorpio. Scorpios are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to success. Those born between November 22 - 30 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitudes, great sense of humor, and kind hearts make them excellent friends. But get ready for an earful - Archers often also speak their minds.

Employee Anniversaries

Valerie Bennett	13 yrs
Marilyn Struckman	13 yrs
Karen Hunter	12 yrs
Michelle Bushelman	8 yrs
Mikayla Murray	7 yrs
Ruth Meyer	6 yrs
Callista Lochard	5 yrs
Christine Fraley	3 yrs
Brandy Haller	3 yrs
Tresa Hudepohl	3 yrs
Deborah Polly	3 yrs
Rebecca Thomas	3 yrs
Claire Heil	2 yrs
Gracie Ahrens	2 yrs
Debbie Calvert	1 yr

Celebrity Birthdays

Sally Fields (actress)	11/2/1946
Carl Sagan (astronomer)	11/9/1934
Grace Kelly (actress, princess)	11/12/1929
Margaret Atwood (writer)	11/18/1939
Ahmad Rashad (sportscaster)	11/19/1949
Andrew Carnegie (banker)	11/25/1835
Tina Turner (singer)	11/26/1939
Samuel Clemens (Mark Twain)	11/30/1835

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



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RIPLEY CROSSING BRINGS YOU THE NEWS

Ripley Crossing
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