

“There is no passion to be found in settling for a life less than the one you are capable of living.”

-Nelson Mandela

Interacting with those who are wise beyond my years, I have come to hear the above message revised and rehearsed over and over again. Life is short—I know, I know, that same old phrase, the point is *we know this*, but do little with this knowledge and often wait too long for the day we can, in fact, start living! I will throw another few cliché comments your way: live life to the fullest, live each day like it may be your last, have no regrets and most importantly, be happy.

Dark and dull moments will always come; it's the motion of life . . . there must be lows so that the highs are outstanding!

In BHV News:

VOLUNTEER TRAINING

1. Make a Difference in Someone's Life . . . **become a Brave Heart Volunteer!** Brave Heart Volunteers (Yee Gu.aa Yáx X'wán) is having a *Volunteer Orientation: The* **DATE HAS CHANGED** *to Saturday, November 19 from 9am-3pm* 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.

C:ARE LUNCHEON: Stress Management

2. Brave Heart Volunteers (Yee Gu.aa Yáx X'wán) invites family

caregivers, professional caregivers, volunteers, and all interested community members to our monthly C:ARE Luncheon, **Wednesday, November 16th** at noon at the Pioneer Home Manager's House. This month's meeting will feature Doug Osborne who will discuss general *Stress Management*. Lunch will be provided. There will be an opportunity to stay after lunch and meet in a supportive environment to ask questions or share stories from 1:00-1:30pm. For more information, please call Brave Heart Volunteers at 747-4600.



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.
4. **CALLING ALL SOUP, BREAD, and DESSERT MAKERS!** The time has come for the wonderful cooks and bakers of Sitka to sign up for this year's Bowls event. If you are interested in donating soup, bread, or dessert for Brave Heart Bowls on December 5th, please email or call BHV at 747-4600. If you donate soup, please be prepared to share all ingredients (for allergy purposes).

Thank you!



QUILT RAFFLE



5. Brave Heart Volunteers (BHV) *Quilt Raffle* is on! *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

6. Brave Heart Volunteers (BHV) *Alaska Airlines Raffle* is on! You have chance to win *TWO ROUND TRIP* tickets with no blackout dates, 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

SAIL Says:

(Southeast Alaska Independent Living)

1. SAIL, in partnership with Swan Lake Senior Center, is starting a "**Senior Hiking Club**". Join us for our first hike on **Wednesday, November 30th**! Location is TBD depending of trail conditions. All hiking experiences are welcome to join and hike at their own pace! Senior Center will provide transportation to the trail head and back. Arrive at the Senior Center at 9:30 am and return by 12:15 pm. The hike cost is \$5. Please call 747-6859 with any questions.

2. **Vision Support Group** - SAIL is starting a support group for people living with in Sitka with vision issues. The purpose of this support group is to help people who are visually impaired or blind live more independently. Through the group members can obtain information about current technology and techniques to help maintain a more independent lifestyle. The initial meeting will be held on **Wednesday, November 30th at 7:00-8:00 pm** at the SAIL office located beneath Sitka Dental clinic at 514 Lake St. If needed, call 747-8617 to schedule a ride with the Swan Lake Senior Center. If you have a family member or friend with vision issues, please have them contact SAIL at 747-6859 with any questions.
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HAMES News:

Fall Prevention & Balance

Preventative exercises are one key component of great long-term health

The Hames Center is teaming up with Gio Villanueva, PT, to offer a series of workshops on topics that will build knowledge on how to remain healthy throughout life.

On Sunday, November 13, from 1:30-3:00, Gio will lead a Fall Prevention & Balance workshop.

This function-based workshop will focus on the causes of poor balance and offer ways of decreasing the risk of falling. Participants will learn the skill of situational awareness which includes their bodies and their environments.

The workshop will run on Sunday, November 13th from 1:30-3:00pm. It's only \$5 for members. Non-members also pay the drop-in fee that provides a whole-day access to the facility.

Space is limited so sign up in advance and pay to reserve your spot. You can register online by clicking [here](#), just fill out a simple online profile and click on the “classes” tab to sign up.

Don't forget to bring a pair of indoor shoes to keep our equipment clean and new!

BHV's Caregiver Tip of the Week: *Holiday Stress*

The Holiday season brings on additional stress and for caregivers already stressed from the tasks of their routine life—this could create an unpleasant time for all. In relation to next week's C:ARE meeting (about Stress Management), ecarediary.com offers some great tips on handling stress this Holiday season.

We all have those family members that fall to the same old annoying habits year-to-year; becoming aware of these stress triggers will allow you to react less (in the moment) and help you focus your attention elsewhere, like assuring your loved one is having a fabulous time. Below is a guide of questions to ask yourself before the sleigh of family members arrive:

1. What is my family history? (. . . track record at family get-togethers.)
2. What long term alliances exist between family members? (Great Uncle Saul always favors Suzie!)
3. What are the communication patterns apparent between family members?
4. How does my family resolve conflict?
5. What disagreements or historical events continue to impact our family?

The answer to these five questions will allow you to prepare for the potential shape of the day and create appropriate reactions as to eliminate arguments and unwelcome discussion. Remember, everyone's ultimate goal is to do what's best for your loved one! (Don't be afraid to ask them what their expectations are.)

Also remember there is a time and place for everything; financial planning should never be a topic of discussion at Holiday events, that's just not fun. Leave those details for another day . . . it may be a conversation that needs to happen around the Holidays (your family is coming from all over and will finally be in one place), but choose that time wisely.

Most importantly, you want to be sure your Holiday's are filled with joy, love, and caring for each other. Have a few fun activities planned to keep the cheerful moods in tact. Embrace the time together, have fun, and remember family is family . . . we love them, we hate them, but they're always there for us.

"Life may change, but it starts and ends with family."

Ecare diary.com, Margery Pabst, co-author of "Enrich Your Caregiving Journey"

BHV's Green Tip of the Week: Lunch To Go



I can never find the matching lid to the food storage container when I need it (grrr!) forcing me to eat more than I planned because hey, we don't waste! (I hope this isn't a problem only at my house . . .) Well, problem solved! Make your own "to go" box, lid attached! Follow the picture and cut carefully! Find a button or Velcro pieces to use for secure closure.

(pinterest.com)

I hope the nice weather sticks around! =)

Have a great one,

Amanda

To cover scratches on furniture, use a Crayola pencil of same color as the finish. Rub thoroughly. Polish furniture in usual manner.

-GRANDMA SAYS



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