Valley View Rehab & Nursing Center

MAY 2026
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Valley View

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SUN-GAZETTE READER'S CHOICE Winner 2024

Dear Residents, Families and Responsible Parties,

May is a wonderful time of year as the beauty of spring surrounds us. The longer days, warmer temperatures, and blooming flowers bring a renewed sense of energy and optimism to our community. It is a season that reminds us of growth, renewal, and the importance of spending time together.

At the facility, May is also a time when we begin to see more outdoor activities, family visits, and special events for our residents. Being able to enjoy fresh air, sunshine, and time with loved ones plays an important role in overall well-being. Our staff works hard to create opportunities that keep residents engaged, active, and connected.

This month we also celebrate **Mother's Day**, a time to honor the mothers, grandmothers, and mother figures who have given so much love and guidance throughout their lives. We are grateful for the many wonderful women in our community whose stories, wisdom, and strength continue to inspire us every day.

May is also an opportunity to recognize the dedication of our staff. Caring for others requires compassion, patience, and teamwork. I am continually impressed by the commitment our team shows to ensuring that residents receive quality care in a warm and supportive environment.

Wishing everyone a beautiful and enjoyable May filled with sunshine, happiness, and time with those who matter most.

Steve Fry, NHA, Administrator

"Happiness is not by chance, but by choice."

— Jim Rohn

SEE INSERTS:

Visitation Guidelines

May Activities Calendar

Word Find

Memorial Day: Honoring Those Who Gave Everything

Memorial Day is a time for our nation to pause and remember the brave men and women who gave their lives while serving in the United States Armed Forces. Observed on the last Monday in May, the holiday is both a solemn day of remembrance and the unofficial beginning of summer across the country.

Originally known as "Decoration Day," Memorial Day began after the Civil War as communities decorated the graves of fallen soldiers with flowers, flags, and wreaths. Over time, the observance expanded to honor all American service members who made the ultimate sacrifice while defending our freedoms.

Across the nation, people commemorate the day by visiting cemeteries and memorials, attending parades, and participating in ceremonies that recognize the courage and dedication of those who served. Many families also take part in the National Moment of Remembrance at 3:00 p.m., pausing briefly to reflect on the sacrifices made by military members and their families.

While the long weekend often brings gatherings, picnics, and the enjoyment of warmer weather, Memorial Day reminds us that our freedoms come at a profound cost. It is an opportunity to express gratitude, share stories of heroism, and ensure that the legacy of those who served is never forgotten.

Welcome to Our New Admissions!

Esther Ackley
Rosemary Derone
Annette Entz
Carol Fargus
Letty Gray

Marcia Johnson
Peggy Klettke
Yvonne Savel
Barbara Steinruck
Sandra Stiner

IMPORTANT REMINDER

Responsible Parties of Medicaid & Medicaid Pending Recipients

To ensure that you receive credit for private payment of insurance premiums the business office requires proof for our auditors for 2026. Please forward BOTH of the following as soon as you receive them in order to receive credit for these payments on your monthly statement:

- **Proof of insurance premium payment which can be either the front and back of a cancelled check or a bank statement showing the auto-deduction amount for a 2026 payment.**
- **A copy of the invoice from the insurance company showing the cost of the insurance for 2026**

When you receive any statements from Social Security (including Annual Cost of Living Adjustment), the business office will need a copy. This also applies to any change in insurance premiums during the year. Any questions contact Debbie Grosso by calling 570-433-3161 ext. 2014 or email dgrosso@valleyviewlyco.org

COVID-19 — RSV— INFLUENZA VACCINES

Valley View offers COVID-19, RSV & Influenza vaccines. If you are interested in having your loved ones receive any of these vaccines or if you have any questions, please call Tammy Miller-Welty at 570-433-3161 ext. 1810.

A Reminder About Resident Privacy

We love seeing families capture special moments with their loved ones. However, we kindly ask that visitors do not take photographs or videos that include other residents or staff members.

