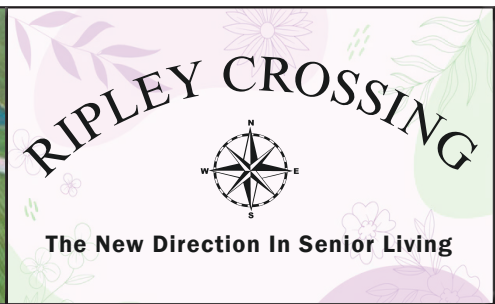
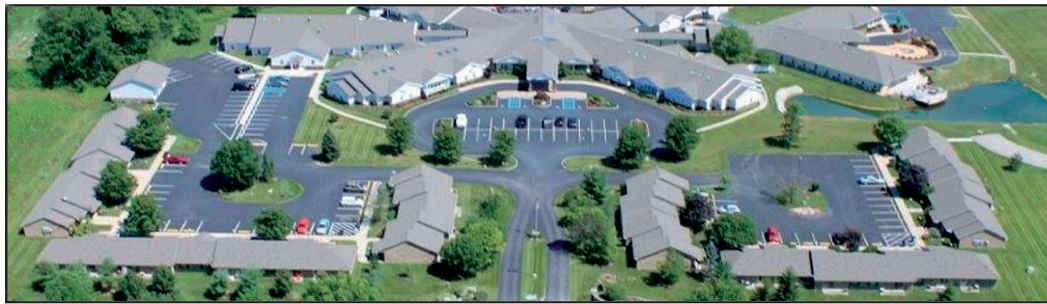




THE RIPLEY CROSSING CHRONICLE

September, 2026

REHAB NEWS



Maintaining Balance As You Age

Good balance is being able to easily control and maintain your body's position. Maintaining good balance and sense of body position is critical to preventing falls. Falling is the ultimate loss of balance and the leading cause of debilitating injury and premature death in older adults. Each year, 1 in 3 adults over 65 fall each year. With millions of people falling each year, less than half will contact their doctor for help.

Common Risk Factors of Poor Balance

- Lower Body Weakness
- Difficulty Walking & Balancing
- Medications Causing Dizziness
- Foot Pain / Poor Footwear
- Vision Issues
- Hazards in Your Home

What You Can Do to Prevent Falls?

Falls can be prevented. By following these tips, you can reduce your risk for falling.

1. Ask your healthcare provider to review your medications.
2. Begin an exercise program to improve your leg strength and balance.
3. Get an annual eye exam. Replace eyeglasses as needed.
4. Make your home safer. Remove clutter and tripping hazards.

Therapy Can Help Reduce Falls & Improve Balance

A physical therapist works with individuals to identify risk factors and designs an individualized program of exercises and activities with an emphasis on strength, flexibility, and proper gait. 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. Occupational therapists work with you to discuss changes and modifications that can be made around your home to help prevent falls from occurring.

If you have concerns about your balance, ask your doctor if therapy can help. When you receive a doctor's order for therapy, our physical therapy team can start immediately to help your balance and fear of falling.

Resource: www.cdc.gov/steady/; www.healthinaging.org



1200 Whitlatch Way | Milan, IN 47031

812-654-2231 | www.ripleycrossing.com

Ripley Crossing
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Trina Johnson, CDP
Administrator

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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-

10th @ 10:00, Bingo Store
 16th @ 1:30, Music with Tom Taylor
 19th @ 11 am - 2 pm 12th Annual
 Ripley Crossing Classic Car Cruise In
 21st @ 2:00 pm, Music w/Ken Petro
 21st @ 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, Danika Brindley R.N, Michelle Vardon L.P.N, Kimberlee Bonapfel L.P.N, Maylinn Brown C.N.A, Isabella Drew C.N.A, Jasmine Keith C.N.A, Layla Lunsford C.N.A, Reagan Shonk C.N.A & Ryek Tewes C.N.A. 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

PRESENTS our
12th Annual

**Classic Cruise - In
for Alzheimer's**

REGISTRATION ON DAY OF CRUISE-IN.
\$20 donation accepted at registration.

SEPTEMBER, 19 2026
11AM - 2 PM

1200 Whitlatch Way
Milan, IN 47031
812-654-2231

Trophies Will Be Awarded!
Live Music!
Many Vendors & Raffles!

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LIVE BROADCAST from



CHICKEN DINNER!



\$15 Donation



All Proceeds go to Alzheimer's for research.

LIVE BROADCAST from



CHICKEN DINNER!



\$15 Donation



All Proceeds go to Alzheimer's for research.

Retirement Word Search Puzzle

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

RELAX	ENJOY	READ
RETREAT	FREEDOM	ACCOMPLISHED
REST	EXPERIENCE	HAPPY
RETIREMENT	TRAVEL	WALKS
HOBBY	FUN	SLEEP

Back to the '70s

September often marks a return to routines, and during the 1970s, it also signaled the start of a new television season. Long before streaming and on-demand viewing, fall TV premieres were major events. Families gathered around the television to watch the first episodes of returning favorites and discover new shows that would soon become part of everyday conversation.

