



“We acquire the strength we have overcome.”
~**Ralph Waldo Emerson**

One year ago, without warning - my life began to change.

The opportunity to move to Sitka arose rapidly, skidding to a halt in the palm of my hand: I applied to several AmeriCorps Programs and one week later was offered a position in Alaska. Reacting calmly (of course . . .) I sputtered back and forth the pros and cons of leaving my simple (prepared) life behind. (“It was *just* a year.”)

A short three weeks later I was off to embark on what I thought then *would be* just a year of enriching life experience. Dramatically it spun into a wild adventure consumed with heartache, romance, and destroying any promise of that simple (prepared) life I left behind – an entirely *different* life took form.

Sitka somehow captured a piece of me that I am not yet willing (if ever) to part with. There is still mystery here left for me to solve. Chapter 1 is slowly beginning to unravel as the preface inserts its closing remarks . . . “*Just* a year” will forever ring differently in my mind; for one day can change a lifetime and one year has 365 days – you do the math.

I am anxious for what lies ahead and thrilled to be part of BHV once more. Thank you to all those who welcomed me with open arms – I have learned a

lot from each of you and hope that carries on as we move through this next year together.

In BHV News:

1. Brave Heart Volunteers' Monthly **C:ARE Luncheon** will be **Wednesday, August 31** at noon at the Pioneers' Home Manager's house. Dr. Westergaard will be presenting *Self-care for the Caregiver*. Lunch will be provided. *Note – the date has changed from **AUGUST 17 to AUGUST 31**. I apologize for any confusion. Please contact BHV via phone or email at **747-4600** or amanda@braveheartvolunteers.org with any questions or to RSVP.
2. Brave Heart Volunteers annual **Brave Heart Bowls** fundraiser is in preparation. We need your help to make it a success! All artists interested in **creating a chair** for this year's auction should call BHV offices as soon as possible, as **chairs will be limited (747-4600)**. If you would like to donate chairs for the artists or any additional items for the auctions, please call or stop by the BHV office (120 Katlian) to drop off or schedule a time for pick up.



Bonnie Cottrell and Amanda Taylor, visiting with residents at the Pioneers' Home.

BHV's Caregiver Tip of the Week: www.ecarediary.com

The Care Diary allows you to keep track of appointments, store important information, and much more. Registration is necessary, but it is a free – online service you can access from any computer.

The Benefits of Registering

- Access the Care Diary, your private online calendar.
- Store important medical records.
- Privately share your Care Diary and records with others in your circle.
- Start your own personal blog community.
- Post comments on any of our articles or blogs.

BHV's “Green” Tip of the Week: Wine please!

Add a little European grove to your day with a glass of wine at dinner. Reuse your bottle for storage (popcorn cornels, trinkets, sand, flower vase, the opportunities are endless) and reuse the cork as a stylish label!



(pinterest.com)

Looks rather classy don't you think?

I hope the fish start spawning soon! I wish you all a safe and wonderful weekend!

Amanda