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 Valley View Rehab and
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Valley View Living

Compassionate Care. Meaningful Living.



A Message from Our Administrator

Dear Residents, Families, and Friends,

August brings us the opportunity to celebrate National Senior Citizens Day on August 21st. This special day recognizes the wisdom, accomplishments, and contributions of older adults who have helped shape our families, communities, and country.

We are honored to care for such remarkable individuals, each with a unique story, lifetime of experiences, and legacy to share. We encourage everyone to take time this month to visit with a loved one, listen to their stories, and let them know how much they are appreciated.

Thank you for being an important part of the Valley View family. Together, we continue to create a caring community where compassion, dignity, and respect are at the heart of everything we do.

Wishing you a safe, healthy, and enjoyable August!

Steve Fry, NHA, Administrator

This Month at Valley View

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STRENGTH TRAINING OVER DECADES LINKED TO LONGER LIFE

We’ve long known that aerobic exercise might help us live longer, and now strength training is being credited with the same effect. People who do up to two hours of strength training each week, over several decades, may reduce their risk of dying earlier from several serious conditions, including heart disease and neurological diseases, according to a Harvard-led study published June 12, 2026, in the *British Journal of Sports Medicine*.

Researchers analyzed three major studies involving 147,374 adults (79% women) who were middle-aged or older at the study’s start and tracked for up to 30 years. Participants reported how frequently and vigorously they exercised, including resistance training (which can include weight lifting and body-weight movements) and aerobic activity (such as brisk walking, cycling, and running). Deaths from all causes were also recorded.

Participants who logged between 90 and 119 minutes of resistance training each week were 13% less likely to die during the study period from any cause compared with those who did no strength training. They also had a 19% lower risk of dying from cardiovascular disease and a 27% lower risk of dying from neurological diseases such as dementia. Aerobic exercise remained a strong, independent predictor of living longer, but the greatest benefit was observed when resistance training was combined with it. Participants who regularly did both had up to a 45% lower risk of dying during the study period than those who did little aerobic activity and no resistance training.

If you don’t already engage in strength training, it may be wise to start. Begin with body-weight exercises such as squats, push-ups, or step-ups on a low stair. Add resistance bands or light dumbbells to increase the benefits. Consider enlisting the guidance of a physical therapist or personal trainer, and aim for consistency over time.

Courtesy of Harvard Health Beat



Welcome to Our Community
Please Welcome Our Newest
Residents

- Robert Balderson
- Douglas Brewer
- Ruth Burns
- Ronald Dawes
- Robert Gray
- Stephanie Green
- David Heller
- Frances May
- Fred Page
- Sharon Sharr
- Jeffrey Smith
- Florence Suarez
- Janet Yoas

Celebrating Senior Citizens Day – August 21



Each year on August 21, we celebrate National Senior Citizens Day, a special occasion dedicated to recognizing the countless contributions older adults have made to our families, communities, and our nation. Established by President Ronald Reagan in 1988, this day reminds us to honor the wisdom, experience, and accomplishments of our senior citizens while celebrating the lives they continue to enrich every day.

Our seniors have witnessed remarkable moments in history, raised families, built careers, served their communities, and shared traditions that continue to shape future generations. Their resilience, compassion, and life experiences offer valuable lessons that inspire us all.

National Senior Citizens Day is also an opportunity to encourage healthy aging. Staying physically active, maintaining meaningful friendships, participating in hobbies, and engaging in lifelong learning all contribute to a happier and healthier life. Whether it's enjoying music, playing games, exercising, gardening, reading, or simply spending time with loved ones, every day offers new opportunities to create lasting memories.

At Valley View Rehab & Nursing Center, we are privileged to celebrate the extraordinary residents who call our community home. Their stories, laughter, talents, and friendships make Valley View a truly special place. We are grateful for the opportunity to care for and learn from each of them.

On this National Senior Citizens Day, we invite everyone to take a moment to recognize the older adults who have touched their lives. Visit a loved one, share a favorite memory, make a phone call, or simply say "thank you." Small acts of kindness and appreciation can make a meaningful difference.

Thank you to all of our residents for your strength, wisdom, and the legacy you continue to build each and every day. Today, we celebrate you!

Happy Birthday to Our Residents

August 1st
Joan Gingrich

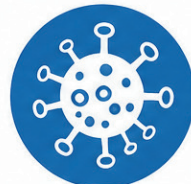
August 3rd
Phyllis Beaver



August 16th
Fred Kramer

August 18th
Arlene Kiess

Valley View *offers* COVID-19, RSV & Influenza vaccines.



COVID-19



RSV



INFLUENZA



If you are interested in having your loved ones receive any of these vaccines or if you have any questions, please contact



Tammy Miller-Welty
at **570-433-3161** ext. 1810.

