



“Yesterday brought the beginning, tomorrow brings the end, and somewhere in the middle we became the best of friends.”

~Author Unknown

The desire to visit Hawaii never really appealed to me until I moved to Sitka. As time passed and more Sitkans appeared with those gorgeous tans and shared their high-hoots about Hawaii, my curiosity slowly grew. Finally, I was captured by its intrigue and found myself, along with four others, headed to

Some kind of paradise . . .

. . . Maui was absolutely amazing.

I am now in love with two islands and don't know which will have my heart forever. Hawaiian culture is so interesting. I welcomed it with an open and empathetic mind verses relying on my stereotypes and expectations from the past. Since living in Alaska and experiencing its own unique cultural lifestyle, I viewed Hawaii as a home, something that was real and not only a destination used to escape the every day.

Used to Sitka (a small town in Southeast Alaska with its *enormous* span of 14 mile road), I was flabbergasted by Maui's whirlwind of streets and highways and later its many climates, housing different trees, landscapes and lifestyles—all encased in one absolutely breath taking island.

It was odd being on the opposite end of the tourism spectrum; I am so used to *being* the local and not the alien, intruding on others precious home-turf. Once the five of us revealed we too lived on an island and in *Southeast Alaska*(!) there was a shift in conversation, like we were accepted differently than other visitors unpracticed in island living. Lots of questions spurred as to how life was similar between the two places (and if we brought any smoked salmon . . . we didn't).

This trip will always be unforgettable and in the end signified more than just a vacation of several days off home base; it was a trip concluding a short and influential chapter between five friends who arrived in Sitka together 2 years ago unsure about what lay ahead, now parting ways. We may still not know what is to come, but all are prepared for our new journeys to come. It was a great way to say goodbye, good luck, and until we meet again.

• • •

BHV NEWS

BHV will again host a 4th of July Booth Fundraiser. Booths will be open this year beginning Sunday, July 1st through Wednesday, July 4th at Baranof Playground. Jean Frank will soon be contacting volunteers to work in 3 person teams for 2 ½ hour time periods at our booth—

each of the above days. Those unable to work will have an opportunity to donate ingredients to make the items being sold from our booth. Please check your calendar now in anticipation of that phone request for service or goods.

Thank you!

UPCOMING EVENTS

Garage Sale—Coast Guard Gazebo

Brave Heart Volunteers is partnering with a local family battling terminal cancer to raise money through a multi-family garage sale at the USCG gazebo, **TOMORROW—SATURDAY, MAY 26 from 9:00am to 1:00pm**. All of the proceeds will go towards paying for medical treatments not covered by insurance. No Early Birds. There will be toys, games, clothes, household goods, fishing gear, glassware, and much more. Pancit and Chicken Adobo will be sold for \$5 a plate. Please call Brave Heart Volunteers at 747-4600 for more information.

C:ARE Luncheon

June's C:ARE Luncheon will provide information about **Local Community Resources**. Join us at the Pioneers' Home Manager's House, Wednesday, June 20 at noon to hear from Center for Community, Home Health, SAIL and Swan Lake Senior Center. These organizations will share useful information the variety of services and programs available to the Sitka community.

This is a great opportunity to meet others in Sitka who are active or past caregivers, began volunteering, or are interested in preparing for their future. For more information, please call BHV and talk with any one of our staff members.

4th of July Booth

July 1st through July 4th at the Baranof Playground, BHV will host a booth! It is a fun event to be part of! Mark your calendars early and be prepared for Jean Frank's call to participate or donate any ingredients needed.

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

FREE Webinars

As people age, their loss of cognitive functions causes an array of difficulties especially in communication. This affects not only the aging person, but their loved ones and caregivers as well. eCareDiary.com is offering a FREE Webinar (online seminar) related to this topic—"understanding dementia behaviors and learn [useful] communication skills." If you are interested, please check-out the link below. The FREE Webinar will be Wednesday, May 30 at 10:00AM AK Time (Listed at 2:00PM EST).

Register online, and sign-in to listen to the advice Melanie Bunn, Geriatric Nursing Educator, has to offer. (Click [HERE](#) to view Melanie's Blog.)

[Register for the FREE Webinar](#)

Hope to see you at the garage sale tomorrow,

Amanda

"A rubber tip, such as used on crutches, slipped on the end of a broom or mop handle will prevent it from sliding to the floor when leaning against a wall."

-GRANDMA SAYS



120 Katlian • P.O. Box 6336 • 747-4600

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".