

Legacy Idea Book

Audio and Visual Projects that Celebrate Life



*Hospice and
Palliative Care*

THE LEGACY IDEA BOOK

Provided by



By Katie Kirby, Rainbow Hospice and Palliative Care Volunteer Manager

Thank you to our Arts Collective for sharing their legacy ideas and artistic talents:

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***To our Rainbow patients and their families...Not sure you can create your legacy project on your own?
Ask your Rainbow Hospice and Palliative care team to request a Legacy Volunteer to help you.***

INTRODUCTION

Rainbow Hospice and Palliative Care's *Legacy Idea Book* is for hospice and palliative care patients, those who have suffered the loss of a loved one, their families and friends, and for anyone wanting to celebrate life and legacy.

FOR PATIENTS AND THEIR FAMILIES

Creating legacy projects can provide shared, beautiful moments for patients, family and friends even at times when joyful moments may seem scarce. This was the case of a couple I interviewed on their anniversary. John, a hospice patient, was bedbound and having difficulty even speaking. His wife Claire was focused on his care. The audio interview I recorded for John and Claire allowed them the opportunity to relive wonderful memories, have a special anniversary, and together, create a priceless gift for their five children.

Legacy projects can alleviate anxiety in caregivers. Claire showed me a gratitude bowl that she kept at her front door. Each day she wrote down something she was grateful for and placed the note in her bowl. She said it helped her get through John's illness to remember all the good she had in her life.

Legacy projects can remind patients that they are more than just the illness they battle. My friend Laura battled cancer for years. She had to change her tendency to care for others to a focus on saving herself, a focus on the illness. Laura told me that she felt that she had 'turned into the cancer'. As her friend, I set out to remind her that all that she had always loved about herself was still there. I sent her something in the mail everyday...a legacy scrapbook celebrating her life, stuffed animals with picket signs protesting her cancer, and more. These items served to initiate meaningful and fun conversations between us and with her loved ones.

Legacy projects can serve as an expression of love or parting gift to those you love. A month after her death, I received a loving note from Laura with a bracelet she had made for me. Another friend had helped her make and send out her legacy bracelets. The bracelet has a locket holding her photo and a lock of her hair.

FOR THE BEREAVED

For the bereaved, legacy objects can be a way to physically hold onto the memory of a lost loved one. Joey, a four-year-old child in Rainbow's Good Mourning Children and Family program, was unable to sleep and combative after his father died. A Rainbow staff member made Joey a pillow from his father's shirt and he slept for the first time in days holding on to that legacy pillow. Marlene, a widow, felt a sense of peace, or closure, when she made her memory pillows. She finally had a place to keep her husband's personal items. She put his keys, wallet, and other items in pockets sewed on to the pillows.

As a child, my son Rocky made a memory bottle when his grandfather died to celebrate Grandpa's life. We opened his special bottle at the funeral luncheon to toast his grandfather. As an adult, he still proudly displays that bottle and the love it represents.

I made a hope tree for my neighbor Joette who was dying of cancer. Joette loved Christmas trees, and it was August. I walked the gift over to give it to her only to meet her husband Chuck in front of their house. He told me she had just passed. I gave him the tree and told him the hope was for him. Chuck kept the tree lit in his window at night, a special vigil to the love they shared.

FOR EVERYONE

This book strives to provide a wide range of affordable legacy ideas so that each person wanting to tell their story, create a lasting moment, or celebrate someone else's story, can do so in their own way. Legacy projects can take many different forms. Projects can be an individual effort, something shared with one or two loved ones or you might even involve a group. Children and adults can make legacy projects. Even the memories you make while creating your project are a shared legacy. You may choose to use an idea as displayed in the book or you may be inspired to come up with your own idea. However you choose to celebrate life, we at Rainbow Hospice and Palliative Care hope you will find the joy, peace or meaning you are looking for as your legacy idea becomes a reality.

Katie Curran Kirby

Volunteer Services Manager, Rainbow Hospice and Palliative Care



NEED HELP WITH YOUR LEGACY PROJECT?

If you are a Rainbow Hospice and Palliative Care patient or patient's family member, volunteers may be available to assist you with your legacy project. If you would like to request a volunteer, please tell a member of your care team. For more information, call 847-685-9900 and ask for the volunteer services manager.

WHAT DOES THE RESEARCH SAY?

- **Dignity Therapy seems to align closely with Legacy.**

“Dignity Therapy is an evidence-based and clinically effective psychotherapeutic modality for patients who are classified as terminally ill. Illnesses that are irreversible may lead to loss of autonomy, severe physical pain, and challenging existential and spiritual experience, all of which contribute to disintegration of a patient's sense of self... Harvey Chochinov, a Canadian psychiatrist who specializes in palliative care, is widely credited with putting forth the theory behind—and the practice of—dignity therapy. At its core, it offers patients an opportunity to speak about issues that matter to them most as well as about aspects of their lives for which they wish to be remembered...Dignity Therapy offers a clinically meaningful way to restore and promote essential yet fragmented or eroded elements of the self and yields creative documents that survive the death of the patient.” - Shapir Rosenberg, *Dignity Therapy*

One study notes...*“patients reported that Dignity Therapy was significantly more likely to be experienced as helpful, improve quality of life and sense of dignity, change how their family sees and appreciates them and be helpful to their family.”* - Harvey Max Chochinov, MD, Linda J. Kristjanson, PhD, William Breitbart, MD, Susan McClement, PhD, Thomas F Hack, PhD, Tom Hassard, PhD, Mike Harlos, MD, *The effect of dignity therapy on distress and end-of-life experience in terminally ill patients: a randomised controlled trial*

- **Scrapbooks and other simple projects bring value to many. Researchers, for instance, found benefits to scrapbooking:**

“We examined the efficacy of an innovative family-based intervention designed to decrease caregiving stress and increase family communication among individuals with chronic, life-limiting illnesses and their family caregivers. Intervention caregivers showed reduced caregiving stress in comparison with control group caregivers, who showed increases in stress. Intervention patients reported decreased breathing difficulty and increased religious meaning. Caregivers and patients reported greater social interaction on the part of the patient. All participants in the intervention group initiated a Legacy activity and reported that Legacy improved family communication. Legacy interventions hold promise and are simple to implement.” Rebecca S. Allen, Ph.D., Michelle M. Hilgeman, M.A., Margaret A. Ege, B.S., John L. Shuster, Jr., M.D., and Louis D. Burgio, Ph.D., *Legacy Activities as Interventions Approaching the End of Life*

- **In her article, *Making Memories Last: The Art of Legacy Work*, Wendy Griffith, L.C.S.W., University of Texas MD Anderson Cancer Center notes,**

“Your legacy project could take any form. Elaborate or simple all are meaningful.

A scrapbook (with pictures/keepsakes related to a particular time in your life, a loved one, a favorite vacation destination, etc.)

A collection of your favorite recipes

A blanket made out of your favorite T-shirts or other fabric items

A life review worksheet

Handprints of you and/or your loved ones in plaster

A video montage (of your best advice, cherished memories, stories about your family history, etc.)

Cards written or gifts purchased for a future birthday, holiday or special occasion

A poem or a song created specifically for your loved one(s)”

- **Katherine C. Nordal, PhD on APA’s March 2011 post on Your Mind Your Body Blog, suggests that**

“mourning the loss of a close friend or relative takes time, but research tells us that it can also be the catalyst for a renewed sense of meaning that offers purpose and direction to life.” She provides strategies that may help grieving individuals come to terms with loss, including one that speaks to legacy work: *“Remember and celebrate the lives of your loved ones. Donating to a favorite charity of the deceased, framing photos of fun times, passing on a family name to a baby or planting a garden in memory. What you choose is up to you, as long as it allows you to honor that unique relationship in a way that feels right to you.”*

AUDIO LEGACY PROJECTS



Interview a Loved One Using the StoryCorps APP on Your Phone

(Source: <https://storycorps.org/participate/storycorps-app/>)

The StoryCorps APP provides the user with a sound recording and one photo.

This free mobile app puts the StoryCorps experience entirely in your hands so that you can record and archive a meaningful conversation with anyone, anywhere. The app guides users through the interview experience, from start to finish with easy-to-use tools to help you prepare interview questions, record high-quality conversations on your mobile device, and upload the audio to the Library of Congress and their online archive (if you want to share it publicly).

