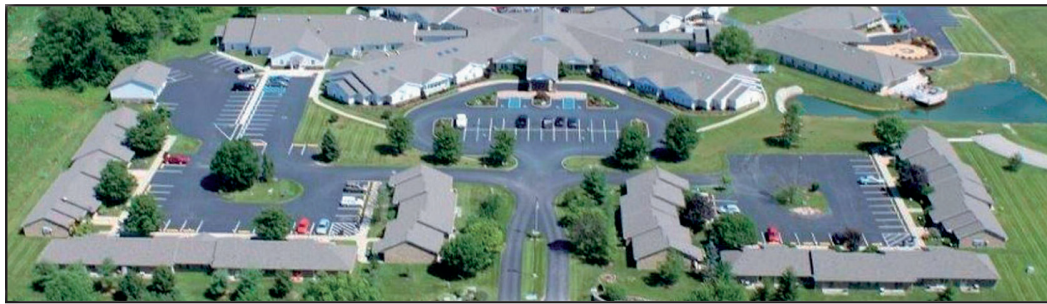




THE RIPLEY CROSSING CHRONICLE

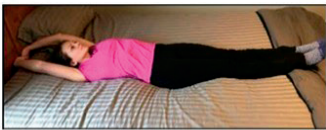


July, 2026

Daily Stretches for Better Health

Morning stretching is important for your body to help kick-start your energy levels and improve circulation. Stretching can help loosen tight muscles and improve your range of motion making it easier to move and perform daily activities like getting dressed and picking up objects from the floor.

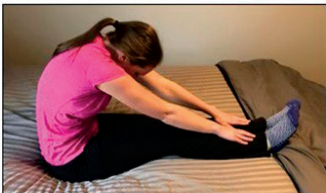
Try these simple stretches you can do every morning in bed. If you have any concerns about stretching please consult with your health care provider. We recommend stretching at least 2 to 3 times per week.



Full-body Stretch: Inhale, reach your arms overhead & straighten your legs out. Hold for 5 counts, then exhale & release the stretch. Repeat 3 times.



Knees-to-Chest: Lay on your back, bend your knees and use your hands to draw one knee in toward your chest at a time, wrapping your arms around both shins. Hold for 10 deep breaths.



Seated Forward Bend: Begin by sitting up and keeping your legs straight. Inhale and lengthen through your spine; as you exhale, start to walk your fingertips toward your feet. When you get to your farthest point, let your neck hang heavy toward your legs, releasing any tension. Hold for 10 rounds of breathing.

If you are experiencing pain or having trouble moving around and performing daily activities, talk with your doctor about Physical and Occupational Therapy. Physical therapists can teach you how to exercise and stretch appropriately for joint mobility, muscle strength and fitness. Occupational therapists can help older adults to safely do the things they want to do, stay active and live well despite limitations.

Ripley Crossing
 1200 Whitlatch Way
 Milan, Indiana 47031
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www.ripleycrossing.com

Trina Johnson, CDP
 Administrator

Becky Robbins
 Director of Nursing

Abby Moorehead
 Assistant Director of
 Nursing/Infection Prevention

Debbie Polly
 MDS Coordinator

Krystle Kaiser
 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

-Upcoming Events-

9th @10:00, Bingo Store
 15th @ 1:30, Music with Tom Taylor
 20th @ 10:15, Resident Council
 20th @ 2:00 pm, Music w/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

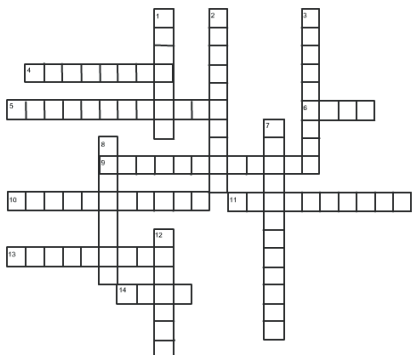
Check out our Calendars at
www.ripleycrossing.com
 to see what we have to offer
 on each wing!

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, Loraine Lukie R.N, Darlene McCleary L.P.N, Asia Snelling C.N.A, Kaylee Seymour C.N.A, Ashley Mullins C.N.A & Amanda Lovins C.N.A. We would also like to welcome to the Dietary Department, Adrienne Mitchell & to the Housekeeping & Laundry Department, Mariah Carroll & Maya Horton. 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.

