



# RIPLEY CROSSING



The New Direction In Senior Living

## THE RIPLEY CROSSING CHRONICLE



### Rehab News March 2025

### Improve Brain Health & Memory

As we age, our bodies go through a lot of changes including the brain. Aging often causes us to experience normal changes in memory such as losing our car keys, recalling someone's name and forgetting an appointment. Although subtle memory changes are normal, if memory loss disrupts your daily life or ability to function this could be a warning sign of a more serious problem such as Alzheimer's or other dementia.

While there is no surefire way or magic pill to prevent cognitive decline, research suggests certain activities do play a role in improving overall brain function and health.

#### Simple Tips to Improve Your Memory:

**Physical Exercise:** Physical activity can lower your risk of memory loss by increasing blood flow throughout your body including your brain. Older adults should get at least 2.5 hours of moderate aerobic exercise every week.

**Mental Exercise:** Stimulate your brain with challenging activities at least once or twice a week. Learn a new language, play a new instrument, try a new hobby or craft.

**Diet:** Maintain a healthy diet that includes fruits, leafy green vegetables, whole grains, and Omega-3 fatty acids like fish, walnuts and soy beans.

**Stress:** Protect yourself from stress which can negatively impair memory and cognitive function in the brain. Focus on ways to relax such as yoga, tai chi, deep breathing, and meditation.

**Sleep:** Quality sleep is the most important thing you can do to reset your brain and allow it to heal and restore mental health. (7-8 hrs of sleep recommended for people age 65+)



If you are having problems with completing daily tasks, comprehending and/or expressing thoughts, please talk to your doctor. Ask your doctor if therapy could benefit you. Our therapy team can discuss the role of therapy in dementia and benefits of physical, occupational and speech therapy.

*Ripley Crossing*  
1200 Whittlatch Way  
Milan, Indiana 47031  
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[www.ripleycrossing.com](http://www.ripleycrossing.com)

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Facility Chaplain

1200 Whittlatch Way | Milan, IN 47031

812-654-2231 | [www.ripleycrossing.com](http://www.ripleycrossing.com)



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## *-Upcoming Events-*

13th @ 10:00, Bingo Store

17th @ 2:00 Music w/Ken Petro

17th @ 10:15, Resident Council

19th @ 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, Shelia Klimezewski L.P.N, Josie Bischoff C.N.A, Zoey Bowling C.N.A, Ashlynn Burns C.N.A, Courtney Deweese C.N.A, Kathy Lovins C.N.A, Keiara Shaw C.N.A, Bethany Sutton C.N.A, Kaitlyn Tingle C.N.A, & Kaitlyn Cheek, Restorative. Joining the Laundry Department, Lois Salle and joining the Activities Department, Ciara Spurlock. Also welcoming James Gehring, Transportation. 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 2025 King & Queen*



Eugene Marsee

**KING**



Connie Powell

**QUEEN**

**&**

# Ripley Crossing

1200 Whitlatch Way Milan IN, 47018

## Annual Easter Egg Hunt

We are now accepting donations of candy or candy filled eggs, for our Annual Easter Egg Hunt.

Date April, 18th @ 5:30 pm. Hunt will be for Ripley Crossing resident families and employees.

We thank you for your continued support.



## 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.

## Thank you to all, who was able to join us for our Ripley Crossing, Valentines Couples Lucheon!



*Still in love after all these years.*

# CELEBRATIONS AND MILESTONES

## Resident Birthdays

Irma Kreimer 3/2  
 Elvin Volz 3/9  
 Betty Rayner 3/12  
 Jewell Walston 3/13  
 Judy Bennett 3/17  
 Thelma Monteith 3/20  
 Martha Pohle 3/23  
 Marcella Sneed 3/28  
 Georgia Phillips 3/31

## Employee Birthdays

Ashley Rodgers 3/3  
 Jaedyn Sanders 3/4  
 Cynthia Widner 3/9  
 Heather Prairie 3/9  
 Deanna Meadors 3/10  
 Brook Petty 3/12  
 Teresa Martin 3/12  
 Brandy Haller 3/12  
 Teresa Eshelman 3/12  
 Allison Doyle 3/14  
 Terri Wells 3/17  
 Hunter Liming 3/23  
 Ashley Gills 3/25  
 Paula Isaacs 3/26

## March Birthdays

*In astrology, those born between March 1-20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others. Those born from March 21-31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.*

## Employee Anniversaries

Jenna Snelling 18 yrs  
 Deanna Meadors 14 yrs  
 Cristy Curry 13 yrs  
 Kimberly Fleming 12 yrs  
 Tricia Doyle 6 yrs  
 Ashley Gills 5 yrs  
 Brandi Carroll 3 yrs  
 Cheryl Agapie 3 yrs  
 Jessica Kirby 2 yrs

## 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)



Like us on Facebook & visit our website at [www.ripleycrossing.com](http://www.ripleycrossing.com)

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