



*“Visits always give pleasure -
if not the arrival, the departure.”*

-Portuguese Proverb

The Mayonnaise Jar

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the *mayonnaise jar and two cups of coffee*.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly; he picked up a very large and empty mayonnaise jar and fills it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured it into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He

then asked the students again if the jar was full. They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous “YES”. The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

“Now,” said the professor, as the laughter subsided, “I want you to recognize that this jar represents your life. The golf balls are the important things - God, family, children, health, friends, and favorite passions. Things, that if everything else was lost and only they remained, your life would still be full. The pebbles are the things that matter like your job, house, and car. The sand is everything else -- the small stuff.” he said. “If you put the sand into the jar first,” he continued, “There is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you...” he told them.

“So... pay attention to the things that are critical to your happiness. Worship with your family. Play with your children. Take your partner out to dinner. Spend time with good friends. There will always be time to clean the house and fix the dripping tap. Take care of the golf balls first -- the things that really matter. Set your priorities. The rest is just sand.”

One of the students raised her hand and inquired what the coffee represented. The professor smiled and said, “I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.”

In BHV News:

ACTIVE @ ANY AGE

1. To stay healthy, you have to keep moving! This is a lesson that is never too late to learn and never too late to practice. A group of

us gather at Hames on Monday and Wednesday mornings, at 10:00am. We start with warm-ups and stretches, followed by a 15-20 minute walk in the gym (or outside when the weather allows) and finish the time off with some strengthening exercises. This curriculum is based on the Arthritis Foundations, Walk With Ease program: we focus on strengthening the bodies core, enabling you to stay strong, healthy and independent as you age. In accordance with the Arthritis Foundation's regulations, materials will be available to keep track of your exercise routines as well as track goals and achievements. Feel free to bring a music player or a friend(s) to chat with during the walk—whatever will make the time more interesting and fun for you! Hope to see you there.

Please contact Amanda at BHV (747-4600) or call Hames (747-5080) for more information.

C:ARE Luncheon: Care Giving from a Distance

2. Brave Heart Volunteers' (Yee Gu.aa Yáx X'wán) monthly C:ARE Luncheon is Wednesday, February 15th at noon in the Pioneers' Home Manager's House. Robert Woolsey will be discussing "Caregiving from a Distance". Lunch will be provided. Immediately, following the presentation, community caregivers, volunteers, and other health care professionals are invited to share stories, thoughts, and questions in a comfortable and confidential environment (1:00-1:30pm). 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: *Reminisce*

After my Grandma passed away, I realized there were so many questions I never asked her—about growing up, how she met my Grandpa, what my dad was like when he was little . . . so many questions flooded my mind. It is important to take the time to listen, let the legacy of your loved ones live on through you. Interview your grandparents, parents, aunts and uncles—ask about their life, their views, what they loved about their childhood. With all the technology floating around, it shouldn't be too difficult to sit down and record a conversation and later put it in writing. It would be an amazing gift for your entire family.

BHV's Green Tip of the Week: *At Home Projects*



Get creative. Make a fun toy or bench for your kids or grandkids!

Pinterest.com

Have a splendid weekend,

Amanda

A small paint brush, treated with furniture polish, is convenient for dusting corners that are hard to reach.

-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”.