



# Valley View

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## *Dear Residents, Families and Responsible Parties,*

As we welcome the month of April, we are reminded that this season represents renewal, growth, and new beginnings. With longer days and warmer weather ahead, our team is energized and focused on continuing to provide the highest level of care and service to our residents and families.

Spring is a time of fresh starts, and here at our facility, we are embracing opportunities to improve, strengthen relationships, and enhance the daily experiences of those we serve. From engaging activities and therapy successes to quality improvement initiatives happening behind the scenes, like our new logo and slogan "A Home with a Heart," and our staff remains committed to creating a safe, supportive, and compassionate environment.

We are especially grateful for our dedicated employees who consistently go above and beyond. Their professionalism, kindness, and teamwork truly make a difference in the lives of our residents every day.

To our families and community partners, thank you for your continued trust and collaboration. Your involvement plays a vital role in the well-being of our residents, and we value the partnership we share.

Steve Fry, NHA, Administrator

*"April is the kindest month. April gets you out of your head and out working in the garden."*

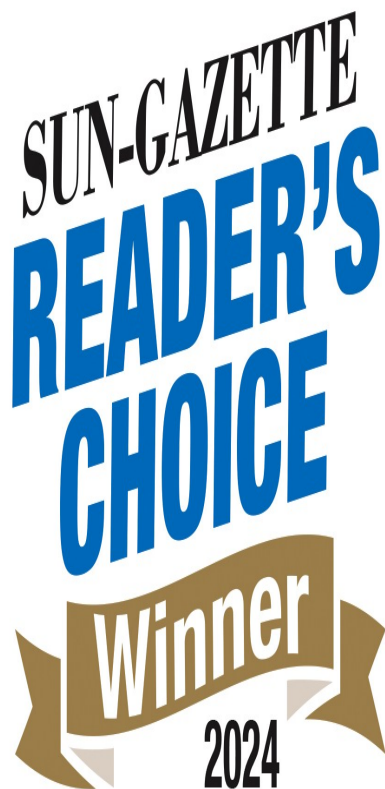
— Marty Rubin

### SEE INSERTS:

*Visitation Guidelines*

*April Activities Calendar*

*Word Find*



**THINK SPRING!!!!** Spring is a season of renewal, growth, and fresh beginnings. After the long, cold months of winter, the arrival of spring brings warmer temperatures, longer days, and the return of vibrant colors to the landscape. Trees begin to bud, flowers bloom, and lawns



slowly turn green again. Birds return from their winter migrations, and many animals become more active as nature awakens from its winter rest.

Spring also carries a sense of optimism. The increasing sunlight and milder weather encourage people to spend more time outdoors, whether walking in the park, gardening, or simply enjoying the fresh air. Many communities celebrate the season with festivals, farmers markets, and outdoor events that bring neighbors together.

For many people, spring is a time to refresh and reset. The tradition of “spring cleaning” encourages clearing out clutter and organizing living spaces after months spent indoors. Gardens are

planted, homes are opened to fresh air, and the natural world reminds us of the cycle of growth and change.

Beyond the beauty of blooming flowers and sunny days, spring symbolizes hope and new opportunities. Just as nature begins again each year, the season reminds us that it is always possible to start fresh, embrace change, and look forward to the brighter days ahead.

## *Welcome to Our New Admissions!*



David Estep  
Mary Dutton  
Hui “Kim” Hargenrader  
Shirley Hoover  
Mary Lou Kavelek  
Bonnie Maurer

Frank Metzger  
Edna Morse  
Patricia Porter  
Patricia Rowles  
Donna Snodgrass  
Yolanda Tacka

# IMPORTANT 2026 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 2025-2026. 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 2025-2026

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](mailto:dgrosso@valleyviewlyco.org)

### INSIDE THE CURIO —

This month, Valley View resident Nancy Eiswert shares her Dog Figurines collection made from porcelain, glass, metal, carved wood, ceramic & ivory.

Nancy is a dog lover at heart and enjoys watching the dog shows on television. She has collected since the 1950s herself and been given figurines as gifts by family and friends who share her enthusiasm about collecting. Her favorite piece is the big black dog on the bottom right shelf and her favorite type of dog is the Scotty dog! We hope you enjoy this special collection as much as Nancy does.



