

THE RIPLEY CROSSING CHRONICLE



The Importance of Grip Strength

Why is hand and grip strength so important? Having a strong grip makes it easier to perform normal daily tasks like holding a coffee cup, carrying grocery bags, or brushing your teeth. Research has shown that a person's grip strength can be an indicator for overall muscle strength, upper limb function, bone mineral density, increased fractures and falls, and overall quality of life.

It's common as we age to see a decrease in grip strength due to natural age-related loss of strength and muscle mass. Additionally, other causes may include scar tissue, carpal tunnel, arthritis, and nerve or tendon damage. As a result, a person may experience trouble holding and opening items and other activities they enjoy.

Now that we recognize why grip strength is so important, below are exercises that can help to improve your overall hand and grip strength.

Improve Crush Grip (ability to squeeze something between your fingers and palms) with hand strengthening equipment like stress balls, therapy putty, and hand exercisers.

Improve Finger Strength & Dexterity with a finger-walking exercise. Put your hand on a table, palm facing down. Slowly lift each finger moving toward the thumb.

Improve Support Grip (ability to hold on to an object) with farmer carries. Hold a weight or bag and walk with it across the length of the room, then turn around and walk back.

Improve Pinch Grip (the grip strength between the tips of your four fingers and thumb) by pinching clothespins or using tweezers to manipulate small objects.

Improve Hand Range of Motion with finger stretches. Put your palm down on the table, straighten your fingers, hold the stretch for 30-60 seconds, and release.

Physical & Occupational Therapy Can Help! If you are having difficulty with hand strength or pain due to weakness, injury, or illness, you may find that performing a simple task is troublesome. Physical therapists recommend exercises to improve range of motion, build strength, and regain function. Occupational therapists offer strategies to overcome challenges so you can fully participate in daily and leisure activities.

Talk with your doctor about a prescription for outpatient therapy.



1200 Whitlatch Way | Milan, IN 47031

812-654-2231 | www.ripleycrossing.com

Ripley Crossing
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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-

10th @ 10:00, Bingo Store

21st @ 2:00 Music w/Ken Petro

21st @ 10:15, Resident Council

16th @ 1:30, Music with Tom Taylor

18th @ 5:30 Ripley Crossing

Annual Easter Egg Hunt

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
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, Gilbert Collins Q.M.A, and Laura Linger C.N.A. Joining the Housekeeping Department, Hershel Byrd. 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.

Laugh It Off

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or the office cutup because April is Humor Month.

Humor may be one of the oldest and most effective methods of social bonding.

No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies.

Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins. One doctor believes laughing is such good exercise that he calls it "internal jogging."

One minute of laughing, he says, is equal to 10 minutes on a rowing machine.

Laughter is not just good for the body; it's also good for the mind. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience. All April long, make sure to take "laughter breaks" every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, perform a sight gag, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler with reckless abandon, and your body will thank you.

Ripley Crossing

Annual Easter Egg Hunt

Hunt will be for
Ripley Crossing
employees & resident
families. When: April, 18th
@ 5:30 pm Where: Ripley
Crossing Facility. We will
meet in community room,
and split off into age

Age Groups

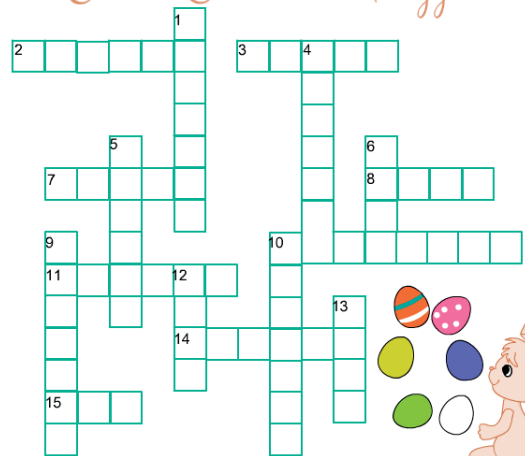
0-3 Wing 1 court yard

4-6 wing 4 court yard

7-9 Wing 3 & 5 court yard



Easter Crossword Puzzle



Down:

1. Buying what for Easter is said to bring good luck for the rest of the year?
4. What is the name of the rabbit in the Disney movie 'Bambi'?
5. What can you see on doors at Easter time?
6. What is the 40-day period before Easter?
9. Which British chocolate company makes the Mini Eggs?
10. The traditional Ukrainian way of painting Easter eggs is called what?
12. Easter's date is determined by what?
13. Besides bunnies, what animal is considered an Easter symbol?

