

"Tips and Tales"

September, 2016,

Volume 8, Issue 4

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

*Sunnyside's 12th Annual
Apple Butter Festival*

Saturday, Sept. 24th 9 AM - 1 PM

Featuring our very own Apple Butter and so much more!

Silent Auction: Gift Certificates for Dining, Personal Services,
Home Cleaning & Landscaping, Sporting Events, Vacations, Unique
Items - Hand-Made Quilts, & Themed Gift Baskets!

Christmas Shop Yard Sale Local Vendors & Craftsmen

The Bake Shop Food Court with Café Seating

Brunswick Stew, Country Ham Sandwiches, Hot Dogs, Donuts, & More

Sunny Treasures Gift Shop & Special Sale of Antiques and Collectibles



3935 Sunnyside Drive, Harrisonburg, VA ~ (540)568-8201 ~ www.sunnysidecommunities.com



*Sunnyside's 12th
Annual*

Apple Butter Festival

Silent Auction Preview & Early Bird Yard Sale
Sunnyside Residents & Staff
Friday, Sept. 23rd 2:00 - 5:00 pm

Start your shopping early at the Yard Sale in the Bethesda Theater and take advantage of a "Sneak Peek" to place a bid or two and browse all of our wonderful items at the Silent Auction in the Chapel. It's your time to shop without the crowds!

Pat Harkins

SILENT AUCTION ADVICE

Bidding with - or against your Friend or Neighbor

Last year at the Silent Auction, a small group, Harkins, Inghams and Stoners banded together to bid on a prize item – Chris Carniglia's 7-Course Japanese Dinner and our efforts really paid off! We won the item and enjoyed an amazing Japanese Dinner in the Carniglia home and were able to have an experience that could not be duplicated in this area. This year, the Silent Auction offers many opportunities for you to join together with a few friends, neighbors or family members to bid on an item. Forming a group ahead of time takes the stress and worry out of the bidding process and makes it a more joyful event. Going in, knowing exactly how much you are going to bid and how high you are willing to go will pay great dividends during the auction. It also opens up your options to bid on other items.

This year the Japanese Dinner is again up for bid for 6 people, but along with that there are numerous options and not all of them are in the higher priced category. For example, any of the Gift Certificates for Dining would work with another person or couple. Almost all of them are for more than one restaurant and would make for a nice lunch or dinner or happy hour with a friend. Cross Keys Vineyard offers a tasting and tour plus a gourmet cheese platter for four people, while Bluestone Vineyards provides for a table for eight (8) at any one of their Toast the Weekend events between now and the end of 2017 -- a great opportunity for a party with friends and neighbors. Chick-fil-A has 3 small platters for tail-gating with friends or just watching a football or World Series game at home. The Brunch with Santa and the Golf

Package at Spotswood Country Club are both for four people and would make a great holiday outing or pleasant round of golf with another couple or family members. Don't forget the Outer Banks Cottage for One Week Off-Season – that is ready made for someone to join with a neighbor or invite family members to come along!

Our amazing Gift Baskets would also make a good option to go in on with friends. Judging from last year, some of the baskets can be quite large and winning half of the contents would be just fine. And just think of how much fun you will have going through the basket together and deciding who gets what!

Just don't forget that the overall goal of the Silent Auction is to provide entertainment – working with friends heightens the excitement and anticipation and makes it so much more fun. And don't worry – bid against your friends and neighbors – that is quite frankly part of the fun. So smile whether you win or lose a bid, and remember, the proceeds from the auction are earmarked for the Fellowship Fund – so bid away – bid one more time and smile knowing that it will go to a very worthwhile charity here at Sunnyside!

> Pat Harkins

Be sure to sign up promptly for activities and trips or you might find yourself on a wait list or not admitted to a resident pot luck. Likewise be considerate and cancel if your plans change.

ABLUTIONS PLUS

Used to be that I could rise and shine, jump in the shower, hop out, throw on some clothes, run a comb through my hair and dab on a little lipstick to be ready for whatever the day had to offer. Now I struggle up saying to myself, “Groan and bear it”, (a little pun I made up) and head to the kitchen to heat the Keurig for my first cup of coffee. I down one pill which has directions that say ‘take one hour before breakfast’, and two Tylenols of the highest possible strength. I write down the time so I can figure when to take the next ones as they are to be ingested 8 hours apart

and then I write down those times, too. I put the other four allowed in a 24 hour period in a little dish on the window sill. That way, my memory being what it is these days, I can check to see how many I've taken so far.

Then I settle down with my coffee and my iPad to catch up on the news and read my emails. An hour later I'm ready to get going. Make my bed, lay out my clothes for the day, and head for the shower.

Jump in? Uh, no. I prepare the shower, don my non-slip flip-flops, and gingerly step in, clutching the grab bars as I go. Falling at this stage of life is not recommended. I wash my body carefully, wishing I could whisk away the many strange dark growths accumulating here and there at an alarming pace.

Out and dried off, I continue my morning routine. First, I dust with medicated body powder here and there. Next, after brushing my partial plate and in-mouth teeth and rinsing with blue mouth-wash, I put in eye drops to erase the redness there, rub my underarms with deodorant, and slather on some face cream. I don't bother with makeup anymore – an uphill battle, or some might say, a lost cause.

If I'm going someplace special I put a tiny band aid over that strange little growth that popped up just in front of my ear recently. (If asked, I explain that I cut myself shaving. I love the puzzled looks.) My hair, which stands at attention on the side I sleep on, takes some discipline and then I'm ready for the next step, in the bedroom.

There I massage some Blu Emu cream on my back and one shoulder. This product was recommended to me via email by my high school classmate who now lives in Alabama. It does seem to help those rather painful areas more than some other remedies I'd been using. (We used to email about things like movies we'd seen, trips we'd taken, what our children were up to, etc. Now we're down to swapping tips on pain medications. Sigh.)

Then I put on the rest of my clothes except for shoes and socks. A new area of pain has been added to my already rather lengthy list. The soles

of my feet, after a short walk, start to feel as if I were walking on hot, sharp rocks. Whew! Really hurts. The Blu Emu didn't help, but I happened to see an ad for something that promises relief. I rushed to the pharmacy to get some and have been rubbing it on as directed. Sure hope it helps. Ablutions complete, shoes and socks in place, I head to the kitchen for breakfast. But first the last two pills 'to be taken with food' are downed.

Breakfast becomes brunch as nearly two hours have passed since I got out of bed. I make it quick, and limp to my recliner, exhausted.

When I wake up I turn on the computer and continue working on my memoirs.

"Here I am, standing on the Great Wall of China," I write. "Could life be more exciting than this?"
>Gail Kiracofe

WATCH OUT FOR DEER!

It is hunting and mating season. A resident recently encountered three deer on Smithland Road between Route 11 and Route 33. We are told this is deer country. Neither the driver nor any deer were hurt. The car sustained minor damage.

>Coni Dudley

When decorating your yard for Halloween and Thanksgiving, don't entice the bears with corncobs, pumpkins and other edibles.

JUST THE WAY WE ARE

There's something good in everyone,
Just look around and see.
Their goodness shines out like a light
For everyone to see.

We're happy or we're sad and blue,
We're funny or we're glad,
We're happy or sad about everything!
That's just the way we are.

There's something good in everyone.
It shines out near or far
Like their personality shining through!
That's just the way we are.

You'll see a spark of kindness when
You thought that none was there;
That spark will make the kindness grow
Into some loving care.

And then you'll see some thoughtfulness
From people near and far
With kindness, and goodness, too.
That's just the way we are.

>Helen Miller

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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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