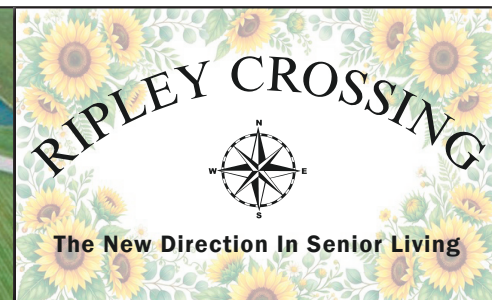
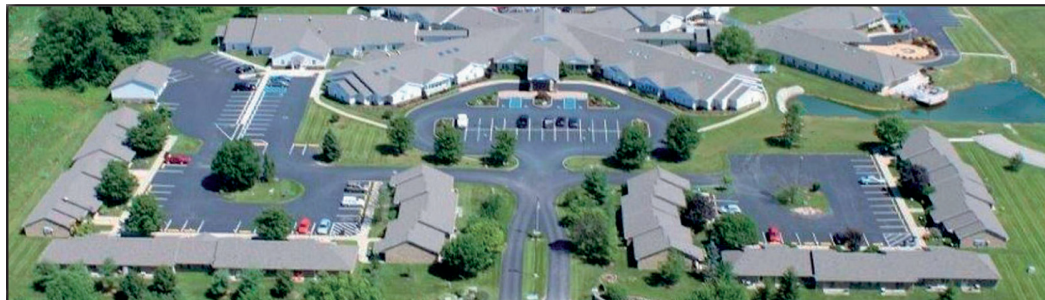




THE RIPLEY CROSSING CHRONICLE



Managing Pain

Chronic pain is one of the most common reasons adults seek medical care. In fact, statistics show that 60-75% of adults age 60+ report at least one type of chronic pain. Living with chronic pain can be overwhelming and greatly impact your quality of life. Pain can be debilitating making it very difficult to get around and complete daily activities. Also, many adults suffering from pain may experience depression, anxiety, trouble sleeping, weight loss and cognitive impairment.

Pain is not a normal part of aging. If you or someone you know suffers from chronic pain, talk with your doctor to discuss ways to manage your pain without prescription opioids. Pain relief can include many strategies including physical and occupational therapy, exercise, acupuncture, massage, spinal manipulation, interventional therapies (injections), cognitive behavioral therapy, and meditation among many others. These methods can often be more effective than drugs and have fewer risks and side effects.

How Can Therapy Help?

Physical therapists can assess your pain and establish a therapy treatment plan fit for you. Treatment goals may include: pain relief, extended range of motion, increased strength and improved functional mobility. Non-invasive technology such as electrical stimulation (e-stim), ultrasound therapy, and hot and cold therapy can help to reduce pain and inflammation.

Occupational therapists work to evaluate how pain may be impacting your desired activities and quality of life. They can teach skills and strategies to help manage your pain.

PAIN QUIZ

1. Does pain affect your ability to handle daily responsibilities or activities?
2. Does your pain make it difficult for you to bathe or get dressed?
3. Does your pain make it difficult to climb or descend stairs?
4. Does your pain make it difficult to get out of bed or a chair?
5. Are you taking opioid medications daily?

Answer yes? Talk with your doctor about physical and occupational therapy treatment options.

IASP® – Facts on Pain in Older Persons, www.iasp-pain.org | CDC – <https://www.cdc.gov/drugoverdose/patients/index.html>



1200 Whitlatch Way | Milan, IN 47031

812-654-2231 | www.ripleycrossing.com

Ripley Crossing

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Phone: (812)-654-2231

Fax: (812)-654-2240

www.ripleycrossing.com

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Director of Nursing

Abby Moorehead
Assistant Director of
Nursing/Infection Prevention

Debbie Polly
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

-Upcoming Events-

3rd @ 2:00 pm, Music w/Ken Petro
 12th @ 1:30, Music with Tom Taylor
 13th @ 10:00, Bingo Store
 17th @ 10:15, Resident Council
 17th @ 2:00 pm, Karaoke w/Jackie Lee
 24th @ 2:00 pm, Music w/Duke Todd
 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

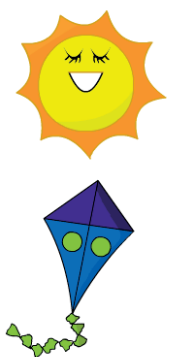
*Check out our Calendars at
www.ripleycrossing.com
 to see what we have to offer
 on each wing!*

Come in and volunteer for one of our activities we offer!

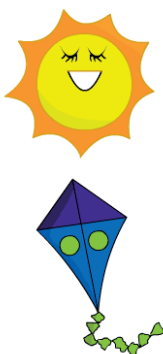
-Team Building-

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, Audriana Malcomb Q.M.A, Auery Nail C.N.A, Jenni Mishler C.N.A, Anna Flaspohler C.N.A, & Heidi Beard C.N.A. We would also like to welcome to the Activities Department, Addison Ackman & Hayley Gordon, and to the Housekeeping Department, Nathan Fessler & Cindy Richmond. 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.

Summer Word Search Puzzle



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



- | | |
|----------------|----------------|
| 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 |

RIPLEY CROSSING



September
 19th, 2026
 11am-2pm

Presents

1200 Whitlatch
 Way Milan, IN 47031



12th Annual Classic Cruise-In



Live Music

Raffles

Live

Broadcast!

Trophies awarded
 for 1st, 2nd, & 3rd
 Place! And
 Residents Choice.



\$15 Chicken Dinner &
 \$20 Registration Fee,
 the day of the event.