Our residents have a right to privacy, and many prefer not to appear in photos shared publicly or on social media. The same respect applies to our team members while they are working.

If you would like to take a photo of your loved one, please be mindful of your surroundings and ensure no one else is included in the background.

Thank you for helping us protect the dignity and privacy of everyone in our community.

With Deepest Sympathy

Robert Eiswert
Richard Griess
Brenda Rake

KEEPING PERSONAL BELONGINGS SAFE

At our facility, the safety and security of our residents is always a top priority. While we strive to provide a secure environment, we also encourage residents and families to take a few simple precautions to help protect personal belongings.

Residents are strongly encouraged to use their in-room locked drawers for storing valuable items such as jewelry, cash, identification cards, credit cards, and other important personal effects. These locked spaces are the safest place within the room to keep smaller valuables when not in use.

We also recommend that residents **do not keep large amounts of cash, multiple credit cards, or expensive jewelry** in their rooms. Limiting these items helps reduce the risk of loss or misplacement.

Whenever possible, families may wish to assist by keeping high-value or rarely used items at home for safekeeping. If a resident chooses to keep valuables with them, using the locked drawer consistently is the best way to ensure added protection.

If you have any questions about securing personal belongings or need assistance, please don't hesitate to speak with a staff member. We are always here to help.

Together, we can help ensure a safe and comfortable environment for everyone.

Recreation Department

MAY EVENTS:

Some dates for amazing activities this month include:

Friday, May 1: *National Chocolate Parfait Day Social / Ricky Koons Entertains*

Friday, May 8: *Women's Annual Tea . Miss Jane & Tex Entertains*

Sunday, May 10: HAPPY MOTHER'S DAY!

Friday, May 15: *Fruit Flowers Social/ Richard & Alison Entertain*

Friday, May 22: *National Vanilla Pudding Day Social / Al Foust Entertains*

Monday, May 25: MEMORIAL DAY!

Friday, May 29: *Mexican Street Corn Social*

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

If you are interested in Volunteering contact: Stuart Harsch by calling 570-433-3161 ext. 1809

Grilled Salmon Tacos with Avocado Crema

Salmon:
Finely grated zest and juice of 1 lime
2 tablespoons brown sugar
2 tablespoons olive oil
1 teaspoon chili-lime seasoning, such as Tajín, plus more for serving
Kosher salt and freshly ground black pepper
One 1 1/2-pound center-cut salmon fillet, skin on

Avocado Crema:
1 ripe avocado, pitted and peeled
1/2 cup sour cream or Mexican crema
Finely grated zest and juice of 1 lime
1/2 cup lightly packed fresh cilantro leaves and tender stems
Kosher salt and freshly ground black pepper

Peppers and Onions:
1 large green bell pepper, thinly sliced
1 large red onion, thinly sliced
2 tablespoons olive oil; Kosher salt and freshly ground black pepper

Grilling and Serving: Canola or vegetable oil, for oiling the grill grates
12 street taco-size flour tortillas
Crumbled Cotija cheese, for serving

Instructions:

For the salmon: Whisk the lime zest and juice, brown sugar, olive oil, chili-lime seasoning, 1 1/2 teaspoons salt and several grinds of black pepper together in a small bowl until well combined. Pour into a 9-by-13-inch rimmed baking sheet. Place the salmon flesh-side down on top of the marinade and refrigerate for at least 30 minutes and up to 1 hour.

Meanwhile, **for the avocado crema:** Place the avocado, sour cream, lime zest and juice, cilantro, 1 teaspoon salt and several grinds of black pepper in a food processor and process until very smooth. Taste and adjust the seasoning with more salt and pepper if needed. Cover and refrigerate until ready to serve.

For the peppers and onions: Toss the bell pepper, onion, olive oil, 1 teaspoon salt and several grinds of black pepper together in a medium bowl until coated.

