

## THE RIPLEY CROSSING CHRONICLE

### REHAB NEWS

MAY 2025



## 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!

*Ripley Crossing*  
1200 Whittlatch Way  
Milan, Indiana 47031  
Phone: (812)-654-2231  
Fax: (812)-654-2240  
[www.ripleycrossing.com](http://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



1200 Whittlatch Way | Milan, IN 47031

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## *-Upcoming Events-*

8th @ 10:00, Bingo Store  
10th @ 10:00 Mothers Day Brunch  
12th @ 2:00 Music w/Ken Petro  
14th @ 10:00 Painting Class w/Dee  
16th @ 2:00 Jackie Lee Karaoke  
19th @ 10:15, Resident Council  
21st @ 1:30, Music with Tom Taylor  
Second Monday @ 6:00 pm, Harmony Group  
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](http://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, Haley Lane R.N, Tricia Weaver C.N.A, & Brittany Hurt C.N.A. Joining the Housekeeping Department, Meagan McCracken, Brittany Moritz, & Leigh Sue Scheffler. 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.

### **SPRING CLEANING TIME!!**

Please remember  
with spring quickly  
approaching. Families  
may need to go  
through their loved  
ones room and  
remove Holiday  
Décor, extra clothing,  
and accumulated  
items.

### **A Mom-entous Occasion**

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 11. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.

Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never married nor had children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger "mother" church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Whatever the month and whatever the country, many cultures have understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.



How Many Words Can you make from

# CHRISTIANITY

Using each letter only once, see how many words can you make out of "CHRISTIANITY". Write as many words as you can.

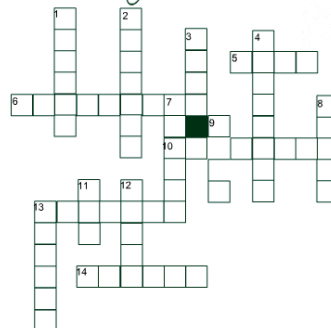
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www.MyPartyGames.com



## 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



www.MyPartyGames.com



## Mother's Day Word Scramble Puzzle

1. TRIHB
2. GUEADRHT
3. NSO
4. OMERTH
5. LAYMIF
6. HEMO
7. DAYL
8. OTREOMDHOH
9. PEERTSN
10. NAPETR
11. ARIIONDTT
12. OANMM
13. AICNGR
14. OILGVN
15. ODOF
16. TRECTOP
17. SEIAR
18. ECHAT
19. SENTIL
20. POT PRUS



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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  
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I V H A C R L A D Y E T L J N

BIRTH  
DAUGHTER  
SON  
MOTHER  
FAMILY

HOME  
LADY  
MOTHERHOOD  
PRESENT  
PARENT

TRADITION  
WOMAN  
CARING  
LOVING  
FOOD



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# CELEBRATIONS AND MILESTONES

## Resident Birthdays

Peggy Singler 5/4  
Betty Hooker 5/4  
Londalea Murray 5/26

## Employee Birthdays

Mikayla Murray 5/3  
James Gehring 5/3  
Sara Hanson 5/21  
Hershel Byrd 5/22  
Sarah Carroll 5/23  
Markiesha Lillard 5/23  
Jessica Doyle 5/18

## May Birthdays

*In astrology, those born from May 1-20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21-31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.*

## Employee Anniversaries

Cita Moll 20 yrs  
Peter Solly 9 yrs  
Crystal Solly 9 yrs  
Samuel Spurlock 9 yrs  
Briana Hoppes 8 yrs  
Carrie Burton 7 yrs  
Abby Morehead 2 yrs  
Joshua Caylor 1 yr  
Lillian Dazey 1 yr  
Madison Finnegan 1 yr  
Paula Isaacs 1 yr  
Lucie Nicholson 1 yr

## Celebrity Birthdays

Joseph Heller (writer) May 1, 1923  
Gary Cooper (actor) May 7, 1901  
Martha Graham (dancer) May 11, 1894  
Perry Como (singer) May 18, 1912  
Joan Collins (actress) May 23, 1933  
Bob Dylan (singer) May 24, 1941  
Sam Snead (golfer) May 27, 1912  
Henry Kissinger (politician) May 27, 1923  
Joe Namath (quarterback) May 31, 1943

## 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 and third 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](http://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](mailto:activities@ripleycrossing.com)



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**RIPLEY CROSSING BRINGS YOU THE NEWS**

**Ripley Crossing**  
**1200 Whitlatch Way**  
**Milan, Indiana 47031**

PLACE  
STAMP  
HERE