Overview: 5 Steps to Recording Your StoryCorps App Interview

Prepare, record, and share a conversation between you and another person.

Download the StoryCorps App

Download the StoryCorps App to your mobile device and create a free account. This account will be used to prepare, record, save, and share your interviews. You can also browse the StoryCorps collection to listen to stories that others have shared.

Partner, Prep, and Place

To record an interview, all you'll need is a partner, some prep time, and a quiet place. Your partner can be anyone you'd like to get to know better. You can choose your interview questions from question lists provided in the app, or write your own. Arrange a time when both you and your partner will be relaxed, and choose a quiet, comfortable place where you won't be interrupted.

Have a Conversation

Follow the prompts in the app to begin recording, and let the conversation flow! Listen closely, and let your chosen questions guide the discussion, not control it. Make sure you ask follow-up questions. You never know what unexpected and wonderful new things you will learn about a person—no matter how well you think you know them.

Enter Photo, Title, and Keywords

After the interview, you'll be prompted to take a selfie with your partner, and add a title, description, and keywords to your interview before uploading. Titles should be descriptive to help you keep track of your conversations. Keywords are like hashtags, making it easier for you and others to find your interview in the StoryCorps collection.

Share and Archive Your Interview

In order to allow future generations to find, listen to, and learn from the stories you and your partner just shared, you will have the option to share your recording on the StoryCorps website and have it archived at the Library of Congress. **If you prefer to keep your interview private, you can choose to only save your interview to your device and share your file directly with family and friends.**

Have more questions? Visit the StoryCorp Help Center at support.storycorps.me or email them at contactus@storycorps.org.

Detail on How to Use the StoryCorps App

(Sources: <https://www.wikihow.com/Use-the-StoryCorps-App> 1. <https://play.google.com/store/apps/details?id=com.bottlerocketapps.storycorps> 2. <https://itunes.apple.com/us/app/storycorps/id359071069?mt=8> 3. <http://storycorps.org/great-questions/> 4. <https://storycorps.me/about/getting-started/> 5. <https://storycorps.me/about/> 6. <https://storycorps.me/faqs/> 7. <https://storycorps.me/faqs/> 8. <https://storycorps.me/faqs/> 9. <http://blogs.loc.gov/folklife/2015/03/eth>)

There are four basic parts: Getting the App, Preparing for the Interview with App Tools, Recording an Interview, Saving and Sharing Your Story

NOTE: The <https://www.wikihow.com/Use-the-StoryCorps-App> site includes visuals with all of the instructions provided in this section. Visuals on this page, and the next, are examples from the site.

Get the app.

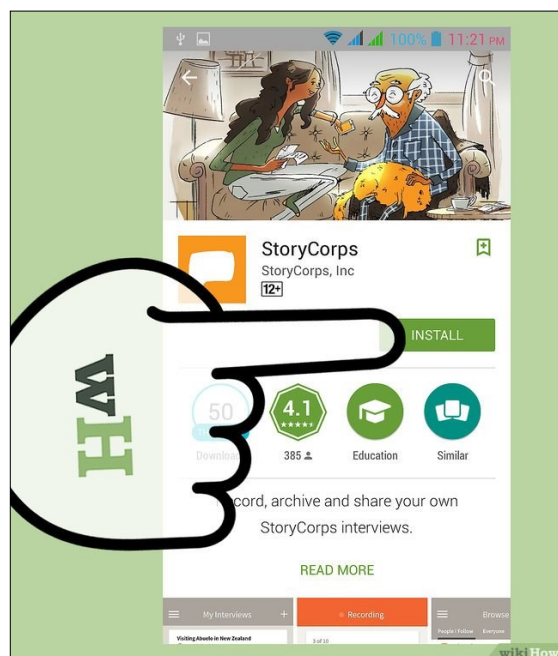
The StoryCorps app is free and available for both Android and Apple devices. If you have an Android device, get the app in the Google Play Store. If you have an Apple device, get the app in the iTunes App Store.

Download and install the free app to your device.

Tap the "Download" button on the StoryCorps app page. Accept any permission requests and follow the prompts that appear. StoryCorps will begin to download immediately. You will need a valid internet connection.

Consider signing up for a free account.

When the app finishes installing, look for the orange and white StoryCorps icon in your list of apps. Tap it to launch the app. Swipe through the introduction slideshow. At the end, you can choose whether to sign up for an account or continue without one. Use the buttons at the bottom to choose either. Both options are free.



The main benefit of an account is that it gives you a StoryCorps user profile. Other users can search for you and follow you to receive updates when you upload content — just like on Instagram and similar social sites. If you don't like this idea, you still have all the main app features without an account. There are also several minor features unique to account holders. For instance, when you're recording an interview, you can only "add" other users' accounts to the interview for tagging purposes if you have an account.

Use the home screen buttons to navigate the app.

When you finish the setup process, you'll be at the main app screen. The buttons you'll see here help you start using the app. These are: Plus sign in top right = Start recording a new story. See section below for step--by--step instructions. Three lines in top left = View the menu options. You will see options for browsing your own interviews, listening to other peoples', getting help, and more. You can edit your profile with the button at the bottom if you're logged in.

Choose "Prepare an interview" if you need help getting started.

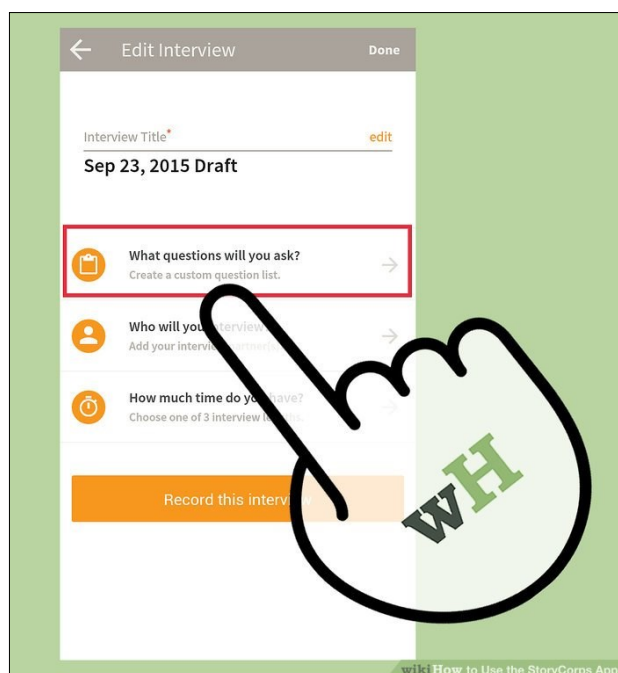
Choose this option after hitting the "+" button if you'd like some guidance as you make your first interview. With this option, you create a list of interview questions. StoryCorps can suggest questions to you if you're having trouble thinking of any. You can add your interview partner's profile to your account (only if you've signed up for one). You set an approximate time limit for your interview. Don't worry — you can go over (up to 45 minutes). If you don't need help, just choose "Record an interview." In this case, skip to the steps below about the recording process.

Make a list of questions. After selecting "Prepare an interview," choose "What questions will you ask?" at the top to start making your list. You'll see a list of sample open-ended questions on the next page. Tap on each one you like to add it to your list. When you're done, don't forget to tap "Save" on the top right. Swipe to the left and right to see different categories of questions. You'll start in the "Best Questions" category. Other options include "Family Heritage", "Love and Relationships", and more. You can write custom questions at any time by tapping "Write Your Own Question" at the top.

Use StoryCorps' tips for writing your own questions. Start out with simple questions (e.g., "Where are you from?") After ten or fifteen minutes, your subject will be more comfortable, so you can transition to more open--ended questions (e.g., "How did your hometown shape you as you grew up?"), which usually gets more personal responses. Don't be afraid to let your interview get emotional. These are deeply intimate, personal recordings — laughter, tears, frustration, and a spectrum of other emotions are welcome.

StoryCorps recommends open-ended questions for getting the most detailed, personal results from your interview. A few example questions include: What are the most important lessons you've learned in life? Is there anything that you've never told me, but want to tell me now? What was your childhood like? Did you have a nickname? How'd you get it? When did you first fall in love?

Enter interview partner information if you wish. On the preparation screen, tap the "Who will you interview?" button. On the next page you can enter the name and email address of the person you're



interviewing. This isn't required, but it's handy for keeping track of interviews. Tap "Save" when you're done. You must be signed into your account to do this. If you aren't, you'll be prompted to log in or create an account.

