



Inside this issue:

Employee of the Month, New Admissions 2
Inside the Curio, Discharges 3
Johnny Appleseed, Recreation Dept. Update, 4
Giant Molasses Cookies Recipe, 5
Most of What We Worry . . . Residents' Birthdays 6
Six Garage Organizing Tips That Really Work 7
September is Healthy Aging Month 8

Celebration information coming soon regarding our newly expanded and remodeled Bistro & Kitchen!

Dear Residents, Families and Responsible Parties,

Final preparations are taking place for the Annual Bazaar. The event will take place rain or shine. Fabulous festival foods will be served. Back by popular demand are our meal deals with your choice of a pulled pork sandwich, a hot sausage sandwich or 2 hot dogs served with fries, coleslaw and a drink. This year we're adding loaded fries topped with pulled pork, nacho cheese, and sour cream. Enjoy a funnel cake, soft-serve ice cream, and some popcorn. Visit the bake sale table for a large variety of tasty treats. Eat some here and take some home. Entertainment includes Tony Carey, Steve Sutherlan, and the Hunter Family. Children's games are fun for kids of ALL ages.

Visit our win-a-cake stand where there is a winner every time with your choice of cakes. The silent auction allows you to bid on items you'd like to win. Check back often to see if you've been outbid as you have the option of placing another bid. Vendors will be selling crafts. Get your raffle tickets for our large raffle. Top prizes include \$300 cash and two other \$100 cash prizes, over \$1500 in gift cards, and many other prizes. Plan on attending!
Thank you for your continued support!
LouAnn Simpson,
RN, MSN, LNHA
Administrator

**Labor Day
September 4**



**Fall Begins
September 22**



**Annual Bazaar
September 23
10:00 a.m. - 3:00 p.m.**





**Tiffany
Lusk**

**Assistant
Director of
Nursing**

September Employee of the Month

Congratulations to Tiffany Lusk, Assistant Director of Nursing, September Employee of the Month! Tiffany was nominated by Patti Toner and has been an employee Valley View since January 2013. Comments from peers include:

- I nominate Tiffany for employee of the month due to her knowing her job and what is expected of her. We work very close together every day with the daily schedule. She is a very good asset to the nursing office. She knows her job and what the DOH wants. She did a good job in charge when Betty was off.
- Tiffany always says hello, asks how you are, etc. She always listens to my issues or whatever I need to vent about. She is a wonderful asset to Valley View, she is very caring with both the residents and the staff. She is helpful and a good resource for me when needed. I am so glad she is part of our team.
- Tiffany is not only a great and reliable ADON, she is compassionate and can accomplish anything she puts her mind too. For me, she is a role model!
- Tiffany, Tiffany, Tiffany Fritz, I can take the whole page just writing about you but I will keep it short. You are awesome at what you do. Tiffany is professional, knowledgeable, and knows the job to a "T". She is helpful and willing to help, only when you answer my texts. I bother you because I love your smile. After all you are awesome. (Guess who this is.)
- Tiffany is helpful and understanding. She always tries her best and tries to make us do our best as well. She is helpful when you need to talk about a problem or a situation. She knows her job and does it extremely well.
- Tiffany takes her role as ADON very seriously. She is always looking out for the residents and staff. She is an asset to VVNC.
- Tiffany has been a very hard worker and a great example of how to be a team player. She has been a fast learner with facility and long-term care regulations. She has always been flexible and given so much above and beyond her role's expectations. She has always been willing to do whatever the facility needs and is greatly appreciated.

Congratulations, Tiffany, on being named Valley View Employee of the Month!

Warmest of Welcomes to Our New Admissions!

Beverly Adams	Ruby Fahrenbach	Mildred McFadden	Donna Rockey
Jeannine Bertolet	Glenn Feist	Catharine Miller	Spencer Trutt
Harry Boring	Philip Hall	Nancy Murren	Douglas Walker
Sameul Breining	Marion Hartley	Doris O'Connor	Margaret Ward
Patricia Clemontoni	Alma Hewlett	Allan Price	Mary Williams
Mae Coffman	Edna Kemmerer	Alma Reitz	Ellen Winters
Merian Dieffenbacher	James Kulp	Raymond Remener	

Inside the Curio

Once again, during the month of September, the curio held a display of patriotic items on loan from Leatha Kieser and Ann Cochran. Leatha shares that she took an interest in collecting because her mother's birthday is July 2 and she always bought or made her something red, white, and blue. She adds it's a great way to celebrate our great Country and show our patriotism.

Leatha's favorite piece is a glass bell arrangement made by her mother Rena Kieser for the 1976 Bicentennial. She also likes the Snoopy Liberty Bell. Ann's favorite is the George and Martha Washington plate that had belonged to her grandmother.

Both ladies started their collections in earnest in 1976 with America's Bicentennial celebration.



If you have a collection you would like to share, call Ann at 570-433-3161.

Please note that the curio cabinet stays locked at all times.