### A Quick 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*



**Anthony “Tony” Dgien, Sr.  
Donna Fedder  
Edith Saar  
Georgina Sackandy**



### STOP AGE-RELATED MUSCLE LOSS

As the years pass, muscle mass in the body generally shrinks, and strength and power decline. The process begins earlier than you might think. Sarcopenia-defined as age-related muscle loss-begins at around age 35 and occurs at a rate of 1-2 percent a year for the typical person. After age 60, it can accelerate to 3 percent a year. The loss may be mild, moderate, or severe-or muscles can remain in the normal range.

But on average, adults who don't do regular strength training can expect to lose 4 to 6 pounds of muscle per decade. (And most people don't see the number on the scale going down, which means they are replacing that muscle with fat.) Fast-twitch fibers, which provide bursts of power, are lost at a greater rate than slow-twitch fibers, which means you're not only growing weaker but also getting slower. Weak muscles hasten the loss of independence, putting everyday activities out of reach-activities such as walking, cleaning, shopping, and even dressing. They hinder your ability to cope with and recover from an illness or injury. Disability is 1.5 to 4.6 times higher in older people with moderate to severe sarcopenia than in those with normal muscle mass. Weak muscles also make it harder to balance properly when moving or even standing still-and loss of power compounds the problem.

Perhaps it's not surprising that one in every three adults ages 65 and older falls each year. Some of these falls can have dire consequences, including bone fractures, admittance to long-term care facilities, and even death from complications. According to the CDC, these spills lead to more than 800,000 hospitalizations a year. But strength and power training can help. People with stronger muscles are less likely to fall and, when they do take a tumble, less likely to sustain a serious injury.

Loss of muscle strength and mass aren't the only factors that contribute to age-related declines in function and mobility. Mitochondria-the energy-producing "power plants" inside cells-decrease in number and efficiency. Similarly, the nerve-signaling system that recruits muscle fibers for tasks deteriorates with age and lack of use.

While it's tempting to attribute all of these changes to aging alone, disuse of muscles plays a bigger role than many people suspect. Studies suggest that strength and power training can help reverse these effects and restore muscle function.

*Article Courtesy of Harvard Medical School*

## Recreation Department



### APRIL EVENTS:

Some dates for amazing activities this month include:

**Friday, April 3: GOOD FRIDAY!**  
*Resident Choir Spring Performance*  
*National Chocolate Mousse Day Social*

**Sunday, April 5: HAPPY EASTER!**

**Friday, April 10:** *National Cinnamon Crescent Day Social* / *Carl Chimi Entertains*

**Tuesday, April 13:** Hershey Visits Valley View

**Friday, April 17:** *Pineapple Stuffing Social* / *Fran Sherwood Entertains*

**Tuesday, April 21:** Country Ride

**Friday, April 24: First Day of Spring!**  
*Cherry Cheesecake Social* / *Al Foust Entertains*

**Wednesday, April 27:** *Birthday Party* / *Mike Dove Entertains*

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**

## CRUSTLESS CAPRESE QUICHE

### Ingredients:

- 1/2 Tablespoon (8mL) **olive oil**
- 1/2 of a **small onion** chopped (approximately 1/4 cup)
- 1-2 cloves **garlic** chopped
- 2 **large Roma tomatoes** one with the seeds completely removed and chopped, the other sliced to desired thickness
- 1/3 cup packed **fresh basil** chopped
- 4 ounces (113g) **fresh mozzarella** shredded (pre-shredded is fine)
- 4 **large eggs**
- 2 **large egg whites**
- 3/4 cup (180mL) **milk** any
- 1/2 teaspoon **salt**
- 1/4 teaspoon **black pepper**



- Instructions:**
1. Preheat oven to 350 degrees. Spray 8” or 9” pie plate with olive oil. Set aside.
  2. In a large skillet over medium-high heat, heat 1/2 tablespoon of olive oil. Add onions and garlic. Cook for 5 minute or until tender. Remove rom heat and cool..
  3. Slice tomatoes in half and scoop out seeds. After seeds removed, cut tomato and add to onion and garlic mixture. Stir to combine.
  4. Chop basil and add to onion, garlic & tomato mixture and combine. Spoon this mixture to bottom of your pie plate, spread evenly. Top with mozzarella and set aside..
  5. Whisk eggs, milk, salt and pepper. Pour mixture evenly on top of cheese layer. Layer tomato slices on top. Bake for 50 minutes or until filling set. Sprinkle with Parmesan, Basil and serve!

