



Martine and Amanda @ Sandy Beach

The cute 'n' cuddly Martine is extra-special this weekend: She is celebrating her Birthday! I remember the beautiful, brisk sunny day last year—I was sitting on the rocks just before the bridge taking in the gorgeous view of the ocean, the mountains, and the bright blue sky. My phone began to ring, and who do I connect with, but the one and only Martine Kulesa full of prospective questions about Sitka and BHV! Though we knew nothing of each other, that conversation had some pull on me—I am sure glad I stuck around. From the get go, Martine has been an amazing asset to the BHV team. With a cheery smile and a hysterical personality, she makes each day nothing less than amusing in the office (oh, and she's pretty great at her job too); her boots will be hard to fill. We

started as co-workers and quickly progressed to good friends. I feel lucky to say this amazing woman may just be a true friend forever (actually, I leave you with no choice Miss Thang).

So my dear, I wish you nothing but the Happiest Birthday and may all your wishes be granted.

*In everyone's life, at some time,
our inner fire goes out.
It is then burst into flame by an encounter
with another human being.
We should all be thankful for those people
who rekindle the inner spirit.*

~Albert Schweitzer

In BHV News:

END OF LIFE TRAINING

1. Starting one week from tomorrow, Saturday, March 10 will be the 2012 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 Hames 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: *Mention the Unmentionable*

Your 'quality of life' is shaped by a number of things, including the intimate relationship shared between you and your spouse; parent; brother; sister—loved one. The onset of a long-term chronic illness affects that. Yes, disease may exhaust certain functions, desires, and abilities, but it is not to say that intimate feelings and physical needs diminish along with them. Let's take a husband and wife for example; regardless of who is slowly stepping into the caregiver role, physical closeness and connectedness are still necessary to both parties—however the circumstances may be different. Symptoms associated with disease and chronic illnesses, partnered with the side effects of medication, often results in fewer attempts made by a couple to be physically close, connected, and even intimate. This can be a devastating realization: the world as you know it has changed;

both of you are no longer equally aware of each other's needs and one of you may be affected more than the other. Again, a common reiteration in the caretaking realm of things—communication is key. If you find it too difficult to breach the subject with your loved one, talk with your doctor, a therapist, a trusted friend, or other caregivers—see what kind of advice they may be able to give you. You might find there isn't much to be said, but the therapy itself comes from speaking openly and honestly about your feelings and how said changes are affecting you; once you can fully understand this, you might stumble upon your own solution.

If you are interested in learning more about this topic, please check out www.caregiver.org and click on "Caregiving Info & Advice" or feel free to come in and talk with us.

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.

Let your mind go wild this weekend! Read a book, do a sun-dance, I think it'd be amazing to see the Northern Lights (clouds, go away please)! Whatever you choose to do—may you be handed a very happy weekend.

Amanda

To remove lead-pencil, crayon, or other severe marks from wall paper—use an art eraser, it will crumble but not smear.

-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”.