

"Tips and Tales"

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*An Irregularly Published Independent Screech Produced by and for
the Residents of Sunnyside for Sharing News and Information
about and of Interest to Them*



**SUNNYSIDE'S 11TH ANNUAL
APPLE BUTTER FESTIVAL**
Saturday, Sept. 26th
9 AM – 1 PM
Eiland Center

It's not too early to start thinking about the **Apple Butter Festival**. It's our largest, most popular event and the biggest money maker! It's important to remember that this is a RESIDENT-LED event and while Sunny Treasures is the driving force, we need everyone's help and participation to make it a success. The proceeds from the festival enhance activities and resources for all residents and include generous donations to the Employee Christmas Fund and Fellowship Fund.

There are three main ways that we, as residents, can make this a successful and profitable festival – Donate, Volunteer, Participate! First, we need your donations to get started.

Donations of General Items: Everything from kitchenware, books, home décor, jewelry, knick-knacks and gently used Holiday decorations is needed! Drop off small items at either Reception Desk and for larger items, call Buildings & Grounds to arrange pick-up. Pint and half-pint Jars for our delicious apple butter are also needed and can be delivered to the Volunteer Office or call Joni Runzo at ext. 8612 to arrange pick-up.

Silent Auction Donations: This year a small group of your fellow residents: Pat Harkins, ext. 8748; Pam Compton, ext. 8933; Carol Anne Van

Duyn, ext. 8470; Gini Reese, ext. 8909; Joanne Bell, ext. 8838; and Nan Bowman, ext. 8348 will be assisting you with donations for this popular event. We have new ideas to make this a very special event. We plan to have more "services" and events included in the auction – gift certificates for stays in a B&B, travel, sporting events, personal services – will all be included in the auction this year. Have an idea? Give any one of us a call and don't be surprised when we call on you! We are looking for a variety of merchandise in **all price ranges** - antiques, pottery, specialty items, jewelry, quilts, gift certificates, and collectibles. There is a basket for Silent Auction donations in Wellness Director, Annie Shaffer's Office. Please be sure to attach your name to any donations left there.

Silent Auction Gift Baskets have been limited to 20 this year. A list of those baskets is posted in the Eiland Center mailroom along with pictures of sample baskets. The list and pictures are also at each Reception Desk and in the Wellness Director's Office. We encourage groups of residents to go together to create a basket this year – it will be more fun, less stress and less expensive. If you have an idea for a basket that is not listed, please call Pat Harkins at 8748.

Keep watching the in-house television station, bulletin boards and Funside for further information on the festival. We will keep you up-to-date and well informed. It's going to be a great Apple Butter Festival – make a donation and be a part of it!

>Pat Harkins

THE IMPORTANCE OF WALKING

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again .

I have to walk early in the morning, before my brain figures out what I'm doing...

I joined a health club last year. Spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they'll say, "Well, she looks good doesn't she."

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years..... Just getting over the hill. We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.

>Virginia Bethune

GARDEN FOR ALL SEASONS

I wrote this poem while watching Miriam meticulously work her garden. She often ventured into the underground part of the garden with the same dedicated care she expended on top side. When the poet in me has taken over I read the

poem to Miriam. She said she was glad someone had captured the joy of the nether world. I hope you too will wander with us.

Dear friend, please come with me, where beauty reigns supreme.

Where gentle paths entwine as plants and lovers do.

There are no walls to block the warmth that all life needs

To prosper and create a neighborhood of love.

Each living thing has needs unique and things to share,

To do what it alone can do. Tread softly lest You wake the creatures of the night who have a place

Where they alone can cope, when darkness swallows us.

They know another world that's damp and cold to us,

But is just right to them - and yet we share one world.

Do those of darkness love their garden as we do? What beauties do they share and hold as treasures rare?

Do those of darkness think us friends who trek by day?

Do they, as we, fear what they cannot be and hate The light of day that halts their tasks, as we prolong

The failing light of day by artificial means.

Our visit to this place where beauty reigns supreme

Has much to teach of gentle paths and simpler ways.

Each one who treads these paths can learn the peace found here.

Dear friend, please come with me, where beauty reigns supreme.

<Frank Barch

A BEAR-ZARRE EXPERIENCE!