Choose a time length for your interview. You have three options: 15, 30, and 40 minutes. Regardless of which option you choose, the app will automatically stop recording at 45 minutes.

Pick a great interview partner. StoryCorps recordings take the form of two -person interviews. Pick someone to talk to who is close to you or who has a story you want to share. This can be almost anyone. Below are just a few examples of people you may want to consider talking to. Feel free to pick a person who is not listed: a cherished grandparent, a veteran, someone with a unique social or ethnic perspective, someone who's struggled through adversity, or someone who's truly made a difference in your life.

Find a good location for your interview. StoryCorps recommends a few measures and precautions when it comes to where you record your interview. Pick someplace quiet. The quieter, the better. Keep in mind that things like airplanes overhead and construction in the distance can be picked up quite easily. Basements can be good for avoiding these sorts of noises. Pick someplace away from other people. This should be someplace indoors where you are unlikely to be disturbed for up to 45 minutes. Pick someplace with no echo. Don't record in a large, open room with lots of hard surfaces. If you need to, you can add furniture, rugs, blankets and other "soft" objects to dampen an echo. Silence your phone and remove any objects in the room that are creating noise (like ticking clocks).

Press the "+" button to start a new interview.

(If you need help preparing questions and getting started, use the "Prepare an Interview" option.) Otherwise, just tap "Record an Interview." Record the interview, following the on-screen questions. When you tap "Record an Interview," you will go to the recording screen, but you won't begin recording right away. To start, tap the "Record" option at the bottom. Your device's microphone will activate. It is almost always at the bottom of the phone, so point this end at yourself when you're talking and point it at your subject when s/he is talking. As you start to record, you'll see cards with instructions at the top of the screen. The first will direct you to introduce yourself and get started. The rest of the cards will have the questions you chose earlier.

Use the pin and star buttons to leave time stamps in your interview. Searching for the highlights in the middle of a 30 or 40 minute interview can be difficult. Luckily, the app lets you mark them while recording so that you can instantly find them later. The pushpin button marks the beginning of a question. Press it when you start asking your partner each new question. You should see a small dot appear over the progress bar at the bottom. The star button marks especially good parts of the conversation. Press it whenever you hear something funny, poignant, revealing, interesting, etc.

Press "Done" when you're finished. Tap "Yes" to confirm your choice. You can't go back to the interview after this point. Afterward, you'll be able to see your completed interview on the main app screen. Press the big play button to listen! You'll be directed to take a picture with your interview subject while you wrap up. StoryCorps will switch to your camera app for this. **BE CAREFUL NOT TO HIT THE DONE BUTTON UNTIL YOU HAVE COMPLETED THE INTERVIEW.**

Press the "Publish" button for the interview you want to share. After you finish an interview, you'll find yourself back on the main app screen. Here, you can scroll through the interviews you've already recorded (as well as the drafts you haven't finished yet). Find a finished interview in the list and press the "Publish" button at the bottom to continue. At this point, your interview is still not public.

Enter information about your interview. On the next screen, you'll see many fields you can tap on to supply information about the interview. Only a few are required, but filling out more will make it easier for others to find your interview. If you're just keeping your interview for your own use, the information can still be helpful for future reference.

Your options are:

Interview Photo (required)

Interview Title (required)

Summary Keywords

Participants Recording Location

Choose to save your interview locally or publish it. When you're done providing some or all of the information above, you'll be asked to save the interview to your device or to digitally publish it. Saving it to your device means it will be stored for you to listen to later, but no one else will be able to listen to it. Publishing your interview puts it online, where other people can search for it and listen. Only do this if you're comfortable with others hearing it.

Saving and Sharing Your Story

When you choose to publish your interview, check the box to certify that all participants have agreed to share the audio. The upload process can take a few minutes. You'll need a steady internet connection during this time to complete the upload. To publish a saved interview later, return to it on the main app screen and tap the "Publish" button again.

Use the extra options for editing your interview later. A finished interview on the main app screen has a few additional options you can use to make changes to it. Tap the three dots in the bottom right of the interview to access these options, which are:

Listen: Self-explanatory.

Upload Full Interview: This is the same as the "publishing" process discussed above.

Edit Info: Lets you change the title, photo, participants, etc.

Create Excerpt: Lets you create a separate audio file from a single section of the interview. Drag the two dots along the progress bar to adjust the excerpt's beginning and end points.

Delete Full Interview: Self-explanatory.

Some suggestions from the Rainbow Hospice and Palliative Care team:

1. Go to the <https://www.wikihow.com/Use-the-StoryCorps-App> site for instructions that include visuals.
2. Practice with a friend before conducting your actual interview. This will help you to work out any kinks before you conduct an important interview. This is especially important if your subject is not well. They may not have the strength to give you the time to figure it out on the spot.
3. When interviewing someone, you might want to think of 8-10 questions in advance to suggest and then finalize the selection of questions with them.
4. You might want to come up with a signal that means, "Please stop the recording" such as raising a hand. Some people, for instance, might get emotional and need a moment before continuing. Don't be afraid of recording some emotion, however, as it comes from the heart and can be powerful.
5. When interviewing someone, it is helpful to stop the recording and tell them the next question. Give the subject some time to think about their answer before recording. Generally speaking, it is a good idea to stop between each question for a moment. They may want to add something to their last answer, take a break, think about the next question, etc.
6. Remember, whatever you record will be in the final version unless you know someone who has the specialized equipment and knowledge to edit the recording.
7. Place phone setting on *airplane mode* so that incoming texts or calls do not interfere with your audio.

VIDEO LEGACY PROJECTS

QUIK: Free Video Editor for Photos, Clips and Music

(Source: https://play.google.com/store/apps/details?id=com.stupeflix.replay&hl=en_US)

Create awesome videos with just a few taps. Choose your favorite photos and video clips then let Quik work its magic. In seconds, it finds great moments, adds beautiful transitions and effects, and syncs everything to the beat of the music. You can customize your story with text, music and more then easily share it with friends. Editing has never been this fast—or this fun. It works with photos and videos captured with your GoPro, phone or other device.



Add your photos + video clips

Add up to 75 photos and video clips from you Gallery, Albums, Google Photos, Dropbox, GoPro Plus or GoPro Quik Key. Quik analyzes your video clips and makes smart cuts. Or you can add HiLights to select your own moments. Quik detects faces and colors to frame each photo perfectly. You can also crop photos manually.

Choose your video style

Choose from 23 video styles, each with carefully designed transitions and graphics. Adjust the font, filters and graphics for any video style.

Customize your video

Easily record photos, video clips and titles. Trim video clips, make them play faster or slower, and frame photos to capture the perfect moment. Personalize your story with text overlays and title slides. You can add emojis. Change your video's format from cinema to square for easy sharing on Instagram. Set a custom duration for your video. Quik will adjust the cuts and transitions automatically.

Pick the perfect soundtrack

Choose from more than 80 free songs, or use a song from your own collection. Pick any point in the song to start your soundtrack. Quik automatically syncs transitions to the beat of the music.

Easily save and share your video

Save videos to your camera roll in gorgeous HD 1080p or 720p—now even in buttery-smooth 60 fps. Share your videos to Instagram, WhatsApp, Facebook and more. Or share via text or email.

Videos made for you

Rediscover your day with Flashbacks 24H—ready-to-watch videos of your trips, friends and adventures created from your last 24 hours of footage.

Now supports quikstories

Quik works with the free GoPro app to bring you QuikStories—awesome videos made automatically from your latest HERO5 footage.

iMovie APP

(Source: <https://mashable.com/2010/06/24/imovie-for-iphone-how-to/#X5lf.vE695qm>)

iMovie for iPhone is the official Apple application that lets iPhone users record and edit high-definition video to publish directly to YouTube or send via MMS and e-mail. The application, available for \$4.99 [iTunes link], is simple to use and yet surprisingly feature-rich for something on a mobile device.

HAND-CRAFTED LEGACY PROJECTS

In this section, instructions and photos of various hand-crafted project ideas are provided. These activities can be completed on your own or with loved ones. In general, materials used to make the items shown in the photos are readily available in your home or at your local hardware, office supply or craft store.

