



THE RIPLEY CROSSING CHRONICLE

March 2026

REHAB NEWS

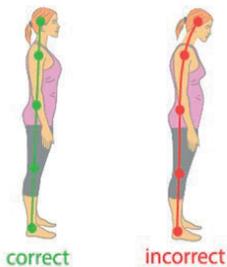


The Benefits of Good Posture

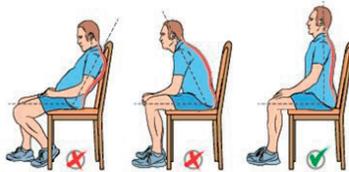
The way you hold your body is posture and the way you move your body is body mechanics. There are correct ways to hold your body when you stand, walk, sit, lift and even sleep. Proper posture allows us to move in the way we want, causing our bodies the least amount of strain and damage. Adapting proper posture is an essential part to maintaining a healthy skeletal structure as you age.

- ✓ **REDUCE PAIN** – Poor posture puts extra pressure on your discs and vertebrae and leads to injury and pain.
- ✓ **BREATHE EASIER** – Good posture allows more space for your lungs to expand.
- ✓ **INCREASE ENERGY** – When muscles are being used more efficiently it allows your body to use less energy.
- ✓ **IMPROVE BALANCE** – Posture is part of balance. With age, your body tends to lean forward which makes you unstable and increases your risk for falling.

Proper Standing Posture



Proper Sitting Posture



Proper Sleeping Posture



Improve Your Posture with Physical Therapy

A physical therapist can help correct and improve your posture by designing an individualized program of exercises and activities with an emphasis on strength, flexibility, and proper gait. Your balance may be improved with exercises that strengthen the core, back, ankle, knee, and hip muscles along with exercises that improve the function of the balance system. Exercises that are focused on improving posture will stretch tight muscles and keep joints strong. If you have concerns about your posture, call your doctor and ask if physical therapy can help.

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

Trina Johnson, CDP
 Administrator

Becky Robbins
 Director of Nursing

Abby Moorehead
 Assistant Director of
 Nursing/Infection Prevention

Lynne Hutter
 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-

12th @ 10:00, Bingo Store
 16th @ 10:15, Resident Council
 18th @ 1:30, Music with Tom Taylor
 23rd @ 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!

-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, Kellsie Karn L.P.N, Brenda Oehler Q.M.A, Mackenzie Sparks C.N.A, Chelsee Ricketts C.N.A, Katelyn Ohlmansiek S.N.A, Claire Heilers S.N.A, Charlotte Ohl S.N.A, and Treenity Tuggle S.N.A. Joining the Dietary Department, Zachery Burger and Addiesyn Jackson. We would also like to welcome to the Housekeeping/Laundry Department, Brooke Hoffman and Destinee Housemeyer. 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.

Ripley Crossing

Annual Easter Egg Hunt

Hunt will be for Ripley Crossing employees & resident families.

When: April, 3rd @ 5:30 pm

Where: Ripley Crossing Facility.

We will meet in the front of the building, and split off into age groups.

Age Groups

0-3 Wing 1 court yard

4-6 wing 4 court yard

7-9 Wing 3 & 5 court yard

Candy filled eggs or indivial wrapped candy donations, are always welcome.

Thank you for your support.

Weather Pending.

St. Patrick's Day Word Search Puzzle

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

IRISH	HOLIDAY
GREEN	POTATO
LUCKY	TRADITION
PATRICK	LIMERICK
SHAMROCK	MARCH
LEPRECHAUN	CLOVER
GOLD	PARADE
RAINBOW	

A Broadway Classic Turns 70

Seventy years ago, on March 15, 1956, *My Fair Lady* opened on Broadway and quickly became one of the most celebrated productions in musical theater history. Its premiere at the Mark Hellinger Theatre marked the beginning of a record-setting run that helped define a golden era for the American stage.

Set in 1912 London, the story follows Eliza Doolittle's transformation from a struggling flower seller into someone confident enough to challenge the expectations placed on her. Although the original production reflected mid-20th-century attitudes, many modern viewers see Eliza's arc as a useful lens on empowerment—an idea that aligns neatly with March's Women's History Month. Her pushback against Professor Higgins feels more relevant now than ever.

