



Pauline and Elizabeth picking rhubarb! Yum! Pauline makes a great rhubarb cake.

“Weather is a great metaphor for life - sometimes it's good, sometimes it's bad, and there's nothing much you can do about it but carry an umbrella.”
~Terri Guillemets

There is a massive storm headed towards the East Coast; evacuations are imminent and many transportation systems are planning to shut down! This is said to be a historic storm—I hope everyone is able to make it to safety.

Though I am not headed to the East Coast, I will be traveling this next week and worrying about rough weather in the sky is not my favorite—er, probably not anyone's favorite past time in flight! Minnesota sure is tugging those heart strings; I am ecstatic to get back home to see my family, friends AND go to the State Fair – where everything and anything is fried and on a stick! . . . Though my two favorite fair bites—a giant pickle (on a stick (yes), but not fried . . .) and the gyro stand (no stick, not fried—oops, am I a true Minnesotan?! Stick or no stick, there are a ton of great eats and it's delish.

In BHV News:

1. BHV's annual Raffle is up and running! If you are interested in purchasing tickets or selling tickets stop by the BHV Office or the **tomorrow's Farmer's Market**, August 27 from 10am-2pm. The Grand-Prize is a

handmade quilt, courtesy of Ruth Culp. The Raffle ends December 7, and the winner will be announced at our annual Brave Heart Bowls Event.

2. Brave Heart Volunteers' Monthly **C:ARE Luncheon** will be this coming **Wednesday, August 31** at noon at the Pioneers' Home Manager's house. Dr. Westergaard will be presenting information on *Self-care for the Caregiver*. Lunch will be provided. Please contact BHV via phone or [email](#) at **747-4600** with any questions or to RSVP.



2010 Brave Heart Bowls Fundraiser, Artists Chairs and Silent Auction!

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, before September 15! (Any size will be accepted.)
- 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 15 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. The **Sitka Summer Music Festival's Autumn Classics** concert is coming up Sat, Sept. 3 at 7 PM at the Sitka Performing Arts Center. BHV staff, volunteers, caregivers and care-receivers have been offered complimentary tickets. Please [email Melissa](#) for tickets.

Thank you, Melissa and the Sitka Summer Music Festival, for allowing the BHV community the opportunity to attend the Autumn Classics concert. It's a wonderful event for our caregivers, care-receivers, and volunteers to enjoy together.

BHV's **Caregiver** Tip of the Week: **Providing Emotional Support**

As a loved one progresses down their path of Alzheimer's, dementia, or other chronic illnesses, their attitude may change. They may become depressed more easily, frustrated, etc. Offering emotional support by encouraging them to express and explore the depths of their feelings may help them cope better and improve their mood. Just being there to listen is a major relief (ecarediary.com).

BHV's **"Green"** Tip of the Week: **Boots Out-Grown**



Living in a temperate rainforest, we all have extra rain boots lying around that just simply bit the dust—what a better way to keep those boots alive! Find a bunch of pretty flowers or branches and make a little motif to fit your home décor! If your “tuffs” or whale print boots don’t make the cut, invest in some spray paint and color to your liking!

(Picture from [pinterest.com](#).)

Well, I sure hope this weekend has some sunny bits—but if not, enjoy splashing around, I know I will!

Amanda



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Brave Heart Volunteers

Mission

Transforming lives by providing seamless support and quality educational services to 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.

If you would like to receive Brave Heart Volunteers Heart Soundings, please click [HERE](#) and reply “RECEIVE HEART SOUNDINGS”.