IDEA 1: SCRAPBOOK OR LIFE CALENDAR

Make a Scrapbook. Choose the subject of your book. You might choose yourself, loved ones, or even a special place like a family cabin. Purchase a scrapbook, plain or with various graphics, and add thoughts and memories. Possibilities include: drawings from adults or children in the family, stickers, postcards, photos, stories, poems, cards, magazine pictures, pressed flowers, recipes, hopes, dreams, favorite quotes, important beliefs or lists of things like favorite places, songs, movies. Mod Podge, rubber cement, staples or tape all work well to attach items to the pages. You could choose a theme based on a favorite book or movie. For example, a music theme might be repeated through the book if the subject is a musician. Try using an interesting calendar, even an old one, as the base for your scrapbook. Sometimes calendars already have fun photos and graphics on the pages. Be creative. For instance, you could divide your book up by seasons representing life...*Spring* represents childhood, *Summer* equals the young adult years, *Fall* illustrates the middle years and *Winter* represents life during the senior years.

IDEA 2: LETTERS AND POETRY

Write a poem or letter for someone you love. You do not have to be a professional writer or poet. Just write from the heart and your loved one will cherish it.

IDEA 3: COOKBOOK

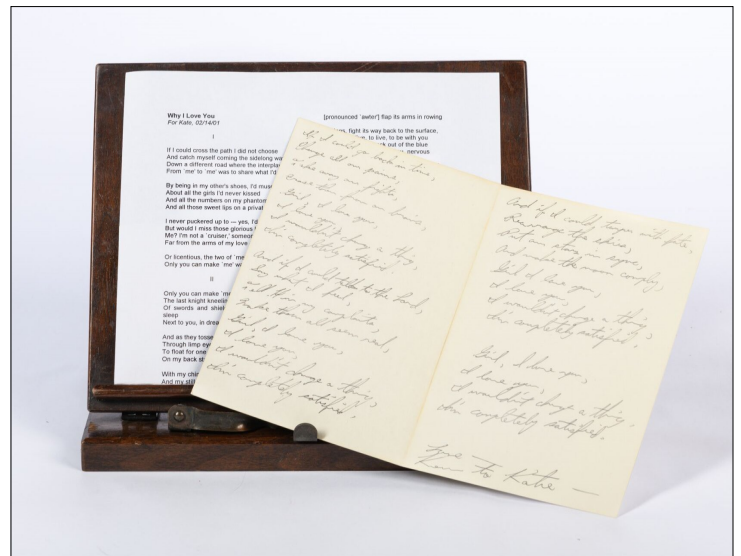
Pass on recipes and the memories connected to the special times you shared those great foods. Pass on the wonderful smell of grandma's home baked bread! To begin, find a three-ring binder at your local office supply store. It can be any size, however, if you want to type up the recipes on your computer, you might want to choose a binder that fits 8.5" x 11" pages. You can find a decorative binder or decorate the cover and interior pages yourself. Collect your favorite recipes. Make copies of the original recipes, hand write the recipes yourself or type the recipes on your computer. Place the recipes onto the interior pages and add divider sheets with tabs. Don't be afraid to add comments, photos, or memories related to each recipe on the pages. Tabs can divide the chapters into categories - appetizers, holiday favorites, soups, main dishes, casseroles, side dishes or desserts.

IDEA 4: POCKET MESSAGE CARDS OR QUOTE POSTCARDS

Place a special message or drawing on a blank business card (use both sides) or on the back of a wallet size photo. Laminate the card/photo to ensure your message is protected. Give the card to your loved one (husband, wife, child, grandchild) to carry with them always. You can also make a favorite quote card or book mark. For this project, you will use an index card (3.5" x 5") or book mark size card stock (2" x 6"). Cut out letters, words or pictures from newspapers or magazines to glue to your cardstock base or use markers to draw on the card or book mark. One creative way of adding your quote is to find each letter that is in your quote from printed paper material. Put together the letters and paste them on one side of the paper to make the quote. Use shapes and colors that you like and create a collage on the other side. It can be abstract or images related to your quote. Laminate the quote card or book mark when finished. For a quote book, make multiple cards, punch a hole in the corner of each card and attach them to a big metal ring.



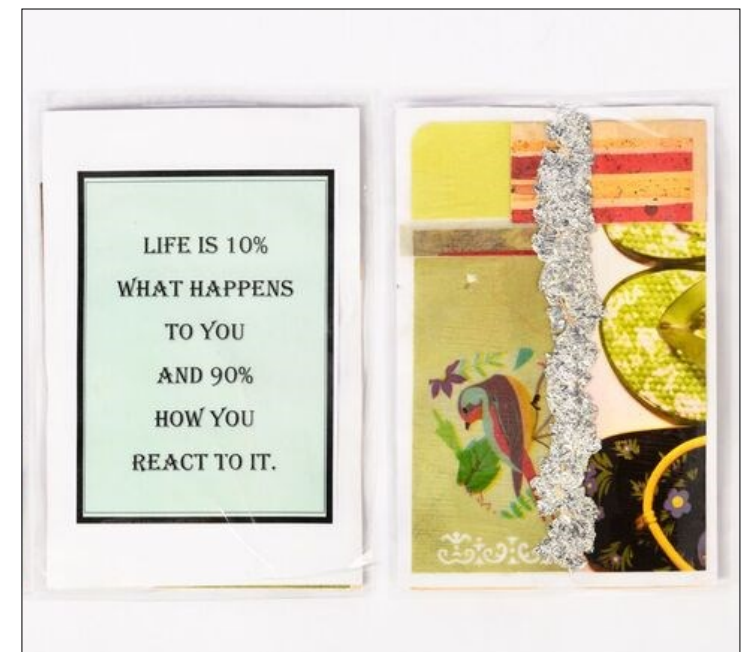
IDEA 1: SCRAPBOOK OR LIFE CALENDAR



IDEA 2: LETTERS AND POETRY



IDEA 3: COOKBOOK



IDEA 4: POCKET MESSAGE CARDS OR QUOTE POSTCARDS



IDEA 5: MEMORY LANTERN



13 IDEA 6: MEMORY BOTTLE, BOX OR COASTERS



IDEA 7: HOPE ROPE



IDEA 8: HOPE TREE



14 IDEA 9: WINDCHIME, DREAM CHANDELIER OR LAMP SHADE



IDEA 10: PORTRAIT



IDEA 11: MEMORY GARDEN



IDEA 12: THOUGHT ROCKS



IDEA 13: LEGACY ORNAMENT



IDEA 14: SPIRIT SCULPTURE



IDEA 15: LEGACY & GRATITUDE BOWLS



IDEA 16: MEMORY PILLOWS



IDEA 17: BRACELET



IDEA 18: MESSAGE UNDER CRYSTAL BALL



IDEA 19: BOBBLEHEADS



IDEA 20: MEMENTO IN SHADOWBOX



IDEA 21: MUSIC BOX OR MUSIC COLLECTION



IDEA 22: CREATE YOUR OWN LAND LEGACY GAME

IDEA 5: MEMORY LANTERN

Use Mod Podge to glue tissue paper onto a mason jar or other glass vase. You can draw or write on the tissue paper before attaching it to the jar. Add a lit candle or battery operated candle to the jar to light up the design on the lantern.

IDEA 6: MEMORY BOTTLE, BOX OR COASTERS

Select a bottle, perhaps a bottle containing the favorite drink of the person you'd like to honor or memorialize. Use Mod Podge to glue a collage of paper items onto the bottle. These items should remind you of the special person you are honoring. You can use photos, drawings or messages, magazine pictures and words, poems, stickers, and more. Give the special bottle to your loved one as a gift and have a special toast in their honor.

It is also a lovely way to remember a loved one you have lost. Perhaps grandchildren decorate a bottle in remembrance of their grandfather and the adults then use the bottle to toast grandpa at the funeral luncheon. The bottle, once open, can be used as a vase celebrating that special person's life.

Or, just as above, use Mod Podge to decorate a memory box and place special keepsakes in the box. For coasters, purchase a few small ceramic tiles and simply Mod Podge your drawings or magazine cut outs onto the tiles.

IDEA 7: HOPE ROPE

To create your Hope Rope, simply cut a piece of rope, tie ribbons or special pieces of clothing to the rope and then clip or pin photos, letters or other important keepsakes onto the rope, ribbons or cloth. Use small clips, staples, pins or clothes pins to attach items.

IDEA 8: HOPE TREE

Add miniature lights to a small grapevine, or other pre-made tree (available at your local craft store). Then, add ornaments, charms, jewelry, or tags with special messages that are meaningful to the person it honors/memorializes. If you use battery-operated lights you can hide the battery under the tree.

