

Brave Heart Bowls was such a success!

Thank you to everyone who donated, volunteered their time and came out to support Brave Heart Volunteers last Monday evening. We would not be able to continue providing seamless support and quality educational services to individuals and caregivers facing illness, isolation, end of life or grief without all of the wonderful community support we continue to receive year-to-year.

We hope you enjoyed your evening!

~Willow, Martine, Deirdre, and Amanda

*“Happiness is when what you think,
what you say, and what you do are in
harmony.”*

-Mahatma Gandhi

In BHV News:

C:ARE LUNCHEON:

1. 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, December 21st at noon in the Pioneers' Home Manager's House.

Featured this month is Social worker, *Klaudia Leccese* and Social Services Specialist, *Dayna Arnold*. They will be discussing housing options in Sitka. As always, lunch will be provided. Concluding the presentation there will be an opportunity for those interested in sharing personal stories, asking questions and discussing caregiver experiences in a confidential and supportive environment (1:00-1:30). For more information, please call Brave Heart Volunteers at 747-4600.

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: *Driving Made Easy*

There is a twisted idea surrounding older drivers: their overly cautious actions however, actually are a godsend (though maybe a nuisance to you and I). Think about the following next time you have road rage towards a sweet elderly couple, maxing out at 25 down a busy street: they drive slower, they always wear their seatbelts, and they stay off the road during rush hour and imperfect weather— even if it means they don't get to have their weekly brunch at their favorite restaurant Sunday morning. Because of these careful gestures, experts at *Hartford Auto Insurance* claim the number of accidents involving older drivers actually decrease as age increases. What does increase the risk of senior-related accidents and injuries is the health risks that accumulate as we age (medical conditions, medication usage, and reduced physical function).

Personally, I was itching for the day I turned 16; I couldn't wait to pass my driver's test so the independence I craved could for once, be satisfied! Growing up we strive for freedom and independence only to grow old and have that taken away (seems so backwards); a hard loss for anyone. Fortunately, there are car modifications available to defeat *this* loss—or at least increase the span of time before “no driving” is permanent.

MODIFICATIONS TO MAKE DRIVING EASIER

*Please consult a trained professional to install any recommended devices.

1. *Cushions* – improve your view of the road; the pillow must be expert-approved. Consult an Occupational Therapist (OT) (you don't want the security of your airbags or seat belt to be hindered by the addition of a cushion).
2. *Pedal Extenders* – loss of height or short already, these extenders allow you to sit in the appropriate position and

easily reach the pedals. (Some vehicles now have adjustable pedals.)

3. *Spinner Knobs* – amputees and those with a single arm weakness could use this to turn the steering wheel with just one arm, easily and safely. (Consult an OT.)

4. *Hand Controls* – sensory changes in your feet from surgeries or injuries can affect your ability to use the gas/break accurately and effectively. Hand Controls are available; training is essential to assure you are using them correctly and safely.

Taking time to insure you have confidence driving is important for the safety of you and others on the road (at any age), especially when physical issues are what hinder performance. If it can be fixed (for a little while anyway) it seems worth it to keep that freedom rocking.

Ecare diary.com, Michelle Seitzer is a freelance writer and editor who specializes in elder care content.

BHV's Green Tip of the Week: Ice it!



Maybe not such a green tip, but definitely a handy tip! Fill half a zip lock bag with dish soap and put in the freezer—(boom!) a homemade ice pack. (Double bag to prevent leaking.)

(pinterest.com)

Chicken-Almond Soup

(Some of you from the last C:ARE Luncheon requested the recipe.)

INGREDIENTS

4 cups chicken stock
½ red onion
1 minced garlic clove
1 large sweet potato, peeled and diced
8 ounces boneless, skinless chicken breast, cut into 1-inch pieces
½ cup smooth almond butter
2 tablespoons minced fresh ginger (about an inch of ginger root)

salt and pepper, lime wedges

DIRECTIONS

1. Combine the stock, onion, garlic, and sweet potato in a stockpot and bring to a boil. Reduce the heat to a simmer and add the chicken, then cover and simmer for 20 minutes.
2. In a small bowl, whisk together the almond butter and a ½ cup of the soup mixture into a thick paste. Add the ginger to the soup and bring to a boil, then reduce heat and simmer, covered for 5 minutes. Stir in the almond butter paste.
3. Serve.

Season with salt and pepper to taste, lime wedges are served as a garnish – squeeze into soup to taste. (Not necessary to be delicious!)

Have a great week,

Amanda

Discarded powder puffs may be washed and reused as shoe or silverware polishers.

-GRANDMA SAYS



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