Music and Alzheimer's: Can it help?

-www.mayoclinic.org

Listening to or singing music can provide emotional and behavioral benefits for people with Alzheimer's disease or dementia. Musical memories are often preserved because key brain areas linked to musical memory are relatively undamaged by the disease. Music also can relieve stress, reduce anxiety and depression, and reduce agitation.

Play your loved one's music preferences, set the mood, avoid overstimulation, encourage movement, sing along, and pay attention to your loved one's response. If they seem to enjoy particular songs, play them often. Keep in mind that music might not affect your loved one's cognitive status or quality of life. Further research is needed to better understand music and Alzheimer's.

Discharges

Mary Annabelle Bennett
 Harry Boring
 Beverly Caldwell
 Frank Carnevale
 Merien Dieffenbacher
 Audrey Dochter
 Karen Deming

Harold Guinter
 Philip Hall
 Marion Hartley
 Mildred McFadden
 Velma Merrick
 William Orth
 Allan Price

Thomas Shoemaker
 Darla Starr
 Jane Strasburg



Recreation Department Update

September already? How did that happen? Well time is flying by and summer is winding down and we've had little hints of fall in the air. We have a lot of activities and events planned for the month.

Our biggest event is the Annual Bazaar on the 23rd. What a fun-filled day for our residents, their families, visitors, and staff.

Entertainment for September includes Country Willy, Fran Sherwood, and Jim Weiss. Performing at the Bazaar will be Tony Carey, Steve

Sutherland, and the Hunter Family.

Country rides will take place on the 5th and the 22nd. Do you think the leaves will begin changing early? Plan on joining us and we'll find out together!

Friday social treats include patriotic poke cake, fried green tomatoes, fried cheese curds, ice cream novelties, and apple dumplings.

Please see the enclosed calendar for more information.

Johnny Appleseed

www.biography.com

John Chapman, better known as Johnny Appleseed, was born on September 26, 1774, in Massachusetts. Chapman was an eccentric frontier nurseryman who established orchards throughout the American Midwest. His father Nathaniel Chapman fought as a minuteman at the Battle of Concord and later served in the Continental Army under General George Washington.

Little is known about John's early life. It is likely that his father, who was a farmer, encouraged his son to become an orchardist setting him up with an apprenticeship. By 1812, John was working independently as an orchardist and nurseryman. He traveled widely, particularly in Pennsylvania and Ohio, pursuing his profession. He established nurseries, although they did not yield edible fruit. The apples from his orchards were used to make hard cider and applejack. The orchards served as a legal purpose of establishing land claims on the frontier.

John was a follower of the New Church known as the Church of Swedenborg. He spread his faith while traveling to establish orchards preaching to both Anglo-American and indigenous people. He had a threadbare wardrobe, usually didn't wear shoes but often wore a tin hat. He was a staunch believer in animal rights for all living things, including insects. He died in 1845.



With Deepest Sympathy

Christie Artley
Ramon Büchle
Alberta Dreher

Helen Glazewski
Elnora Paulhamus
Jeanne Strayer

Kenneth Williams

Giant Molasses Cookies

Ingredients:

- | | |
|--------------------------------|-----------------------|
| 1-1/2 C. butter, softened | 1/4 tsp. salt |
| 2 C. sugar | 1/4 C. chopped pecans |
| 2 large eggs | 3/4 C. course sugar |
| 1/2 C. molasses | |
| 4-1/2 C. all-purpose flour | |
| 4 tsp. ground ginger | |
| 2 tsp. baking soda | |
| 1-1/ teaspoons ground cinnamon | |
| 1 tsp. ground cloves | |



Nutritional Facts:

Calories: 310
 Fat: 13 g
 Sodium: 219 mg
 Fiber: 1g

Directions:

Preheat oven to 350°

- 1) In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs and molasses.
- 2) Combine the flour, ginger, baking soda, cinnamon, cloves, and salt; gradually add to creamed mixture and mix well. Fold in pecans.
- 3) Shape into 2-in. balls and roll in coarse sugar. Place 2-1/2 in. apart on ungreased baking sheets. Bake 13-15 minutes or until tops are cracked. Remove to wire racks to cool.

Yield: 2 dozen

Serving size: 1 cookie

Resident Rights

Meet and Communicate With Anyone You Wish

- You can see, or refuse to see, any visitor. Your family may visit at any time.
- You may take part in any activity, worship service, etc., in or out of the facility.
- There should be private telephone and meeting areas for you to use. You must receive your mail unopened.



Most of What We Worry About Never Happens

- Don J. Goewey

Five hundred years ago, Michel de Montaigne said, "My life has been filled with terrible misfortune; most of which has never happened." Now there's a study that proves it looking into how many of our imagined calamities never happen. Subjects were asked to write down their worries over an extended period of time and then identify which of their imagined misfortunes did NOT happen - it turned out to be 85%! Of the 15% that did happen, most of those in the study discovered they could handle the difficulty better than expected or that it taught them a lesson worth learning. This proves that 97% of what you worry about is fearful thinking with exaggerations and misperceptions. Worrying is no joke. The stress hormones created by worrying have been linked to shrinking brain mass that lowers IQ, makes you prone to heart disease, cancer, premature aging, and makes older folks more likely to develop dementia and Alzheimer's disease.

