

## GOBBLE! GOBBLE!

A fabulous Turkey day it was; I hope everyone's Thanksgiving was something to brag about.

Personally, my entire Holiday weekend was full of people I have grown to cherish the most over the past 16 months (. . . though a few were missing). I couldn't have asked for a better Thanksgiving home away from home. Thanks to everyone who made it a year to remember, it was a blast.

*“At times our own light goes out and is  
rekindled by a spark from another person.  
Each of us has cause to think with deep  
gratitude of those who have lighted the  
flame within us.”*

-Albert Schweitzer

There are so many people that fit this mold; I hope you know who you are. I am reminded often of the kind and generous moments I shared with my friends and family: those that have been with me through my darkest moments—I don't have the right words to bid my gratitude, but know it meant the world and you are the reason I knew I'd make it through. I can take from what you gave and hope to pass it on with as much dignity and grace as you did to me.



**B**RAVE HEART BOWLS is almost here! Mark your calendars and your smart phones for Monday, December 5<sup>th</sup> at 5:30pm; join us in supporting Brave Heart Volunteers at our Annual Bowls event located in Harrigan Centennial Hall.

1. If you have any item(s) you would like to donate for our Bowls Silent Auction, please call 747-4600.
2. **CALLING ALL SOUP, BREAD, and DESSERT MAKERS!** We need the 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 next Monday, December 5<sup>th</sup>, 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**



3. **THE END IS NEAR!** You have one week to get your raffle tickets for a chance to win a beautiful, handmade quilt courtesy of Ruth Culp! *Tickets are \$10 a piece*, available at the BHV office and Old Harbor Books. The winner will be drawn at the Brave Heart Bowls event next Monday, December 5<sup>th</sup>.

## **Alaska Airlines RAFFLE**

4. **LAST CHANCE!** The raffle ends next Monday at the Brave Heart Bowls event. Get your raffle tickets at Old Harbor Books, Fisherman's Eye or the Brave Heart Office now. You have a chance to win *TWO ROUND TRIP* tickets (no blackout dates and fly anywhere Alaska Airlines travels). Tickets (\$10/ea), the winner will be drawn at our Brave Heart Bowls event, December 5<sup>th</sup>. 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](http://www.GoodSearch.com) or [www.GoodShop.com](http://www.GoodShop.com)

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### **BHV's Caregiver Tip of the Week: *Am I Doing Enough?***

Caregiver guilt is common, especially among family caregivers. It's the overwhelming feeling you are not doing enough for your loved one. Margery Pabst, a national speaker, facilitator, and co-author of four books focused on human potential and personal resilience, assures this is a natural reaction. Her simple advice, tell yourself . . .

*"Your best is good enough"*

. . . and seek confirmation.

Positive inner dialogue and reminders provide support you need to believe you are doing the best you can. During Pabst's caregiving experiences, she told herself the following phrases often:

"I am not alone."

She found repeating this every day resulted in asking for more help. Sharing the caregiving responsibility is not only essential for those in that role, but it's great for the care-receiver to be engaged with a number of individuals rather than the ordinary household; visitors serve as a break from reality.

"I take care of myself."

You are only as good as you feel. Taking care of yourself will provide you with the energy, strength, and belief you are doing enough for your loved one.

Talk with your loved one: Ask them what they think is going well. This alone will give you a sense of accomplishment and pride—hearing specifically what they appreciate you doing. Finally, ask your health care provider(s) for feedback on caregiving.

Trust yourself; your best *is* good enough.

*Ecarediary.com, Margery Pabst, co-author of "Enrich Your Caregiving Journey"*

### **BHV's Green Tip of the Week: Stick It!**



Find a cheap or old frame, paint and decorate and finish by stapling a piece of fabric (to match your décor of course) to the back and vuala! Stick your earrings right on; now they won't get lost and you can look at all you have so much easier!

This little trick could work for a number of things besides earrings—are you a pin collector? Display all your pins in a clever and attractive way!

*(pinterest.com)*

I hope the beautiful snowy weather returns! Drive safe.  
Walk safe. =)

Have a great week,

# Amanda

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If a vase leaks, pour hot paraffin into it and tip to coat the bottom and sides. Do this immediately with a new vase or bowl to prevent future leaks.

-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 like to receive Brave Heart Volunteers Heart Soundings,  
please click [HERE](#) and reply “RECEIVE HEART SOUNDINGS”.