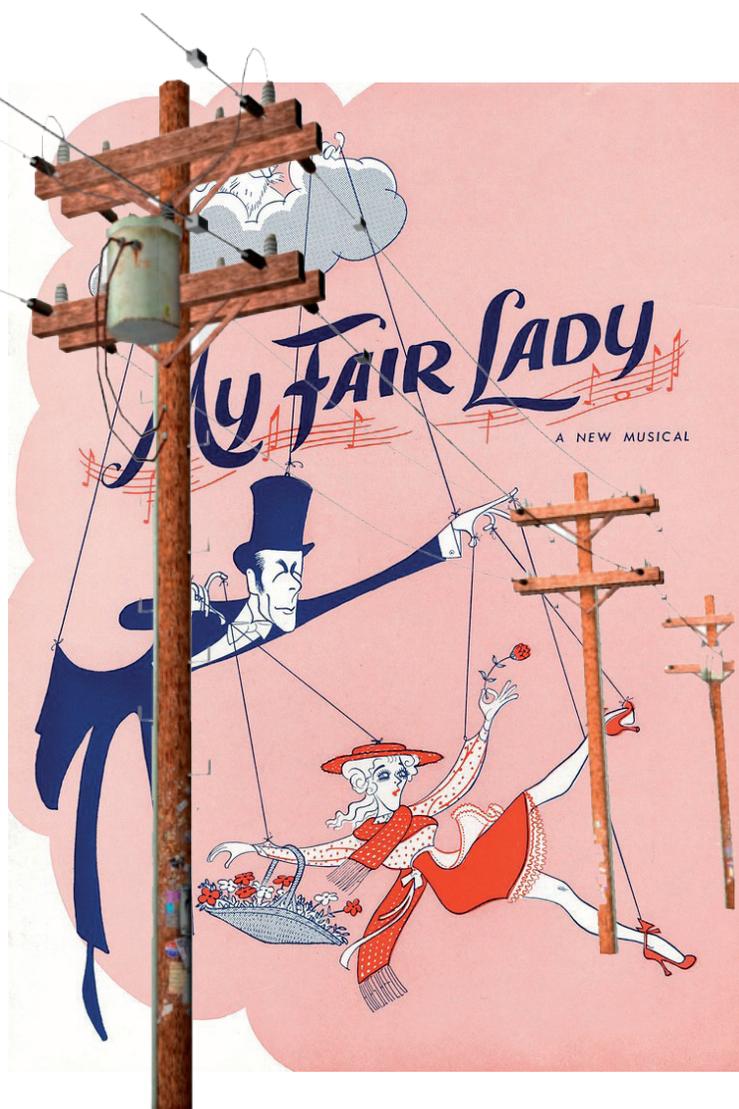
The musical also offers a snapshot of a changing era. London in 1912 balanced Edwardian elegance with social tension. Suffrage activism was gaining momentum, fashion was beginning to loosen from restrictive styles, and the traditional class structure faced increasing scrutiny. While *My Fair Lady* presents these shifts with wit and charm, its backdrop hints at the larger societal forces shaping the characters' world.

Over the decades, the show's score has played a major role in its longevity. Songs like "I Could Have Danced All Night" and "Wouldn't It Be Lovely" became standards, recorded by a wide range of performers and woven into popular culture. The familiarity of the music keeps the show accessible, even for those who haven't seen a full production in years.

The anniversary arrives just ahead of World Theatre Day on March 27, a reminder of how live performance continues to bridge generations. Few shows have matched the musical's staying power; its songs and characters have been reinvented through revivals, films, and countless stagings across the globe. *My Fair Lady* still invites audiences to reflect on identity, opportunity, and the ways people reinvent themselves. For a production rooted in another century, its voice remains remarkably current—and still worth hearing

Last Call for Landlines

After a long lifetime, more than 100 years, America's telephone infrastructure is showing its age. Disappearing, too, are the engineers and technicians who maintain traditional landline service, according to professor of telecommunications Rob Frieden. Not so fast, say those who celebrate Landline Telephone Day on March 10. Consumer Reports still recommends keeping a landline: sound quality is often better, and because numbers are directly linked to a home address, emergency calls from landlines remain highly reliable. When power goes out, some landlines continue to work, thanks to backup batteries, though these are becoming less common. Telephone companies, however, are shifting to digital networks that are cheaper to maintain. So enjoy landlines while you can—before they disappear.



CELEBRATIONS AND MILESTONES

Resident Birthdays

Irma Kreimer 3/2
 Betty Ryner 3/12
 Jewell Walston 3/13
 Judy Bennett 3/17
 Thelma Monteith 3/20
 Martha Pohle 3/23
 Edmund Eckstein 3/23
 Marcella Sneed 3/28
 Georgia Phillips 3/31

Employee Birthdays

Ashley Rodgers 3/3
 Riley Schwipps 3/4
 Stephanie Carroll 3/6
 Jaden Sanders 3/6
 Heather Prairie 3/9
 Deanna Meadors 3/14
 Brandy Haller 3/12
 Teresa Eshelman 3/12
 Allison Doyle 3/14
 Terri Wells 3/17
 Hunter Liming 3/23
 Lacy Isaacs 3/24
 Paula Isaacs 3/26

March Birthdays

In astrology, those born between March 1 - 20 are Pisces. These fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who "go with the flow". Those born between March 21 - 31 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. For these eternal optimists, no odds are ever considered insurmountable.

Employee Anniversaries

Jenna Snelling 19 yrs
 Deanna Meadors 15 yrs
 Cristy Curry 14 yrs
 Tricia Doyle 7 yrs
 Cheryl Agapie 4 yrs
 Jessica Kirby 3 yrs
 Tricia Weaver 1 yr

Celebrity Birthdays

Lou Costello (comedian) 3/6/1906
 Liza Minnelli (entertainer) 3/12/1946
 Ozzie Nelson (TV dad) 3/20/1906
 Fred Rogers (TV host) 3/20/1928
 Marcel Marceau (mime) 3/22/1923
 Fannie Farmer (cook) 3/23/1857
 Walt Frazier (athlete) 3/29/1945
 Vincent van Gogh (painter) 3/30/1853
 Shirley Jones (actress) 3/31/1934

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

Ripley Crossing
 1200 Whitlatch Way
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PLACE
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