



The New Direction In Senior Living

# THE RIPLEY CROSSING CHRONICLE

REHAB NEWS

Submitted by: Therapy Department at Healthcare Therapy Services, Inc.

# STAY INDEPENDENT: ASSISTIVE TOOLS TO MAKE LIFE EASIER

As individuals age, they may encounter challenges in performing daily activities such as getting dressed, taking a bath or navigating their homes. Assistive tools are designed to make life easier!



## Cane

A cane can provide additional stability and support. For a painful knee or hip, a cane used on the opposite side alleviates some joint pressure.



## **Zipper Pull**

For individuals with limited mobility, zipper pulls promote independence in dressing. They make it easier to grab and manage zippers without assistance from others.



## Reacher

Long rods with a grabber on the end to help pick up small objects without having to bend over or reach uncomfortably.



## **Grab Bars**

Inside the bathtub and next to the toilet, grab bars offer stability and support, helping individuals maintain balance and prevent falls.



### Sock Aid

These help adults with mobility or flexibility challenges to put on socks independently without bending their legs.



## Long-handled Sponges

For individuals with limited mobility, arthritis, or back problems, long-handled sponges can help wash hard-to-reach areas of the body.



Occupational Therapists specialize in assisting older adults to participate in activities and maintain independence and safety. If you experience trouble with completing everyday tasks, talk with your doctor about the potential benefits of physical and occupational therapy.



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Rev. Harris Long Facility Chaplain

The New Direction In Senior Living

-Upcoming Events-

11th @ 10:00, Bingo Store 17th @ 1:30, Music with Tom Taylor 31st @ 2:00, Birthday Bash 22nd @ 10:15, Resident Council Second Monday @ 6:00 pm, Harmony Group First Thursday @ 1:30, Catholic Mass Second Friday @ 2:00, St. Paul Lutheran Church 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

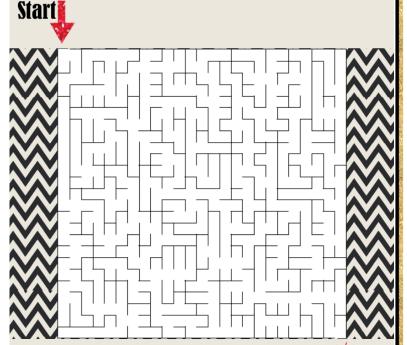
Check out our Calendars at www.ripleycrossing.com to see what we have to offer on each wing!

Come in and volunteer for one of our activities we offer!

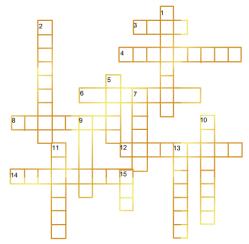
-Team Building-

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, Amy Smith, R.N; Rebecca Hughs, C.N.A; Claire Metcalf, C.N.A. and McKenna Murray, C.N.A. Also joining the Nursing Department, Gracie Ahrens, S.N.A; Savannah Ciarrochi, S.N.A; Brandon Wells, S.N.A. and Ellianna Waldron, S.N.A. Joining the Housekeeping/Laundry Department, Shelana Thompson and Janice Merida. 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.

## Find the Way to the Fireworks



## New Year Crossword Puzzle



12. observe

- 1. a chart with days weeks and months
- 2. a white sparkling wine
- 5. beautiful vocal instrumental or combined
- 7. a drinking glass with a foot and a stem
- 9. a man's dinner jacket. a handheld firework that emits sparks.
- 11. the first month of the year
- 13. round rubber bag that is inflated with the air12. observe
- and used as decoration or a toy. 14. an act of
- counting numerals in reverse order 15. opposite of old to zero

- 3. the period of 365 days
- 4. a device containing gunpowder and other combustible chemicals which causes spectacular effects and explosions when ignited
- 6. a timing device with two connected glass bulbs containing sand
- 8. small bits of paper usually colored
- 14. an act of counting numerals in reverse order





# CELEBRATIONS AND MILESTONES

Resident Birthdays		<b>Employee Birthdays</b>	
John Largent	1/9	Patricia Weaver	1/1
Ruth Lewis	1/9	Mindy McFarland	1/1
Bessie Kirby	1/11	Peter Solly	1/6
Raymond Brown	1/12	Cathy Lozier	1/6
Kenneth Lows	1/13	Crystal Solly	1/10
Kathleen Stiegler	1/13	Makalee Rivera	1/11
Wilma Bloemker	1/13	Dakota Day	1/11
Velma Addington	1/20	Savannah Ciarrochi	1/11
Kathleen Serey	1/24	Ayla Campos	1/12
		Nada Couch	1/12
		Tresa Hudepohl	1/14
		Cristina Bishop	1/19
		Alexis Bennett	1/20
		Renae Payne	1/21
		Ashley Hall	1/23
		Teresa Holtegel	1/23
		Jenna Snelling	1/25
		Hannah Hutter	1/26

	Employe
	Rhonda Maybri
<b>Employee</b>	Kaitlyn Barton
of the Quarter	Georgia Weldor
OF GRE STATE OF	Renae Payne
	Katelyn Cutter
Q lia Para	Nakai Ankrom
Julie Campos	Bayley Johnson
	Chelsea Bevis
	Rachel Henson
	Jaedyn Sanders
	,

Employee Anniversar	ies
Rhonda Maybrier	28 yrs
Kaitlyn Barton	9 yrs
Georgia Weldon	4 yrs
Renae Payne	4 yrs
Katelyn Cutter	4 yrs
Nakai Ankrom	2 yrs
Bayley Johnson	2 yrs
Chelsea Bevis	1 y
Rachel Henson	1 y
Jaedyn Sanders	1 y

### **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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