



The newest Brave Heart Volunteers!

Thank you all for attending the training,
it's great to have you part of the BHV family.



"Be careful how you think; your life is shaped by your thoughts"
-Proverbs 4:23

I don't have any profound thoughts today, but this notion has been extremely powerful for me. I'm thankful when I am reminded that I decide my life, my destiny. I do believe I have a purpose, but until I figure out what my purpose is I am left with my thoughts . . . my interpretation of those thoughts decides my next move. (That move gets me one step closer to answering why I am here.)

In BHV News:

UAS THROW-A-THON

1. UAS is hosting a **Throw-a-Thon** for Brave Heart Bowls **TOMORROW-Saturday, November 5 from 10am to 2pm!** Challenge your creative side! Come for a day of fun with family, friends—whoever and support a good cause! No experience is necessary; local artists will be available if you would like to learn to use a pottery wheel. You can also hand build bowls and/or decorate them. Cookies and other treats will be provided. All bowls will be donated to Brave Heart Volunteers (BHV) annual Bowl fundraiser.

VOLUNTEER TRAINING

2. Make a Difference in Someone's Life . . . **become a Brave Heart Volunteer!** Brave Heart Volunteers is having a *Volunteer Orientation and Training* on November 11 and 12th (two 3 hour sessions, Friday from 12:30-3:30pm and Saturday from 9am-Noon) 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.



BRAVE HEART BOWLS



3. BHV needs **your help** to make this year's **BHV BOWLS** event on *Monday, December 5th*, the best ever! Donate a ***dessert or any 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!

QUILT RAFFLE



4. 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 AIRLINES RAFFLE

5. Brave Heart Volunteers (BHV) *Alaska Airlines Raffle* is up and running! You have chance to win *TWO ROUND TRIP* tickets with no blackout dates and can fly anywhere Alaska Airlines travels. Tickets (\$10/ea) are available at the BHV Office, Old Harbor Books, and Fisherman's Eye. The drawing will be held at our Brave Heart Bowls event, December 5, 2011. Get your tickets today!

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

BHV's Caregiver Tip of the Week: *A Missing Item*

As a caregiver, we take the risk of being accused for missing items and belongings by our loved one or care-receiver—especially if they suffer from Alzheimer's disease (AD), related dementia, or memory loss. Your loved one or care-receiver may have moved whatever item seems to have disappeared, but because they have a hard time remembering what may have happened, they blame you. Reacting properly to such a scenario is important for the continuation of positive communication and interaction with your loved one or care-receiver.

Carole Larkin, a geriatric care manager, specializes in helping families with AD and dementia issues. She suggests responding to accusations like this . . .

"I'm sorry ____ (person) that your ____ (item missing) is missing. How about we look for it? Sometimes a new pair of eyes can help."

This response will help redirect the idea of what happened to the item, create an activity to do together, and discovering other treasures and trinkets along the way may lead to reminiscing and storytelling (this is great to encourage for those with AD, dementia, or memory loss). Chances are they will forget what was lost and that they accused you of taking. The item may not be found, but the process the two of you went through *together* creates a bond, an important experience molding the future of your relationship; it casts a positive light on the entire situation.

*ecarediary.com, Carole Larkin MA, CMC, CAEd, QDCS, EICS,
Geriatric Care Manager*

BHV's Green Tip of the Week: Open Windows



Old windows have a lot of charm—though they may not keep the blustery wind out as well as we would like! Make use of old window pains and turn into a cute centerpiece or a serving tray (breakfast in bed anyone?).
(pinterest.com)

Hope to see you at UAS!

Have a 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”.