

“Follow your passion, and success will follow you.”
~Terri Guillemets

Being home has been amazing, but it is time to head on and discover what else the world has to offer (er—Sitka for now). Being reminded of all I have accomplished has been revitalizing as well as an acknowledgment that an old door has been closed and a new one opened (to endless possibilities).

In BHV News:

1. **Common Threads and Community Resources.** Brave Heart Volunteers (Yee Gu.aa Yáx̣ X'wán) invites family caregivers, professional caregivers, volunteers, and interested community members to our monthly C:ARE Luncheon, **Wednesday, September 28th at noon** in the Pioneers' Home Manager's House. This month's meeting will feature several Sitkan Caregivers (both local and distance caregivers) who will share their stories and describe key resources that they found invaluable as they cared for loved ones. Lunch will be provided. For more information, please call Brave Heart Volunteers at 747-4600.
2. **Make a Difference in Someone's Life . . . become a Brave Heart Volunteer!** Brave Heart Volunteers is having a *Volunteer Orientation and Training on Saturday, October 29, 9:00 AM – 3:00 PM* at the Pioneers' Home Manager's House. Learn all about the spectrum of services at Brave Heart from companionship visiting to end of life services. Lunch will be provided. Come learn about how you can make a difference in someone's life!

Please call Brave Heart Volunteers at 747-4600 to sign-up or request more information.

3. Brave Heart Volunteers is hosting our Annual **Alaska Day Open House** and fundraiser *Tuesday, October 18th* at the Pioneers' Home Manager's House from 2:00-5:00 PM. Stop by after the parade for delicious homemade chowder, bread, and desserts. There will be live music and good company so come on by to help us celebrate the holiday!
4. BHV needs **your help** to make this year's **BHV BOWLS** event on *December 7th*, the best ever! If you can donate an item or dessert for BHVs silent auction or if you would like to artistically remake a chair for our CHAIR-ITY, please call 747-4600. Thank you!

BHV's **Caregiver** Tip of the Week: **Joint Accounts and Medicaid**

Depending on your family's situation, this may or may not be a good idea. Follow the link, as it explains the differences between different join accounts and how it is inherited after a parent or loved one passes away.

<http://www.ecarediary.com/QAArchives33/Will-Creating-Joint-Accounts-Disqualify-Seniors-From-Medicaid-Benefits-.aspx>

BHV's **Green** Tip of the Week: **Chalk Your Talk**

Everyone likes to leave little reminders, notes, schedules, and phone numbers for the local pizza place somewhere in the kitchen . . . here's a cool idea, give your refrigerator a face lift using paint that dries like a chalk board! It's fun for everyone in the family! (Just remember to keep a damp rag near by instead of an eraser, keeping the dust from fluttering around your house and adding to allergy problems.)

I hope everyone has a fabulous week!

Amanda

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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”.