

THE RIPLEY CROSSING CHRONICLE

November 2024

REHAB NEWS



Therapy's Role in Bone Health

According to the National Osteoporosis Foundation, one in two women and one in four men age 50 and older will suffer an osteoporosis-related fracture. Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to weak and brittle bones. Breaking a bone is serious, especially when you're older and broken bones can cause severe pain.

How Can Therapy Help?

Physical therapy can help manage and prevent osteoporosis as well as reduce falls and injuries for those diagnosed with the disease. Based on a thorough assessment of your posture, balance, strength and flexibility, a physical therapist will work one-on-one with you to target your specific areas of weakness. Also, an occupational therapist will work with you to evaluate your lifestyle, home environment and activities of daily living to ensure you can safely do all the things that you want and need to do. Talk to your doctor about your fall risk and ask if physical or occupational therapy could help. Be sure to have your doctor or pharmacist to review your prescriptions regularly.

Therapy Goals for Preventing & Treating Osteoporosis:

- ▶ Maintain or Increase Bone Mass Density Using Exercise
- ▶ Improve Muscle Strength, Balance, Posture, and Cardiovascular Fitness
- ▶ Improve Psychological Well-being
- ▶ Prevent Fractures
- ▶ Reduce Falls
- ▶ Provide Education

For more information, please contact the therapy department.

References: National Osteoporosis Foundation

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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-

7th @ 10:00, Bingo Store
 18th @ 10:15, Resident Council
 13th @ 1:30, Music with Tom Taylor
 21st Harvest Luncheon
 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!

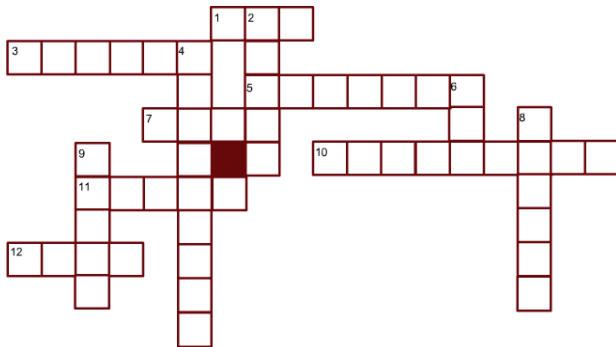
-Team Building-

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, Gina Blackburn C.N.A, Andriana Eley C.N.A, Lydia Hallabrin C.N.A, Haylei Little C.N.A, Payton Winters C.N.A, Kacie Hotz Restorative, and Angela Holcomb R.N. We would also like to welcome Ethen Howard and Tiffany Scruggs to Dietary, and Melissa Carrol and Masiela Stockman to Laundry and Housekeeping. 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.

Notice:

We are in the process of creating new sensory areas on wing 2. We are looking for a baby changing table, baby bassinet, small desk/table, and a smaller scale men's work bench. If you would happen to have these items and would like to donate them, or have any questions, please contact Jessica Doyle @ 812-654-2231 ext. #242

Fall Crossword Puzzle



Down:

2. The forbidden fruit from the tree of knowledge
4. An object made to resemble a human figure, that is set up to scare birds away from a field where crops are growing.
6. A fruit consisting of a hard or tough nutshell protecting a kernel which is usually edible.
8. Another word for fall
9. The nut of the oaks

Across:

1. Grass that has been mown and dried for use as fodder.
3. They turn yellow, orange, and red in the fall season.
5. You carve this to make a Jack-o-lantern
7. The season after Summer.
10. These were roasting on an open fire as per a famous Christmas song
11. A beverage made from the fermented juice of apples.
12. The main ingredient to make cornbread

Fall Word Scramble Puzzle

1. TAMNUU
2. SCUETSHTN
3. ONRC
4. LALF
5. SHATREV
6. ESAVEL
7. EROBMNEV
8. KINUPPM
9. OATCAIRN
10. CAREORCWS
11. ANOSSE
12. KEAR
13. PEAR
14. NPIEONEC



Farmers Fair Parade



Vogt Pumpkin Patch



CELEBRATIONS AND MILESTONES

Resident Birthdays

Bonita Cochran	11/2
Howard Biddle	11/7
Beverly Rodgers	11/9
Diane Brown	11/13
Franklin Braley	11/13
Lois Craft	11/14
Patricia Ludeker	11/17

Employee Birthdays

Lindsey Sumler	11/6
Patyricia Ball	11/12
Briana Hoppes	11/12
Samantha Meyers	11/13
Brynlee Gilbert	11/15
Susan Heil	11/18
Janice Vaughn	11/22
Kyla Whitley	11/25

November Birthdays

Those born between November 1-21 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious. If you were born between November 22-30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters.

Employee Anniversaries

Valerie Bennett	12 yrs
Marilyn Struckman	12 yrs
Karen Hunter	11 yrs
Ruth Meyers	5 yrs
Calista Lochard	4 yrs
Paula Boyd	2 yrs
Brandy Haller	2 yrs
Tresa Hudepohl	2 yrs
Deborah Polly	2 yrs
Rebecca Thomas	2 yrs
Gracie Ahrens	1 yr
Claire Heil	1 yr

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 and let us know if you'd like your loved one added! Call Valerie Bennett @ 812-654-2231 or e-mail activities@ripleycrossing.com



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