

Memories of a Lifetime is a free service of the Terrace Hospice Society however, donations are always gratefully received.



Terrace Hospice Society is here to assist in quality of life and dignified experiences.

The Terrace Hospice Society's Family & Friend Caregiver Supports Program is funded by the Government of BC and managed by the United Way

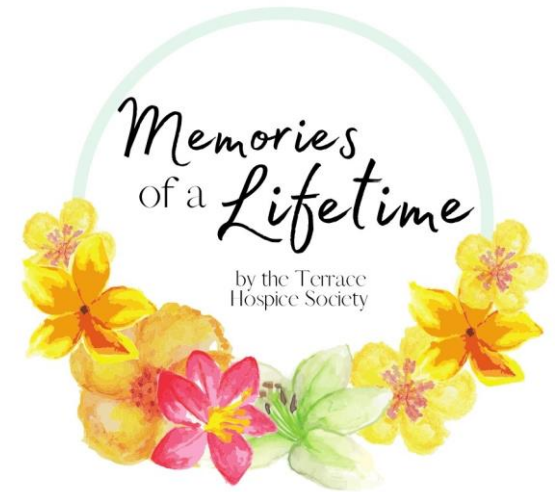


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*We acknowledge the financial assistance of the Province of British Columbia and Northern Health.*



# Terrace Hospice Society Brings you...



## Why Tell Your Story?

- To enhance and celebrate your life journey
- To have an opportunity to record stories and reflections on your life as only you can tell it
- To provide a loving legacy to you family and friends
- To discover a new perspective on your life as you look back through the lens of wisdom and distance
- To expand your sense of purpose and meaning at this stage of your life
- To discover the essence of who you are

## Memories Of A Lifetime

This is a legacy gift for those who will be touched by your death.

Your life story is one of the most precious gifts you can give your loved ones. It can be both rewarding and entertaining to look back over your life and reflect on the experiences that have influenced you and to remember the people who were important to you.

You can be as creative as you wish. These are your memories. You could add your favorite chocolate chip recipe and tell where you got it. You could talk about trips you took and we can embed pictures and maps. Talk about hobbies. Talk about your childhood, what you were like as a teenager or who your first love was. Or simply your *words of wisdom* for the younger generation.

## Here's How It Works

One of our trained Volunteers will meet with you to discuss what you would like covered in the film as well as any attachments. You will be given a sample list of questions to get your creative juices flowing.

There will be an interview scheduled. The Volunteer will come with cameras, tripods, and laptop. The interviewer will start a gentle conversation using the previously agreed upon questions.

The video is then edited and saved as a video file onto a usb flash drive for your loved ones to keep and enjoy forever.



*Keep these stories alive.*