

THE RIPLEY CROSSING CHRONICLE



Rehab News April, 2026

Ripley Crossing
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Milan, Indiana 47031
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www.ripleycrossing.com

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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

The Importance of Grip Strength

Why is hand and grip strength so important? Having a strong grip makes it easier to perform normal daily tasks like holding a coffee cup, carrying grocery bags, or brushing your teeth. Research has shown that a person's grip strength can be an indicator for overall muscle strength, upper limb function, bone mineral density, increased fractures and falls, and overall quality of life.

It's common as we age to see a decrease in grip strength due to natural age-related loss of strength and muscle mass. Additionally, other causes may include scar tissue, carpal tunnel, arthritis, and nerve or tendon damage. As a result, a person may experience trouble holding and opening items and other activities they enjoy.

Now that we recognize why grip strength is so important, below are exercises that can help to improve your overall hand and grip strength.

Improve Crush Grip (ability to squeeze something between your fingers and palms) with hand strengthening equipment like stress balls, therapy putty, and hand exercisers.

Improve Finger Strength & Dexterity with a finger-walking exercise. Put your hand on a table, palm facing down. Slowly lift each finger moving toward the thumb.

Improve Support Grip (ability to hold on to an object) with farmer carries. Hold a weight or bag and walk with it across the length of the room, then turn around and walk back.

Improve Pinch Grip (the grip strength between the tips of your four fingers and thumb) by pinching clothespins or using tweezers to manipulate small objects.

Improve Hand Range of Motion with finger stretches. Put your palm down on the table, straighten your fingers, hold the stretch for 30-60 seconds, and release.

Physical & Occupational Therapy Can Help! If you are having difficulty with hand strength or pain due to weakness, injury, or illness, you may find that performing a simple task is troublesome. Physical therapists recommend exercises to improve range of motion, build strength, and regain function. Occupational therapists offer strategies to overcome challenges so you can fully participate in daily and leisure activities.

Talk with your doctor about a prescription for outpatient therapy.



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The New Direction In Senior Living

-Upcoming Events-

3rd @ 5:30, Ripley Crossing Annual Easter Egg Hunt
9th @ 10:00, Bingo Store
13th @ 10:15, Resident Council
15th @ 1:30, Music with Tom Taylor
27th @ 2:00, Music with Duke 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!

-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, Brooklynn Kirkendall C.N.A, Nicole Goggard C.N.A, Charlotte Ohl C.N.A, Aubrey Schuler C.N.A, Mackenzie Sparks C.N.A, Apryl Tuggle C.N.A, Trenity Tuggle C.N.A, Kellsie Karn L.P.N, Brenda Oehler Q.M.A, Rachel Rippetoe Q.M.A & Brandi Winters Q.M.A. We would also like to welcome to the Housekeeping Department, Brooke Hoffman, Addiesyn Jackson to Dietary Department, and joining the Activities Department, Alli Ashcraft & Tabitha Nordhoff. 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.

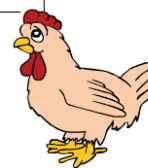
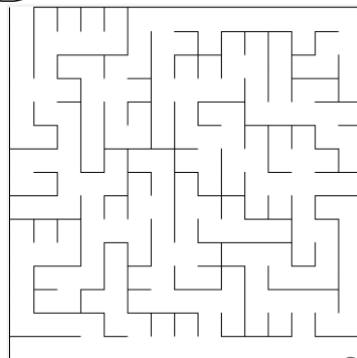
Barnum's Biggest Star

On April 9, 1882, renowned showman P. T. Barnum arrived in New York City with the largest spectacle ever to grace his traveling circus. Jumbo the African elephant, weighing 6.5 tons and standing over 11 feet tall, stepped from the British steamship HMS *Assyrian Monarch*. The massive but gentle beast instantly endeared himself to audiences. Thanks to Jumbo's many stunts, such as promenading across the Brooklyn Bridge, Barnum's circus earned the nickname "The Greatest Show on Earth." The name *Jumbo* was a cross between two Swahili words: *jumbe* meaning "chief," and *jambo* meaning "hello." We can thank Jumbo the elephant for adding the word *jumbo* to our vocabulary.



HELP THE LITTLE CHICK TO FIND ITS MAMA

Easter Maze for Kids



Inside the Human Blueprint

Over two decades ago, scientists completed a \$3 billion effort to understand and map human DNA—long strands of genetic material that influence traits such as biological sex, eye and hair color, ancestry, and susceptibility to certain diseases. That map of the human genome has opened new opportunities for doctors and researchers to better understand, prevent, and treat a wide range of illnesses. Since National DNA Day falls on the 25th, the month of April is a fitting time to learn about ongoing advances in genetic science.