As we prepared to leave Montreat, NC , near Asheville, about 7 am this past Saturday (May 16), I noticed disarray in the floor of the back seat. Then, I saw that the window on the driver's

side was completely gone; crushed glass was in the seat! Quickly returned to cottage to retrieve last items, and this time saw the bear IN THE CAR! Yelled, he left, and I moved the car to a place too small (I hoped) for him to re-enter. Drove to Lexington, VA with a mighty cool breeze; we were thankful for no rain!

Just *bearly* missed a confrontation!

>Virginia and Dick Bethune

GROWING UP IN THE 30s AND EARLY 40s

When I was a child growing up in rural Virginia during the Great Depression, our home had none of the conveniences that are consider essential today.

We had no indoor plumbing, nor electricity. The toilet was a little house out back, and we had none of the things that are available with electricity. There was no refrigerator, dishwasher, microwave, toaster, nor any of the gadgets found in most homes today.

We did have a rain barrel to catch water for laundry and cleaning and a spring was about 100 yards away that had the most wonderful water I ever tasted. Our lamps provided light at night and wood stoves heated our home. My mother cooked on a wood stove and ironed with a flat iron heated on the stove. She sewed with a treadle sewing machine and made most of our clothes.

I guess we were poor, but we didn't feel poor. All of our needs were met and more.

When I was about 10 years old, Daddy installed battery powered lights. That string that hung from the ceiling needed only to be pulled to illuminate the room. It was wonderful! We put away the lamps. . . the purchase of gas powered kitchen appliances was a big event a few years later. It was an even bigger event when Rural Electrification made electricity available to us and we were able to have water piped into our house and eventually had a furnished bathroom. We traded the wood stove for space heaters.

Even with an electric iron, ironing clothes for our large family was a time consuming job. Almost

everything needed ironing since there was no pre-pressed clothing and few knits. Neatness was important and the pressed look was "in". Girls wore dresses or skirts and blouses and boys wore jeans or slacks and cotton shirts. We wore bows in our hair and loafers or saddle oxfords and bobby socks.

Young people didn't start dating at 13 as some do today; 16 or 17 was plenty early. We enjoyed group activities instead. Out of wedlock pregnancies were a rarity and I knew of only one. Drugs were not even in the picture. Few of my peers smoked and those who did were boys.

When I graduated from high school and went off to nursing school, I was surprised that some of the girls smoked and used language that I had rarely heard a man use, much less a girl. After growing up in a very protected environment, I had entered the real world.

I experienced many changes in the years that followed, but I have fond memories of my growing up years. Though lacking in many material things, there was no lack of love and I had all I really needed.

>Betty Lee Young
(From the "Write Your Story" group)

WISE OL' OWL

She sits upon a limb at night,
A tree limb is her choice;
Or maybe it's a telephone pole,
And waits to use her voice.

She waits 'til all have gone to bed,
Then she starts to "coo",
She "coos" as she sits up there,
She "soos" or maybe "whoos."

She "coos" or "whoos", this wise ol' owl,
She knows just what to say;
I think she's telling all good night
Until the coming day.

>Helen Miller

DOES YOUR BUCKET LIST HAVE WINGS IN IT?

Last year several Sunnyside residents took advantage of my offer of an introductory ride in a sailplane (glider) at the soaring club in Front Royal where I fly. If anyone else is interested, it may be possible to work it in this summer (or before the snow flies). I can take 1 - 3 people for s 15 - 30 minute gliding flight in one of the Club's trainers - see <http://skylinesoaring.org> for more information about the club.

Full disclosure: It takes considerable planning to get other club member volunteers to agree to support the flights, pretty much wipes out a whole day (1.5 hours drive each way, waiting around, etc.) and is VERY weather dependent (which means we may get there only to find the weather is not conducive for a safe and comfortable flight.)

The Club is a non-profit for members only, which means we cannot sell services to the general public, but you can buy me lunch afterwards!

>Jim Kellett

STILL COMPLAINING ABOUT THE HOT WEATHER??



Photo Credit: Sean McLoughlin

Norma Bowman shared this picture sent by her daughter from the paper in Lamoine, Maine!

YES, I'M A SENIOR CITIZEN!

I'm the life of the party . . . even if it lasts until 8 PM.