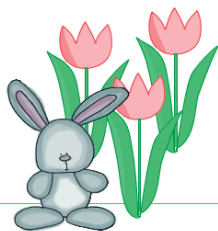
Across:

2. In which country was the largest decorated Easter egg?
3. In the Bible, who was the first person to enter Jesus' tomb?
7. In the Bible, how many days passed between Jesus' death and resurrection?
8. What type of food is decorated for Easter?
10. What bread-based snack is associated with Easter?
11. In what season does Easter take place in Australia?
14. What pagan goddess is associated with Easter?
15. What color jellybean is most popular?



Easter

Word Scramble Puzzle



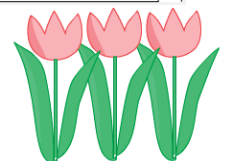
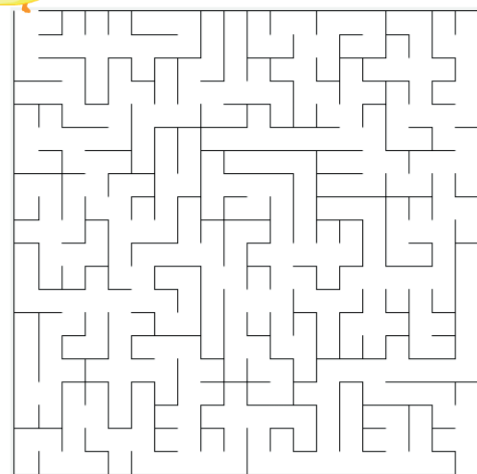
- 1 TEESAR
- 2 ECRETODA
- 3 TARCOR
- 4 NUYNB
- 5 OETHOCCLA GEG
- 6 SSEJU
- 7 FORCCIIIXNU
- 8 UTOEBUQ
- 9 DRAPEA
- 10 ATBIRB
- 11 FEACSRILC
- 12 RAILP
- 13 NENBTO
- 14 LAFDODIF
- 15 CSICKH



Help the Baby Chick

Reach Tulips

Easter Maze for Kids



CELEBRATIONS AND MILESTONES

Resident Birthdays

Bill Birkenheuer	4/8
Anna May Jones	4/9
Miriam Carlton	4/10
Rita Metcalfe	4/11
Doris Strimple	4/19
Sharon Fox	4/20

Employee Birthdays

Bernard Martinez	4/3
Teresa Adams	4/8
Rebecca Wahl	4/10
Nakai Ankrom	4/11
Jessica Riedeman	4/11
Courtney Deweese	4/13
Joy Disney	4/14
Carrie Burton	4/17
Kristen Carroll	4/17
Josie Bischoff	4/18
Bobbie Howlett	4/23
Jane Volz	4/29

April Birthdays

In astrology, those born between April 1-20 are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers - undeterred when the going gets rough. Those born from April 20-30 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

Employee Anniversaries

Rick Schmaltz	14 yrs
Teresa Holtegel	10 yrs
Deborah Seaver	9 yrs
Tammalee Kutz	8 yrs
Bobbie Howlett	3 yrs
Kristen Carroll	2 yrs
Susan Heil	1 yr
Bernard Martinez	1 yr
Jessica Riedeman	1 yr

Celebrity Birthdays

Marlon Brando (Actor)	4/3/1924
Spencer Tracy (Actor)	4/5/1900
Walter Winchell (Columnist)	4/7/1897
Jackie Chan (Actor, Stuntman)	4/7/1954
Charles Wilson Peale (Artist)	4/15/1741
Paloma Picasso (Designer)	4/19/1949
Shirley Temple (Actress)	4/23/1928
Carol Burnett (Comedian)	4/26/1933
Jerry Seinfeld (Comedian)	4/29/1954

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



Like us on Facebook & visit our website at www.ripleycrossing.com

RIPLEY CROSSING BRINGS YOU THE NEWS

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PLACE
 STAMP
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