



RIPLEY CROSSING



The New Direction In Senior Living



THE RIPLEY CROSSING CHRONICLE

October, 2025

REHAB NEWS



Fall Prevention Safety Tips

Have you recently experienced a fall? If so, you are not alone. Each year, one in three adults 65+ experience a fall that requires medical attention. Falls can lead to hip fractures and other serious injuries. Falls are not a normal part of aging and most falls can be prevented.

Outdoor Hazards & Safety

- ▶ Use a walker or cane for added stability.
- ▶ Wear warm boots with rubber soles for added traction.
- ▶ If sidewalks look slippery, walk on the grass for better traction.
- ▶ Carry a small bag of rock salt or kosher salt and sprinkle on slick surfaces.
- ▶ Beware of highly polished marble or tile floor surfaces in public buildings. Stay on carpet runners whenever possible.
- ▶ Allow for extra commute time to ensure safe travel.

Home Safety Tips

- ▶ Keep all rooms free from clutter, especially on the floors.
- ▶ Wear supportive, low-heeled shoes even at home.
- ▶ Remove rugs or use double-sided tape to secure rugs so they won't slip.
- ▶ Put a non-slip rubber mat or self-stick strips on the floor of the shower or tub.
- ▶ Install easy-to-reach grab bars in the bathroom.
- ▶ Use a shower chair or transfer bench.
- ▶ Place a lamp close to the bed where it's easy to reach.

How Can Physical & Occupational Therapy Help?

Maintaining proper balance and sense of body position is critical to preventing falls. A physical therapist can help you prevent falls by designing an individualized program of exercises and activities with an emphasis on strength, flexibility, and proper gait. Occupational therapists can review your home environment for hazards and assess any individual limitations. By identifying these factors that contribute to falls, the occupational therapist can recommend strategies to safely perform daily tasks, modify the home environment, and change activity patterns and behaviors.

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.



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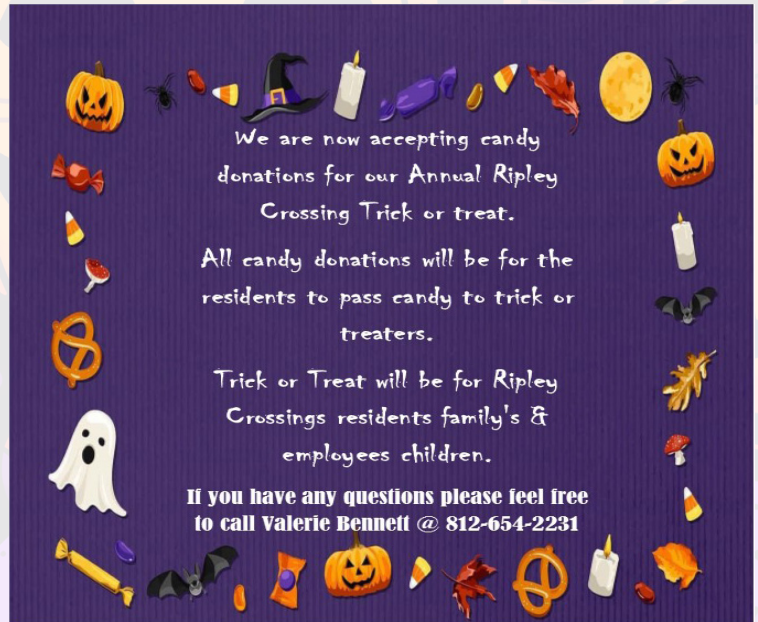
-Upcoming Events-

9th @ 10:00, Bingo Store
 20th @ 2:00, Music with Ken Petro
 22nd @ 1:30, Music with Tom Taylor
 22nd @ 10:15, Resident Council
 29th @ 2:00, Music with Todd Stacy
 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!



The Quiet Crusader

On October 21, 1854, Florence Nightingale and her staff of trained female volunteer nurses set out for Crimea near Ukraine's Black Sea. Reports had reached Britain of injured soldiers still fighting in the Crimean War. When Nightingale arrived, she discovered medicine was scant, infections were rampant, and food was in short supply. The hospital itself was overcrowded, poorly ventilated, and backed up with sewage, so Nightingale pleaded for government help in an article written to Britain's leading newspaper, *The Times*. The response was overwhelming. The government would build a new hospital in Britain that could be transported to and reconstructed in Crimea. Six months after Nightingale's arrival, the British Sanitary Commission ventured to Crimea to fix the hospital's most pressing problems. Surgeon and biographer Stephen Paget believes Nightingale's actions were responsible for reducing the hospital death rate from 42% to 2%.

Florence Nightingale's persuasive tactics to improve hospital hygiene with the government's help are only part of her legacy. During the Crimean War she earned the nickname "The Lady with the Lamp."



"After the medical officers had left each night, Nightingale would visit all the wounded soldiers, one by one, with a lamp in her hands. This type of round-the-clock care, coupled with her insistence on sanitation, helped revolutionize modern nursing. She returned to Britain a heroine and promptly organized the Nightingale Fund to pay for the improvement of Britain's hospitals and the Nightingale Training School to become the first professional school for nurses. That legacy has endured through the ages. Indeed, the Florence Nightingale Museum in Britain hails its namesake as the most influential woman to have lived in Victorian Britain, Queen Victoria excepted.



