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 Valley View Rehab and
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Happy Halloween from Valley View to You!



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Volume 20, Issue 64



OCTOBER 2026

Valley View Living

Compassionate Care. Meaningful Living.



A Message from Our Administrator

Dear Residents, Families, and Friends,

As we welcome the beautiful month of October, I want to take a moment to reflect on all that makes Valley View Rehab & Nursing Center such a special place to call home. Fall brings cooler temperatures, changing leaves, and many opportunities to enjoy seasonal activities and time together.

October is always a busy and exciting month at Valley View. Our Recreation Therapy team has many fun activities planned, and we encourage everyone to participate, try something new, and spend time with friends and neighbors. These moments of connection are an important part of making Valley View feel like home.

As we move into the final months of the year, we have much to be thankful for. I am especially grateful for our residents, whose stories, smiles, and personalities bring so much meaning to our community, and for our dedicated staff who work hard each day to care for them.

From all of us at Valley View, we wish you a happy, healthy, and beautiful October!

Steve Fry, NHA, Administrator

This Month at Valley View

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HALLOWEEN: A Celebration of Fun, Memories & Tradition

October brings crisp autumn air, colorful leaves, pumpkin patches—and, of course, Halloween!

Celebrated each year on October 31, Halloween has become a favorite time of year for people of all ages to enjoy costumes, decorations, treats, games and a little bit of spooky fun.

Halloween has a fascinating history that dates back more than 2,000 years. Many of its traditions can be traced to the ancient Celtic festival of Samhain, which marked the end of the harvest season and the beginning of winter. Over the centuries, the celebration blended with Christian traditions surrounding All Saints’ Day and All Souls’ Day. Eventually, the evening became known as All Hallows’ Eve, which developed into the name we use today—Halloween.

Some of the Halloween traditions we enjoy today have been around for centuries. Dressing in costumes, lighting bonfires, telling stories and going from house to house for treats all have historical connections. The modern tradition of trick-or-treating developed from several older European customs in which people dressed in costumes and visited homes in exchange for food or treats.

And what would Halloween be without a jack-o’-lantern? Pumpkins have become one of the most recognizable symbols of the holiday. Today, carving pumpkins is a favorite fall activity for families, communities and Halloween enthusiasts everywhere.

Halloween also gives us an opportunity to enjoy some of the simple pleasures of the season.

Whether it is decorating pumpkins, making Halloween crafts, enjoying a favorite fall dessert, watching an old spooky movie, sharing a funny Halloween memory or dressing up for a party, there are plenty of ways to celebrate.

For many of us, Halloween brings back memories of childhood—walking through the neighborhood in costume, sorting through a bag of candy after trick-or-treating, attending school parties or enjoying homemade treats with family and friends. Those memories are part of what makes the holiday special.

This Halloween, let’s celebrate the season with laughter, friendship and plenty of smiles. At Valley View, we may not need to worry about ghosts and goblins, but we certainly have plenty of reasons to enjoy a little Halloween magic!

Wishing all of our residents, families and staff a happy, healthy and spooktacular Halloween!

Welcome to Our Community
Please Welcome Our Newest Residents

- James Foose
- Janice Fox
- Mildred Gulliver
- Mollie Guthrie
- Leonard Hinton
- Charles Johnson
- Leon Koskie
- John Piper
- Robert Reese
- B. Robert Rung
- Gale Woleslagle



WARM WELCOME

Valley View has partnered with Morrison Living to elevate dining services - bringing structure, training, and innovation to meet the unique needs of our community. Their approach is grounded in collaboration and guided by a deep understanding of how hospitality shapes resident experience. Whether enhancing culinary operations or support services, they work to strengthen every aspect of service delivery.

WHO YOU WILL SEE

Over the next several weeks, the Morrison Living teams are transitioning to become part of our family here at Valley View. You will continue to see the familiar faces you know, as well as new faces providing numerous resources to support their onsite teams in preparation for a smooth and successful October 1st start date.

DINING SERVICES

Great food brings people together. With wholesome meals, fresh ingredients, and menus inspired by resident preferences and today’s tastes, every meal puts flavor, nutrition, and hospitality first. Thoughtful details and genuine care turn everyday dining into moments of connection and make each meal the Best Part of Someone’s Day!



Meet the Director

DAVID FOGEL, CDM, CFPP

Join us in welcoming David into his new role at Valley View. He brings more than 30 years of hospitality leadership and culinary innovation to Valley View. A graduate of Johnson and Wales University, David has built a career at the intersection of elevated cuisine, operational excellence and memorable resident experience. He has developed distinctive dining concepts and built high performing culinary teams that deliver both creativity and consistency.

Residents can look forward to bold flavors, thoughtful hospitality, and a dining experience designed to bring people together in meaningful ways.

Happy Birthday to Our Residents



October 1
Donna Jamison

October 6
Lee Baer

October 14
Frances Reamsnyder

October 17
Anna Williams

October 22
Gwen McMicken

October 31
Kenneth Entz

October 24
Jean Ardrey
Jim Smith

October 26
Connie Martin

October 27
Janet Zbicki

October 29
Carol Fargus
Walburga Mitstifer

Curio Spotlight:

Inside the Curio this month is a special collection belonging to our very own Rehab Office Manager, Casey Derrick - her beautiful collection of teapots!

Casey began collecting teapots when she was just 14. Her love of collecting was inspired in part by her grandmother, who also collected teapots. The two enjoyed spending time together going to yard sales and thrift shops, always on the lookout for a special treasure to add to their collections.

Today, Casey's stepdaughter carries on the tradition by keeping an eye out for unique house and shop teapots whenever she goes shopping.

