

“Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed.”

~Storm Jameson

We all have times of hardship and those we surround ourselves with truly bear reference to where our lives may lead through said rough times. Most of us want to be needed in some way, expect to be needed, strive to be needed—that’s a part of life (right?)—but it’s at times a struggle to be on the opposite end . . . to seek the assistance necessary to ensure a high quality of life. Happiness comes with the balance of loving, living, and thinking, risking, and needing; allow yourself to find your balance and know there is always someone waiting at contently, ready to help when you call.

In BHV News

The staff is busy preparing for the Birthday Extravaganza coming up in May! Mark your calendars for May 11 and invite all your friends and family for a fabulous evening out: Live music, BIB beer, delicious cupcakes—filled with a surprise—and more!

Upcoming Events

BEREAVEMENT AND GRIEF SUPPORT

There is hope and support for those suffering a recent or past loss. Brave Heart Volunteers confidential Grief Education and Support Group will begin **Monday, April 16**, free of charge in the Pioneer Home Manager's House. The group will be led by, Beverly Rivard LCSW, MAC, each Monday starting at 6:00pm. Meetings will be ongoing and welcome to newcomers at any time. Please call BHV for more information – 747-4600.

HAPPY BIRTHDAY BHV

Brave Heart Volunteers will be celebrating their 11th year of service to Sitka **Friday, May 11 at our Birthday Extravaganza**. Lunch will be served from 11:30-1:00pm, followed by dinner starting at 5:30pm. There will be live music, cupcakes, and a Battle of the Bands starting at 9pm. Help us celebrate in style and ring in another great year!

ACTIVE @ ANY AGE

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

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

Community News

Celebrate Sitka's Outstanding Women of the Year

The Outstanding Women of the Year event is taking place, April 14 at 6pm in Harrigan Centennial Hall. Support and honor Auriella Hughes who has done so much for Brave Heart Volunteers and the Sitka community. There will be a catered dinner, slide shows, live music, an honoring ceremony, a silent auction—and of course lots of socializing (it is an event based on women).

Brave Heart Volunteers would like to congratulate Auriella Hughes



BHV's Caregiver Tip of the Week: Some Facts for our Stacks

The following information is from www.caregiver.org , "Caregiving info & Advice;" as well as the Department of Health & Human Services, Administration on Aging 2010.

Women make up the majority of "informal" care in the home—adding up to \$148 billion to \$188 billion annually! Wow!

- ✚ The average caregiver is age 46, female, and working outside the home, earning about \$35,000 per year.
- ✚ Female caregivers spend 50% more time providing "informal" care than their male counterparts.

While women appear to be the primary caregivers, they are also in need of long-term care themselves. Women live longer than men and do not receive the same retirement saving options—a common problem is this realization that there is help for her husband, but not anything for herself (Call BHV).

- ✚ Elderly women outnumber elderly men at 22.7 million to 16.8 million.
- ✚ In 2000, about 40% of women age 65+ were living alone; 51% age 80 were living alone
- ✚ Women reaching age 65 are expected to live on average another 19.9 years.
- ✚ In 1997, 70% of older persons ages 75+ in need of assistance were women.

Many female caregivers are also working; however, they are losing income and/or forced into early retirement due to their responsibility as a primary caregiver. Caregiving is expensive and many cannot afford the help they may need (Call BHV).

- ✚ Forty-nine percent of Baby Boomer female caregivers suffered financial hardship as a result of caregiving in 1998.
- ✚ The odds of a female spousal caregiver retiring early, is more than five times that of non-caregivers.
- ✚ A female caregiver offering assistance to more than one family member or friend has a 50% higher chance of choosing to retire early than non-caregiving women.

Female caregivers are six times more likely to develop depression, anxiety, and other mental health challenges due to the stress of taking care of a loved one. Women are more attentive and provide more time-consuming care than their male counterparts, causing stress levels to skyrocket. The amount of care per week directly correlates with stress, anxiety, and other mental challenges (this makes sense), the issue is realizing help is needed or seeking assistance. Again, this is where BHV and many other health care facilities in Sitka can help! Please know we are here to support you and find ways to make caregiving easier on your life so you can still be YOU!

Please, share with us your insights about caregiving!

THE SKINNY ON BHV BOWLS SOUP RECIPES

Some delicious soups are provided for our BHV Bowls event each year and so many people are interested in what makes them so darn tasty! Every month (or so) we will be sharing a yummy recipe from a Bowls event of the past—so tie on your

aprons and prepare your ladles to dish up some of the most mouthwatering soups in Sitka.

This past Brave Heart Bowls event I was ecstatic to provide a soup I stumbled upon (thanks to wholeliving.com)—it was absolutely lip-smackin' good! I prepared it for our C:ARE Luncheon recently and the recipe was requested; I am delighted to share it with you below. I made a small change for our vegetarian friends and—wow(!); you will have to try them both out, I can't decide which I like better.

Bon appétit!

Chicken Almond Soup

4 c. chicken stock

8 oz. boneless chicken breast

1-2 sweet potatoes/yams, chopped into equal sized chunks (I usually use yams and use two because I LOVE THEM!); you can peel or leave the skin on

½ red onion, diced or sliced – however you prefer

½ c. smooth almond butter (I sometimes put in just a little more than it calls for—I like the flavor and the creaminess)

1 minced garlic clove (1 tbsp. minced garlic)

2 tbsp. fresh ginger (chopped as you prefer)

Salt and pepper to taste

1 lime cut into wedges for garnish (if you would like)

DIRECTIONS:

1. Combine the stock, onion, garlic, and sweet potato(es)/yams in a pot and bring to a boil. Reduce heat, simmer and add chicken and cover—20 minutes.
2. In a small bowl, whisk together the almond butter and ½ cup of the soup mixture into a thick paste. Add ginger to the soup and bring to a boil, then reduce heat and simmer, covered—5 minutes.
3. Stir in almond butter paste. Season with salt and pepper to taste (I never use much).
4. ENJOY!

Carrot Cashew, Almond Ginger Soup

4 c. carrot cashew ginger soup (one of the boxed soup bases)

½ red onion, diced or sliced

1-2 sweet potatoes/yams, chopped into equal sized chunks (can leave the skin on if you would like)

1 minced garlic clove (1 tbsp. minced garlic)

1 tbsp. fresh ginger (chopped as you prefer)

½ c. smooth almond butter

1 lime for garnish (if you would like)

DIRECTIONS:

1. Combine soup, onion, garlic, and sweet potato(es)/yams in pot and bring to a boil. Reduce heat, simmer covered for 10 minutes.

2. In a small bowl, whisk together almond butter and ½ cup of the soup mixture into a thick paste. Add ginger to the soup and bring to a boil, reduce heat and simmer covered for 10 minutes.
3. Stir in almond butter paste. Season with salt and pepper to taste (I never use much).
4. ENJOY!

I hope you all have the wonderful weekend you deserve!

Amanda

Pick.Click.Give

Back in the historical day, people did not take baths on a regular basis. Women covered their hair and men wore wigs—wealthy men wore wool wigs. To keep them clean they would carve out the inside of a loaf of bread and bake the wig inside making it really fluffy—hence the term “Big Wigs”, meaning powerful and wealthy.

-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”.