



This past summer 4th of July Crepe Booth!

**“Those who know nothing of foreign languages
know nothing of their own.”**

~ Johann Wolfgang von Goethe

Martine and I were privileged to attend the lecture by Father Oleksa on Wednesday, at Harrigan Centennial Hall. What an amazing speaker; full of valuable thoughts and intriguing information about Alaska, its history, and communication across cultural boundaries. One of my favorite metaphors Father Oleksa used was about a single beam of light shining down through the roof of a barn. The above quote captures the idea of this light perfectly; unless you subject yourself to ideas, beliefs, etc. that are foreign to your own; you will never realize what you actually believe or fully understand the culture you were submerged in. Allowing yourself to experience these other beams of light allows you to see who you are, what your beliefs are, and truly respect and understand other's.

Becoming the alien reminds you to be wary when you are in your comfort zone—your beam of light; not everyone may be used to your surroundings, so be helpful rather than judgmental and you may learn a thing or two.

In BHV News:

ALASKA DAY!



2010



1. 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!



VOLUNTEER TRAINING



2011 End of Life Volunteer Graduates

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.

QUILT RAFFLE



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

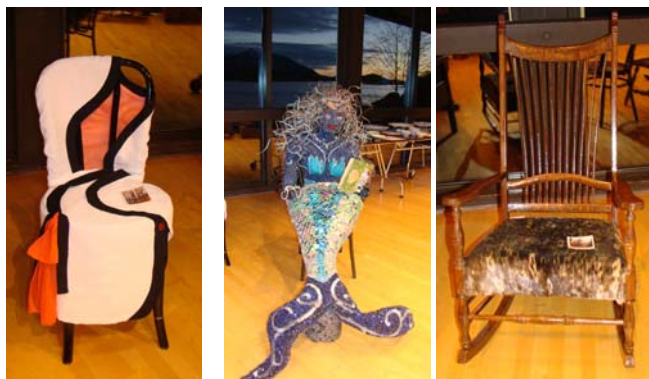
3. Brave Heart Volunteers (BHV) *Quilt Raffle* is up and running! Tickets are \$10 a piece, available at the **BHV office** (120 Katlian) and at **Old Harbor Books**. The Grand Prize is a homemade quilt, courtesy of Ruth Culp.

BRAVE HEART BOWLS

Brave Heart Bowls 2010!



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.

Up Your Donation:

1. SPREAD THE WORD! **FUNDRAISE FOR BHV** WHILE SHOPPING FOR LOVED ONES FOR THE HOLIDAYS OR ANY OCCASION!

GoodSearch.com, an incredible search engine that donates money to a cause of your choice every time you hit the search button, absolutely no cost to you! Specify **BHV as your charity** of choice and search away!

GoodShop.com (a sister site to GoodSearch) provides coupons from Amazon, health food stores, and just about anywhere! A donation is made to BHV (your cause of choice) when you purchase items from Amazon through GoodShop!

Using GoodSearch/GoodShop is simple and allows you to dedicate money to BHV in support for our cause in this community. The more you use it, the more money will be donated ensuring our continued presence in Sitka. Other organizations have made over \$30,000 annually from their supporters regularly using GoodSearch; imagine how many more people could benefit from our services.

www.GoodSearch.com or www.GoodShop.com

In Community News:

1. **Chelan** is this weekend! There is said to be baking pumpkins galore. Come and check it out Saturday from 7:30-5:30 and Sunday, 9-3ish. Rain or shine.
2. Alaska Day events take place this weekend! Check out the paper to see what is going on.

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: *Fallproof Homes*

As people age, obstacles in the home become a huge factor—even that old rug that has been there for years could turn into a tripping hazard and potential fall leading to injury. Those with Alzheimer's disease (AD) are at an even greater risk for falls—"at least half of all falls occur in the home."

The best approach in deciphering how to "fallproof" a home is simply observing a person's day-to-day mobility, assessing how well they are able to move around key areas and furnishings in their home. Pay special attention to reaching for assistance (like with a bath tub, toilet, etc.); using chairs, walls, tables, etc. for balance when moving from location to location; their focus (knocking things over because it is below their field of vision); lighting (especially during the night hours, it is important to have well lit pathways leading to

an overhead light switch or bathroom); rugs can be very dangerous (feet aren't picked up off the floor as meticulously as in the past; a foot could easily get caught on a loose rug).

