



“If you want to be somebody else—if you’re tired of fighting battles
with yourself, change your mind . . .”

Sister Hazel, *Change Your Mind*

Happy Rainy Season, eh?

The rain is pouring down now as I glance out the window; I love the sound the rain makes on the roof of my house (although right now that is a reminiscent thought as I am sitting in the airport waiting to board my flight; Minnesota bound). I have a strange feeling of excitement and loss—headed home as a transformed woman following an unexpected path. A lot has changed in the past 7 months and no predictions are being made for the imminent months ahead—all will happen one experience filled day at a time.

In BHV News:

1. BHV's annual Raffle is underway. Stop by the BHV office to pick up your tickets today! \$10/ea. The Grand Prize is a beautiful handmade quilt, courtesy of Ruth Culp.
2. 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.**



Artist Chair, Brave Heart Bowls 2010

- **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!

3. The next **VOLUNTEER ORIENTATION** is *Saturday, October 1* at the Pioneer Home Manager's House. If you know anyone interested in becoming a Brave Heart Volunteer, please encourage them to call 747-4600, email (amanda@braveheartvolunteers.org), or stop by the office (120 Katlian, next to the Pioneers Home) to sign-up or find out more information.

BHV's *Caregiver Tip of the Week: Does my loved one need Geriatric Care?*

According to ecarediary.com's, Susan Fleischer, "families should be aware of warning signs that suggest their loves one may need help . . ."

Signs and symptoms to look for:

Change in mood (happy to sad, anger to suspicion)

Change in appearance (dirty or unchanged clothing, body odor)

Change in physical status (weight loss, falls)

Change in health status (chronic diseases, hospitalization over age 75)

Change in social status (impairment, loss of, or conflict with spouse, family member, or friend; isolation)

Change in ability to manage (paying bills, handling mail, loss of items, lost in familiar settings, forgetting appointments)

Non-adherence to medications (prescribed or adverse events related to taking medication incorrectly)

Seeking help and information via a geriatric care manager will get you on track to resources available and suitable to your personal situation. (Brave Heart Volunteers is a great place to seek resources available to you and your loved one in the Sitka community.)

Free consultation is available through SeniorBridge, service nationwide. Call 1-866-506-1212 or email contactus@SeniorBridge.com. You also may consider contacting National Association of Professional Geriatric Care Managers at (520) 881-8008. (ecarediary.com)

BHV's "Green" Tip of the Week: **Frame Yourself**

Inspired by friends movin' on up in the world – buying houses and determined



to surpass the eclectic decor of a poor college student (uh – once the money starts rolling in . . .). Simple ideas as this are easy, fun, and one of a kind! Old, unused, and broken picture frames are fairly easy to come by, check out the local dump – you would be surprised what one man's trash appears to another . . . you just need to be willing to mend your treasures and make it your own!

(Picture courtesy of pinterest.com)

I hope Sitka is treating you well. I am off to Milwaukee and Chicago this week – looking forward to a road trip with my mom and sister.

Have a fabulous week Sitka! And Happy Labor Day!

Amanda



120 Katlian · P.O. Box 6336 · 747.4600

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”.