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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,

As we welcome September, we begin to see the changing seasons all around us. While summer offered many opportunities for outdoor activities, family visits, and celebrations, we now look forward to the beauty that autumn brings.

September is also a time of new beginnings. We remain focused on creating engaging opportunities for our residents to stay active, connected, and involved. From seasonal activities and entertainment to therapeutic programs and community events, there is always something to look forward to.

As we enjoy the crisp air and colorful days ahead, I wish everyone a happy, healthy, and enjoyable September.

Steve Fry, NHA, Administrator

This Month at Valley View

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WHY FOOD IS THE BEST MEDICINE

We often hear the saying, “You are what you eat.” While food cannot replace medical care, good nutrition plays an important role in helping us stay strong, energized, and healthy.

As we age, choosing foods rich in vitamins, minerals, protein, and fiber becomes especially important. Fruits and vegetables, whole grains, lean proteins, dairy, beans, nuts, and seeds are nutritious choices.

Food Helps Fuel the Body

Protein helps support muscle strength as we age. Fruits and vegetables provide important vitamins, minerals, and fiber. Adding a variety of colorful foods to your meals is a simple way to nourish your body.

Food Can Support Healthy Aging

A healthy eating pattern can support heart health, strength, and overall well-being. Don't forget your fluids! Drinking enough water throughout the day is also an important part of staying healthy.

Small Choices Can Make a Big Difference

Healthy eating doesn't have to be complicated. Add more vegetables and fruit, choose whole grains, include protein with meals, and drink water regularly. Every bite is an opportunity to nourish your body and support your well-being.

Remember: Food is not a substitute for medical treatment, but good nutrition can be an important part of the treatment plan and a powerful partner in healthy living.



Welcome to Our Community
Please Welcome Our Newest
Residents

- Lynne Bailey
- Mary Blee
- Joseph Bubb
- Jake Fike
- Carl Fischer
- Jocelyn Hartley
- Michael Helminiak
- Irvin Houseknecht
- Patricia Scaife
- Barbara Steinruck
- Evelyn White

A Message from Valley View Pharmacy
Consultant

In honor of my ten years of service as the consultant pharmacist for Valley View, I am writing to share my thanks for being a part of your special community.

As the consultant pharmacist, my role per Medicare regulations is to review the medication regimen of every Valley View resident monthly, which I have proudly been doing since September 2016. I also participate in any medication-related matters at Valley View, like storage and security. One area of practice that I am particularly passionate about is medication safety during transitions between the hospital and nursing home. Some of the other types of interventions that I make include medication dosing based on kidney function, optimization of medications for chronic disease states, and monitoring of high-risk medications. During the past decade, one of the most rewarding medication efforts I have worked on at Valley View is COVID-19 vaccination and treatment.

As background on my training and credentials, I graduated from the University of Pittsburgh School of Pharmacy, I am a board-certified geriatric pharmacist, I earned the age-friendly pharmacist badge, and I am a fellow of the American Society of Consultant Pharmacists.

I am continuously grateful for the ongoing opportunity to provide pharmaceutical care for the residents of Valley View.

I look forward to the next 10+ years of being the consultant pharmacist for Valley View.

Sincerely,

Emily Kryger, PharmD, BCGP, FASCP



Happy Birthday to Our Residents

September 5
Pat Rowles

September 7
Shirley Falk

September 8
Belle Larson

September 9
Pat Waltz

September 11
Herta McLaughlin



September 15
Jean Allar
Pat Scaife

September 18
Jeanne Jensen

September 19
Shirley Guerrisky

September 23
Sarah Houser
Barb Steinruck

September 25
Theresa Jacobs

September 27
Nadine Kinley

September 30
Connie Swarthout

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

Marvette Auman
Barbara Jarrett
Florence Strailey

Curio Spotlight:

Inside the Curio this month, our residents enjoyed creating some wonderful crazy critter crafts during our Craft Corner days!

Each creation is as unique as the resident who made it –just like their individual personalities.

Our residents work hard, put their hearts into their projects, and show us every day just how creative they can be. We love seeing their personalities shine through their artwork!

Every resident is special, and every creation is a favorite!



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

Events & Activities

September 2026 Highlights

- September 4 - National Macadamia Nut Day Social / Ricky Koons Entertains
- September 11 - National Hot Cross Buns Day / Al Foust Entertains
- September 18 - Pumpkin Cake Social / Richard & Alison Entertain
- September 25 - Apple Dumpling Social / Lynette Sauers Entertains

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

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



PATRIOT DAY 2026: Remembering September 11th

September 11, 2026, marks the 25th anniversary of the September 11, 2001 terrorist attacks. Patriot Day is a solemn day of remembrance when Americans pause to honor the nearly 3,000 innocent people who lost their lives and to remember the courage, compassion, and selflessness displayed in the days that followed. Congress officially designated September 11 as Patriot Day in 2001, calling for the American flag to be flown at half-staff and for Americans to observe a moment of silence in honor of those who were lost.

On that September morning 25 years ago, our nation experienced an unimaginable tragedy. Four airplanes were hijacked. Two struck the World Trade Center in New York City, one struck the Pentagon, and another crashed near Shanksville, Pennsylvania, after courageous passengers attempted to take control of the plane. Nearly 3,000 people from many different backgrounds and walks of life were killed.