NOTE: You will note that many items use a product called Mod Podge. This is a clear, glue-like substance that can be used both to attach paper to items and also placed over the paper to protect it. Follow directions on the bottle for best results.

IDEA 9: KEEPSAKES WINDCHIME, DREAM CHANDELIER OR LAMP SHADE

Make a wind chime, dream chandelier or special lamp shade by attaching jewelry or other items that represent the person you love to an interesting base. Hang keepsake items on the base with fishing line or ribbon and display indoors or outside depending on the durability of the materials you've used. The base can be any item that allows you to tie fishing line or ribbon to it. Add a hook to the top of your project for hanging. Create holes in a small painted can, upside down wooden bowl, piece of drift wood, watering can or other base. Tie charms, keys, jewelry, notes on gift tags or other keepsakes to an old bicycle wheel or chandelier using ribbon or fishing line. Write special phrases on the ribbons.

If you choose to make a lamp shade, decorate the shade with markers designed to write on cloth and/or use a hot glue gun to attach ribbons or other items. You can also Mod Podge photos, letters or other paper or cloth items to the outside of the shade. If the shade is close to a hot lightbulb, be careful when selecting materials to use on the shade. Make sure materials are not flammable.

IDEA 10: PORTRAIT

Make a real life or abstract portrait of yourself or loved one. Paint on canvas or add your image to a window screen. If you aren't comfortable with drawing or painting, just add photos or magazine pictures representing yourself or your loved one to your base and paint on and around the image. Or just paint how you feel. It doesn't have to look like anything in particular. Placing your finished image on a window screen allows you to attach mementos (like small charms). Attach your charm or memento to one end of an ornament hook or a thin piece of wire and then attach the other end of the wire into the screen.

Make a cubist portrait. You will need 8.5" x 11" copy paper, pencil, eraser, and color markers/paints. It will be a more abstract self portrait. You can make a template by blowing up a selfie-type photo on your computer. Print out the photo image to fill an 8.5" x 11" paper. Place see through tissue paper or transparency film (clear sheets of plastic) over the image. On the film or tissue, use a pencil or marker to lightly trace around key shapes in your photo. You can trace just large shapes or choose to include more detail. Using a copier machine, copy the tissue paper/film line drawing onto a sheet of solid white paper. Use this as the base for your art. Use colored pencils, color markers, or paint to color in your image. Once complete, frame your portrait or Mod Podge your image to a decorative board.

IDEA 11: MEMORY GARDEN

Use interesting objects like a person's work boots, shoes or purses as planters, find or create signs that honor your loved one, create a limestone sand path and add special stepping stones to the sand, and/or add a bench or chair to your garden.

To create a limestone sand path, dig 4-5 inches or more into the earth and even out the ground or just build up by creating a 4-5 inch edge using bricks or rocks. Place weed resistant paper down where you want your path, place rocks or bricks on the path's edge, pour limestone sand into the path area (at least 4-5 inches thick), even out the sand, and finally, use a garden hand trowel to dig the spaces where you want to place your stepping stones or other items. The sand will harden slightly but not so hard that you can't change the items if you want to do so. Limestone sand is very affordable and can be purchased at landscaping or garden centers.

IDEA 12: THOUGHT ROCKS

Paint or draw with markers on stones. Add images or words. Place your stones in small jewelry bags or fancy boxes and give the stones to your loved ones. You can also add these stones to a memory garden.

IDEA 13: LEGACY ORNAMENT

Craft stores have many kinds of Christmas ornaments that open and allow you to add pieces of clothing, small notes or keepsake items inside. Tie a gift tag onto the ornament with a meaningful message. This can be a lovely activity to do with a patient. Both the ornaments and the making of the ornaments hold special memories when you take the ornaments out each year.

IDEA 14: SPIRIT SCULPTURE

Do you or your loved one have an animal you consider your spirit animal or some other thing that represents you? Maybe a flower? If so, you can purchase modeling clay and create a sculpture of your spirit image. Spray a protective glaze or surface onto your finished sculpture. Depending on the clay you use, the store clerk should be able to direct you to an appropriate product to use.

IDEA 15: LEGACY AND GRATITUDE BOWLS

Make a legacy bowl representing yourself, the bereaved or a patient. The inside of the bowl will represent who you are inside or how you view yourself, and the exterior of the bowl will represent how the outside world sees you. Select a ceramic or wooden bowl, preferably a bowl that is somewhat porous. Spray 3 coats of white gesso on the bowl. When completely dry, use water color or markers to decorate the bowl. Finish the bowl by painting over your artwork with Mod Podge or use a high shine spray glaze. Be sure to follow safety instructions on the product as some glaze products should be used outside due to fumes. These bowls are decorative only and should not for use with food. NOTE: You can create this project using a mask rather than a bowl. If you prefer.

A gratitude bowl is a bowl used to remind you of the good in your life. Decorate your own bowl, use a bowl that holds special memories for you or purchase a bowl you like. Place a stack of small decorative papers next to the bowl. Origami or scrapbooking paper cut to 2 or 3 inch squares work well. Each day, write something you are grateful for on one of the note papers and add it to your bowl. When you are struggling through tough times, this can lift your spirits.

You can also place the bowl in a loved one's room, or even at a loved one's funeral and have visitors write notes about why they are grateful for that loved one.

IDEA 16: MEMORY PILLOWS

Make a memory pillow or blanket from the clothing of a loved one. You can even add pockets to hold important tokens or relics from the person it honors.

IDEA 17: BRACELET

Make bracelets or necklaces for loved ones you will leave behind with simple elastic and beads. Add a locket or tiny cylinder. Tiny key chain "pill containers" worked well for one patient. Add a tiny photo to the locket and a tiny note or lock of hair to the container. Even easier, you could purchase chains and add just the lockets and/or tiny containers.

IDEA 18: MESSAGE UNDER CRYSTAL BALL

Be a Fortune Teller. Purchase a crystal ball, 4" in diameter or larger, online (Amazon or Ebay are good sites). Place the crystal ball on an interesting bracelet or round base. On one side of the bracelet or base, glue a piece of white cardboard cut to size and decorate the circular cardboard base with pretty wrapping paper or by adding an illustration with markers. Place the ball on the base. When you look through the crystal ball, you should see your design on the cardboard base. Then, place one or more special notes under the crystal ball in the base area. To change the "fortune", just lift the crystal ball off its base and add additional notes. Tell your special person to peer through the top of the crystal ball to view your secret message and artwork.

IDEA 19: BOBBLEHEADS

If you are looking for a whimsical, funny project to complete with or for loved ones, purchase unfinished bobblehead dolls online (from Oriental Trading Company). Use markers to decorate the bobbleheads to look like your loved ones. Use Mod Podge to add small photos of the loved one's face onto each bobble head. You can also hot glue miniatures to each bobblehead to symbolize their interests. For instance, add a miniature guitar to the bobblehead representing the family guitar player. As they say, laughter is the best medicine!

IDEA 20: MEMENTO IN SHADOW BOX

Frame something of significance. Use a shadow box frame to display a special item such as a tea cup used at all the family gatherings, a beloved stuffed animal, a favorite piece of jewelry, tokens from a favorite trip together. Give to a loved one or keep as a remembrance of someone you have lost.

IDEA 21: MUSIC BOX OR MUSIC COLLECTION

Purchase a music box with a song you and your loved one shared, decorate it if you like, and give it to your significant other to remind them of all the moments connected to that music.

Make a CD or download a song collection on an electronic or portable device. There are too many ways to do this to list them, but most electronics stores can suggest the best option for your needs.

IDEA 22: LEGACY GAME: CREATE YOUR OWN LAND

Get loved ones together and create a new land, a whimsical world where anything is possible. Answer questions about who would live in your land, where would your kingdom be, what would it look like, what jobs would your loved ones have in this new world, what special powers would you all have, what would be different from this earth, what would be the same? This will be a powerful means of learning more about each other and a wonderful memory for those involved. If you want to take it one step further, you could record the discussion, have someone illustrate your newly invented world, or just write the discussion down in story form.

Use the questions at the end of this book for ideas. Write the questions on blank business cards and decorate the cards. Take turns picking cards and answering questions. Or, just write down a list of questions and take turns answering the questions. This can be done with only one person answering the questions or can be done as a group.

