

THE RIPLEY CROSSING CHRONICLE



Rehab News September, 2025

Keep Moving for Better Health

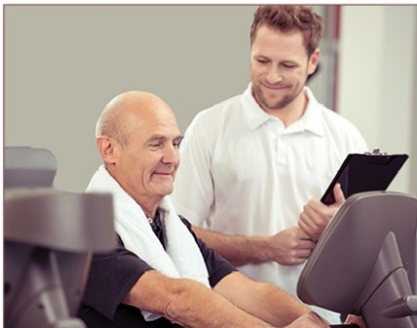
As we get older, society tells us to take it easy and rest. However, research shows that this whole "sitting around all day" can actually do us more harm than good. According to the CDC, statistics show that 75% of older adults are sedentary.

Having an inactive lifestyle can be very harmful to your health. Sitting for long hours a day can decrease your bone density and heighten your risk for a heart attack or stroke. Physical activity is an important part of healthy aging.

Ask yourself these questions...

- Do You Ever Feel Tired?
- Do You Have Unexplained Aches and Pains?
- Are You Afraid That You Might Fall or Injure Yourself?

If you answered "yes", you may want to consider adding a little exercise to your life. This doesn't mean you need to go out and join a gym, many things can count as exercise like walking, gardening, cleaning, swimming, and dancing. At all ages, some physical activity is better than doing none.



THERAPY CAN HELP ADULTS STAY ACTIVE & INDEPENDENT

Physical therapists can teach you how to exercise appropriately for joint mobility, muscle strength and fitness. Occupational therapists help older adults to safely do the things they want to do, stay active and live well despite limitations. Talk to your doctor today about the benefits of physical and occupational therapy!

Ripley Crossing
1200 Whitlatch Way
Milan, Indiana 47031
Phone: (812)-654-2231
Fax: (812)-654-2240
www.ripleycrossing.com

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Timothy Sublett
Social Services

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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-

10th @ 1:30, Music with Tom Taylor

11th @ 10:00, Bingo Store

13th @ 11 am - 2 pm, 11th Annual Cruise-In

22nd @ 10:15, Resident Council

22nd @ 2:00, Music with Ken Petro

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!



Fibbing for Fame

It's no lie; in New Harmony, Indiana, the third Saturday in September brings the Big Whopper Liar's Contest. These aren't little white lies but long, well-wrought yarns expertly crafted to bring tears of laughter to audience members' eyes. There was one story about a woman who discovered that her grandma's trick for the perfect piecrust involved pressing her false teeth into the dough. Then there's the hunting tale of the boy who had his great-granddad's rifle full of enough shot to take down a rattlesnake, a charging wild boar, an 11-point buck, and 13 turkeys sitting on a tree limb. The grand prize won't make you rich, but it may make you famous... at least in New Harmony.

Point Taken

Grammarians rejoice! September 24 is Punctuation Day. If punctuation makes you feel as excited as an exclamation point, then get ready to express your enthusiasm over some rarely used punctuation marks, so obscure that they don't even appear on keyboards.



The *interrobang* looks like a question mark with an exclamation point cut through its heart, and it means "?!". The *exclamation comma* and *question comma* are versions of these marks with a comma below instead of a dot. Why? Because sometimes you want to express excitement or ask a question in the middle of a sentence, not at the end. Three dots forming an upside-down triangle are known as the *because sign*. An *irony mark* looks like a backward question mark and means that the sentence should be read with irony.. this sentence not included, of course.

RIPLEY CROSSING



PRESENTS our
11TH Annual

Classic Cruise - In for Alzheimer's

REGISTRATION ON DAY OF CRUISE-IN.
\$20 donation accepted at registration.

SEPTEMBER, 13 2025
11AM - 2 PM

Printed By:
MPS
My Party Games

1200 Whitlatch Way
Milan, IN 47031
812-654-2231

Trophies Will Be Awarded!
Live Music!
Many Vendors & Raffles!

THANKS TO OUR SPONSORS

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Milan Lions Club

LIVE
BROADCAST
from



CHICKEN DINNER!



\$15 Donation



*All Proceeds go to
Alzheimer's for research.*

Camping Word Scramble Puzzle Answer Key

1 CAPBCKKA	BACKPACK
2 SBOTO	BOOTS
3 MPCOSAS	COMPASS
4 RSALMOWLMHA	MARSHMALLOW
5 HMCAT	MATCH
6 EPRO	ROPE
7 TTNE	TENT
8 HCORT	TORCH
9 INREFOB	BONFIRE
10 YOTNCRUDIES	COUNTRYSIDE
11 IRLTA	TRAIL
12 IEKH	HIKE
13 VNATUREED	ADVENTURE
14 APNICGM	CAMPING
15 GAZIAGTRNS	STARGAZING

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 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

CELEBRATIONS AND MILESTONES

Resident Birthdays

Carolyn Couch	9/2
Kenneth Cole	9/6
Pamela Merrill	9/7
Dianna Tunny	9/8
Alfred Mathes	9/10
Linda Vincent	9/12
Verena Fette	9/16
Udina Hurrell	9/20
Marry Farrow	9/25
Geraldine Fletcher	9/30
Gerald Gaebe	9/30

Employee Birthdays

Timothy Sublett	9/2
Shelby Williams	9/7
Joshua Caylor	9/8
Tricia Doyle	9/8
Rachel Negangard	9/9
Julie Campos	9/11
Ruth Meyer	9/11
Katelyn Ryker	9/12
Dakota Huff	9/16
Jena Ison	9/20
Ellana Jutzi	9/22
Madison Holbrook	9/24
Cherokee Goddard	9/24
Brandi Carroll	9/24
Valerie Bennett	9/25
Susan Johnson	9/29

September Birthdays

In astrology, those born between the 1st and 22nd of September are Virginal Virgos. Virgos are industrious, efficient, and pay close attention to details, which is why they tend to get the job done right on the first try. Those born between September 23rd and 30th balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players who are tactful and polite at soothing those embroiled in argument.

Employee Anniversaries

Teresa Eshelman	10 yrs
Mary Berger	7 yrs
Kellie Doyle	6 yrs
Savanah Lovins	5 yrs
Rachel Roth	5 yrs
Terri Wells	4 yrs
Dakota Day	3 yrs
Patricia Ball	2 yrs
Haylei Little	1 yr
Kelsey Rodgers	1 yr
Tiffany Scruggs	1 yr

Celebrity Birthdays

Lily Tomlin (comedian)	9/1/1939
Bob Newhart (comedian)	9/5/1929
Grandma Moses (artist)	9/7/1860
Otis Redding (singer)	9/9/1941
Agatha Christie (author)	9/15/1890
Frankie Avalon (singer)	9/18/1940

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

Celebrity Birthdays cont.

Jim Henson (puppeteer)	9/24/1936
T.S. Eliot (poet)	9/26/1888
Gene Autry (singer)	9/29/1907
Fran Drescher (actress)	9/30/1957

RIPLEY CROSSING BRINGS YOU THE NEWS

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