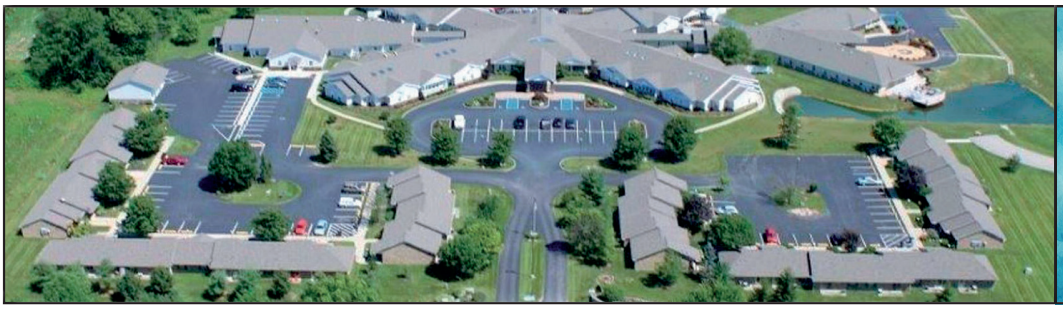


RIPLEY CROSSING

The New Direction In Senior Living

THE RIPLEY CROSSING CHRONICLE

November 2026

REHAB NEWS



Therapy's Role in Bone Health

According to the National Osteoporosis Foundation, one in two women and one in four men age 50 and older will suffer an osteoporosis-related fracture. Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to weak and brittle bones. Breaking a bone is serious, especially when you're older and broken bones can cause severe pain.

How Can Therapy Help?

Physical therapy can help manage and prevent osteoporosis as well as reduce falls and injuries for those diagnosed with the disease. Based on a thorough assessment of your posture, balance, strength and flexibility, a physical therapist will work one-on-one with you to target your specific areas of weakness. Also, an occupational therapist will work with you to evaluate your lifestyle, home environment and activities of daily living to ensure you can safely do all the things that you want and need to do. Talk to your doctor about your fall risk and ask if physical or occupational therapy could help. Be sure to have your doctor or pharmacist to review you prescriptions regularly.

Therapy Goals for Preventing & Treating Osteoporosis:

- Maintain or Increase Bone Mass Density Using Exercise
- Improve Muscle Strength, Balance, Posture, and Cardiovascular Fitness
- Improve Psychological Well-being
- Prevent Fractures
- Reduce Falls
- Provide Education

For more information, please contact the therapy department.

References: National Osteoporosis Foundation

RIPLEY CROSSING

The New Direction In Senior Living

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Therapy Director

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Business Office Manager

Madelynn Roell
Admissions Coordinator/ Marketing

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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
18th @ 1:30, Music with Tom Taylor
19th Ripley Crossing Harvest Luncheon
23rd @ 2:00, Music with Ken Petro
23rd @ 10:15, Resident Council
24th @ 10:00 am Wee Wonders
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

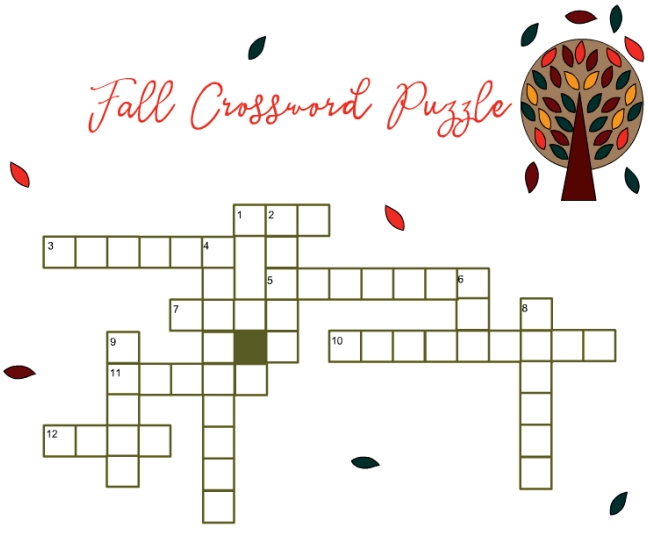
Check out our Calendars at www.ripleycrossing.com to see what we have to offer on each wing!

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, Cristina Bishop L.P.N, Payton Hollowell C.N.A, and Ashley Clift C.N.A. We would also like to welcome Kera Moody and Sevannah Thompson to the Housekeeping Department. 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.

Fall Crossword Puzzle



Down:
2. The forbidden fruit from the tree of knowledge
4. An object made to resemble a human figure, that is set up to scare birds away from a field where crops are growing.
6. A fruit consisting of a hard or tough nutshell protecting a kernel which is usually edible.
8. Another word for fall
9. The nut of the oaks

Across:
1. Grass that has been mown and dried for use as fodder.
3. They turn yellow, orange, and red in the fall season.
5. You carve this to make a Jack-o-lantern
7. The season after Summer.
10. These were roasting on an open fire as per a famous Christmas song
11. A beverage made from the fermented juice of apples.
12. The main ingredient to make cornbread

www.MyPartyGames.com

HELP THE GIRL REACH THE PILE OF FALL LEAVES



www.MyPartyGames.com

From Kitty Hawk to the Stars

November is the perfect time to celebrate aviation. National STEM/STEAM Day on November 8 highlights the science and engineering behind flight; Veterans Day on November 11 honors those who have served in the U.S. armed forces; and National Aviation History Month recognizes the remarkable advances that have transformed the way we live.