I'm very good at opening childproof caps . . . with a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a thing you're saying.

I'm sure everything I can't find is in a safe secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg.

I'm beginning to realize that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN and if I could just remember I think I am having the time of my life!

>Mary Lou Gardner

DO YOUR GRANDKIDS KNOW WHY WE "DIAL" A TELEPHONE NUMBER??

I grew up with a rotary phone and for almost sixty-five years, I could call a store or company and in 15-20 seconds be in touch with a real live human being. I got the service I needed and received answers to the questions I wanted to ask. Nowadays, with advanced technology, I am told *immediately* how important my call is, which is a personal affirmation I really don't need at that moment. **I want to talk to somebody.** Instead, I'm told that my call will be answered by the next available service technician. I picture in my mind's eye a bevy of technicians anxiously waiting to talk to me. That **is** true if I press # 1 indicating that I want to buy something. But, if I want service on a product already purchased, I will have a long, long wait until I am finally put in touch with one of the five Pakistanis the company has hired in Islamabad to answer my call. How I long for my old rotary phone which worked just fine.

>Jim Atwood

COMMUNITY PARTICIPATION

When including all categories of living facilities (Health Care, Assisted Living, and Independent Living), the Sunnyside campus has over 430 units (rooms, apartments, cottages and villas) where close to 600 residents currently live. The Sunnyside campus in reality can be looked upon as a small village or town. Maybe more than any other town, the Sunnyside Administration relies on resident participation to add to and enhance community life. With retired doctors, lawyers, ministers, military officers, educators, small

business owners, government employees, and scientists (to mention a few), Sunnyside residents represent hundreds of years of valuable work experience that would be an asset to any community. The issue is not one of having experience, but of using and sharing that expertise (i.e. **Community Participation**) for the betterment of the community.

Many residents of Continuing Care Retirement Communities (CCRCs) volunteer significant amounts of their time at a number of critical tasks within the community, which very much benefits efforts of staff and residents alike. At the very least, all campus residents should (to the extent they are able) be a part of the Retirement Community in which they live and strive to keep informed of the goings on and major issues on campus.

A convenient and easy way for Sunnyside residents to be involved in Community Participation is to become active members of their respective Resident Associations. Sunnyside has four Resident Associations/Organizations: (1) **The Village Association** for independent living residents in the village; (2) **The Highlands Association** for independent residents of the Highlands; (3) **The Assisted Living Association** for residents of the Eiland Center's Assisted Living units; and (4) **The Health Care Association** for those residents residing in the Pannill Health Care Center. The purpose of these associations/organizations is to promote social interaction among residents and to serve as a liaison for communications between association members and the Sunnyside Administration. This important communications flow is primarily accomplished through regularly scheduled association meetings and announcements, but also (and importantly) by designated representatives of the four associations participating as members of **The Resident**

Council. The Resident Council of Sunnyside meets quarterly with the Executive Director of the Sunnyside Campus with a threefold purpose: (1) to develop and promote the Spirit of Sunnyside as a loving and caring community; (2) to serve as an integrating agent for all residents; and (3) to serve as a liaison between the residents, the Executive Director, and the governing board. In addition to monthly Coffees with Josh, resident associations, working with the Resident Council, provide excellent opportunities to enhance the communications flow necessary to address resident/campus issues.

The Bottom Line: The Sunnyside community as a whole benefits when all residents become active members of their respective associations. Attend a meeting. Keep informed and up-to-date on the issues impacting campus life. Enjoy the added benefit of participating in fellowship with neighbors.

>Tom Harkins

FYI

Did you know that your Sunnyside Pharmacy meets or beats off campus OTC prices? This is because they belong to EPIC buying group through McKesson which helps give the pharmacy reduced prices; also, they accept insurance for prescriptions.

The best feature of the pharmacy is Director/Pharmacist Lin Harmon and her staff who give personal attention to your every need right on campus. No need to get in a hot car and go to town, they will even deliver for a small charge.

Hours are mornings 10 to 12 and afternoons 4 to 6 Mon. thru Fri.

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*Material for this publication is produced by the residents of Sunnyside's Campus. **Everyone is invited to contribute material for consideration for publication.** Please send your suggestions, notes, and letters to either of the above residents. There is also a need for several "contributing Editors" to write regular columns.*

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