

URGENT: can you help?

For many years, BHV has gratefully received financial support (in the form of grants) from the city of Sitka. This funding is essential to BHV for two reasons:

1. The financial support
2. Most importantly, it allows BHV to bring in other grants from out of town. Without proof that the community of Sitka values BHV, granters from out of town will not fund our organization.

The assembly made major changes to the grant funding this year. In fact, for the first time in many, many years, the Assembly (instead of an independent granting committee) is making the decisions about who gets funding. In these financially challenging times, grants and individual donations mean more than ever. Please help BHV raise the funding we need to offer our free services by making a financial contribution to BHV or by writing or [emailing](#) your assembly members in support of BHV. Please see a sample letter below.

Community support is so important, we are so grateful to have you in our BHV family.

Share your story! ([email Sitka Assembly!](#))

Thank you!

Sample Letter:

Dear Mayor Westover and Assembly Members,
Please fund Brave Heart Volunteers (BHV) at the full \$20,000 requested in their grant application. BHV provides essential services in the community of Sitka that are not found anywhere else. Without a demonstration of community support from the city of Sitka, BHV will be forced to add several new fundraisers

each year to raise the money for matching grants. BHV already has 7 major fundraisers each year, it is not possible to add more.

{Insert personal story}

BHV also provides important services and community assistance in the face of pressing issues such as a rapidly aging society. The National Alzheimer's Association announced that in 2010, there were nearly 15 million Alzheimer's and dementia caregivers providing 17 billion hours of unpaid care valued at \$202 billion. Facts and Figures finds that caregivers not only suffer emotionally but also physically. BHV assists caregivers and people with chronic and terminal illness and grief to get the support needed to function at home, at work, and as active community members.

Please fund BHV to the fullest amount possible.

Thank you,

Jane and John Doe

Additional information for letter if helpful:

BHV Mission

Transforming lives by providing seamless support and quality educational services for caregivers and individuals facing illness, isolation, end of life, or grief.

Vision

Weaving together values, tradition, and innovation to enrich each stage of the lifecycle, making Sitka an exceptional community where it is possible to face and transcend unthinkable loss.



**Willow and volunteers at
a BHV Training.**

**Carol and Doris visiting
at
the Pioneers Home.**





“We cannot live only for ourselves. A thousand fibers connect us with our fellow men.”
-Herman Melville

One of my favorite things about Sitka is the sense of community. Since day 1, I have been witness to the many wonderful ways people weave together community resources to help families in crisis, Sitka events, and of course important roles with BHV. Many things here happen because of volunteers – it’s kind of amazing!

In BHV News:

1. Martine is our newest team member; she is a Jesuit Volunteer joining us from Washington! We are so excited to have her; stop in and say “hello.”
2. 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** with any questions or to RSVP.



Last year's annual Brave Heart Bowls Fundraiser!

3. **Brave Heart Bowls is coming!**

- If you have old chairs, new chairs, broken chairs, blue chairs – and you don't want them – WE DO! Please deliver to BHV offices, 120 Katlian, by September 8 at 4pm! Your donation is the gateway to creativity for Brave Heart Bowls live auction.
- All artists interested in *creating a chair* for this year's live auction should call BHV offices as soon as possible (747-4600), as **chairs will be limited. Chair pick-up is set for September 9 at noon at the Pioneer Home Manager's House.**
- **Silent Auction:** If you have any artwork, personal crafts, or any items you'd like to donate for a silent auction, please call (747-4600) or [email](#) us to set up a drop off time!

4. BHV is implementing an “**Adopt a Grandparent**” program this year. Pairs will be assigned a care-receiver they can visit together.

BHV is hoping to involve a younger age group through this program while ultimately increasing our volunteer base. If you know of anyone who would be interested, please have them [email](#) or call (747-4600) BHV for more information!

BHV's Caregiver Tip of the Week: *Comes in ten.*

[Ten Tips for Communicating with an Alzheimer's Patient](#)

Follow the link for more detailed information!

1. Make Eye Contact.
2. Be at their level.
3. Tell them what you are going to do before you do it.
4. Speak calmly.
5. Speak slowly.
6. Speak in short sentences.
7. Only ask one question at a time.
8. Don't say "remember".
9. Turn negatives into positives.
10. Do not argue with them.

BHV's “Green” Tip of the Week: Mail slot!

Get rid of that clutter on the counter . . . table, office desk – wherever your mail collects: repaint and reuse an old shutter (or two) to file it away! If you don't have a shutter, reuse an old drying rack – decorate to your liking and it does the trick as well!



(pinterest.com)

Write your assembly members and have a fabulous week,

Amanda



Brave Heart Volunteers
747-4600 • 120 Katlian • PO Box 6336 Sitka, AK
99835