

“What we see depends mainly on what we look for.”
John Lubbock

Happy Heart Soundings!

Revisiting my past has been tough; however, I was reminded of the privilege I had being part of so many wonderful lives (and all they have given to me). Each day's experiences shape the person we are in this moment—and for me, that is a fabulous thing.

This past week I was bouncing all over the Midwest—north to Duluth, Minnesota for a beautiful wedding overlooking the city and Lake Superior, also visiting some of my best friends from college. After, I sped off Chicago bound, detouring through Portage and West Bend, Wisconsin to visit my aunt and grandma: we explored a local farmer's market, scoring an enormous fifty-cent eggplant and later attempting to beat grandma at cards while simultaneously cheering on the Green Bay Packers as they won in the background. My dad waited patiently for us to arrive Friday afternoon, in the windy city. We spent the weekend taking in the heat and exploring the underwater world at the Shedd Aquarium, concluding the weekend with a long overdue visit to relatives where we munched, reminisced, and laughed—a lot.

In BHV News:

1. **SOAR Nature Talk/Walk** at Starrigavan Estuary is tomorrow, ***Wednesday, September 14 at 1:00pm***. Join SAIL (Southeast Alaska Independent Living) for a nature walk with local guide, Bob Purvis. The cost is \$10, but scholarships are available thanks to the generosity of the White Elephant Shop, Sitka Alaska Permanent Charitable Trust, the City of Sitka, and individual donors.

All seniors 60 years and older are welcome! Please contact Patrick at SAIL (747-6859) with any questions!

2. Brave Heart Volunteers (BHV) annual Raffle is up and running! *Tickets are \$10 a piece*, available at the **BHV office** (120 Katlian) and at **Old Harbor Books**. The Grand Prize is a homemade quilt, courtesy of Ruth Culp.
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 chairs to the BHV office (120 Katlian) ***before***

September 15. (Any size will be accepted.)

- All artists interested in creating a chair for this year's live auction should **speak with Martine** at BHV office, call or stop in during office hours (747-4600). **Chairs will be limited.** Chair pick-up will be *September 15 at noon* at the Pioneer Home Manager's House.
 - **Silent Auction:** If you have any artwork, personal crafts, or any items you would like to donate for BHV's silent auction, please call 747-4600 or [email](mailto:amanda@braveheartvolunteers.org) to set up a drop off time!
4. The next **VOLUNTEER ORIENTATION** has been changed to ***Saturday, October 29*** at the Pioneer Home Manager's House. If you know anyone interested in becoming a Brave Heart Volunteer, please have them contact us as soon as possible (747-4600 or amanda@braveheartvolunteers.org).

BHV's Car BHV's *Caregiver* Tip of the Week: *Moral Distress*

It is hard to advocate on terms you do not agree with—especially when it is your loved one. Remember that this is their life, and some hold great refuge in “fighting ‘til the end”. Only continue treatments the doctor says may benefit your loved one, once this is no longer true it is ok to step in and say “enough”. Instead of looking at this reality as *giving up*, rewire your mind to see that you and your loved one are fighting for a different goal: to end life pain-free and peacefully (ecarediary.com).

BHV's “Green” Tip of the Week: [Can Your Drawers](#)

It's canning season, can your drawers! We all buy something that comes canned; reuse the empty cans in your junk drawer(s) (in my case it's plural . . .) to organize your clutter!

I heard it's been sunny in Sitka I love those days!

Have a fabulous week,

Amanda

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.

Brave Heart Volunteers

120 Katlian – PO Box 6336 – 747-4600

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