

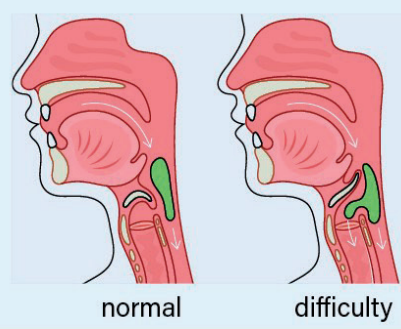
# THE RIPLEY CROSSING CHRONICLE

## REHAB NEWS Submitted by: Therapy Department at Healthcare Therapy Services, Inc.

### SWALLOWING PROBLEMS?

#### Speech Therapy Treatments For Dysphagia

Swallowing is a complex process that involves over twenty-five muscles all working together to move food from the mouth to the stomach. For many older adults, swallowing can become a challenge.



Swallowing disorders, also known as dysphagia, can greatly impact our ability to enjoy meals and stay properly hydrated. If you find eating or drinking feels difficult, experience symptoms such as coughing, choking, or feeling of food being stuck — you might be dealing with dysphagia.

#### Here are some common signs that may indicate you have a swallowing problem:



**Frequent Coughing or Choking While Eating or Drinking**



**A Feeling of Food or Liquid Getting Stuck in Your Throat or Chest**



**Pain or Discomfort in Your Throat or Chest When Swallowing**



**Unintentional Weight Loss or Dehydration**



**Recurrent Respiratory Infections or Chest Congestion**

### How Can Speech Therapy Help?

Speech-Language Pathologists (SLP) are uniquely qualified to help people who are experiencing problems with eating and drinking. During treatment, a SLP may recommend swallowing exercises along with other strategies to help manage dysphagia. If you or a loved one experience difficulty swallowing, talk to your doctor about Speech Therapy. Early identification and treatment of swallowing problems can help prevent complications and improve your quality of life.

*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  
*Administrator*

Becky Robbins  
*Director of Nursing*

Abby Moorehead  
*Assistant Director of Nursing/Infection Prevention*

Lynne Hutter  
*MDS Coordinator*

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

## *-Upcoming Events-*

9th @ 10:00, Bingo Store  
13th-17th National Nursing Home Week  
22nd @ 1:30, Music with Tom Taylor  
20th @ 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](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, Susan Heil S.N.A, Ashton Richards S.N.A, Sierra Hotopp S.N.A, and Latasha Roark S.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.*

## *Activity Spotlight*



With the up coming Holidays, please remember to have any new clothing marked by our Laundry Department. Our lost and found is getting full. If you have a loved one missing clothing, please contact our Laundry Department @ 812-654-2231 (ext. 238)



2024  
SOLAR ECLIPSE



A special thank you to the  
Ripley County Tourism Bureau,  
for donating solar glasses,  
for all our residents and staff.

# CELEBRATIONS AND MILESTONES

## Resident Birthdays

|                   |      |
|-------------------|------|
| Betty Hooker      | 5/4  |
| Peggy Singler     | 5/4  |
| Garland Fields    | 5/9  |
| Kenneth Greigmile | 5/10 |
| Londalea Murray   | 5/26 |

## Employee Birthdays

|                   |      |
|-------------------|------|
| Sydney Stockman   | 5/6  |
| Shannon Gillespie | 5/21 |
| Sara Hanson       | 5/21 |
| Victoria Henson   | 5/22 |
| Nancy Pickett     | 5/28 |
| Jessica Doyle     | 5/3  |



## Employee Anniversaries

|                 |        |
|-----------------|--------|
| Cita Moll       | 19 yrs |
| Crystal Solly   | 8 yrs  |
| Peter Solly     | 8 yrs  |
| Samuel Spurlock | 8 yrs  |
| Briana Hoppes   | 7 yrs  |
| Carrie Burton   | 6 yrs  |
| Mindy McFarland | 5 yrs  |
| Paula Isaacs    | 1 yr   |
| Angel Stegman   | 1 yr   |
| Abby Morehead   | 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](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)

**RIPLEY CROSSING BRINGS YOU THE NEWS**

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