



RIPTLEY CROSSING



The New Direction In Senior Living

THE RIPLEY CROSSING CHRONICLE



Assistive Devices to Help Promote Independence

As you get older, you may start to have trouble with everyday tasks such as bathing, picking up things off the floor, or even just getting around. Assistive devices are products and tools that can make life easier. They might be new things you add to your home, or improvements to something you already have. The first step is recognizing when and where you could use some extra help. Sometimes people adapt to changes in their ability level, giving up things they like to do without even recognizing it. Here are some ideas that could help make your daily activities easier:

Getting Around:

- ✓ A cane or crutch used on the opposite side of a painful knee or hip makes walking easier.
- ✓ Reachers are long rods with a grip handle on one end and a grabber on the other. They let you pick up small objects without having to bend over or reach uncomfortably.
- ✓ Elevated chair legs make it easier to get in and out of your seat. The chairs you have can usually be fitted with extenders.

In the Kitchen & Bedroom:

- ✓ Rearrange your kitchen so that the things you use most often are easy to reach.
- ✓ Use lamps activated by touch or by your voice.
- ✓ Getting dressed could be easier if you switch to big buttons, button hooks, or velcro closures.
- ✓ A sock aid can help you pull up your socks without bending your legs. A zipper pull makes zippers easier to grab and zip.

In the Bathroom:

- ✓ A tub bench or shower seat lets you bathe more comfortably and reduces the chance of falls.
- ✓ Grab bars make it easier to get in and out of the bath and on and off the toilet.
- ✓ A raised toilet seat with side rails reduces the strain of getting on and off.
- ✓ Long-handled sponges help you to wash your legs and feet without bending.

Occupational Therapists specialize in helping older adults to safely perform activities and do the things they want to do. Being able to perform basic self-care activities is very important for older adults to safely live independently. They may have other ideas for assistive devices or home modifications that could make a world of difference. If you are having trouble with completing day-to-day activities, talk with your doctor about physical and occupational therapy to restore your mobility and function as soon as possible.

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812-654-2231 | www.ripleycrossing.com

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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-

- 15th @ 10:00, Bingo Store
- 12th @ 2:00 Karaoke w/ Jackie Lee
- 21st @ 1:30, Music with Tom Taylor
- 19th @ 2:00 music w/ Ken Petro
- 19th @ 10:15 Resident Council
- Second Monday @ 6:00 pm, Harmony Group
- First Thursday of the month @ 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-

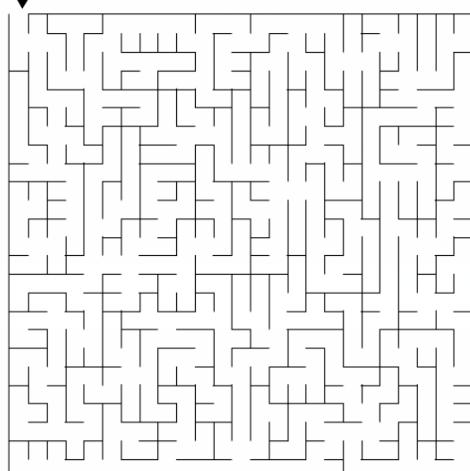
Ripley Crossing is a fabulous place to work. What makes this possible is the caring, committed team of co-workers. We would all like to extend our warmest welcome to our new team members! Joining the Nursing Department, Brooke Holland Q.M.A. We would also like to welcome to the Housekeeping Department Emma Rapier. 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.

New Year's Eve Fun Facts

- The Times Square Ball is 12 feet in diameter, weighs 11,875 pounds, and is covered in 2,688 Waterford crystals.
- Occasionally, a “leap second” is added to the world’s official clocks on New Year’s Eve to keep the clocks in sync with Earth’s rotation.
- The tradition of kissing at midnight on New Year’s Eve is rooted in ancient superstitions that doing so brings good luck in love and relationships in the year ahead.
- The International Space Station crew celebrated the New Year in space for the first time in 2000.
- Approximately 30 percent of Americans make New Year’s resolutions,[16] but fewer than 10 percent are successful at keeping them.
- Twenty-three percent of people quit their resolution by the end of the first week; 43 percent quit by the end of January.
- The practice of making New Year’s resolutions dates back over 4,000 years to the ancient Babylonians, who made promises to their gods at the start of the year in hopes of gaining favor. They celebrated the new year not on January 1 but at the vernal equinox in mid-March.

New Year Maze

Start



Happy
New Year

From Playtime to Patents

January 17 is the day of the K.I.D.—that's short for Kid Inventors' Day. This special day honors Benjamin Franklin's birthday on January 17. Most people know Franklin for his bifocals and experiments with electricity, but fewer realize that at age 11 he invented swim flippers for the hands.

But Franklin isn't the only kid inventor. Perhaps the following inventions by kids will inspire you to take your own unique product from idea to "patent pending" (through the federal Patent Office).

In 1905, an 11-year-old boy from San Francisco named Frank Epperson stirred some sugary soda powder into water and left the mix outside all night. He awoke to discover it had frozen solid in the cold. When he licked it straight from the wooden stirrer, he knew he had accidentally made something delicious. The "Epsicle," as he called it, was the first Popsicle.

