

You are invited to

Brave Heart Volunteers

Birthday Extravaganza

Cake Contest & Dance

April 30th, The Channel Club, Sitka



Introduction to Grant Writing is finally here! *NOTE: there has been a change in time and location for this meeting due to the large number of attendees.

The training will be SATURDAY, APRIL 23 from 10AM to 2PM at HARRIGAN CENTENNIAL HALL in the EXHIBIT EAST ROOM. Lunch will be provided.

After you complete the initial training, each attendee will gain hands-on one-on-one grant-writing instruction and supervision by Willow Moore, Executive Director. You will have the opportunity to complete a grant of your choice benefitting BHV. Bring your calendar's, PDA's and pocketbooks as we will be asking you to pick a date and time to begin your one-on-one training with Willow. This is your last chance to sign-up; please call BHV to do so!

“Wrinkles should merely indicate where smiles have been.”

~Mark Twain

Someone once told me (probably my wise, not-so old dad) to never skip out on plans – no matter how tired, crabby or unwilling to go, because you can only be rewarded by the time spent with others. This tiny piece of advice has proven itself time and time again. Think about that smile that always appears on your care-receiver’s face, it’s most likely in company with yours, because a smile is always shared. Brave Heart Volunteers are a special breed of people. We offer our time to nurture and care for those in need, and a smile is a simple reminder that you are appreciated.

April is flying by, and with its end comes a celebration for a decade of great accomplishment: join BHV at our BIRTHDAY EXTRAVAGANZA, CAKE CONTEST & DANCE, SATURDAY, APRIL 30; let us share with you our appreciation for all the service and support you have made possible over the past 10 years! Come kick back and relax with friends at the Channel Club; reserve a table for our 12pm Lunch or 5pm Dinner and then come back and dance your heart out with Belly Meat, starting at 8pm. Don’t forget about the Cake Contest, judging will be going on for the Novice bracket at Lunch and the Master’s bracket at Dinner. (Entries for the Cake Contest are still welcome.)

Call BHV for more information, to sign-up for the Cake Contest and make reservations for the 12 pm Lunch and 5 pm Dinner, April 30 at the Channel Club – 747-4600.

Reminders:

- 1. Our free training titled “Introduction to Grant Writing” is THIS SATURDAY, April 23 from 10am to 2pm at HARRIGAN CENTENNIAL HALL in the EXHIBIT EAST ROOM. After you complete the initial training, each attendee will gain hands-on one-on-one grant-writing instruction and supervision by Willow Moore, Executive Director. You will have the opportunity to complete a grant of your choice benefitting BHV. Please call BHV to sign-up.**

2. **Brave Heart Volunteers invites you to learn about the Symptoms and Stages of Alzheimer 's disease at our monthly Caregiver Education and Support Service meeting. This month's meeting will be on WEDNESDAY, APRIL 27, from noon to 1pm in the Pioneer Home Manager's House. Lunch will be provided! The topic "ALZHEIMER'S SYMPTOMS AND STAGES," will especially be of interest to families and friends of someone experiencing Alzheimer's or other related health issues. Those caring "from a distance" are also welcome. So mark your calendars for Wednesday, April 27, at noon for this important opportunity to have lunch and learn about Alzheimer's in a relaxed social setting.**

3. **We are still in need of gently used kitchenware – silverware, cooking utensils, pots and pans, baking sheets and what have you. Our ever bustling kitchen is in need of completion so we can easier prepare and provide comforting home-like dinners for all of our guests. Please feel free to drop off any donations at the Brave Heart Volunteers office, Monday-Friday from 9-5pm or call to set up another arrangement. Thank you to those who have donated items to us, they have already been to good use!**

BHV's being "green" tip of the week:

According to greenlivingtips.com, the average adult in the United States gets 41 pounds of junk mail per year! Reuse your junk mail as scratch paper: it's perfect for taking down phone messages and creating little reminders for yourself and others. By going to the following link, you can sign-up to not receive junk mail – that will save a lot of trees!

<http://opt-out.cdt.org/>

Enjoy your weekend and work on those smile wrinkles,

Amanda