

THE RIPLEY CROSSING CHRONICLE

Rehab News May, 2026



Maintain Flexibility with Aging

As a kid, touching your toes was a piece of cake. For older adults, being agile becomes more challenging and is due to a loss of flexibility as our bodies age. Flexibility allows us to move our bodies and joints freely and with ease. Maintaining your flexibility is important in order to function normally and complete daily living tasks such as putting on your socks and shoes, getting dressed, and household chores like cleaning and picking up items off the floor.

The good news is you can improve your flexibility at any age. Try these gentle stretches each morning to reduce pain and stiffness and help you move comfortably throughout the day.



Full-body Stretch: On an inhale, reach your arms overhead and straighten your legs out. Hold this fully stretched position for 5 counts, then exhale & release the stretch. Repeat 3 times.



Knees-to-Chest: Lay on your back, bend your knees and use your hands to draw one knee in toward your chest at a time, wrapping your arms around both shins. Hold for 10 deep breaths.



Supine Twist: Stretch your arms out to a "T" shape. Guide your legs over to rest on one side, keeping your knees bent and shoulders planted flat on the bed. Look toward the opposite side of your legs. Hold for 10 deep breaths, then repeat on the other side.

Therapy Can Help Adults Stay Active & Independent

Physical therapists can teach you how to exercise appropriately for joint mobility, flexibility, 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!



1200 Whitlatch Way | Milan, IN 47031
812-654-2231 | www.ripleycrossing.com

Ripley Crossing
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Phone: (812)-654-2231
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Trina Johnson, CDP
Administrator

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Director of Nursing

Abby Moorehead
*Assistant Director of
Nursing/Infection Prevention*

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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

-Upcoming Events-

9th @ 10:00, Mothers Day Brunch
 11th @ 1:30, Music with Tom Taylor
 13th @ 10:00, Painting w/Dee
 13th @ 2:00, Music with Duke Todd Stacy
 15th @ 2:00, Karaoke w/Jackie Lee
 21st @ 10:00, Bingo Store
 25th @ 10:15, Resident Council
 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, Jean Simmons, L.P.N. We would also like to welcome to the Activities Department, Baylee McClure & Liza Linger and to the Maintenance Department, Troy Craven. 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.

Mother's Day

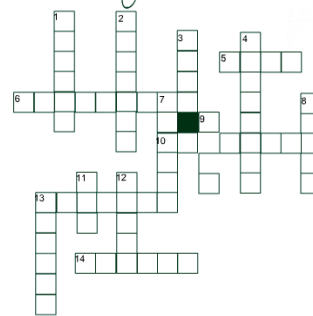
Word Search Puzzle

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

BIRTH	HOME	TRADITION
DAUGHTER	LADY	WOMAN
SON	MOTHERHOOD	CARING
MOTHER	PRESENT	LOVING
FAMILY	PARENT	FOOD



Mother's Day Crossword Puzzle



Down:

1. Ability to discern inner qualities and relationships
2. Personal ornaments such as necklaces rings or bracelets
3. An intense feeling of deep affection
4. A female offspring
7. An expression of gratitude
8. Sweet
9. The place where one lives permanently
11. A male offspring
12. A fist-sized organ that pumps blood throughout your body
13. A group of two or more persons related by birth marriage or adoption who live together

Across:

5. A piece of stiff paper or thin pasteboard
6. A food made from roasted and ground cacao seeds
10. The action or fact of legally taking another's child and bringing it up as one's own
13. Blooms or Blossoms
14. A female parent

Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.



World Red Cross Day, observed each year on May 8, honors one of the world's largest and most enduring humanitarian networks—and the people who keep it running when it matters most. The date marks the birthday of Henry Dunant, founder of the International Committee of the Red Cross and the first recipient of the Nobel Peace Prize.

Today, the Red Cross and Red Crescent Movement operate in nearly every country, responding to crises that range from armed conflict and natural disasters to public health emergencies and everyday community needs. In a world shaped by climate extremes, migration, and ongoing conflict, the organization's role is more relevant than ever.

In recent years, Red Cross workers and volunteers have been on the front lines of wildfires, floods, earthquakes, and hurricanes, often arriving within hours to provide shelter, food, medical care, and family reunification services. Beyond disaster response, the Red Cross plays a critical role in blood donation services, emergency preparedness training, and support for military families.

World Red Cross Day is also a reminder that humanitarian work is guided by core principles, like humanity, neutrality, and voluntary service. These principles allow Red Cross teams to work across borders and political divisions, focusing solely on human need.

This year's observance highlights the importance of local volunteers, who make up the majority of the movement's workforce. Trained community members often serve as first responders, using local knowledge to deliver aid quickly and effectively. Their efforts show that humanitarian action doesn't always start with large operations—it often begins with neighbors helping neighbors. World Red Cross Day is not just a celebration of an organization but of the shared belief that helping others, quickly and humanely, can change lives.

CELEBRATIONS AND MILESTONES

Resident Birthdays

Peggy Singler	5/4
Betty Hooker	5/4
Norma Ward	5/5
Ernest Chase	5/8
Rita Batta	5/18
Kristal True	5/21

Employee Birthdays

Mikayla Murry	5/3
Amanda Ephraim	5/12
James Gehring	5/15
Sara Hanson	5/21
Hershel Byrd	5/22
Sarah Carroll	5/23
Jessica Doyle	5/30

May Birthdays

In astrology, those born May 1 - 20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21 - 31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Employee Anniversaries

Cita Moll	21 yrs
Samuel Spurlock	10 yrs
Peter Solly	10 yrs
Crystal Solly	10 yrs
Briana Hoppes	9 yrs
Carrie Burton	8 yrs
Paula Boyd	6 yrs
Abby Morehead	3 yrs
Paula Isaacs	3 yrs
Joshua Caylor	2 yrs
Lucie Nicholson	2 yrs
Hannah Przybyla	1 yr

Celebrity Birthdays

Frankie Valli (singer)	5/4/1934
Willie Mays (ballplayer)	5/6/1931
Florence Nightengale (nurse)	5/12/1820
Cher (singer and actress)	5/20/1946
Bill Robinson (tap dancer)	5/25/1878
Sally Ride (astronaut)	5/26/1951
Gladys Knight (singer)	5/28/1944
Clint Eastwood (actor)	5/31/1930
Brooke Shields (actor)	5/31/1965

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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PLACE
STAMP
HERE