With Deepest Sympathy

We extend our heartfelt condolences to the families and loved ones of

Hobart Campbell
Mary Lou Nelson
Donald Price
Alvena Tupper
Betty Wright

Curio Spotlight:

Cheryl and Audra Douglas, daughter and granddaughter of Valley View resident Mary Dutton, are sharing their cherished teddy collection with us. Their collection began in 1993 when Audra received a teddy bear for her 10th birthday, sparking a hobby that grew into a treasured tradition. Over the years, they have enjoyed decorating their home with the bears for holidays and every season, bringing warmth and charm to each display. Cheryl's favorite piece is the adorable little lamppost display. Although their collection has grown so large that they've run out of room to display more bears, they continue to treasure the memories each one represents.



Important Reminder

Medicaid & Medicaid Pending Residents

To ensure proper credit for insurance payments, please provide:

- Proof of insurance payment (cancelled check or bank statement)
- Insurance invoice for the current year

Please also submit any Social Security updates or changes in insurance premiums.

Questions? Contact Debbie Grosso at 570-433-3161 or email dgrosso@valleyviewlyco.org

A Quick Reminder About Courtyard Access

Access to the Courtyard is to be made through the Recreation/Activities Room or through the Lower Lobby.

Ask the receptionist to open the lower lobby doors.

DO NOT allow anyone out to the courtyard besides your own resident.



Residents Enjoy a Night at the Crosscutters Game

Our residents recently had a wonderful evening cheering on the Williamsport Crosscutters at Journey Bank Ballpark. The outing provided the perfect opportunity to enjoy America's favorite pastime while spending time with friends, family, and staff in a fun community setting.

Residents had a great time taking in the excitement of the game, enjoying classic ballpark treats, and soaking up the beautiful summer weather. From cheering for big plays to sharing laughs throughout the evening, the trip created many smiles and lasting memories.

Community outings like this are an important part of life at Valley View Rehab & Nursing Center. They allow residents to stay connected with the community, experience new adventures, and enjoy meaningful social interactions outside of the facility.

A special thank you to our Recreation Therapy team and staff who helped make this memorable outing possible. We look forward to many more exciting community events in the months ahead!

Events & Activities

August 2026 Highlights

- August 7 - Root Beer Float Social / Carl Chimi Entertains
- August 10 - Tom Wetzel Entertains
- August 13 - Hiawatha River Cruise
- August 14 - Fishing Trip & Ice Cream Novelties Social / Pat Maue Entertains
- August 17 - Walmart Shopping
- August 18 - Country Ride
- August 21 - Corn Boil / Al Foust Entertains
- August 28 - Watermelon Social / Fran Sherwood Entertains

For more fun events, take a look at the enclosed recreation calendar.

Interested in volunteering? Contact Stuart Harsch (570) 433 - 3161 ext. 1809



Peach Balsamic Grilled Chicken

Ingredients

- 4 boneless skinless chicken breasts (about 2 lb. total)
- Kosher salt
- Freshly ground black pepper
- 1 lemon, juiced
- 4 Tbsp. balsamic vinegar
- 2 Tbsp. peach preserves
- 1 Tbsp. Dijon mustard
- 1/4 tsp. cayenne pepper
- 4 Tbsp. extra-virgin olive oil, divided
- 4 ripe peaches, pitted and quartered
- Chopped fresh basil, for serving

DIRECTIONS:

Step 1: Season chicken on both sides with salt and black pepper. In a large bowl, combine lemon juice, vinegar, peach preserves, mustard, cayenne, and 3 tablespoons oil. Add chicken and turn to coat. Cover and let marinate at room temperature at least 30 minutes or up to 2 hours in the refrigerator.

Step 2: Prepare a grill for medium-high heat; preheat 5 minutes. Grill chicken, turning halfway through, until charred and an instant-read thermometer inserted into thickest part registers 165°, about 6 minutes per side. Transfer to a platter.

Step 3: Reduce grill to medium heat. Brush cut sides of peaches with remaining 1 tablespoon oil. Grill until charred, 3 to 4 minutes per side.

Step 4: Arrange peaches around chicken. Top with basil.

A photograph of the finished dish, Peach Balsamic Grilled Chicken. It features several grilled chicken breasts and quartered peaches arranged on a white platter, garnished with fresh basil leaves.

Wishing You Well

We extend our best wishes to our residents who were recently discharged:

Danny Adams	Angelika Myers	Ruth Staas
Ann Allison	Donald Myers	J. Stahl
Ronald Dawes	Michael Opsomer	Richard Wehler
Ann Dunklerberger	Donita Rodarmel	Lauralyn Weisel
Elayne Greenberg		