



"Enjoy when you can, and endure when you must."

-Johann Wolfgang von Goethe

4th of July was a BLAST! Hope everyone enjoyed the tasty crepes. THANK YOU to everyone who donated personal time and ingredients to make this year's booth possible!

BHV NEWS

We have T-SHIRTS!

If you missed them at the 4th of July booth, it's ok . . . we will be selling our

BRAVE HEART VOLUNTEERS GEAR

at the Farmer's Market! Shirts are **\$20** and come in

S, M, L, XL, and XXL!

(They are also available at the BHV office.)



UPCOMING EVENTS

Farmer's Market

BHV will be at the Farmer's Market, starting at 10AM tomorrow morning! Knowledgeable staff, volunteers, and Board members will be available for conversation in addition to a variety of literature describing programs and services offered through BHV.

You can also purchase a BRAVE HEART VOLUNTEERS T-SHIRT to show your support wherever you are in Sitka. All proceeds will aid funding for our necessary programs, services, and trainings, continuing our legacy caring for individuals and caregivers facing illness, isolation, end of life, or grief.

C:ARE Luncheon

July's C:ARE Luncheon will be JULY 18 at NOON in the Pioneers Home Manager's House. Lunch will be provided. Keep your eyes and ears open for this month's topic. Hope to see you there!

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

DEALING WITH GRIEF

“Grief is mean, invasive, unwelcome. It makes me hate myself at times, as well as others—especially the cheery ones. It’s provoking and manipulative; it teases the “good” thoughts and twists the truths I

thought I knew. I didn't expect it to weigh so heavily as it does—loitering inside until it claims every space in my body as its own. It doesn't let in what I want. What I need. What I need back(!) to live my life.”

-Written by Amanda, 1st Grief Group meeting

Grief is difficult; it's more than a feeling—it's a creature that invades your life willingly and beyond any sort of control. I just wanted to kick it . . . get it out of my life, but at times I felt so helpless, so lost and confused. It was as though it would never leave and nothing would get better. I was watching life happen—watching myself make it through the day, only to sleep and *have* to make it through another.

The Grief Group offers a safe and confidential space to let flow the numbing pain of loss. Loss: a general term as so many things can be lost; a relationship, a pet, a home, a loved one, an entire family. Brave Heart Volunteers Grief Support Group allows healing regarding all types of loss. Expressing your thoughts becomes sharing a story, an experience as opposed to a problem, or a nuisance—as if something were wrong with *you*. It's a space where whatever you feel is accepted and right. Everyone is there to support each other, understanding that everyone reacts differently to changes in life.

I encourage you to attend if you have been struggling with any sort of loss; it need not be recent. Learn about yourself through others and know you do not have to suffer through difficult times alone.

The Grief Group meets every Monday, from 6-8PM in the Pioneers Home Manager's House. Beverly Rivard, LCSW, MAC, facilitates. Light snacks or desserts along with tea and coffee are provided.

For more information about the Grief Group or anything shared here, please contact Willow, Carmill, Martine, or Amanda at 747-4600.

Hope to see you at the Farmer's Market,

Amanda

"Use a staple remover when adding to your key chain—it'll save your fingernails."

-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".