Valley View
REHAB & NURSING CENTER

2140 Warrensville Road
Montoursville, PA 17754

Phone: 570-433-3161
Fax: 570-433-3882
Web: valleyview.org

Valley View Rehab and Nursing Center

NONPROFIT ORG
US POSTAGE PAID
WILILAMSPORT, PA
PERMIT NO. 117

Return Service Requested

Board of Directors

Amy Decker, *President*
Elizabeth White, *Vice President*
Adele Forquer, *Treasurer*
Stephanie Calder, *Secretary*
Robin Leidhecker, *Director*
Fr. Glenn McCreary, *Director*
Dick Mutchler, *Director*
Diane Pelesh, *Director*
Paula Warrender, *Director*
Margaret Piper, *Emeritus*

Happy Thanksgiving from Valley View to You!



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

Volume 20, Issue 65

Valley View
REHAB & NURSING CENTER

NOVEMBER 2026

Valley View Living

Compassionate Care. Meaningful Living.



A Message from Our Administrator

Dear Residents, Families, and Friends,

As we welcome November, we are reminded of the many things we have to be thankful for here at Valley View. This time of year encourages us to slow down, appreciate the people around us, and reflect on the moments that bring joy and meaning to our lives.

Thanksgiving is a special time at Valley View as we celebrate not only with our residents, but also with their families, friends, and our dedicated staff. We are grateful for the trust our residents and families place in us each day and for the opportunity to provide care, comfort, and companionship to those we serve.

I am especially thankful for our wonderful staff. Their compassion, dedication, and willingness to go the extra mile make Valley View more than a place to receive care—it makes it a place to call home.

May this Thanksgiving season be filled with good health, cherished memories, laughter, and time spent with the people who matter most. From our Valley View family to yours, **Happy Thanksgiving!**

With gratitude,

Steve Fry, NHA, Administrator

This Month at Valley View

MESSAGE FROM THE ADMINISTRATOR 1
SLEEP & YOUR HEALTH..... 2
WELCOME NEW RESIDENTS ... 2
CURIO SPOTLIGHT 3
IMPORTANT REMINDER 3
EVENTS & ACTIVITIES 3
VETERANS DAY..... 4
DINING FEATURE 5
CELEBRATIONS 6
THANKSGIVING - A SEASON OF GRATITUDE..... 7

SLEEP & YOUR HEALTH

Why a Good Night's Sleep Matters at Every Age
Sleep is more than just a time to rest—it is an important part of staying healthy and feeling your best. Our bodies use the hours we spend sleeping to repair, recharge and prepare for the day ahead.

As we get older, our sleep patterns can change. We may fall asleep earlier, wake up more often during the night or find ourselves taking naps during the day. While some changes are a normal part of aging, getting enough quality sleep remains important for both physical and emotional well-being.

The Benefits of Good Sleep
Getting adequate sleep can help:

- Improve memory and concentration. Sleep gives the brain time to process information and can help support memory.
- Boost mood. A good night's rest can help us feel more patient, positive and ready to enjoy the day.
- Support the immune system. Rest allows the body to recharge and supports its natural defenses.
- Improve balance and coordination. Being well-rested can help reduce daytime tiredness and improve alertness.
- Support heart health. Healthy sleep is an important part of overall cardiovascular health.
- Increase energy. Quality sleep helps us feel more refreshed and able to participate in activities we enjoy.

Simple Ways to Encourage Better Sleep
Small changes to your daily routine can make a difference. Try to maintain a regular bedtime and wake-up schedule. Enjoy some daytime activity and, when possible, spend time outside during the day. Limit caffeine later in the day and avoid large meals close to bedtime.

Creating a relaxing bedtime routine can also help. Reading, listening to quiet music, enjoying a warm bath or practicing gentle breathing exercises may help signal to your body that it is time to wind down.

If you nap during the day, keeping naps shorter and earlier in the afternoon may make it easier to sleep at night.

Listen to Your Body
If you regularly have trouble falling asleep, wake frequently during the night, feel unusually tired during the day or notice changes in your sleep that concern you, talk with your healthcare provider. Certain medications, medical conditions and sleep disorders can affect the quality of your sleep.

Remember, sleep is not a luxury—it is an important part of good health. Making rest a priority can help you feel better, stay active and enjoy each day to the fullest. Tonight, give yourself permission to slow down, relax and get the rest your body needs!

A Quick Sleep-Safety Reminder
Keep your bedroom free of tripping hazards, make sure pathways to the bathroom are well lit, and keep a phone or call device within easy reach. If you take medications that may cause drowsiness or dizziness, follow your healthcare provider's instructions and use extra care when getting out of bed.

Welcome to Our Community
Please Welcome Our Newest Residents

Darlene Davidson
Jay Fike
Lloyd Forcey
Richard Gavitt
Millie Gray
Mary Kohler
Connie Phillips
Gail Richart
Larry Roberts
Roger Yeager

THANKSGIVING - A Season of Gratitude, Memories & Togetherness

As the leaves fall and the crisp November air settles in, we begin to look forward to one of the most cherished holidays of the year—Thanksgiving. It is a time when families and friends gather around the table, share a meal, reminisce about years gone by, and give thanks for the blessings in their lives.

