

“Memory is a child walking along a seashore. You never can tell what small pebble it will pick up and store away among its treasured things.”

~Pierce Harris, *Atlanta Journal*

Isabella Brady was a strong, inspirational woman and someone many in this community will miss dearly, but fondly remember. Our love and support goes out to everyone, especially her family and friends mourning her loss. All she has done for this community will be remembered and cherished and live on in years to come; she truly was and will remain a treasure in memory.

BHV NEWS

Can you believe this weather? It is amazing, I just love this time of year—I can feel the cool, dampness from winter melting away—it’s glorious!

Brave Heart Volunteers Annual Birthday Extravaganza is just around the corner and boy(!), are we excited! **May 11** will be packed full of delicious food and fabulous entertainment all day long, thanks to our sponsors: Silver Bay Seafoods, Sitka Spruce Catering, Baranof Island Brewing Co., and the Hames Corporation. This event is going to be a blast and a fabulous means to celebrating 11 years of free service in Sitka.

It’s an indescribable feeling, witnessing the powerful sense of relief that exudes when individuals and families realize BHV is able to offer the help and support they have been seeking—*free of charge*. Be part of this life changing transformation and continue Brave Heart Volunteers (BHV) legacy by **purchasing a table** (detailed information below) for your family, friends, and co-workers aiding in reaching our fundraising goal. Money raised ensures BHV can continue offering free services to individuals and families in Sitka that are in need and would otherwise have limited options.

UPCOMING EVENTS

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 Annual Birthday Extravaganza! Come celebrate the beginning of another great year! The day will be full of fun activities: Lunch will be served from 11:30-1:30pm and dinner starts promptly at 5:30pm. The night will continue with live music and dancing (you're brave enough, right?)!

Reserve A Table

Dinner table, \$350

- Reserved table with name
- 8 Tickets
- 2 Bottles of wine
- Priority serving
- Front row seating
- Recognized in event booklet

Dinner Table, \$200

- Reserved table with name
- 8 Tickets
- 1 Bottle of wine
- Priority serving
- Front row seating

Lunch table, \$150

- Reserved table with name
- 8 Tickets
- Priority serving
- Recognized in event booklet

Lunch table, \$100

- Reserved table with name
- 8 tickets
- Priority serving

C:ARE Luncheon

This month's C:ARE Luncheon will be led by Dr. Westergaard Wednesday, May 16 from noon to 1pm at the Pioneers' Home Manager's House. Lunch will be provided as always. This is a great opportunity to meet others in the community who recently began volunteering or caregiving. For more information, please give us a call.

Volunteer Training

Among the greatest gifts in life is knowing you made a difference in someone else's. Encourage those you know to become a Brave Heart Volunteer Saturday, May 19 and discover the change they are capable of. Our Volunteer Training will be held from 9am to 3pm in the Pioneers' Home Manager's House, lunch included. Learn the history behind Brave Heart Volunteers, our scope of services and your role as a volunteer. Please, call BHV for more information and to register.

ONGOING PROGRAMS

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 is ongoing and meets every Monday from 6pm-8pm in the Pioneers' Home Manager's House. Registration is not necessary and attendance is not required weekly. The group is led by, Beverly Rivard (LCSW, MAC). Newcomers are welcome at any time. Please call BHV for more information.

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

CAREGIVER INFO

BHV's CAREGIVER TIP of the WEEK

Sleep Disturbance

The following information is from Family Caregiver Alliance, caregiver.org.

"Those with dementia may suffer from sleep disturbances and or night-time agitation. Play soothing music and massage them so they relax. If the agitation continues, keep the house well lit and close all curtains to shut out darkness." For additional information, follow the link below.

[Caregiver's Guide to Understanding Dementia Behavior.](#)

I hope everyone has a spectacular weekend,

Amanda

"Mind your P's and Q's!"

-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 find hope and healing in the face of devastating loss.

If you would no longer like to receive Brave Heart Volunteers Heart Soundings, please click [HERE](#) and reply "REMOVE".