IDEA 23: BUCKET LIST

Make a patient's "Bucket List" item come true. Be creative. If a person is unable to travel but wants to visit Hawaii, perhaps you can get a virtual tour of Hawaii for them to view or create a space to feel a bit like Hawaii with music, posters, food, and plants.

MEMORY BOOK: CREATE ONLINE WITH NEWLYWORDS

WWW.NEWLYWORDS.COM

Source: Newlywords website

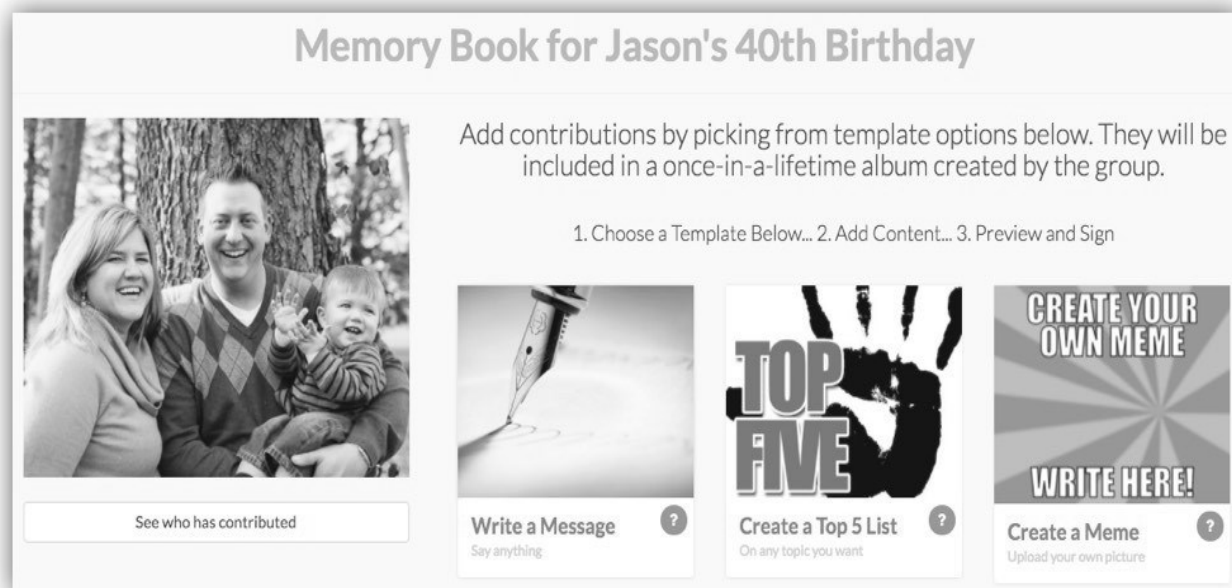
Creating your own book is surprisingly easy as everyone shares in the creation and the page layouts are already created for each page contributor! There are so many ways you can design your special page in your group book. Here are just a few ideas:

- Have each family member create a page about themselves and you have an instant book about your family!
- Have family and friends each create a page about someone you all love and give the book to that person.
- Have family and friends each create a page about someone you want to remember.
- Ask your friends to create a page with their favorite recipe, memory or favorite quotes. Now you have a book celebrating your friendships!
- There are so many possibilities!

How this Works

Step #1

In just minutes, start an online collection page to capture everyone's contribution. Invite people by sharing the link or adding their emails.



(Note: Most samples are shown in black and white in this publication, but the actual Newlywords product is in full color.)

HERE IS A SAMPLE EMAIL THAT I SENT TO MY FAMILY MEMBERS

I found that it helps to provide a bit more information specific to your project.

Hi McLennons,

I found a website called Newlywords where a GROUP can create a book together. It's really easy! **EACH PERSON CREATES THEIR OWN ENTRY/PAGE.** Let's make a book about all the family members related to Jack or Marge McLennon. If we each create our own page/s about ourselves (and pages for our younger children or loved ones we want to remember), we will have a wonderful book about all the members of our family. Once complete, a downloadable copy will be FREE. A hard cover book can be purchased for \$1 a page (Once we complete the book, we will have a cost for this.)

Please create a ONE or TWO page entry for yourself by NOVEMBER 1, 2018 and encourage each family member you know to create one too!

Just click on the link below to get started. You can select from 6 different options in order to make your entry.....favorite things list, essay with photos, collage, etc. I've attached a copy of my draft entry to show you a sample.

A few ideas to get you thinking.....things you may or may not want to include:

How you are related to Jack and Marge (son, grandchild, cousin, brother?)

Your parent's names

Favorite things/people in life

Favorite quote or thoughts to live by

Favorite job or work achievement

Where you live

Hobbies, interests

Hint: If you have more than 1-2 photos to share plus an essay, make one Collage entry for the photos and one Essay entry for your essay.

CLICK ON THIS LINK:

<http://www.newlywords.com/mclennon-family>

ALSO – PLEASE FORWARD THIS TO ANY RELATIVES THAT YOU KNOW IN CASE I DID NOT HAVE THEIR INFORMATION!

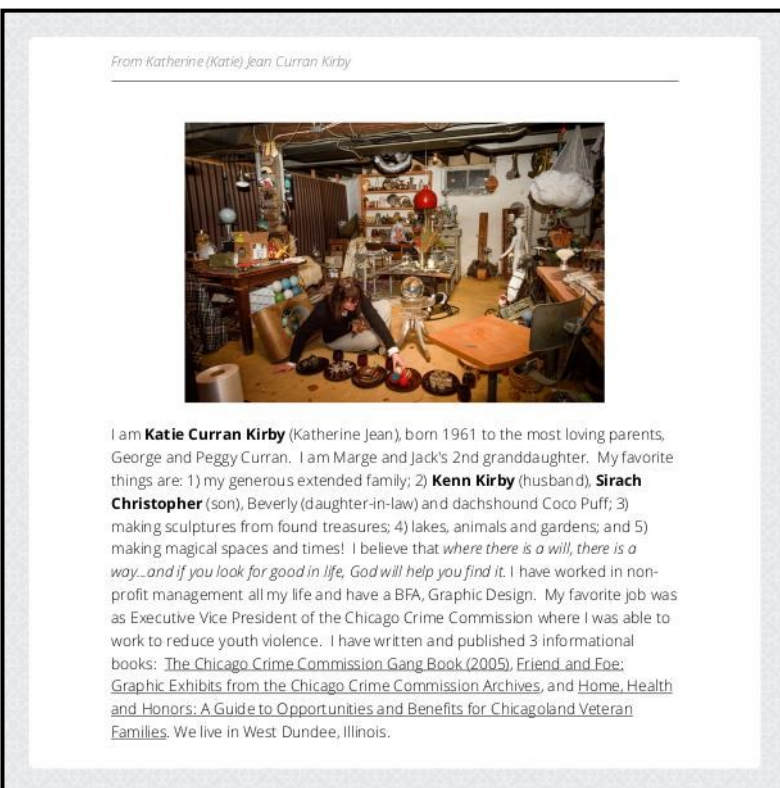
Step #2

Contributors submit memories, photos, or well wishes. Newlyword templates make contributing easy. Folks can even create a Top 5 list or meme!

SAMPLE COLLAGE ENTRY: Provided by Katie Kirby



SAMPLE ESSAY ENTRY: Provided by Katie Kirby



Top 5 List:

1. Specify a topic.2. Write your list.3. Sign entry and add picture.4. Review and submit.

My favorite things about Jason

1.

Enter text...

200 characters left.

2.

Enter text...

200 characters left.

3.

Enter text...

200 characters left.

4.

Enter text...

200 characters left.

5.

Enter text...

200 characters left.

Cancel

< Back

Next >

Step #3

Review and edit the contents. Choose either to receive an electronic PDF compilation (free) or a printed hardcover album (paid). Enjoy!



Pricing: (Pricing may change. Pricing as of February 1, 2019 is noted below.)

Digital Only: Free if you only want a PDF file. You receive a PDF to share with others or print out yourself. There is no limit to the number of contributions you can collect. No Credit Card Required.

Hardcover Album/Book: Starting at \$20. If you want a physical keepsake – Newlywords will print a hardcover album and ship it to you. \$20 covers the first 20 pages. Additional pages are \$1 each. Most contributions are one page. PDF is included. There is no limit to the number of contributions you can collect. No Credit Card Required.