Thanksgiving has always been more than just a holiday centered around a delicious meal. It is a time to slow down and appreciate the people who make our lives meaningful.

It reminds us that some of the greatest blessings cannot be wrapped in a package or purchased in a store—they are found in family, friendship, kindness, laughter, and shared memories.

A Tradition Filled With Memories
For many of us, Thanksgiving brings back special memories from childhood and years past. Perhaps you remember waking up to the wonderful smell of turkey roasting in the oven, helping a parent or grandparent prepare the meal, or gathering around a table filled with homemade dishes.

There may have been family recipes that appeared on the Thanksgiving table year after year—recipes that were never written down but somehow always tasted just right. Maybe it was Grandma's famous stuffing, Mom's homemade pies, a special cranberry salad, or a casserole that only appeared once a year.

And, of course, Thanksgiving dinner was not complete without dessert!

Many families have their own traditions. Some watch the Thanksgiving Day parade, while others gather around the television to watch football. Some families take a walk after dinner, play cards or board games, or simply sit around the table talking and laughing long after the dishes have been cleared.

The Heart of Thanksgiving
At its heart, Thanksgiving is about gratitude.
It is easy to become focused on the things we wish we had or the things we would like to change.

Thanksgiving encourages us to take a moment and recognize the good things already surrounding us. We can be thankful for a warm home, a good meal, a friendly smile, a phone call from a loved one, or a visit from a friend. We can be thankful for the people who have stood beside us through life's challenges and celebrated life's happiest moments with us. Sometimes the simplest things are the things we appreciate most.

A cup of coffee shared with a friend. A familiar song. A favorite family photograph. The sound of children laughing. A handwritten card. A hug from someone we love. These moments may seem small, but they can mean everything.

Thankful for Our Valley View Family
Thanksgiving is also a wonderful opportunity for us to reflect on our Valley View family.

We are thankful for our residents, whose stories, experiences, humor, wisdom, and personalities make our community special. Each resident brings a lifetime of memories and experiences that enrich those around them.

We are thankful for the families and friends who visit, call, send cards, share photographs, and continue to be an important part of their loved one's life.

And we are thankful for our dedicated staff members who come through our doors each day ready to care, serve, encourage, and brighten the lives of our residents. From nursing and therapy to dietary, housekeeping, activities, maintenance, administration, and every department in between, it takes an entire team to make Valley View feel like home.

There Is Always Something to Be Thankful For
As we celebrate Thanksgiving this year, we encourage everyone to take a moment to think about what makes them grateful.
Maybe it is a person who has made a difference in your life. Maybe it is a special memory that still brings a smile to your face. Maybe it is a new friendship, an old tradition, or simply another day surrounded by people who care.

Gratitude has a way of changing our perspective. When we take time to recognize our blessings, even ordinary days can feel extraordinary. So this Thanksgiving, let us remember that the most important part of the holiday is not what is on the table—it is who is gathered around it. May your Thanksgiving be filled with laughter, wonderful memories, good food, and the warmth of family and friends.

From Our Family to Yours
The Valley View Rehab & Nursing Center family wishes all of our residents, families, friends, and staff a very Happy Thanksgiving! May your hearts be filled with gratitude, your homes filled with love, and your tables filled with good food.

There is always something to be thankful for!