### DISCHARGES



**Edward Brennan**  
**Carol Fargus**  
**William Hanna**  
**Michael Helminiak**  
**Barbara Johns**

**Shirley Knade**  
**Robert McTague**  
**Maureen Neville-**  
**Patricia Porter**  
**Helen Simms**

**Dora Smith**  
**Stephen Strouse**  
**Barbara Sutryn**  
**Janet Zbicki**

## Easter: A Season of Renewal, Hope, and Joy

Easter is one of the most meaningful celebrations of the spring season. Observed by Christians around the world, Easter commemorates the resurrection of Jesus Christ and represents hope, renewal, and new life. While its religious significance is central to many, the holiday has also become a time for families and communities to gather and celebrate the arrival of spring.

The date of Easter changes each year because it is based on the lunar calendar. It is celebrated on the first Sunday after the first full moon following the spring equinox, which means the holiday can fall anywhere between late March and late April. This connection to the changing seasons helps reinforce Easter's theme of renewal, as nature itself begins to awaken after the long winter months.

For Christians, Easter follows the solemn period of Lent, a 40-day season of reflection, prayer, and preparation. Holy Week leads up to Easter Sunday and includes several important observances, such as Palm Sunday, Good Friday, and Holy Saturday. Easter Sunday is a day of celebration, marking the belief in Christ's resurrection and the promise of new life.

Beyond its religious traditions, Easter is widely recognized for its festive customs. Brightly colored eggs, Easter baskets, and the beloved Easter Bunny have become familiar symbols of the holiday. Eggs have long been associated with new life and rebirth, making them a fitting symbol for the season. Many families enjoy decorating eggs, organizing Easter egg hunts, and sharing special meals together.

Spring flowers such as lilies, tulips, and daffodils are also closely connected with Easter celebrations. Their blooming during this time of year symbolizes beauty, growth, and the fresh start that spring brings.

In many communities, Easter is also an opportunity to spend time with loved ones and reflect on gratitude, kindness, and renewal. Whether attending a church service, sharing a holiday meal, or simply enjoying the warmth of spring sunshine, Easter encourages people to focus on hope and new beginnings.

*As winter fades and the days grow longer, Easter serves as a reminder that renewal is always possible. It is a time to celebrate life, appreciate the beauty of the season, and look forward to the opportunities that lie ahead.*



### Happy Birthday to These Residents —

**April 4th**  
Diane McIntyre

**April 8th**  
Dale Jameson

**April 14th**  
Norma Kochka

**April 19th**  
Carl Haefner  
**Happy 103rd Carl!**

**April 20**  
Jay Mauck

**April 21**  
Raymond Lukas

**April 23rd**  
Paul Chapman  
Edith Volpe

**April 25th**  
Donna Snodgrass

**April 26th**  
Joan Rothrock



## **New Look, Same Commitment: Valley View Unveils New Logo and Website**



Valley View Rehabilitation and Nursing Center is excited to announce the launch of our new logo and redesigned website, marking an important step forward in how we connect with residents, families, and our community.

Our updated logo reflects the heart of Valley View — compassionate care, strength, and a commitment to helping every resident achieve the best possible quality of life. While the look is new and refreshed, the values behind it remain the same. The new design represents growth, renewal, and our continued dedication to providing high-quality rehabilitation and long-term care services.

Along with the new logo, we are proud to introduce our new website the first week of April, designed to be more user-friendly, informative, and accessible for families, residents, and referral partners. The updated site makes it easier to learn about our services, explore rehabilitation programs, view patient outcome information, and stay up to date with news and events happening at Valley View. Be sure to check it out at [valleyview.org](http://valleyview.org).

The new website also provides improved resources for families and healthcare partners, offering clear information about admissions, rehabilitation services, and what makes Valley View a trusted provider of care in our community.

As Valley View continues to grow and evolve, these updates reflect our commitment to transparency, communication, and excellence in care. We invite everyone to explore the new site and see how Valley View is working every day to support residents on their path to recovery and wellness.

**Same mission. Fresh new look.  
Continued dedication to the community we serve.**

# Valley View Rehab & Nursing Center

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**We're on the Web!**

[www.valleyview.org](http://www.valleyview.org)

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

