



THE RIPLEY CROSSING CHRONICLE



Rehab News February 2026

Get Moving for a Strong Heart

Did you know that physical activity is one of the best ways to lower your risk of heart disease? Regular exercise helps to strengthen the heart muscle, reduce blood pressure, lower cholesterol, and also is linked to better sleep and brain function.

The CDC recommends that adults 65 and older should aim for at least 30 minutes of moderate-intensity exercise five days a week. Use the tips below to help you stay motivated and make exercise an enjoyable part of your everyday routine.

Find a Workout Partner – a workout buddy can help keep you encouraged and accountable so you’re less likely to skip out on a trip to the gym or exercise class.

Create a Schedule – Working out at the same time each day/week can help you keep a routine and also plan other activities so you don’t have to miss anything.

Start Small – Start with low-intensity activities such as walking for 10 minutes. Gradually increase the amount of time and intensity of your workouts.

Exercise for Free – Walking inside and outside are both free and easy ways to incorporate physical activity. Also, check within your community to find free exercise classes.

Talk with Your Doctor – If you are uncertain what exercises would be best for you, discuss your exercise plan with your doctor.

As you get older, you may find it difficult to exercise due to pain or have challenges with your balance and mobility. Physical therapists can teach you how to exercise appropriately for joint mobility, muscle strength, and fitness so you can regain a more active lifestyle. Talk with your doctor to see if physical therapy could benefit you.

Ripley Crossing
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 Admissions Coordinator/
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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-

12th @ 10:00, Bingo Store
 11th @ 11:00 am, Valentines Couples Luncheon
 11th @ 1:30, Music with Tom Taylor
 13th @ 2:00 pm, Valentines Party/King & Queen Crowning & Karaoke w/Jackie Lee
 16th @ 10:15, Resident Council
 23rd @ 2:00, Music with Ken Petro
 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, Kellsie Karn L.P.N, Guadalupe Blanco Q.M.A, Mackenzie Sparks C.N.A, Chelsee Ricketts C.N.A, Katelyn Ohlmansiek S.N.A & Claire Heilers S.N.A. We would also like to welcome to the Activities Department, Rylie Schwipps and to the Laundry Department, Destinee Housemeyer. 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.

Valentine Word Search Game



E G U Y Q O K C C I D D V I H
 J V N H Z F Z H F R I E N D E
 A M O I F S O L H S T V A T A
 Y K P L T C V L X C K O V T R
 M D D L O E Q D H V K L O A T
 E S Q L A L E N I T N E L A V
 O W A Z F V E R H L Q B G H E
 P T J T F X Q J G Z S N O S Y
 E P H G E C T F I G I N O J I
 G Y U V C U A I R L E R L K K
 Y G K L T A T N R Y V R F Y H
 N E N F I B X A D L G O R S C
 J K H I O D D H N Y O D N L B
 X M U J N F C U G C E P W H N
 S H Z W U E M F O S N K G V P

AFFECTION	GREETING
BELOVED	HEART
CANDY	HONEY
CHOCOLATE	LOVE
DARLING	POEM
FRIEND	ROSE
GIFT	VALENTINE



Valentine Word Scramble

TCCALEOOH _____
 EYNOH _____
 NYDAC _____
 VBODEEL _____
 NLRDGA I _____
 LFNDRE _____
 FIGT _____
 INTALENEV _____
 TERHA _____
 CEAFTIONF _____
 VELO _____
 NTGIGEER _____
 EROS _____
 EMOP _____

Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across

Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair.

Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the

Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks.

From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. Whether you're drawn by the chance to witness record-breaking performances or simply to enjoy the snowy landscapes and Italian charm, the 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill, spirit, and wintertime joy.

MILANO CORTINA
2026



Good Deeds and Good Fortune

February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, *Losar* rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games.

Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, the dead, and the spirits of the enlightened. Since it's common to hurl barley flour, known as *tsampa*, as a spiritual offering, it may be a good thing their neighbors have a broom handy.

CELEBRATIONS AND MILESTONES

Resident Birthdays

Evelyn Fryman	2/2
Evelyn Anderson	2/6
Julie Mesch	2/10
Jacqueline Smith	2/17
Leona McCann	2/21
Jack Baylor	2/24
Brenda Pryon	2/24
Nancy Leever	2/25
Vera Schraub	2/26

Employee Birthdays

Summer Boyd	2/2
Georgia Weldon	2/5
Claire Heil	2/5
Robert Stevens	2/7
Andrew Walter	2/8
Robert Russell	2/8
Sheri Hartmann	2/9
Rhonda Maybrier	2/10
Rachel Roth	2/11
Christine Lawhorn	2/12
Kelsey Rodgers	2/14
Calista Lochar	2/16
Mary Berger	2/18
Amanda George	2/18
Bayley Johnson	2/18
Amber Thompson	2/19
Vera Fugate	2/20
Rick Schmaltz	2/21

December Birthdays

In astrology, those born February 1 - 18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19 - 29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Employee Anniversaries

Jacqueline Johnson	18 yrs
Malena Hunger	10 yrs
Faith Pindell	8 yrs
Robert Stephens	7 yrs
Sara Hanson	3 yrs
Heather Prairie	2 yrs
Keirstynne Stahle	2 yrs
Timothy Sublett	2 yrs
Laura Linger	1 yr

Employee Birthdays

Hailey Richmond	2/23
Matthew Scruggs	2/24
Tricia Weaver	2/25
Jessica Riley	2/27
Malena Hunger	2/28

Celebrity Birthdays

Tommy Smothers (comedian)	2/2/1937
Hank Aaron (ballplayer)	2/5/1934
Lana Turner (actress)	2/8/1921
Susan B. Anthony (activist)	2/15/1820
Sidney Poitier (actor)	2/20/1927
Steve Jobs (tech guru)	2/24/1955
Jimmy Dorsey (band leader)	2/29/1904
Dinah Shore (singer)	2/29/1916

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 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

Ripley Crossing
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PLACE
STAMP
HERE