Helpful Hints for Creating Your Newlywords Book

by Katie Kirby

First let me say that I found Newlywords to be very easy to use, but that may not be true for all. In preparation for training our volunteers to help our patients and their families with their legacy projects, I completed a 200-page Newlywords Book about my extended family that involved a very large number of contributing members ranging from age 2 to 84. The following are some hints for overcoming obstacles that might arise along the way.



- It is best to have at least one computer-savvy person lead the effort.
- Be sure you have the email addresses and phone numbers for the people that you want as contributors before you start. You will probably need to follow up with people multiple times and you may need to call them to explain more about what you are doing and its importance.
- Because not everyone has photos in an electronic format, you might want to plan to photograph people in advance or make a plan for how you can collect photos from the contributors and scan their photos for them. I found some photos by looking on family member facebook pages.
- You could plan a Newlywords Book party where everyone brings their photos so that you can scan and save them to your computer and you or an assigned person can help them with their written part as needed. Once the party is over, you'll have much of the information you need to add their entries for them. Those who have already completed their entry could help those having trouble.
- If there are a few people who are interested in helping you to create a Newlywords book, let them help you! I had my aunts help me by contacting each of their children and grandchildren to encourage them to either create their own entry using the link I had sent OR to send their photos and copy to me so that I could enter it for them. If you are not sure how to scan photos, is someone in your group willing to help with that?
- Some people may be overwhelmed by the idea of writing even though they would like to add copy to their entry. Do you have a person who could call these individuals, interview them and write up their answers for them? I asked my cousins to interview their young children and tell me their five favorite things. That way I had pages for even the youngest family members.
- Some contributors just assumed it would be too hard to do and so they didn't try and others, especially those who do not regularly use computers, did have trouble. Be prepared to add their photos and written copy into the book for them.
- If someone has more than 1-2 photos they want to add plus copy, it is better to create two entries from that person, one entry using the Collage option and one entry using the Essay option. The Essay option, while allowing multiple photos, spreads the photos onto multiple pages rather than allowing multiple photos on a page. It also does not allow you to crop or edit photos like the collage option.
- Newlywords is wonderful at helping you when you are not sure how to do something. Their customer service was amazing.

INSPIRATIONAL RESOURCES

In this section, you will find inspiring questions, hints to keep in mind when working with veterans, and even some advice about what to do when *legacy items* overwhelm you. Perhaps you feel a need to simplify your life but do not know how to part with items that remind you of someone dear?

Legacy Project Legacy Questions

(Source: © SV Bosak, Legacy Project, www.legacyproject.org)



The list of questions below was prepared by the Legacy Project and is wonderful for inspiring conversation and ideas. See www.legacyproject.org for other legacy idea resources.

Life Interview Questions – Childhood Life Events – Childhood

What year were you born? On what date? What day of the week was it?

Did your parents tell you anything about the day you were born?

Where were you born? Why were you given the first (and middle) name(s) that you have?

What's your first, most vivid memory?

What was the apartment or house like that you grew up in? How many bedrooms did it have?

What was your bedroom like?

Can you describe the neighborhood you grew up in?

Tell me about your parents. Where were they born? When were they born? What memories do you have of them?

Who was more strict: your mother or your father?

Do you have a vivid memory of something you did that you were disciplined for?

Did your parents have a good marriage?

How did your family earn money? How did your family compare to others in the neighborhood – richer, poorer, the same?

What kinds of things did your family spend money on?

How many brothers and sisters do you have? When were they born? What memories do you have of each of them from when you were growing up?

Did you have grandparents? Where were they born? When were they born? What do you remember about them? When did they die?

Did you have any pets?

What were you like as a child? What did you like to eat? What did you do for fun? What were your favorite toys or games? Did you ever have a secret place or a favorite hiding spot?

What did you wear?

Did you get an allowance? How much? Did you spend it right away, or save it? What did you buy?

What responsibilities did you have at home when you were young?

What kind of school did you go to? Were you a good student? What was your favorite subject? Least favorite? Who were your friends? Who was your favorite teacher and why?

Did you have any heroes or role models when you were a child?
 How did you spend your summer holidays? What were your favorite summer activities?
 Where did your family go on vacations?
 How did your family celebrate holidays (e.g. Thanksgiving, Christmas, New Year, Easter, Memorial Day)? Did lots of relatives get together? What traditions did you have year after year? What food was served? What was the best gift you remember receiving as a child?
 What did you want to be when you grew up?
 What big world events do you remember from the time you were growing up?
 What inventions do you most remember?
 What's different about growing up today from when you were growing up?
 When you were a teenager, what did you do for fun? Did you have a favorite spot to "hang out"? What time did you have to be home at night? Did you ever get into any trouble?
 Were there any phrases that were popular when you were a teenager? What did you like to wear? How did your parents feel about the way you talked and what you wore?
 When did you learn how to drive? Who taught you? What was your first car like?
 What was your graduation from high school like?
 What dreams and goals did you have for your life when you graduated?

Life Interview Questions – Adulthood, Identity

Did you go to university or college? How did you decide what you wanted to study?
 Did you serve in the military? What did you do and what kind of experience was it?
 How did you decide what you wanted to do with your life? How do you feel about that choice?
 What was your first job? What did you like or not like about it?
 What job did you do most of your life? What did you like most about it? Least?
 How did you meet your spouse? What did you like about him/her?
 How and when did you get engaged?
 When did you get married? How old were you? Where did you get married? What was your wedding like?
 What was the first big purchase you made with your spouse?
 What makes your spouse special or unique?
 How many children do you have? When were they born? How did you decide what to name each? What's your favorite story about each of your children?
 What is something funny or embarrassing one of your children said at an early age that you'll never forget?
 What's the most memorable family vacation you took?
 What do you remember about holiday celebrations? Is there one holiday memory that stands out for you?
 How did you feel about raising your children? What was the best part? The hardest part?
 What makes you proud of your children?
 How is my father/mother like me? Unlike me?
 What do you remember about me when I was born? What about when I was younger than I am now? What is the best thing about being a parent? A grandparent?
 Do you know the meaning of your family name? Are there stories about the origins of your family name?
 Have you ever had any nicknames as a child or as an adult? Where did they come from?
 How are you like your mother? Unlike her? How are you like your father? Unlike him?
 What was most important to your parents?
 Do you feel you're like any of your grandparents? In what ways?
 How are your children like you? Unlike you?
 What do you think are your three best qualities? Your three worst?
 Which do you think you have the most of: talent, intelligence, education, or persistence? How has it helped you in your life?

Do you have any special sayings or expressions?
 What's your favorite book and why? What's your favorite movie and why?
 Who are three people in history you admire most and why?
 What have been the three biggest news events during your lifetime and why?
 If you could travel into the future, would you rather see something that specifically relates to you, or something that relates to the future of the country in general? Why?
 If you could have three wishes, what would they be?
 If you won one million dollars tomorrow, what would you do with the money?
 What's the highest honor or award you've ever received?
 What's the most memorable phone call you've ever received?
 What's the best compliment you ever received?
 What kinds of things bring you the most pleasure now? When you were a younger adult? A child?
 What things frighten you now? What frightened you when you were a younger adult? A child?
 What's the one thing you've always wanted but still don't have?
 Do you feel differently about yourself now from how you felt when you were younger? How?
 What do you think has stayed the same about you throughout life? What do you think has changed?

Life Interview Questions – The Present, Aging, Life Lessons and Legacies

Do you have any hobbies or special interests? Do you enjoy any particular sports?
 What's your typical day like now? How is it different from your daily routines in the past?
 Is the present better or worse than when you were younger?
 What do you do for fun?
 Who do you trust and depend on?
 What things are most important to you now? Why?
 How have your dreams and goals changed through your life?
 What do you see? (Hold a mirror up to the person)
 What do you remember about your 20s? 30s? 40s? 50s? 60s? What events stand out in your mind? How was each age different from the one before it?
 There are some ages we don't look forward to. What birthday were you least enthusiastic about? Why?
 If you could go back to any age, which age would it be and why?
 How do you feel now about growing old? What's the hardest thing about growing older? The best thing?
 What were your parents like when they got older?
 Did you have any expectations at points in your life about what growing older would be like for you?
 How should a person prepare for old age? Is there anything you wish you'd done differently?
 Do you think about the future and make plans? What are your concerns for the future?
 If you live another 20-30 years, what will you do? Do you want to live another 20-30 years?
 What do you look forward to now?
 What's your most cherished family tradition? Why is it important?
 What have you liked best about your life so far? What's your happiest or proudest moment?
 What do you feel have been the important successes in your life? The frustrations?
 What's the most difficult thing that ever happened to you? How did you deal with it?
 What do you think the turning points have been in your life? What were you like then?
 Are there times of your life that you remember more vividly than others? Why?
 What have been the most influential experiences in your life?
 Describe a person or situation from your childhood that had a profound effect on the way you look at life.
 If you were writing the story of your life, how would you divide it into chapters?
 What, if anything, would you have done differently in your life?