Yet, alongside the sadness and devastation, September 11 revealed some of the very best qualities of the human spirit. First responders ran toward danger to help others. Medical professionals, firefighters, police officers, military personnel, volunteers, neighbors, and complete strangers came together to offer assistance. Across the country, people donated blood, provided food and shelter, reached out to those who were grieving, and supported one another. In the face of tragedy, compassion and unity became powerful reminders of what we can accomplish when we stand together.

For those who remember September 11, 2001, the memories may still feel very close. For younger generations, the events of that day are history rather than personal memory. That makes remembrance especially important. The National September 11 Memorial & Museum notes that approximately 100 million Americans are now too young to remember the attacks firsthand, making it even more important to preserve the stories and lessons of that day for future generations.

2026 is a particularly meaningful year because it marks 25 years since September 11. Throughout the country, communities will come together to remember those who were lost, recognize those who served, and reflect on the lasting impact of that day. The National September 11 Memorial & Museum's 25th anniversary commemoration will include the reading of the victims' names and moments of silence honoring those who died in the attacks and those who have suffered from 9/11-related illnesses and injuries.

Patriot Day is not simply about remembering a tragic moment in history. It is also about remembering the courage that followed. It reminds us to appreciate the freedoms we enjoy, to value our communities, and to recognize the importance of kindness toward one another. Small acts of compassion—checking on a neighbor, helping someone in need, thanking a first responder, or simply taking time to listen—can make a meaningful difference.

As we observe Patriot Day 2026, let us remember the names and stories of those who were taken from their families and loved ones. Let us honor the first responders and ordinary citizens who demonstrated extraordinary courage. Let us remember the families who continue to carry their loss. And let us never forget the thousands of people whose lives were forever changed.

On September 11, we remember. We honor. We reflect. We give thanks for those who served and sacrificed. And above all, we continue to promise: We will never forget.

Classic Beef Stew with Root Vegetables

Ingredients

- 2 lbs beef stew meat
- 1/3 cup all-purpose flour
- fine sea salt
- black pepper freshly ground
- 3 Tablespoons olive oil
- 3 teaspoons salted butter
- 3 cups beef stock divided
- 1/3 cup red wine or beer (optional)
- 6 French shallots peeled and halved
- 2 small onions peeled, cut into 8
- 1 teaspoon fresh thyme leaves or 1/2 teaspoon, dried
- 1/2 teaspoon dried rosemary crumbled
- 2 cloves garlic minced
- 1 lb rutabaga peeled and cut in 1-inch cubes
- 3 medium carrots peeled and cut into coins
- 1 teaspoon Dijon mustard
- 1 Tablespoon Worcestershire sauce



DIRECTIONS:

Preheat the oven to 275°F. Adjust oven rack to bottom third so that your pot and lid fit easily. Have your vegetables prepped and ready to go.

- Place the beef on a tray. Pat the beef dry with a clean kitchen rag or paper towel. Stir in 1 teaspoon each fine sea salt and freshly ground black pepper to the flour. Sprinkle 4 Tablespoons of seasoned flour over the beef. Using clean hands or tongs, toss the beef thoroughly in the flour, making sure it is well-coated. Over medium heat, melt 1 Tablespoon olive oil and 1 teaspoon butter together in a large Dutch oven with a tight fitting lid. When the butter is bubbling, add half the beef and brown the meat all over, turning each piece with tongs. It should sizzle when added.
- When the beef is browned on all sides, transfer it to a clean bowl. Pour about 1/2 cup of beef stock into the pan to deglaze; scrape the bottom with a firm rubber spatula to get up all the browned bits. Pour this gravy over the browned beef. Set the pan back over medium heat. Repeat steps 2 and 3 with remaining beef, this time, deglazing with the red wine. Transfer to a bowl. Over medium heat, melt together the final teaspoon of butter and a tablespoon of olive oil in the pot. Tumble in the shallots and onion. Sauté for 2 minutes. Sprinkle over the dried herbs and garlic; add the rutabaga, carrots as well. Saute for 3-4 minutes until the vegetables have softened around the edges. Sprinkle remaining seasoned flour over the vegetables (about 2 Tablespoons) and stir well to coat. Cook for about a minute, then pour in the remaining beef stock. Scrape the bottom well. Return the beef and all juices to the pot. Add Dijon and Worcestershire. Stir well. The stock should just barely cover the meat and vegetables. Cover the pot with a tight fitting lid and place in the oven.
- Slow braise the stew for 3 hours. Remove the lid and cook for an additional hour. Allow the stew to cool for about 15 minutes before serving. It will thicken slightly as it cools. Season generously with additional salt and pepper, tasting each time. Serve with crusty bread and butter or a mountain of mashed potatoes.

Wishing You Well

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

Robert Balderson
Idona Berkheimer
Samuel Bohart
Douglas Brewer
William Clemons

Ronald Dawes
David Heller
Ethel Hocker
Susan Houseknecht

Fred Page
Jeffrey Smith
Florence Suarez
James Yarrison