On the last day of middle school, Sarah Buckel watched as a friend struggled to scrape off the glue used to stick posters and other decor to the locker wall. Over summer break, Buckel came up with a solution: magnetic wallpaper. Fortunately, Buckel's father ran a magnet manufacturing company. In no time, her decorative magnetic wallpaper could be found at Staples, Target, and other large chains.

The list of young inventors doesn't end there. Chester Greenwood invented earmuffs at age 15. Louis Braille invented braille, the alphabet for the blind using raised dots, at age 15. Hart Main, 13, conceived of a line of candles for men called Man Cans, offering "manly" scents like sawdust. At 15, Param Jaggi had the idea to insert algae into a car's muffler to eat up carbon dioxide before it entered the atmosphere. And Mattie Knight, dubbed "Lady Edison" by fans, developed a safety device at age 12 that became a standard fixture on looms.

How's that for ingenuity? All of these kids prove there's no minimum age for having an inventive spirit and leaving your mark in the world.



New Year Word Scramble Puzzle

1. NABOLSL

2. EBACLTREE

3. ADCALREN

4. CMGNFAAPH

5. TNFFECIOT

6. TDWNNUOOC

7. IGNNAACD

8. VEE

9. OIKSEWRRF

10. SMEGA

11. PHAYP

12. LURIENSSTOO

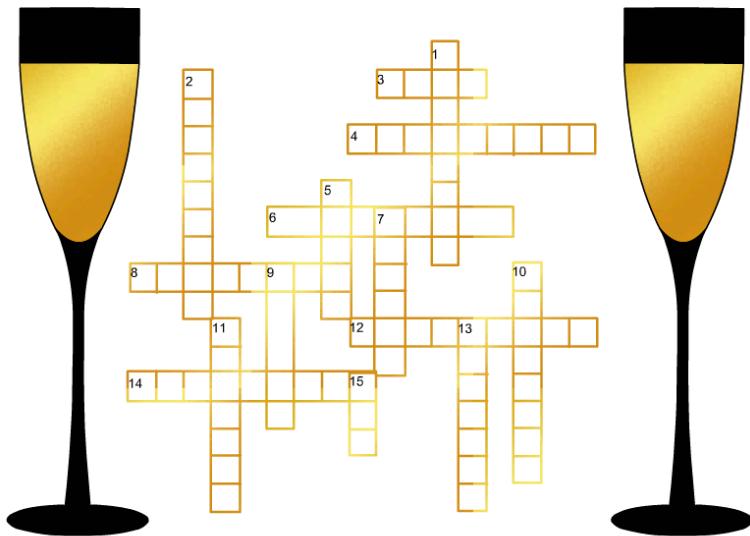
13. WEN AEYR

14. TAYRP

15. ISCUM



New Year Crossword Puzzle



Down:

1. a chart with days weeks and months

2. a white sparkling wine

5. beautiful vocal instrumental or combined sound

7. a drinking glass with a foot and a stem

9. a man's dinner jacket.

10. a handheld firework that emits sparks.

11. the first month of the year

13. round rubber bag that is inflated with the air 12. observe

12. observe and used as decoration or a toy.

14. an act of counting numerals in reverse order

15. opposite of old to zero

Across:

3. the period of 365 days

4. a device containing gunpowder and other combustible chemicals which causes spectacular effects and explosions when ignited

6. a timing device with two connected glass bulbs containing sand

8. small bits of paper usually colored

14. an act of counting numerals in reverse order



CELEBRATIONS AND MILESTONES

Resident Birthdays

Beverly Singer	1/01	Patricia Weaver	1/01
Ruth Lewis	1/09	Petr Solly	1/06
John Largent	1/09	Janice Merdia	1/08
Bessie Kirby	1/11	Amy Faber	1/09
Raymond Brown	1/12	Tiffany Scruggs	1/09
Kenneth Lows	1/13	Crystal Solly	1/10
Wilma Bloemker	1/13	Dakota Day	1/11
Myrtle Hildebrand	1/13	Brooke Holland	1/12
Pauline Hart	1/14	Keirstynne Stahle	1/12
Velma Addington	1/20	Tresa Hudepohl	1/14
Lois Bittner	1/23	Tamra Jutzi	1/16
Kathleen Serey	1/24	McKenzie Bevis	1/16
		Brittany Busch	1/17
		Alexis Bennett	1/20
		Renae Payne	1/21
		Teresa Holtegel	1/23
		Jenna Snelling	1/25
		Brynn Negangard	1/25
		Hannah Hutter	1/26

Employee Birthdays

Letters A and N are placed here to indicate where to put the birth month and name.

December Birthdays

In astrology, if you were born between January 1-19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians. Those born between January 20-31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

Employee Anniversaries

Rhonda Maybrier	30yrs
Kaitlyn Barton	11yrs
Georgia Weldon	6yrs
Renae Payne	6yrs
Katelyn Cutter	6yrs
Bayley Johnson	4yrs
Allison Doyle	4yrs
Nakai Ankrom	4yrs
Rachel Henson	3yrs
Jaedyn Sanders	3yrs
Ellana Jutzi	2yrs
Kaitlyn Tingle	1yr
Ciara Spurlock	1yr
Lois Sallee	1yr
James Gehring	1yr
Zoey Bowling	1yr
Josie Bischoff	1yr

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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