The 1970s are often remembered as a golden age of television sitcoms. Programs such as *All in the Family*, *The Mary Tyler Moore Show*, and *Happy Days* reflected changing social attitudes while providing plenty of humor. Their characters, catchphrases, and storylines became cultural touchstones, influencing entertainment for decades to come.

Music was equally influential. The decade saw the rise of disco, a dance-driven style that filled clubs and radio stations. Funk also gained widespread popularity, blending powerful rhythms, bass lines, and energetic performances. Artists experimented with new sounds, helping shape modern popular music.

Fashion followed suit with bold styles and colorful self-expression. Bell-bottom jeans became one of the decade's most recognizable trends, often paired with platform shoes, wide collars, and eye-catching patterns. Whether on city streets, school campuses, or television screens, 1970s fashion embraced individuality and flair.

One song in particular has become closely associated with September itself. In September 1978, Earth, Wind & Fire released the hit song "September." Its upbeat rhythm and memorable chorus helped it become one of the most enduring songs of the era. Decades later, it remains a staple at celebrations, sporting events, and community gatherings.

From disco dance floors and funk concerts to sitcom premieres and bell-bottom jeans, the 1970s left a lasting mark on American culture. Every September, as television networks unveil new seasons and the familiar strains of "September" begin to play once again, echoes of that remarkable decade are never far away.

Superstition Busters

If you find the number 13 unlucky, then September 13, Defy Superstition Day, may be just what the doctor ordered. Superstitions are beliefs that contradict rational thought. If they are so irrational, why are so many people superstitious? Psychologist B. F. Skinner hypothesized that superstitious behaviors stem from the concept of reinforcement; that is, a person performs an action expecting a reward. What makes superstitions unique is that superstitious people repeat an action over and over, even if the reward is not realized. For example, someone may always throw salt over their shoulder to ward off bad luck, even though there is no immediate benefit or consequence.

Why *do* we throw salt to ward off bad luck? The salt superstition stems from Leonardo da Vinci's painting *The Last Supper*. In the painting, Judas—the apostle who betrayed Jesus—is depicted knocking over the salt. The act of spilling salt has since been associated with treachery and lies. The act of throwing it over your left shoulder is to blind the devil lurking there.

Do you walk under ladders? It's a common superstition that it is bad luck to do so. This superstition began in ancient Egypt. A ladder leaning against a wall forms a triangle, which was considered a sacred shape, similar to the shape of the pyramids. Passing under the ladder was considered an insult to the gods, a superstition that carries on to this day.

Perhaps the most prevalent superstition is to

knock on wood to prevent disappointment and promote good fortune. Many ancient pagan cultures worshipped trees because they were believed to be inhabited by spirits. It was common to lay hands on trees and ask for favors or give thanks. Of course, on September 13, you'll need to defy all these superstitions by spilling salt, walking under ladders, and not knocking on wood. While you're at it, open an umbrella indoors and break a mirror for good measure.

CELEBRATIONS AND MILESTONES

Employee Birthdays

Timothy Sublett	9/2
Jamie Honnert	9/5
Hayley Gorton	9/7
Tricia Doyle	9/8
Joshua Caylor	9/8
Tabitha Nordhoff	9/10
Ruth Meyer	9/11
Katelyn Ryker	9/12
Jenna Ison	9/20
Ellana Jutzi	9/22
Claire Heilers	9/23
Cherokee Goddard	9/24
Madison Holbrook	9/24
Valerie Bennett	9/25
Susan Johnson	9/29

Resident Birthdays

Kenneth Cole	9/6
Dianna Tunny	9/8
Linda Vincent	9/12
Judith Vance	9/15
Verena Fette	9/16
Mary Farrow	9/25
Geraldine Fletcher	9/30
Gerald Gaebe	9/30
William Schmaltz	9/30

September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences.

Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

Employee Anniversaries

Teresa Eshelman	11 yrs
Mary Berger	8 yrs
Kellie Doyle	7 yrs
Rachel Roth	6 yrs
Terri Wells	5 yrs
Dakota Day	4 yrs
Patricia Ball	3 yrs
Kelsey Rodgers	2 yrs
Andrew Walters	1 yr
Angel McRoberts	1 yr

Celebrity Birthdays

Boxcar Willie (singer)	9/1/1931
Bob Newhart (actor)	9/5/1929
Jane Curtin (actress)	9/6/1947
Otis Redding (singer)	9/9/1941
Agatha Christie (writer)	9/15/1890
Sophia Loren (actress)	9/20/1934
Jim Henson (puppeteer)	9/24/1936
Jack LaLanne (health guru)	9/26/1914
Gene Autry (singer)	9/29/1907
Buddy Rich (drummer)	9/30/1917

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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