Below are more detailed descriptions of what to look for when assessing the safety of a home for an elder/someone with AD:

Pathways

- When walking from one location to another, individuals with poor gait and balance often place their hands on walls, and chairs, tables, and other furnishings for support. Ensure that furnishings are stable enough to uphold the person.
- During walking, some individuals with AD keep their heads and eyes focused straight ahead, often causing them to collide with low objects in their path. Visual field restrictions contribute to this problem. For this reason, allow plenty of walking room by keeping "traffic lanes" free of furnishings, clutter and other obstacles.

Lighting

- In general, keep lights on in rooms that are walked through and make sure they are bright to avoid tripping over objects that are not easy to see. Consider a night light for dark passageways. During the day, open curtains and shades to let more sunlight in. Install extra lighting along the pathway from bedroom to bathroom, and by steps and stairways.
- Since someone may get up during the night to urinate, the route from the bed to the bathroom should be well-lit, as well as clear of objects. Use night lights to provide sufficient lighting. Be aware, however, that night lights can cast shadows and images that may lead to hallucinations and paranoia in some individuals.
- A person with AD may have difficulty adjusting to stark changes in lighting. Moving from bright to dark areas and vice versa, and sensitivity to bright lights can lead to a temporary loss of vision and promote confusion. Therefore, it is important to maintain uniform lighting levels.

Floor surfaces

- Avoid carpets, rugs and tiled floors that are patterned, such as checkered or floral designs, since they can interfere with depth perception and balance. Floor coverings should be solid in color.
- Remove loose throw rugs or place non-slip backing underneath them to prevent sliding. Use carpet tape to keep carpet edges from curling up.

Beds

- Since cognitive impairment may affect someone's ability to safely transfer from one spot to another, it is critical to adjust a bed accordingly. Move a bed against the wall to prevent it from sliding away when the person gets up. A bed with wheels can be particularly hazardous; if there are wheels, make sure they are in a locked position.
- Elevated bed heights promote balance loss during transfers. Bed height is safe when the individual is able to sit on the edge of the mattress with both feet planted firmly on the floor.
- The floor surface along the bed should be slip-resistant to support safe transfers. If floor surfaces are slippery, have the individual wear traction-soled socks or slippers.

Chairs

- All chairs used by individuals with Alzheimer's disease should be sturdy and have armrests, which provide leverage and balance support when getting up and sitting down.
- The stability of chairs is crucial for safety. A good test of chair stability is to grasp and lean into a chair, and slide and tilt it forward, backwards and sideways during sitting and rising.

Bathrooms

- Grab bars either attached to a toilet or wall, or elevated toilet seats can help someone sit down and get up. Bedside commodes are beneficial if toilets are inaccessible or difficult for an individual to use.
- During tub transfers, grab bars securely mounted on the tub wall or rim can supply support. All grab bars should be slip-resistant, color contrasted from the wall for visibility, and securely fixed to the studs of the wall for adequate support; regular towel bars are not designed for this purpose. Place non-skid adhesive strips on the top of sink edges to guard against hand slippage if these surfaces are used for balance support.
- A rubber mat or non-slip adhesive strips applied to the bathtub floor surface provide stable footing and visual cuing. Sometimes individuals with decreased depth perception view bathtub surfaces as "bottomless pits" and become fearful when entering.
- Bathtub benches and extended shower hoses can serve as useful devices to assure safe bathing.

These changes may cause anxiety at first, especially for people with AD. Remember, the goal is to diminish the risk of falls, so be sure to keep the modifications to a minimum.

For everyone's safety, especially the senior, regular inspection of all mobility gadgets (i.e. grab bars, etc.) is extremely important.

(Dr. Rein Tideiksaar, *Fall-Proofing Your Home to Help a Senior with Alzheimer's*, ecarediary.com)

BHV's Green Tip of the Week: Can't Resist these Cute Jars



Use old jelly jars, applesauce jars, pickle jars and paint a shade of orange and draw/paint on your favorite Jack-o-lantern face!

Halloween is just around the corner; it's a cheap decorating tip! If you are having a part—this is a great way to pass out party favors. (pinterest.com)

Have a safe and wonderful weekend,

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 no longer like to receive Brave Heart Volunteers Heart Soundings, please click [HERE](#) and reply "REMOVE".