Happy Birthday to Our Residents

November 7
Maria Knarr

November 8
Helen Beck

November 14
Millie Gray

November 16
Helen Way

November 18
John Piper



November 19
Mary Dutton

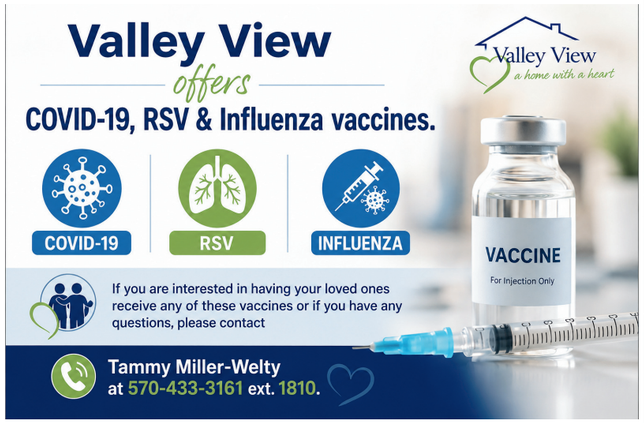
November 20
Patricia Porter

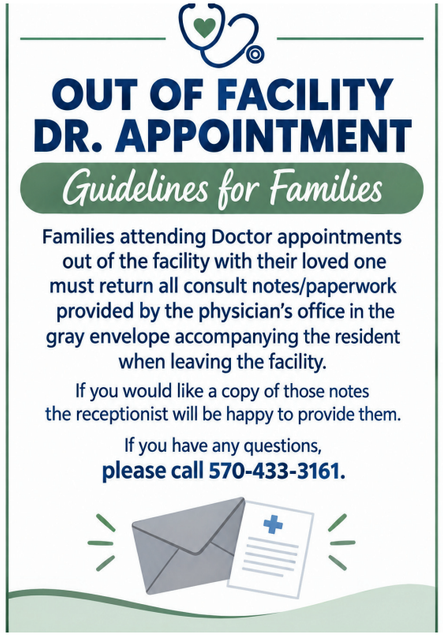
November 21
Nan Wood

November 25
Sherry Dusman

November 26
Ronald Calhoun
Nancy Eiswert
Mary Shemery

November 27
Patricia Beck





With Deepest Sympathy

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

John Agnoni
Charlotte Gray
Irvin Houseknecht
Leon Koskie
Gwendolyn McMicken

Curio Spotlight:

IA Curious Car Collection by Stuart Harsch 🚗

Stuart Harsch of Recreation Therapy has traveled far and wide, exploring places throughout Central Pennsylvania, where many destinations are just an hour or two apart. Along the way, he has collected an assortment of unique treasures that reflect his personality, interests, and sense of fun!

From a Mariah Carey Barbie to Pink Floyd's Dark Side of the Moon album, each item has its own story. His favorite piece? Shirley Temple's memoir!

Stuart's collection is a wonderful reminder that there is beauty in the unusual and joy in the things that make us unique. Whether it's penguins representing a special stone or Hello Kitty Godzilla Happy Meal toys, why not celebrate the things that bring us happiness?

After all, life is more interesting when we embrace the unexpected and appreciate the wonderfully eclectic things that make each of us who we are!





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

November 2026 Highlights

- November 6- Pumpkin Pie Bars Social / Ricky Koons Entertains
- November 13 - National Bread Pudding Day Social / Al Foust Entertains
- November 20- National Peanut Butter Fudge Day Social/ Richard & Alison Entertain
- November 26: THANKSGIVING DAY!
- November 27 - National Bavarian Cream Pie Day Social / Jim Weiss Entertain

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

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



VETERAN'S DAY

This Veterans Day, we proudly salute the veterans who call Valley View home.

Thank you for your service, your sacrifice, and your dedication to our country. We are honored to celebrate you and are forever grateful for the freedoms you helped protect.

With heartfelt appreciation—thank you for your service!

Lee Baer

Rudolph Bennage

George Creasy

William Emick

Richard Gavitt

Robert Gray

Leonard Hinton

Nevin Hummel

Kenneth Johnson

Fred Kramer

Raymond Lukas

Don Martin

Richard Mutchler

Harry Pepperman

Thomas Solock

GRILLED CITRUS & SPICE TURKEY

Ingredients

1 (12- to 14-pound) turkey, defrosted if frozen
1 Meyer lemon or regular lemon
1 blood orange or naval orange
1/4 cup Spice Rub
3 Tbsp. olive oil
4 Tbsp. (1/2 stick) unsalted butter, melted
1 cup wood chips, such as apple or cherry wood



DIRECTIONS:

1. Place turkey on a large rimmed baking sheet or in a roasting pan. Pat dry, inside and out, with paper towels. Finely grate 1 1/2 teaspoons lemon zest and 2 1/2 teaspoons orange zest into a bowl (reserve fruit). Add spice rub and oil and stir to combine. Rub spice mixture under and over skin of turkey. Cover tightly with plastic wrap and chill 24 hours.

2. Let turkey sit at room temperature 1 hour. Pat dry, inside and out, with paper towels. Brush butter on skin. Cut reserved fruit into quarters and place in cavity of turkey. Tie legs together with kitchen string and tuck wings underneath.

3. Prepare a charcoal grill to medium-low heat (about 325°F) and set up for indirect cooking. Soak wood chips in water to cover 30 minutes; drain.

4. Place a small aluminum foil drip pan on indirect heat side of grill underneath where turkey will sit. Arrange coals on opposite side, covering about one-third of grill. Add enough water to foil pan to come halfway up sides.

5. Drain wood chips and add to coals. Place grill grate on grill, brush it clean, and set turkey, breast side up, over drip pan. Cover grill and partially close air vents. Grill, rotating turkey every so often for even cooking, until internal thigh temperature reads 160°F on an instant-read thermometer, about 3 to 4 hours. (Every 30 minutes or so, check the grill temperature; it should be between 300°F and 350°F. You can regulate it by adding more coals, adding more liquid to drip pan, or opening or closing vents.)

6. Cover turkey loosely with aluminum foil if it begins to get too dark. Transfer turkey to a large cutting board or platter and let it rest at least 20 minutes before carving.

Wishing You Well

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

Janice Fox
James Foose
Terry Gordon

Leonard Hinton
Robert Reese
Robert Rung

Linda Strouse
Florence Suarez
Gale Woleslagle