

Upsetting moments are inevitable, but so many times leave us asking “Why do I try?” Trying is what makes us inspired, productive, respected, and honorable people. This exhausted internal question was recently answered for me through a heartfelt apology and a grateful creed: the words shared validated the kind and caring person I try to be, despite unparalleled demeanors. The acknowledgement was unexpected, but appreciated. It was an odd slap in the face, flattering of course, but a small wakeup call needed for me to see I do make a difference and I should keep it going.

*“It’s not who you are that holds you back, it’s who you think you’re not.”*

**In BHV News:**

### **ACTIVE @ ANY AGE**

1. I have started instructing a fitness class at the Hames Center titled, **Active @ Any Age**. This class is designed specifically for seniors: the class focuses on balance, strength, and coordination Mondays and Wednesdays at 10am at the Hames Center (121 John Brady on Sheldon Jackson Campus). For more information log on to [www.hamescenter.com](http://www.hamescenter.com) or call 747-5080. Hope to see you there!

## 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: *Caregiver Stress***

Finding time for yourself is always the tricky part of caregiving, whether you are taking care of a loved one or your family—sometimes that friendly reminder from your co-worker, husband, or loved one is needed because, taking care of yourself is important and not something to be brushed aside. “If you don’t care for yourself, you won’t be able to care for anyone else.”

#### **5 Signs of Caregiver Stress:**

1. Feeling tired most of the time

2. Feeling overwhelmed and irritable
3. Sleeping too much or too little
4. Gaining or losing weight
5. Losing interest in activities you used to enjoy

Over a long period of time, stress can create depression, anxiety, an unbalanced diet, and decrease in physical activity for a caregiver. Your health can be put at risk if you are not careful and can lead to medical problems, such as heart disease and diabetes.

To better yourself and ultimately those around you, you need to become comfortable with several things:

1. Accepting help/Asking for help
2. Don't give in to guilt/Know you are doing the best you can
3. Get informed/Know local resources
4. Join a support group/C:ARE @ BHV, Active @ Any Age, etc.
5. Stay connected/With family, other caregivers, local resources
6. Commit to staying healthy
7. See your doctor
8. Respite Care
9. Be honest with your work place/Let them know you are a caregiver, work out a balanced plan for work and personal responsibilities

Ultimately, you need to be ok with expressing your need for help and understand that it's ok! Many resources exist (just in Sitka alone) to make life easier for caregivers, use them—or to start, ask for more information.

*Mayoclinic.com*, Caregiver Stress: Tips for taking care of yourself

## BHV's Green Tip of the Week: Clean Green



Make your own Swiffer duster at home out of flannel! It's washable and reusable!

### **MATERIALS**

4 7"x7" pieces flannel  
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Swiffer duster handle (or something similar)  
Thread

For complete directions, follow the link below:

<http://www.sew-much-ado.com/2010/02/tutorial-reusable-swiffer-duster-cloths.html>!

*(sew-much-ado.com)*

I hope you all have a wonderful weekend (stay warm),

# Amanda

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Before storing a can of paint already used, pour melted paraffin over the surface to prevent a skin from forming. When the paint is needed again, the paraffin peels off easily.

-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”.