

RIPLEY CROSSING



The New Direction In Senior Living

THE RIPLEY CROSSING CHRONICLE

June 2026

REHAB NEWS



Walk This Way...to Better Health!

Physical activity is a vital component to maintaining overall health. According to the CDC, "Older adults can obtain significant health benefits with a moderate amount of daily physical activity. The loss of strength and stamina attributed to aging is in part caused by reduced physical activity."

Did you know walking is one of the very best exercises you can do? Walking is an activity that most everyone can take part in and can be done just about anywhere. For older adults, the World Health Organization recommends at least 150 minutes of physical activity weekly. Walking has many health benefits as it can help prevent coronary heart disease, lower blood pressure, and improve circulation! Below are recommendations that can assist you in developing your own walking program. Always make sure to consult with your physician before beginning any new exercise routine.

Getting Started:

- ✓ Doctor's permission
- ✓ Good pair of walking shoes
- ✓ Safe place to walk
- ✓ Walking buddy
- ✓ Water bottle

Warm up your muscles to avoid stiffness and to reduce the risk of injury. Try flexibility exercises such as heel and toe raises.

Walk at a speed in which you feel comfortable. Start slow and gradually increase as tolerated. Walking should be continuous and rhythmic. Pay attention to your posture, hold your head up, eyes forward and walk tall!

HOW MANY STEPS DO I NEED PER DAY?

For long term health and reduced chronic disease risk	10,000 steps a day
For successful, sustained weight loss	12,000 - 15,000 steps a day

Stay Hydrated! Drink plenty of water before, during and after exercise.

Cool down after walking to return your body to its "resting state" and reduce risk of muscle soreness. Try stretching exercises such as a seated arm reach and piriformis stretch.

If you are having trouble standing, walking or moving around, physical therapy can help. Physical therapy can improve mobility and strength, and manage or eliminate pain. Talk to your doctor about any challenges you're having and if physical therapy can help your condition.



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Valerie Bennett
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Patti Weaver
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Rhonda Maybrier
 Dietary Manager

Tricia Doyle
 Housekeeping/Laundry Supervisor

Rev. Harris Long
 Facility Chaplain

-Upcoming Events-

- 11th @ 10:00, Bingo Store
- 15th @ 2:00, Music with Duke Todd Stacy
- 17th @ 1:30, Music with Tom Taylor
- 20th @ 10:00 am, Fathers Day Brunch
- 22nd @ 10:15, Resident Council
- 29th @ 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 Activities Team, Liza Linger & Annabelle Tibbs. We would also like to welcome Troy Craven to Maintenance and Aubrey Young to Dietary. 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.



Father's Day Word Scramble Puzzle

- 1 TAFERH
- 2 ONILGV
- 3 TIRCCLPAA
- 4 VREBA
- 5 WNLEKGOABLEDE
- 6 EAISLCP
- 7 AHOC
- 8 IKDN
- 9 UPDOR
- 10 UNTTIRGS
- 11 UFYNN
- 12 UYSB
- 13 NEPTRA
- 14 IESW

Match the Dad to His Kids

Match the real or fictional Dads to their kids. The player with most correct matches wins.

- | | |
|--------------------|-------------------|
| 1. Marlin | a. Ariel |
| 2. Mufasa | b. Liv |
| 3. Will Smith | c. Rumer |
| 4. Donald Trump | d. Malia, Sasha |
| 5. Maurice | e. Nemo |
| 6. Zeus | f. Pinocchio |
| 7. Lionel Richie | g. Simba |
| 8. Bruce Willis | h. Ivanka |
| 9. Kirk Douglas | i. William, Harry |
| 10. Steven Tyler | j. Jaden, Willow |
| 11. Geppetto | k. Hercules |
| 12. King Agnarr | l. Bella |
| 13. King Triton | m. Nicole |
| 14. Prince Charles | n. Michael |
| 15. Barak Obama | o. Elsa, Anna |



The Lucky Flip

The notion of making a decision based on the flip of a coin began with the invention of the metal coin itself, long before Flip a Coin Day was ever celebrated on June 1. In ancient Rome, coins bore the head of Julius Caesar on one side and a ship on the other. People would play *navia aut caput*, meaning “ship or head,” to decide matters small and large, even in criminal cases deciding guilt. If it landed on Caesar’s head, you won, believing that the emperor sided with you. Throughout history, coin flips have been used to make other important decisions. Wilbur Wright won a coin toss against his brother Orville to attempt the first flight at Kitty Hawk, though he didn’t get far. And two pioneers used a coin toss to decide the name of Portland, Oregon. The famous “Portland Penny” remains on display at the Oregon Historical Society Museum.



Recess Reclaimed

There is a saying that “All we really need to know, we learned in kindergarten.” The founders of Recess at Work Day on June 18 seem to have taken this advice literally. Studies repeatedly show how recess in elementary schools creates positive impacts in attendance and achievement. Might recess at work show similar benefits for adults? Dr. Stuart Brown, founder of the National Institute for Play, believes that adults need play just as much as children do. Play builds community, keeps the mind sharp, and keeps us close to the ones we love. Adults who do not play can suffer serious consequences. “Perseverance and joy in work is lessened and... life is much more laborious,” Brown says. Perhaps more companies need to add recess to their list of employee benefits.

CELEBRATIONS AND MILESTONES

Employee Birthdays

Tammy Christ	6/4
Debbie Calvert	6/6
Madelynn Roell	6/8
Julia Dwenger	6/9
Cristy Cruuy	6/10
Khloe Peelman	6/13
Payton Bennett	6/15
Rachel Henson	6/17
Cita Moll	6/19
Zoey Bowling	6/19
Faith Pindell	6/22
Jacqueline Johnson	6/22
Stephanie Evans	6/22
Cheryl Agapie	6/23
Brooke Hoffman	6/26
Trenity Tuggle	6/30

Resident Birthdays

Barbara Gaebe	6/3
Sue Turut	6/3
Donald Cottingham	6/7
Evelyn Clark	6/10
Joan Kaiser	6/15
Barbara Davis	6/19
Ralph Irwin	6/22
Connie Hudson	6/23
Shirley Kuckenrider	6/26
Doris Spencer	6/27
Antoinette Andres	6/29

Celebrity Birthdays

Jerry Mathers (actor)	6-2-1948
Frank LLoyd Wright (architect)	6-8-1867
Judy Garland (actress)	6-10-1922
Jim Nabors (actor)	6-12-1930
Alois Alzheimer (doctor)	6-14-1864
Moe Howard (comedian)	6-19-1897
Meryl Streep (actress)	6-22-1949

June Birthdays

In astrology, those born between June 1-21 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Those born between June 22-30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancer are tenacious in their pursuit of domestic harmony.

Employee Anniversaries

Samantha Meyers	16 yrs
Ashley Rodgers	12 yrs
Amber Thompson	8 yrs
Jessica Jackson	7 yrs
Jennifer Haney-Dixon	6 yrs
Hannah Hutter	6 yrs
Diana King	6 yrs
Alexandra Womack	5 yrs
Amy Faber	2 yrs
Sarah Carroll	2 yrs
Brittany Busch	1 yr
Amanda Ephraim	1 yr
Cherokee Goddard	1 yr
Madison Holbrook	1 yr
Aubrey Neal	1 yr
Sadie Upton	1 yr
Rachel Negangard	1 yr

Celebrity Birthdays cont...

Pearl S. Buck (novelist)	6-26-1892
Mel Brooks (actor)	6-28-1926
Lena Horne (singer)	6-30-1917

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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