The story begins on December 17, 1903, near Kitty Hawk, North Carolina. On that windy day, Orville and Wilbur Wright achieved the first sustained, controlled, powered flight of a heavier-than-air aircraft. Orville's first flight lasted just 12 seconds and covered only 120 feet, but it proved that powered flight was possible. Before long, the brothers were making longer, more controlled flights, laying the foundation for modern aviation.

Their achievement was much more than a mechanical breakthrough. It combined science, engineering, mathematics, and careful experimentation—exactly the skills celebrated during National STEM/STEAM Day. The Wright brothers
tested hundreds of wing designs in a homemade wind tunnel
and solved problems that had frustrated inventors for decades. Their success showed how persistence and innovation can turn an ambitious idea into reality.

Aviation advanced rapidly during the 20th century. Airplanes became increasingly important during World Wars I and II, serving in reconnaissance, transportation, rescue missions, and combat. Veterans Day is an opportunity to recognize the pilots, crews, mechanics, and support personnel whose service helped shape aviation history.

After the wars, commercial aviation expanded dramatically. Air travel connected distant places, boosted trade, delivered emergency supplies, and made international travel routine. The spirit of flight also paved the way for space exploration. Today's astronauts and aerospace engineers continue building on more than a century of aviation advances. National Aviation History Month reminds us that one 12-second flight at Kitty Hawk changed transportation, military history, and exploration forever.

Destination Mars

Mars is the fourth planet from the sun and our planetary neighbor. Named after the Roman god of war, it is also called the "Red Planet" because of its rusty, iron-rich surface. Many scientists believe Mars could someday become humanity's next destination beyond the moon, and space agencies and private companies continue developing technologies to make that goal possible. Take some time on November 28, Red Planet Day, to learn about humankind's Martian aspirations.

NASA has now been exploring Mars with robotic rovers for more than two decades. *Curiosity* continues studying the planet's geology and ancient climate, while the newer *Perseverance* rover is collecting rock samples that scientists hope to return to Earth in the future. Researchers have found abundant evidence that liquid water once flowed across Mars, although today's surface is too cold and dry for stable liquid water. Vast deposits of water ice remain frozen beneath the surface and at the polar ice caps.

Where there is water, there may once have been microbial life. Scientists continue searching for signs that Mars may have supported life billions of years ago. Meanwhile, space agencies around the world are studying how humans might one day live and work on the Red Planet. NASA, the European Space Agency, and others are testing new technologies, while Japan's JAXA is researching robotic systems that could assist future explorers with construction, maintenance, and scientific work before astronauts arrive.

Elon Musk's company, SpaceX, continues developing Starship, a massive spacecraft designed for missions to the moon and, eventually, Mars. Although the ambitious timelines once proposed have slipped, Musk still envisions establishing a self-sustaining settlement on the Red Planet. Mars remains one of the most exciting frontiers in space exploration.

CELEBRATIONS AND MILESTONES

Resident Birthdays

Vandora Stuard	11/2
Bonita Cochran	11/2
Russel McCann	11/9
Diane Brown	11/13
Charlotte Hastings	11/17
Patricia Ludeker	11/17
Brenda Lusby	11/30

Employee Birthdays

Darlene McCleary	11/2
Asia Snelling	11/3
Payton Hollowell	11/8
Nathan Fessler	11/9
Summer Strunk	11/10
Patricia Ball	11/12
Brianna Hoppes	11/12
Kelsey Patterson	11/12
Michelle Vardon	11/12
Samantha Myers	11/13
Leah Rapier	11/20
Maxwell Weschler	11/27

November Birthdays

Those born between November 1-21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the scorpion sting, but befriend a Scorpio, and you will have a friend for life.

Those born between November 22-30 are Archers of Sagittarius. Confident and lucky, Archers often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

Employee Anniversaries

Valerie Bennett	14 yrs
Marilyn Struckman	14 yrs
Karen Hunter	13 yrs
Michelle Bushelman	9 yrs
Ruth Meyer	7 yrs
Brandy Haller	4 yrs
Tresa Hudepohl	4 yrs
Deborah Polly	4 yrs
Claire Heil	3 yrs
Gracie Ahren	3 yrs
Debbie Calvert	2 yrs
Reece Cain	1 yr
Julia Dwenger	1 yr
April Noppert	1 yr
Khloe Peelman	1 yr

Celebrity Birthdays

Marie Antoinette (queen)	11-2-1755
Art Carney (actor)	11-4-1918
John Philip Sousa (conductor)	11-6-1854
Carl Sagan (astronomer)	11-9-1934
Jonathan Winters (actor)	11-11-1925
Petula Clark (singer)	11-15-1932
Mickey Mouse (cartoon)	11-18-1928
Boris Karloff (actor)	11-23-1887

Celebrity Birthdays cont...

Tina Turner (singer)	11-26-1939
Jimi Hendrix (musician)	11-27-1942
Mandy Patinkin (actor)	11-30-1952

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

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