



Carmill, Amanda, and Martine

Sitting around the table in BHV's upstairs office, I listened intently as two Alaskan women spouted their excitement for spring, herring eggs, and the tradition of native food. I am continually amazed by the Alaskan life.

There is so much hidden culture here; around every corner and upon each new person met there seems to be another lesson to learn, another trick of the trade, a new cuisine to try . . . (herring eggs still remain on my vast list of exotic Alaskan food I should *probably* try—I am a little scared of them).

Spring marks an exciting time of year: Everyone's energy level is heightened in anticipation for the busy season lying just around the corner. Over the long, dark winter, we must become starved for people from the

outside world; returning to cause a little chaos, a little disruption—an enjoyed spectacle of new and interesting faces to wow.

Sitka is such an amazing place; somewhere people spend thousands of dollars to visit (for a day)—we get to live it, we get to learn its secrets, we get to truly experience all it has to offer.

*Experience is not
what happens to a man.
It is what a man does with what
happens to him.*

~Aldous Leonard

In BHV News:

END OF LIFE TRAINING

1. Starting Saturday, March 10 will be another BHV End of Life Training. Space is available for anyone interested in becoming an End of Life volunteer; caregivers and health care professionals are also welcome to join. Please call BHV for more information (747-4600).

HAPPY BIRTHDAY BHV!

2. Brave Heart Volunteers will be celebrating their 11th year of services to Sitka this April. Join us **April 13 for a Birthday Extravaganza** to welcome the beginning of another great year! It's going to be a day of fun activities, mark your calendars—keep

your eyes and ears open as we reveal more about the big day in weeks to come.

ACTIVE @ ANY AGE

3. 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.

Join the Active @ Any Age class at Hanes on Monday and Wednesday mornings, at 10:00am. The majority of our time is spent walking together, finishing with some strengthening exercises and stretching.

If you would like more information, please contact Amanda at BHV (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:

The ability to communicate well as a caregiver is of the utmost importance. A variety of road blocks can occur to upset the effectiveness of communication between a caregiver and someone who is aging, becomes ill, or reaches end of life. It's important to remember it's not only frustrating and straining for you; because of the areas of the brain that are affected by specific diseases and illnesses, the ability to provide clear ideas and form words becomes increasingly difficult. To gain insight into the state of mind of your loved one or care-receiver, ask two simple questions:

1. Where is their reality in this moment?

2. What are they feeling?

While they explain their reality and their feelings, reassure them with gentle touching; stroking of the hand; etc. This will comfort them. Once understanding their state of mind, ask questions about what they are going through, where they are, who is there, what makes this a special/important/upsetting moment?

Emphasis should not be put on what is being said, but rather the acknowledgement of their feelings and comforting them through this confusing moment. Their fixation should release—it's about being seen and heard more than anything else.

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



Find some old drawers and turn them chic! Use wall paper or contact paper in the bottoms and add a splash of color to the outsides with paint to accent your homes décor.

www.designsponge.com

QUESTIONS FROM STAFF

1. Do you know anyone interested in becoming a Brave Heart Volunteer? If so, please have them contact Amanda at 747-4600 or email amanda@braveheartvolunteers.org for more information.
2. Are you interested in attending the monthly C:ARE Luncheons, but have not been able to find respite support for your loved one? If so, please contact Martine at martine@braveheartvolunteers.org, and we will work together to get you to the luncheon.

PERSONAL CHALLENGE

After your next visit with your loved one or care-receiver, sit down and write a story about the time you spent together. What was significant? What was unique about this visit? Or something you especially enjoyed? (Even if it's small.) This little exercise benefits your awareness process and bonus, helps you decipher if there are changes happening as time passes.

Have an inspiring weekend,

Amanda

When leather upholstery gets dirty, rub spot(s) with warm water and soap; wipe with a cloth wrung from clear water and dry surface thoroughly. To restore glossy surface, rub gently with a cloth wrung from warm milk.

-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”.