If we could get a handle on the worry that seizes our mind, we would greatly increase the odds of living a longer, happier, and more successful life. New research has found that we can do it. It starts with the decision to not believe the misfortune that our worried thoughts see in the future. An example would be of a 90-year old woman who is spritely and appears to be in her 70s. When asked what her secret to looking young and being healthy, she says, "30 years ago, I made the decision to stop worrying and I haven't wasted a moment on worry since.

While there are different approaches to accomplish this, a simple one is *Finish Each Day and Be Done With It*. It facilitates the choice to let go of the day's problems. American philosopher Ralph Waldo Emerson said it best, "Finish each day and be done with it. You have done what you could. Some blunders, losses, and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; let today go so you can begin tomorrow well and serenely, with too high a spirit to be encumbered with your old nonsense. Each new day is too dear with its hopes and invitations to waste a moment on yesterdays."

Happy Birthday to These Residents!

September 8
June Holmes

September 20
Betty Unger

September 29
Shirley Greene

September 13
Vera Kennelley

September 21
Dorothy Protasio

September 16
Dortha Stoppa

September 25
Bernard Obert

September 19
Ellen Reed

September 28
Beverly Stroup



Six Garage Organizing Tips That Really Work

www.houzz.com

Garage spaces tend to become dumps for just about everything. Because they are big and open spaces, they're easy targets for that suitcase that won't fit in the closet, your daughter's roller-blades that she is not ready to throw away yet, and anything else that doesn't have a set place. Basically, a place to store every possible bit of clutter.

National Clean Out the Garage Day is September 9 and it's a perfect time to dive head first into clutter. Here are some professional tips that may help you succeed:

- 1) Use as much vertical and ceiling space as possible. This rule is particularly important if you plan on actually parking your car in your garage. Make sure you'll have enough room without running into or onto anything. Get everything up off the floor and get rid of as much junk as possible. Hang a holder for brooms, mops, rakes. Heavy duty hooks can take care of anything else that can hang. Perhaps shelving and simple closed cabinets will make a difference.
- 2) Before reorganizing, try taking everything out of the garage. Looking at the space as a blank canvas may give you a better idea of what you're working with.
- 3) Decide what to keep, what to donate, and what to throw away. When you find yourself questioning a particular item, ask yourself:
 - Do I love it?
 - Do I need it?
 - When was the last time I used this?
 - If I donated it, could it be safely used by another person?

Clearing out clutter is incredibly satisfying, and odds are you won't really miss that fifth spare tennis racket. When in doubt, donate or toss it. Recycle as much as possible, and be sure to dispose of paint and other hazardous waste safely.

- 4) Group like items together so they're easy to find. A large wire shelf is good for things you mostly need for in-house including drinks, paper towels, cleaning materials, etc. If you enter your house often via the garage, set up a shoe and coat rack.
- 5) Decide which area of the garage is going to be used for what purpose. What do you want to use it for and what is the best possible way to divide it up? If it's the primary way most people enter your home, it doesn't necessarily have to look like a garage. Paint the walls and floor, perhaps add cute door decals.
- 6) Label absolutely everything. If you're tired of drawers and bins of hodgepodge nails, screws, and bolts - organize and label them.



Valley View Rehab and Nursing Center

2140 Warrensville Road
Montoursville, PA 17754
Phone: 570-433-3161
Fax: 570-433-3882

We're on the Web!

www.valleyview.org

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

RETURN SERVICE REQUESTED



Board of Directors:

Joe Moyer, President
Nancy Berhheimer
Nicholas Catino, II
Steve Kaiser
Christopher Kenyon
Adam Nicholson
Gary Peck
Margaret Piper
Stephanie Stocki

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

September is Healthy Aging Month

-www.webmd

- ♥ Get moving - exercise regularly to maintain a healthy body and brain.
- ♥ Stay social - take a class, volunteer, play games, see old friends and make new ones.
- ♥ Bulk up - eat beans and other high-fiber foods for digestive and heart health.
- ♥ Add some spice - and some herbs as some medications may dull your taste buds.
- ♥ Stay balanced - practice yoga or tai chi to improve agility and prevent falls.
- ♥ Take a hike - brisk daily walks this September can bolster both your heart and lungs.
- ♥ Sleep well - if you don't, talk to a sleep specialist.
- ♥ Beat the blues - if you've been down for a while, talk to your doctor. Depression can be treated.
- ♥ Don't forget - to aid your memory make lists, follow routines, slow down, and organize.
- ♥ To help control the urge to over indulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you and you'll actually eat less.
- ♥ Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients.
- ♥ Follow a Mediterranean diet to help prevent memory impairment and heart problems.