Independence Day Crossword Puzzle



Down:

1. the state of being free within society
2. the group of people with the authority to govern a country or state; a particular ministry in office
3. a loss entailed by giving up something of a government
8. a device containing gunpowder which causes spectacular effects and explosions used for display or in celebrations.
12. marked by active interest and enthusiasm

Across:

4. practices that are handed down from past by tradition
5. a formal public statement
6. a piece of cloth used as the symbol or emblem of a country or institution
9. the fact or state of being independent.
10. the date on which an event occurred in some previous year
11. love of country and willingness to sacrifice for it
13. behave as expected during of holidays or rites
14. The seventh month of the year



www.MyPartyGames.com

Independence Day Word Search Puzzle



- | | |
|----------------|-----------------|
| 1.CONSTITUTION | 7.PATRIOTISM |
| 2.SACRIFICE | 8.ANNIVERSARY |
| 3.PROCLAMATION | 9.FLAG |
| 4.ZEALOUS | 10.GOVERNMENT |
| 5.CELEBRATE | 11.INDEPENDENCE |
| 6.HERITAGE | 12.LIBERTY |



www.MyPartyGames.com

The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and close-knit communities.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form.

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. Their resourcefulness wasn't a choice; it was a requirement. This anniversary offers a chance to consider what endures. Skills like making, mending, and sharing haven't disappeared—they've simply changed form. The same is true of community and adaptability. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.

International Morse Code

1. The length of a unit is the length of the shortest signal.
2. A dash is three units long.
3. The space between parts of the same letter is one unit.
4. The space between letters is three units.
5. The space between words is seven units.

Night of Nights

Morse code, that method of communicating letters using long and short signals of sound or light, seems old fashioned. After all, commercial Morse radio stations have been defunct for almost three decades. The last U.S. transmission went out on July 12, 1999, and read, "What hath God wrought"—which is also the first message sent by Samuel Morse in 1844. It was a sad night for those who had used Morse code throughout their lives. The abandoned station was filled with old rotary phones, manual typewriters, teletype machines, and telegraphy keys, some dating back to the time of Samuel Morse. What a pleasant surprise when the airwaves sprang to life again with buzzing and beeping on July 12, 2000. This was the first "Night of Nights," when for one night, an old maritime radio station on the coast of northern California sent out Morse transmissions. The tradition has been carried on ever since.

A	• —	1	• • • • •
B	• — • —	2	• • • • •
C	— • — •	3	• • • • •
D	— • —	4	• • • • •
E	•	5	• • • • •
F	• — • •	6	• • • • •
G	— • •	7	• • • • •
H	• • — •	8	• • • • •
I	• •	9	• • • • •
J	• — — •	0	• • • • •
K	• — • —		
L	• — • —		
M	— —		
N	• —		
O	— — —		
P	• — • —		
Q	• — • —		
R	• — • —		
S	• • •		
T	—		

CELEBRATIONS AND MILESTONES

Employee Birthdays

Jessica Guerich	7/6
Keiara Shaw	7/11
Tammalee Kutz	7/12
Gracie Ahrens	7/14
Aubrey Young	7/15
Ciara Spurlock	7/16
Rachel Ylovchan	7/21
Michelle Bushelman	7/22
Marilyn Struckman	7/22
Shelana Thompson	7/22
Hannah Przbyla	7/24
Jessica Kirby	7/26
Karen Hunter	7/28

Resident Birthdays

Mabelyn Liberto	7/1
Paula Giltner	7/2
Edward Lewis	7/3
Darla Alford	7/12
Helen Huffman	7/18
Larry Beck	7/23
Susan Freeman	7/25
Garnette Cleeter	7/28
Melven Cleeter	7/29
Faith Hinkle	7/30

July Birthdays

In astrology, those born between July 1-22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23-31 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

Employee Anniversaries

Tiffany Curry	25 yrs
Hunter Liming	8 yrs
Jasmine Lutz	6 yrs
Joy Disney	3 yrs
Brynn Negangard	1 yr
Tamra Jutzi	1 yr
Susan Johnson	1 yr

Celebrity Birthdays

Richard Petty (race-car driver)	7-2-1937
Ringo Starr (Beatle)	7-7-1940
Tom Hanks (actor)	7-9-1956
Arthur Ashe (tennis pro)	7-10-1943
Woody Guthrie (folk singer)	7-14-1912
Ginger Rogers (dancer)	7-16-1911
Janet Reno (attorney general)	7-21-1938
Lynda Carter (actress)	7-24-1951
Gracie Allen (comedian)	7-26-1895

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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