Once the salmon has marinated, preheat a grill to medium-high direct-heat cooking for 15 minutes. Remove the salmon from the marinade and place skin-side down on a clean, dry surface, wiping any excess moisture or marinade from the skin. Grill the salmon until the skin releases from the grates easily and the salmon is turning opaque around the edges, about 10 minutes. Carefully slide a large metal spatula under the skin, lifting with the tongs as you go. Flip the salmon in one decisive motion and let cook until it reaches the desired doneness, about 5 minutes more for medium. Transfer the salmon to a platter, sprinkle with more chili-lime seasoning and let rest for 5 minutes. Grill peppers & onions in a grill basket until nicely charred and tender about 4-5 minutes. Grill tortillas flip once 1-2 minutes. **Build your salmon tacos and enjoy!**

DISCHARGES

Edward Brennan
Stephen Brown
Eileen Confer
David Estep
Hui Hargenrader

Robert Mincemoyer
Edna Morse
John Root
Donna Snodgrass
Yolanda Tacka

Valley View

Family and Friends
Please join us for
Ice Cream Sundaes!

Wednesday, May 13th at 2:00pm

Valley View Bistro

With a fun Floral Photo Booth

Happy Birthday to These Residents —

May 12th
Kathleen Chapman

May 15th
Kenneth Johnson

May 17th
Beverly Myers
May Siegfried
Alvena Tupper

May 20th
Sara Bower

May 21st
Barbara Glidewell

May 23rd
Barbara Jarrett
Roxanna Walizer

May 25th
Josephine Wroblewski
Happy 103rd Josephine!

May 26th
Joann Nau

May 28th
Marie Welteroth

May 31st
Maryann Robinson

Honoring the Heart of the Family: Celebrating Mother's Day

Each year in May, families across the United States pause to celebrate one of the most meaningful holidays of the year—Mother's Day. It is a day set aside to honor the women who nurture, guide, and support us through every stage of life. Whether through small everyday acts of care or lifelong sacrifices made quietly behind the scenes, mothers play a powerful and lasting role in shaping families and communities.

Mother's Day is more than a tradition of cards and flowers; it is a heartfelt reminder of gratitude. From the moment we are born, mothers often serve as our first teachers, cheerleaders, and protectors. They celebrate our successes, comfort us during difficult times, and provide wisdom that stays with us throughout our lives. Their love is steady and enduring, offering strength even in the most challenging moments.

The modern observance of Mother's Day began in the early 20th century when Anna Jarvis advocated for a national day to honor mothers after the passing of her own mother. Her efforts led to the holiday becoming officially recognized in 1914. Jarvis envisioned the day as a sincere opportunity for families to personally thank their mothers for the sacrifices they made for their children. More than a century later, that sentiment remains at the heart of the celebration.

While many people honor their mothers with gifts, brunches, or gatherings, the most meaningful gestures are often the simplest. A handwritten note, a shared memory, a phone call, or a quiet moment together can express appreciation in ways that material gifts cannot. For some, Mother's Day is also a time to remember mothers and grandmothers who are no longer with us, reflecting on the lessons and love they left behind.

In communities like ours, Mother's Day also reminds us to recognize the many women who fill motherly roles in our lives. Grandmothers, aunts, sisters, caregivers, and mentors often provide the same compassion and guidance that define motherhood. Their kindness and dedication enrich the lives of those around them and deserve recognition as well.

For residents, families, and staff, the day offers a special opportunity to celebrate the mothers among us. Many of the women in our community have spent decades caring for their families, raising children, and helping build the lives we see today. Their stories, experiences, and wisdom are a treasured part of our shared community.

Mother's Day invites us to slow down and say two simple but powerful words: *thank you*. Thank you for the love given freely, the lessons taught patiently, and the countless sacrifices made along the way.

To all mothers—past, present, and those who continue to nurture others in countless ways—we celebrate you today and every day. Your love truly makes the world a better place.

Valley View Rehab & Nursing Center

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Valley View Rehab & Nursing Center is a not-for-profit organization locally owned and operated by Lycoming Community Care, Inc.