HALLOWEEN WORD SEARCH

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

GRAVEYARD
FRANKENSTEIN
HAUNTED
PARTY
MUMMY
MONSTER
VAMPIRE
WAREWOLF
WITCH
SCREAM
COFFIN
CANDY
SKELETON
MOON
CAULDRON

NIGHTMARE
TRICK
TREAT
WEB
PHANTOM
CEMETERY
TOMB
TOMBSTONE
DARK
DEVIL



From Holy Cows to Home Runs

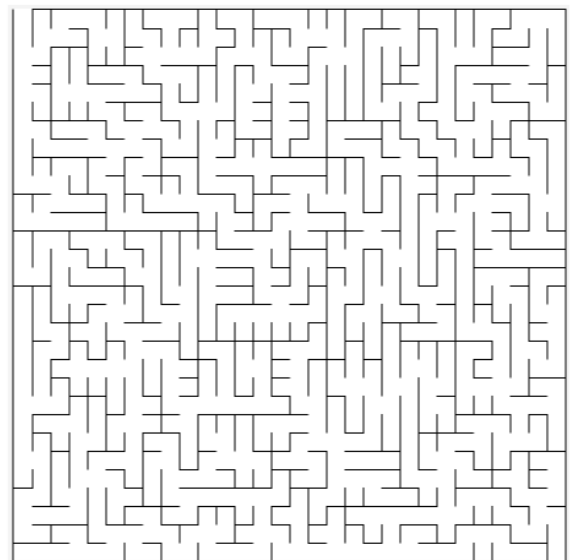
Holy cow, October 13 is Silly Sayings Day. While this saying's origins are a little obscure, many believe it was an expression used by baseball players in the early 1900s to tamely express disgust while avoiding the ire of umpires. It most likely references the cows held sacred by Hindus.

Perhaps silly sayings and baseball have a special link, for one of the silliest sayers of all was former New York Yankee Yogi Berra. He said of his sport, "Baseball is 90% mental and the other half is physical." When giving directions to his home, he once explained, "When you come to a fork in the road, take it." When he saw Mickey Mantle and Roger Maris repeat their feat of hitting back-to-back home runs, he exclaimed, "It's déjà vu all over again."

When it comes to silly sayings, Mark Twain may offer the best advice: "It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt."



HALLOWEEN MAZE



CELEBRATIONS AND MILESTONES

Resident Birthdays

Robert Schroeder	10/1
Marcel McCann	10/9
Judy Stein	10/13
Carol Cook	10/13
Jerry Redding	10/16
Dolores Pulskamp	10/20
Laverne Fletcher	10/20
Thomas McCann	10/24
Betty Draper	10/24
Constance Powell	10/27

Employee Birthdays

Lois Sallee	10/2
Diana King	10/5
Tara LaFollette	10/6
Katelyn Cutter	10/9
Tiffany Curry	10/9
Kaitlyn Cheek	10/12
Kimberly Fleming	10/12
Sadie Upton	10/14
Jill Campbell	10/19
Kelsey Carroll	10/20
Melissa Walton	10/23
Trina Johnson	10/25

October Birthdays

In astrology, those born between October 1-22 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players-tactful and polite at soothing those embroiled in an argument. If you're born between October 23-31, you are a Scorpio. Scorpions are powerful investigators who stay abreast of all the comings and goings of their peers, take control, and lead the way to success.

Employee Anniversaries

Trina Johnson	40 yrs
Patricia Weaver	35 yrs
Julie Campos	27 yrs
Brenda Carter	12 yrs
Vera Fugate	12 yrs
Jenna Ison	10 yrs
Katelyn Ryker	8 yrs
Brittany Fullenkamp	5 yrs
Alexis Bennett	4 yrs
Payton Bennett	3 yrs
Kelsey Carroll	3 yrs
Tara LaFollette	3 yrs
Madelynn Roell	3 yrs
Shelana Thompson	2 yrs
Rebecca Hughes	2 yrs
Teresa Adams	2 yrs
Amanda George	1 yr
Sheri Hartmann	1 yr
Shantel Manis	1 yr
Kelsey Patterson	1 yr

Celebrity Birthdays

Groucho Marx (comedian)	10/2/1890	Rebecca Thomas	10/25
Margaret Thatcher (PM)	10/13/1925	Pamela Furnish	10/26
Roger Moore (actor)	10/14/1927	Samuel Spurlock	10/29
Evel Knievel (daredevil)	10/17/1938	Rebecca Robbins	10/24
Jennifer Holliday (performer)	10/19/1960	Kaitlyn Barton	10/30
Joyce Brothers (doctor)	10/20/1927		

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

Celebrity Birthdays cont.

Mickey Mantle (ballplayer)	10/20/1931
Annette Funicello (performer)	10/22/1942
Jonas Salk (scientist)	10/28/1914

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RIPLEY CROSSING BRINGS YOU THE NEWS

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1200 Whitlatch Way
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