**We are Looking for
 Sponsors &
 Vendors.**



ALL PROCEEDS GO TO THE ALZHEIMER'S RESEARCH.

Squeeze the Day

August is peak citrus season in more ways than one. While most citrus fruits are harvested in cooler months, their appeal hits full stride in late summer, when heat calls for bright flavors and cold drinks. Lemons, limes, oranges, and grapefruit show up everywhere this time of year—not just in produce bins, but in menus, recipes, and even a few quirky holidays.

The science behind that appeal is simple: Citrus delivers acidity, aroma, and a quick hit of refreshment. A squeeze of lemon can sharpen iced tea, balance grilled foods, or lift a simple glass of water. Limes do the same for marinades and summer desserts, while oranges and grapefruit bring a mix of sweetness and bite that works well chilled.

There's also a practical side to citrus in summer. Lemon and lime juices are widely used in food safety and preservation, from keeping sliced fruit from browning to adding acidity that helps control bacterial growth in certain dishes.

August's food calendar leans into that versatility. National Creamsicle Day on August 14 highlights the long-running pairing of orange and vanilla, a combination that dates back to early 20th-century soda fountain culture. The next day, National Lemon Meringue Pie Day celebrates a dessert that balances tart citrus curd with sweet topping, a contrast that has kept it popular for generations. Later in the month, National Lemon Juice Day (August 29) and National Grapefruit Juice Day (August 31) shift the focus to drinks, where citrus continues to dominate. Citrus has become a quiet trend driver in beverages. Sparkling lemonades, lime-forward mocktails, and grapefruit-infused sodas have all gained ground as alternatives to heavier drinks. Even classic lemonade—arguably the season's signature citrus drink—has seen variations with herbs, berries, and reduced sugar.

In a season defined by heat, citrus stands out for doing exactly what people want: cutting through it. Whether it's a cold glass of lemonade, a slice of pie, or a simple wedge on the rim of a glass, citrus continues to earn its place as one of summer's most reliable flavors.

Turn Up the Strange

New York City composer Patrick Grant founded International Strange Music Day, celebrated on August 24. As a composer of music that combines very different styles and rhythms, he founded the holiday as a way to urge people to listen to music they have never heard before. Grant believes that diverse musical interests can lessen prejudice and instill harmony and understanding.

Not merely an individual artistic expression, music can bring communities together. Dr. Thomas Currie of the University of Exeter says that music is a kind of “social glue.” Dr. Currie's explanation clearly resonates with the throat singers of Central Asia. The Tuva people are trained from childhood to use the folds of the throat as a sort of echo chamber. This cultural singing is an important part of Tuvan identity. As hunters and herders who live on the vast plains, the Tuva people incorporate sounds from the natural world, such as animals, howling wind, and gurgling streams, into their songs.

Another collaborative type of music is Gamelan from Indonesia. Gamelan is actually a percussion ensemble, where various members strike different instruments of a large musical apparatus, including gongs, drums, xylophone, and metallophone. Other members play the bamboo flute, bow or pluck strings, or even sing. The bright and metallic sound is uniquely rich and complex. Gamelan is traditionally considered sacred, with each instrument guided by spirits.

But what of strange music that comes from no instrument at all? In 2008, people in Australia, New Zealand, Europe, Canada, the U.S., and the UK claimed to hear strange trumpeting sounds coming from the air above. Some found the noise annoying. Others found it scary. Scientists speculate that these sounds came from distant industrial or construction noise carried by the atmosphere or from natural sources, such as small earthquakes or waves striking cliffs. It seems Earth itself celebrates International Strange Music Day.

INTERNATIONAL
STRANGE Music DAY

CELEBRATIONS AND MILESTONES

Employee Birthdays

Brenda Oehler	8/3
Abby Morehead	8/4
Kellsie Karn	8/10
Apryl Tuggle	8/11
Amelita Evans	8/12
Charlotte Ohl	8/13
Mackenzie Sparks	8/13
Aubrey Schuler	8/14
Jasmine Lutz	8/18
Jodee Withers	8/19
Amanda Lovins	8/19
Kellie Doyle	8/20
Deborah Polly	8/24
Adrienne Mitchell	8/21
Ashlynn Burns	8/24
Rebecca Hughes	8/26
Paula Boyd	8/27
Laura Linger	8/30

Resident Birthdays

Henrietta Lay	8/04
Garnet Williams	8/14
Phillis Thomas	8/14
Eugene Marsee	8/14
Jerry Holt	8/15
Mary Jo Disney	8/17
Keith Noah	8/17
Mary Lou Powers	8/20
Myrna Grimes	8/23

August Birthdays

In astrology, those born between August 1 and 22 are Leo's lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo's mascot. Whether it's in Hollywood or in the home, Leo's accomplish their goals.

Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Employee Anniversaries

Jodee Withers	21 yrs
Rebecca Robbins	21 yrs
Melissa Walton	5 yrs
Jessica Riley	4 yrs
Stephanie Evans	4 yrs
Jessica Guerich	3 yrs
Robert Russell	3 yrs
Amelita Evans	3 yrs
Stephanie Carroll	1 yr

Celebrity Birthdays

Herman Melville (novelist)	8-1-1819
Barack Obama (president)	8-4-1961
Lucille Ball (comedienne)	8-6-1911
Dustin Hoffman (actor)	8-8-1937
Danielle Steel (novelist)	8-14-1947
Roberto Clemente (athlete)	8-18-1934
Gene Kelly (actor)	8-23-1912
Mother Teresa (saint)	8-26-1910
Ingrid Bergman (actress)	8-29-1915

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

RIPLEY CROSSING BRINGS YOU THE NEWS

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