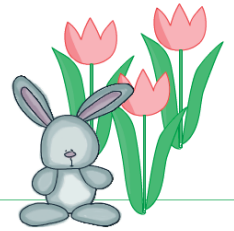
Gene therapy requires scientists to find faulty strings of DNA that cause disease and replace them with normal ones. In this way, the body can stop itself from producing genetic ailments. The ultimate goal of researchers is for scientists to develop gene therapies that fight all kinds of DNA-based diseases, including some forms of blindness, muscular dystrophy, and even cancer.

Our DNA can reveal not only why we may become sick but also how our bodies respond to certain medicines. Francis Collins, former director of the National Institutes of Health, has suggested that genetic testing may one day become a routine part of medical care. By studying DNA, drug companies and doctors are already working to develop treatments tailored to groups of patients—and in some cases individuals—based on their genetic makeup.

Some promising advances also come from stem cells, which act as a body's internal repair system and can develop into many different types of cells. Researchers continue to explore how stem cells might be used to repair or replace damaged tissues, such as heart tissue affected by disease, vision loss from macular degeneration, joint damage from arthritis, or brain injury caused by stroke. Today, these DNA-based treatments are often complex and costly, but they remain an important and growing area of medical research.

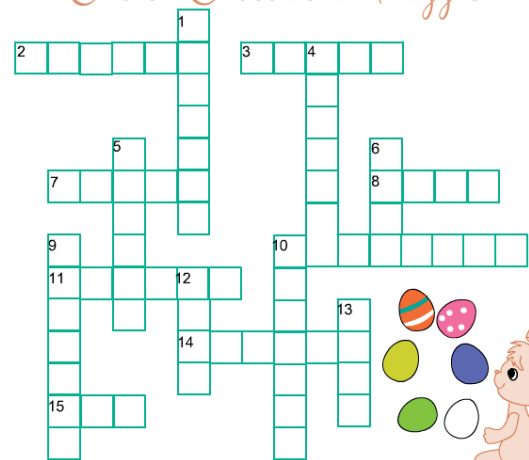
Easter

Word Scramble Puzzle



- 1 TEESAR
- 2 ECRETODA
- 3 TARCOR
- 4 NUYNB
- 5 OETHOCCLA GEG
- 6 SSEJU
- 7 FORCCIIIXNU
- 8 UTOEBUQ
- 9 DRAPEA
- 10 ATBIRB
- 11 FEACSRILC
- 12 RAILP
- 13 NENBTO
- 14 LAFDODIF
- 15 CSICKH

Easter Crossword Puzzle



Down:

1. Buying what for Easter is said to bring good luck for the rest of the year?
4. What is the name of the rabbit in the Disney movie 'Bambi'?
5. What can you see on doors at Easter time?
6. What is the 40-day period before Easter?
9. Which British chocolate company makes the Mini Eggs?
10. The traditional Ukrainian way of painting Easter eggs is called what?
12. Easter's date is determined by what?
13. Besides bunnies, what animal is considered an Easter symbol?

Across:

2. In which country was the largest decorated Easter egg?
3. In the Bible, who was the first person to enter Jesus' tomb?
7. In the Bible, how many days passed between Jesus' death and resurrection?
8. What type of food is decorated for Easter?
10. What bread-based snack is associated with Easter?
11. In what season does Easter take place in Australia?
14. What pagan goddess is associated with Easter?
15. What color jellybean is most popular?

CELEBRATIONS AND MILESTONES

Resident Birthdays

Brenda Martin	4/8
Anna Mae Jones	4/9
Miriam Carlton	4/10
Rita Metcalfe	4/11
Doris Strimple	4/19

Employee Birthdays

Bernard Martinez	4/3
Teresa Adams	4/8
Rebecca Wahl	4/10
Jessica Riedman	4/11
Carmela Young	4/11
Emma Rapiet	4/13
Joy Disney	4/14
Carrie Burton	4/17
Kristen Carroll	4/17
Josie Bischoff	4/18
Jane Volz	4/29

April Birthdays

In astrology, those born between April 1 - 19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power and zeal. As pioneers, Arians are unafraid of the unknown. As eternal optimists, no odds are ever considered insurmountable. Those born April 20 - 30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

Employee Anniversaries

Rick Schmaltz	15 yrs
Teresa Holtegel	11 yrs
Deborah Seaver	10 yrs
Tammalee Kutz	9 yrs
Kristen Carroll	3 yrs
Bernard Martinez	2 yrs
Jessica Riedman	2 yrs
Matthew Scruggs	1 yr

Celebrity Birthdays

Buddy Ebsen (actor)	4/2/1908
Eddie Murphy (comedian)	4/3/1961
Gregory Peck (actor)	4/5/1916
Loretta Lynn (singer)	4/14/1932
Clarence Darrow (lawyer)	4/18/1857
Elizabeth II (queen)	4/21/1926
Shirley Temple (actress)	4/23/1928
Carol Burnett (comedian)	4/26/1933
Willie Nelson (musician)	4/30/1933

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

 Like us on Facebook & visit our website at www.ripleycrossing.com

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