Each teapot holds a special place in Casey's heart and represents memories. She hopes you enjoy viewing her collection as much as she does!

Thank you, Casey, for sharing these treasured pieces with us!



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

October 2026 Highlights

- October 2- Cowboy Chili Cookoff / Don Kline Entertains
- October 9 - Int'l Beer & Pizza Day / Al Foust Entertains
- October 16 - Cheese Fries Social / Carl Chimi Entertains
- October 23 - National Boston Cream Pie Day Social / Kathi & Frank Entertain
- October 30 - Donuts & Apple Cider Floats Social / Mike Dove Entertains

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

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

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.

Balloon Bop

Volunteers NEEDED!

This is not a formal volunteer position, just a **Bop Participant** –

Contact Recreation Therapy at 570-433-3161 ext. 1808 to be a part of the **Balloon Bop fun!**

With Deepest Sympathy

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

Jocelyn Hartley
Charles Johnson
Larry Magargle

Dolores Monjardo
Helen Murray
Priscilla Waltz



HEARING LOSS & HEARING AIDS

Hearing is an important part of staying connected with the people and world around us. As we age, some degree of hearing loss is common, but that does not mean we have to miss out on conversations, activities, or the sounds we enjoy.

Recognizing hearing changes and addressing them early can make a meaningful difference in quality of life.

Understanding Hearing Loss

Hearing loss can happen gradually, making it difficult to notice at first. You may find yourself asking others to repeat themselves, turning up the television, having difficulty understanding conversations when there is background noise, or feeling that people are mumbling. Sometimes family members or friends notice these changes before we do.

Untreated hearing loss can make communication frustrating and may cause a person to withdraw from conversations or social activities. It can also make it harder to follow important instructions and participate fully in everyday life.

How Can Hearing Aids Help?

Hearing aids are small electronic devices designed to make sounds easier to hear and understand. Modern hearing aids are available in a variety of styles and can be adjusted to meet an individual's specific hearing needs. Hearing aids do not restore hearing to normal, but they can make an important difference. They may help a person better understand conversations, enjoy television and music, communicate with family and friends, and remain actively involved in daily activities.

Getting the Most From Hearing Aids

If you wear hearing aids, using them regularly is important. It can take time for your brain to adjust to hearing sounds that may have been difficult to hear for a while. Wearing your hearing aids consistently can help you become more comfortable with them.

Keep hearing aids clean, dry, and stored safely when they are not being worn. Follow the manufacturer's instructions for batteries or charging, and have them checked if they are not working properly. If sounds seem too loud, uncomfortable, or unclear, contact your hearing healthcare professional for an adjustment.

Communication Tips

Everyone can help make communication easier for someone with hearing loss. Face the person when speaking, make sure you have their attention, speak clearly and at a comfortable pace, and reduce background noise when possible. There is usually no need to shout. If something is not understood, try rephrasing the statement rather than simply repeating the same words louder.

Most importantly, hearing loss should never be a reason to stop communicating or participating. With appropriate support, good communication strategies, and properly fitted hearing aids when needed, individuals with hearing loss can continue to enjoy meaningful conversations and stay connected with those around them.

If you or someone you know is experiencing changes in hearing, talk with a healthcare provider or hearing professional about having your hearing evaluated.



Cinnamon Spice Sugar Cookies with Brown Butter Frosting

Ingredients

- 3 sticks (1 1/2 cups) unsalted butter, softened
- 1 1/4 cups granulated sugar
- 1 tablespoon pure vanilla extract
- 2 eggs, at room temperature
- 4 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt

Browned Butter Frosting

- 1 stick (1/2 cup) salted butter
- 2 cups confectioners sugar
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon cinnamon
- cinnamon sugar, for sprinkling



DIRECTIONS:

1. In a large mixing bowl, cream together the butter, sugar, and vanilla until light and fluffy, about 3-5 minutes. Add the eggs, one at a time, and mix until evenly combined. Add the flour, baking soda, cinnamon, nutmeg, and salt, beating until combined and the dough forms a ball.
2. Generously flour your work surface. Divide the dough in half and flatten each half into a disk. Roll out the dough to 1/4 inch thickness. Make sure you are using enough flour or your dough will stick. Cut out the cookies into your desired shapes. Carefully transfer the cookies to a parchment lined baking sheet. Cover the baking sheet and place the sheet in the freezer, freeze until very firm, about 15-20 minutes. Roll out the leftover scraps, and repeat with the remaining disk of dough.
3. Preheat oven to 350 degrees. Bake the cookies on the middle rack of the oven for 8-12 minutes (for soft cookies) or until just lightly golden brown. Do not over bake. Cool on the baking sheet five minutes and then transfer to a wire cooling rack to cool completely.
4. To make the frosting. Add the butter to medium pot. Allow the butter to brown lightly until it smells toasted, about 2-3 minutes. Stir often. Remove from the heat and let cool 5 minutes. Whisk in the powdered sugar, 2 tablespoons water, the vanilla, and cinnamon until smooth, adding 1 tablespoon of water to think the frosting as needed. If the frosting gets too thin, just add a little more sugar and if it gets too thick, add a splash of water. The frosting should be thin enough to drizzle, but thick enough to hold it's shape.
5. Frost each cooled cookie. If making pumpkins, you can use melted chocolate to draw on the pumpkin "leaves". Sprinkle lightly with cinnamon sugar. Keep cookies covered in an air tight container for up to 4 days.

Wishing You Well

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

Lynn Bailey
Mary Blee
Joseph Bubb
Jay Fike

Carl Fischer
Renee Greenwell
Maude Lohr
David Mecone

Patricia Scaife
Phyllis Smith
Florence Suarez
Evelyn White