



“There is only one way to happiness, and that is to cease worrying things which are beyond the power of our will.”

**Epictetus**

**I hope you all had a wonderfully relaxing weekend. It ended up being just gorgeous out (I actually got a little sun burnt on my cheeks)! I spent my Saturday working at Chelan – such a great time! The rest of the weekend was spent sharing some much needed laughs with friends (we’re talkin’ rollin’ on the ground laughter) – ah, friendship makes the world go round.**

**In BHV Weekly News:**

1. **Brave Heart Volunteers invites family caregivers, friends, volunteers, and interested parties to learn about caring for someone with Alzheimer's disease at our monthly C:ARE (Connect: Advocacy, Resources, Education) luncheon on Wednesday, July 27th, at noon in the Sitka Pioneers Home Manager's House.**

**Sometimes caregivers feel like they are on an emotional rollercoaster. Bonnie Cottrell will help you understand and cope with the many challenges of caring for someone with Alzheimer's disease. The event is designed to be a follow-up to April's Alzheimer's: Signs and Symptoms C:ARE luncheon.**

**Lunch will be provided. Call Brave Heart Volunteers at 747-4600 for more information.**

2. **Foraker will provide the class "Making the Ask" on Wednesday, July 27<sup>th</sup> at 5pm at the Sitka Pioneer Home Manager's House. Learn the correct and most influential ways to ask for funding and resources from your community. The class is \$25 per person. Please RSVP or call BHV with any questions 747-4600.**

**BHV's Being "Green" Tip of the Week: [Bring Back Cloth Napkins!](#)**

**According to Wholeliving.com, the average American uses 2,200 napkins a year (none are recycled). So switch back to cloth, make your every day dinner more elegant – it won't even add an extra load to laundry day; just throw your dirty napkins in with the towels!**

**Have a happy week,**

**Amanda**