



*A couple of Amazing Women.
Auriella and Jean at BHV's 10th Birthday Party!*

**“The purpose of life is a life of purpose.”
~Robert Byrne**

The cool winter air is frivolously drifting in as the solemn mountains eagerly await the draping of their soft, white blankets; they routinely maintain guard for the frosty season ahead. The subtle transition from fall to winter is upon us: A gentle stirring occurs as everyone nestles into quieter existences that are personal and intimate. . . . Imagine sipping hot chocolate or hot apple cider on a cold blustery day, wrapped warmly in a plush blanket, dressed in your flannel PJ's and warm fuzzy slippers. You curl up in your favorite chair and read silently as soft music plays in the background; the crackle of the wood stove dancing with the faint whistle of the wind as it wisps gracefully over your chimney and past your frozen windows. Cozy. Blissful. . . . Enjoy.

In BHV News:



2011 End of Life Volunteer Graduates

1. 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.

QUILT RAFFLE



Ruth working on the beautiful quilt donated for our 2011 Quilt Raffle.

2. Brave Heart Volunteers (BHV) *Quilt 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.

ALASKA DAY!



2010



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!

BRAVE HEART BOWLS



4. BHV needs **your help** to make this year's **BHV BOWLS** event on *December 7th*, the best ever! Donate a **dessert or an item(s)** for BHV's *silent auction*. There is still opportunity to artistically remake a

chair for our CHAIR-ITY! If interested, please call 747-4600.
Thank you!



CHAIR-ITY 2010! Let your mind go wild!

5. UAS is hosting a **Throw-a-Thon** for Brave Heart Bowls
Saturday, November 5 from 10am to 2pm! Previous ceramics
experience is not necessary. Come with your family, friends . . . whoever
and enjoy a day of being artsy for a good cause. So much fun—all sorts
of bowls to be made and decorated! All bowls made will be donated and
sold at the Brave Heart Bowls Fundraiser, December 7.

In Community News:

1. You are invited to attend a **Cross Cultural Communication
Training with Father Oleksa - October 12, 2011 from 9:00 to
4:00 pm.** This training is free and open to the public. Sponsored by
Youth Advocates of Sitka, Inc. and Alaska Children's Services training
grant. No need to RSVP seating is first come - first served.
Thanks, to Youth Advocates of Sitka (YAS)
2. Come celebrate **National Disability Employment Awareness
Month** with the first theatrical screening of "*Temple Grandin*". This
Golden Globe and 5-time Emmy award winning film portrays the
inspiring journey of a woman with autism giving voice to her disability,
and how she revolutionized the treatment of cattle and livestock
through her unique vision. The film is rated PG and admission is *free*.
There will also be light snacks.



October 13th 6PM at the Performing Art Center
Free and Open to the Public
Thanks, to SAIL (Southeast Alaska Independent Living)

News, 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: *Be Aware: Old Age is Budding*

The National Center for Health Statistics claims the average life expectancy for American men is 75 and 80 for American women. As Baby Boomers begin trickling into retirement, the pot of people ages 65+ is set to double by 2030; right now, the fastest growing segment of the population is 85+. This aging trend means more and more services provided by organizations such as *Brave Heart Volunteers* are vastly important at a drastically higher and more demanding level. Retirement may bring free-time and "financial freedom", but for some getting older brings mental disability, terminal illness, and poverty—overall, "complexity to life". A care-receiver eligible for coverage such as Medicaid could make a world of difference for you and your family.

The extensive need for in-home care is not just an epidemic here in Alaska; this is a national problem and many people simply can't afford the options that are available. Right now the cost of in-home care needs averages \$40,000 per year—a current 55 year old anticipating future in-home care needs in 20 years will be expected to dish out a whopping \$129,000 a year! Average costs for assisted living run parallel, but nursing home costs skyrocket: Right now nursing home costs run around \$117,000 per year and in the course of the next 20 years the same services will cost \$310,000 a year! It's clear to see why so many caregivers and care-receivers are opting out of nursing homes and hired help in the home setting and taking on these roles themselves.

Medicaid can release some of the financial burden attached to many caregiving options. Two general types of Medicaid coverage exist:

1. **Medicaid Home Care** (Provides home health care, some hospital coverage, doctor appointments, etc.).
2. **Medicaid Nursing Home Care** (Care in a skilled nursing facility or similar institution).

There are a variety of limitations to eligibility. Working with an Elder Law Attorney will be extremely helpful; they will set up an Elder Care/Medicaid plan to ensure your most important assets are preserved and enable you to qualify for desired services and care without having to give everything up.

Restrictions/Limitations for Medicaid Eligibility:

- An income less than \$767/month (this includes Social Security, distributions from IRAs and other retirement accounts, interest and dividends, etc.)
- Having less than \$13,800 in nonexempt assets
- Less than a \$50 personal needs allowance/month when living in a nursing home or similar institution
- The number of family members living in a household
- Legally giving away important assets (this is not allowed when trying to qualify for Medicaid, having an Elder Law Attorney is extremely helpful in this respect)

(Jefferey Asher, *When Are You Eligible for Medicaid?*, ecare diary.com)

Brave Heart Volunteers exists to help fill the gaps in our community. Please know we are here to help and as a cooperative health community, work together to provide the necessary care and services to those living in Sitka. We will be sure to assist in finding a plan suitable to each unique situation.

BHV's Green Tip of the Week: A Place to Hang my Own



So, you need a place to hang your raincoats, your purse(s) and bags, your kids sweat-shirts (heck, your sweat-shirts) . . . head to the attic, your junk drawer—wherever you leave *things* and find some unused items to make your very own *place to hang*. You need a board (of some kind), some nails or screws, and some odds-n-ends—shabam! . . . You can probably find nifty gadgets and gismos to use from

the White E or Salvation Army if you are unable to find random *things* just lying around. Make your coat rack one-of-a-kind! (*pinterest.com*)

Have a happy 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”.