

FEATURE

It's 1 o'clock on a Tuesday, Martine packs up her lap top and heads over to the Sitka Pioneers' Home for Storytelling: A group (of fabulous older women (and man) in their 70's and 80's) that meets Tuesday afternoon's every week. Everyone receives an identical picture and is asked to share whatever comes to mind. Martine records the conversation and transforms it into a story—one is shared below! (This is one of our favorite pictures.)

Enjoy!



Happy Times When Old Friends Get Together

Storytelling, 2/7/12

Written By: Residents at the Pioneers Home, Sitka, AK

These ladies are at their 50th college reunion. They used to come to this place when they were younger; they are at a swimming pool. They look like happy people.

On the left is King, and the lady next to her is Annie, she has glasses. The one with her hand up, she is Pat. Maryanne and Ginger are the next ones. Sue is the last one.

They are saying "Where is Lina? She was in our class." Lina is out shopping, buying a new dress. She is going on a cruise and she is getting a new dress so she can eat at the Capitan's table.

Nobody there got left out. They all got ice cream. I scream, you scream, we all scream for ice cream! Ginger almost looks like she is crying; she got too much cold ice cream in her mouth. She has an ice cream headache. King and Annie aren't eating, they are deciding if they're dieting or not. They are all good, eating ice cream together. Most of them are smiling.

They are at their old hang out and remembering how they used to go there and dance. The most popular song was *The Little White Cloud that Cried*. That's what they used to dance to. They were all in college before your time.

They are saying to each other, "thank you, I'm glad you came and had a nice time."

See you in another 50 years?

The end.

IN BHV NEWS

Spring is in full swing and summer just around the corner. Now that Herring is coming to an end, everyone is in preparation for Cruise Ship season (still cracks me up—it's a season). There is a subtle lull (even with many of the fisherman still in town), the excitement from the Fishery's has passed, though I can feel a hanging anxiety as we all await May 1—when chaos will again ensue in the many months ahead.

Brave Heart has been bustling about planning the Birthday Extravaganza (can't wait!), preparing numerous grants, and attending to ten thousand other things going on—nothing BHV girls can't handle! Our Birthday event is going to be a blast (we are super excited!), please help us make this an event to remember!

UPCOMING EVENTS

Grief Education and Support

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

C:ARE Luncheon

This month's C:ARE Luncheon is centered around sharing and personal story telling. We invite you and all individuals and caregivers to join us at BHV, **Wednesday, April 18 at noon for lunch and discussion.** You may share as much or as little as you'd like. This is a great opportunity to meet others in the community that might share a similar story or be able to offer advice to those who recently began volunteering or caregiving. Lunch is provided, as always. For more information, please call BHV.

Happy Birthday BHV

Brave Heart Volunteers will be celebrating their 11th year of free service **Friday, May 11 at Harrigan Centennial Hall; it's time for BHV's Birthday Extravaganza!** Come celebrate the beginning of another great year! It's going to be a day of fun activities: Lunch will be from 11:30-1:30pm and dinner starts at 5:30pm followed by a night of live music,

Battle of the Bands – featuring GYP and The Big Fat Babies—dancing and lots of fun! Reserve a table for lunch or dinner for your family, friends, work buddies—everyone is welcome. We want you to celebrate with us!

Call BHV for more details.

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.

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).



Thank you, Auriella, for your
outstanding work and all of your
phenomenal contributions to Sitka

BHV's Caregiver Tip of the Week: *Hands-on Skills*

The following information is from www.caregiver.org. "Caregiving Info & Advice".

We have been emphasizing the importance of self-care—physically, mentally, and emotionally; the reverse is important as well, the care-receiver needs to feel good on these three levels though much of their state will depend on the caregiver. The Family Caregiver Alliance National Center on Caregiving shares 5 techniques that help care-receivers feel more at ease and comfortable at a difficult crossroads in life.

1. **Approach your loved one from the front, retaining eye contact.**
Approach your loved one from the front, gently touching their shoulder or arm and explaining to them what needs to happen or what is happening. They may become startled if approached from the side or back, causing paranoia and confusion.
2. **Elicit your loved one's help.**
You don't need to do all the work, if you're loved one is able to help—let them! Coach them through what will be helpful, "Lean all the way forward and then we will stand up." Don't put too much strain on yourself if you don't need to.
3. **Allow the person to finish what they're doing.**
You might be running late, but rushing around will only cause anxiety for someone with memory loss, dementia, and Alzheimer's. Allow them time to finish their task and calmly explain to them what is going to happen, everything should then move forward easily.
4. **Utilize the major bone and muscle groups.**
The BEST idea is to ask your Occupational or Physical Therapist for tips and advice on how to help your loved one with transfer. Remember to support their shoulders and use their whole body as much as possible—pulling and tugging on their hands and arms has potential to cause injury to both of you. There are belts available for

purchase to help someone out of the sitting position that are safe and easy to use.

5. **Allow for their Reality.**

Especially for those with Alzheimer's and dementia, allowing them to live in the reality they see is best. Clarifying and trying to explain will only frustrate them—because they are trying to make you see and understand where they are. The best thing to do is casually turn the conversation/focus in another direction (especially if their reality is causing them discomfort and anxiety). You can always leave the room and come back after a few minutes and the episode may have passed.

Please share any caregiving advice or insight with us that could be useful to other caregivers.

Enjoy the beautiful weather!

Amanda

Many men and women developed acne scars by adulthood due to poor hygiene back in the day. Women would use bee's wax over their face to smooth out their complexion—if a woman was staring at another woman's face she was told to "mind your own bee's wax". . . hence the saying we all love and use today.

-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”.

