

**"Do not dwell in the past, do not dream of the future,
concentrate the mind on the present moment."**

~Buddha

Life is amusing. It tricks and teases, it gives in and disappoints, it also gives us plenty of choices leaving us in charge of our own regret. . . . That may be a bit gloomy but, honestly, what is life without a little regret (at some point)? It's an emotional reaction to an event(s) allowing us to later enhance and construct our future more *skillfully* than in the past. Am I right? (I am a firm believer in fate, but hey—she can't do all the work.)

In BHV News:

1. The **Sitka Health Summit** kicked off last night honoring community wellness champions and promoting the long-term health of residents in Sitka.

Today, 9:00am-3:00pm, participants help set Sitka's community health and wellness goals for 2011-12. The lunch provided is in honor of the Fish in Schools program, a health priority decided upon during last year's planning (Fish Tacos!).

Saturday, October 1 from 7:00am-12:00pm is the *Community Health Fair at Harrigan Centennial Hall*. Brave Heart Volunteers will be there! Come and see the amazing things Sitka is doing to keep our community healthy with a high quality of life.

Sitkahealthsummit.org

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!



Brave Heart Bowls, Chair and Silent Auction, 2010.

Just in, from Swan Lake Senior Center:

"It became official last night, but I'm sure you missed the press release on CNN. Our Luau is set in stone and will be on . . . (drum roll) . . . October 22nd at 5:00 p.m. The event will be a Dinner and a show with raffle prizes (of course!). The dinner will consist of amazing traditional Hawaiian dishes, most of which I couldn't spell or write down as she spoke so fast. The main course (which I did catch because I thought it contained Kahlua liqueur) will be Kailua Pork. She also talked of dessert and salmon salads and dancing Hawaiian women, Oh My!

So you are invited. Your friends are invited, if they are cool enough to hang out with us. Your spouse is invited if you want them. They are uninvited if you don't. No price is set in stone but I'm thinking \$15 and a ticket limit of 75 people so we can keep it manageable/enjoyable. The Senior Prom had about the same number and it went smashingly. Toodles."

Swan Lake Senior Center

BHV's Caregiver Tip of the Week: *Staying Active, Mind and Body*

Carole Larkin, a geriatric care manager specializes in helping families with Alzheimer's and related dementia issues. She shares the importance of keeping loved ones with Alzheimer's and related dementias active and interested in activities, events, etc. they have always been; the catch is changing the approach.

Your loved one suffering from Alzheimer's or related dementias may desire taking part in once-loved hobbies and activities, but no longer holds the capacity to verbally and/or physically ask. As a caregiver, your role is to proactively engage and encourage your loved one to become involved in said hobby/activity: Make them feel they would be helping you learn and improve on whatever skill is at hand.

Larkin discusses a scenario involving golf: Your loved one is fond of golfing, practically lived at the course; ask if he/she will help you with your putting or driving skills and go to the golf range together. Remember to be encouraging.

A caregiver's role is extensive, strenuous and extremely necessary. You are the person(s) assuring your loved one continues to enjoy life to fullest capacity possible. Brave Heart Volunteers exists to help with these day-to-day tasks, so you and your family can assure you are taking care of yourselves as well.

Activity guides suggested by Carole Larkin when caring for someone with Alzheimer's and dementia:

The Best Friends Book(s) of Alzheimer's Activities by Bell, Troxel, Cox and Hamon

The Alzheimer's Activities Guide from Forest Pharmaceuticals (email or call the company)

The Alzheimer's Activities Book by B.J. FitzRay from the Alzheimer's Store
<http://alzstore.com/Alzheimers/alzheimers-activities-book.htm>

Carole Larkin MA, CMC, CAEd, QDCS, EICS, on top of helping families with Alzheimer's and dementia issues, she also trains caregivers, in home care companies, assisted living, memory care communities, and nursing homes in dementia specific techniques for care of loved ones with Alzheimer's and dementia.

ThirdAge Services LLC, Dallas, TX

Visit <http://thirdageservices.com/> for more information.

Ecarediary.com

BHV's Green Tip of the Week: Tip Your Bottles Upside Down

Our plants are coming inside for the long winter months ahead.



"Globe Stakes" are a fabulous idea, but why pay when you can make them on your own! Get creative and turn your empty glass bottles into watering stakes of your own. If you don't like the label or the blandness of your bottle, paint and decorate to your liking (great project for grandkids and could make great

personalized Christmas and Birthday gifts!). (Photo from pinterest.com)

Embrace the present; be oblivious to your surroundings and content with that before you; enjoy the moment at hand, as it will never be the same; embed the memory in your mind to be called upon in times of doubt; and remember to live for you.

Have a fabulous weekend,

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”.