What do you know now that you wish you'd known when you were young?
 What have you thrown away in your life that you wish you hadn't? What have you held on to that's important and why is it important? What "junk" have you held on to and why?
 Over time, how have you changed the way you look at life/people?
 What advice did your grandparents or parents give you that you remember best?
 Do you have a philosophy of life? What's your best piece of advice for living?
 If a young person asked you what's the most important thing for living a good life, what would you say?
 How do you define a "good life" or a "successful life"?
 Do you think a person needs to first overcome serious setbacks or challenges to be truly successful?
 In what way is it important to know your limitations in your life or career?
 If you had the power to solve one and only one problem in the world, what would it be and why?
 What do you see as your place or purpose in life? How did you come to that conclusion?
 What would you like your children and grandchildren to remember about you?
 If you could write a message to each of your children and grandchildren and put it in a time capsule for them to read 20 years from now, what would you write to each?

15 Things Veterans Want You to Know

(Source: PsychArmor's "15 Things Veterans Want You To Know" <https://psycharmor.org/courses/15-things-veterans-want-you-to-know/>)

When working with veterans to complete legacy projects, remember these 15 things that veterans want you to know:

- We are not all soldiers. Soldier is an Army term.
- The Reserves are part of the Military.
- Not everyone in the military is infantry.
- We have leaders at every level in the chain of command.
- We are always on duty.
- We take pride in our appearance and conduct.
- We do not all kill someone and those who have do not want to talk about it.
- We do not all have PTSD.
- Those of us that do not have invisible wounds are not dangerous and we are not violent.
- It is really hard for us to ask for help.
- Our military service changes us.
- We differ in how much we identify with the military once we leave the service.
- Our families serve with us.
- We would die for each other and we would die for our country.
- We have all made this sacrifice for one reason—to serve something more important than ourselves.



Marie Kondo: How to clear out sentimental clutter

Source: <https://www.theguardian.com/lifeandstyle/2017/jan/14/how-to-declutter-your-life-marie-kondo-spark-joy>

By Joanna Moorhead

The very personal stuff in our homes is the hardest to lose but unless it 'sparks joy in your heart', says Marie Kondo, you should get rid of it. Here she tells us seven ways to effectively deal with the detritus of family life.

Even if you're good at clearing the clutter out of your home, the sentimental stuff is always the hardest to shift: what do you *do* with those drawings your now 15-year-old did at age three, or all the Mother's Day cards you've received, or boxes of bits and pieces retrieved from your parents' home after their deaths?

The big fear we all have, says clutter-clearing guru Marie Kondo, is that if we throw away these objects we'll somehow be losing the precious memories and legacy that goes with them. Not so, says the Japanese best-selling author: truly precious memories will never vanish even if you discard things associated with them. Here she reveals the secrets to dealing effectively with the heartstring-tugging detritus of family life: the stuff we can't bear to part with, but which we know we can't keep stashing away.

1. Focus not on what to chuck, but on what to keep

When we have a clearout, most of us tend to focus on what we're going to throw away. Kondo's approach is the opposite: she says we should concentrate instead on what we're going to keep. The reason is simple: there are so many items of sentimental value, from our own lives and from our children's lives and from our parents'/grandparents' lives that it's too overwhelming a task to think about what to jettison.

2. Ask yourself of each object: does it spark joy in my heart?

This is the central message of Kondo's creed: the litmus test to whether to keep it or not is to ask yourself, does this object (whatever it is) spark joy in my heart? To work this out, you have to touch the object, and see what response that elicits inside you. "Hold each item in your hands, as close to your heart as possible," she says. "And then, pay close attention to how your body responds. When something sparks joy, you should feel a little thrill running through your body, as if your body is somehow slowly rising up to meet the item, embracing it even."

Any such object has a place in your life, says Kondo. And once you are convinced of the spark of joy, you should be able to hold on to an item with confidence. You don't need to make excuses for keeping it any more: you've proved to yourself that it's important to you. But most objects in your life will not spark this joy – and these are the ones you should part with, again with confidence because you know they don't mean enough to hold on to.

3. Make sure you're properly committed to having a tidy-out

It's crucial, says Kondo, that you don't begin to declutter until you're properly committed to it. "Unless you are truly committed, you will most likely become discouraged or distracted before finishing your tidying journey," she says.

What's more, sentimental items are in fact the *last* sort of clutter that you should clear out: Kondo recommends that you "train your tidying muscles by tidying in a specific order, and begin with the categories of items that are typically easier than sentimental items". You must tidy, she says, by category, not by location or room. "Your tidying should be in this order: clothing, books, papers, *komono*(miscellany) and then – and only then – will you be ready for your sentimental items."

4. Never leave stuff in boxes at your parents' home, or send it to them

One thing you should never do, says Kondo, is send boxes of sentimental items to your parents' home – nor should you ignore items that languish there long after you've moved out. Why not? Because, quite simply, you're cluttering up your parents' lives – and that's unfair. Having tons of your stuff around your parents' home makes it much more difficult for them to put their own house in order; something many people have a desire to do as they get older. And what's more, says Kondo, boxes sent home are never actually opened.

5. Make a plan for taking care of the precious early items from your children's lives

That first baby gown; the artwork he brought home from his first term at nursery; the Mother's Day and



Father's Day cards she made you when she was in primary school. These are the easy items to decide about. The trick, says Kondo, is not merely to keep them, but to display them in some way that they will bring you pleasure as you go about your daily life – and they will bring pleasure to others who visit your home, too. Baby clothes, she says, can be displayed as art, hung in a frame or displayed in a creative way. "If you bundle them into a drawer thinking, 'maybe some day I'll return to them,' then I doubt they spark joy in you, and they are taking energy away from other items that do spark joy for you," she says.

If your instinct is that you want to keep more of your children's artwork than is viable, you can always take photos of it before you throw it away. Another tactic is to decide on how many items you will keep, and stick to that number. And of course, the ideal thing to do with your children's art is to put it on show: hang it on the wall, frame pieces you hope will last for a while, share it with visitors. And when the time comes to discard it, says Kondo, you should thank it for helping your child to grow, and let it go without guilt.

6. Say farewell to precious items that belonged to your dead parents or grandparents

If an item no longer sparks joy, but it has a sentimental attachment connected to it, you should always bid it farewell in a way that respects what it has meant to someone in your family in the past. If it's an item that you know was important and meaningful to a parent or grandparent, now dead, or if it represents them to you, Kondo says you should thank it for the service it has done and the role it has played in your family's life. "Giving sincere thanks to an item will significantly reduce or even eliminate any guilt you may feel when you decide that you will no longer have it in your home," she says. "I understand that for some people it may seem strange to thank items, but if you try it you'll be surprised by its effectiveness. Keeping an item beyond the time it sparks joy for you will only diminish the care and appreciation you have for the other items in your life."

7. Tidy photographs together as a family

Tidying your family's photos should be the final stage in your journey to clear the sentimental clutter in your home, says Kondo. She recommends that you collect all the photos you have around the house: remove them from their albums. Next, lay all the photos on the floor according to the year or period in which they were taken. The trick with photos is to be ready to let go of any that are similar, or are of scenes you don't really remember. If you have several photos from the same day, choose only the best one. The basic approach to negatives, says Kondo, is simple: get rid of them all. Another good rule of thumb is: only hang on to pictures in which you, or the person you care about in them, is looking good.

With digital data the same principles apply: choose what you want to keep, not what you want to discard – you'll never finish the job, says Kondo, if you try to decide which ones to erase when there are so many possibilities. She suggests you start by making a new folder in your computer, and then move all the images you choose to keep into this folder.

Sorting out photos is, Kondo believes, probably the happiest tidying job ever – especially if you do it altogether as a family, inter-generationally if possible. Laughing and talking together about your memories will make it fun – and seeing images of your family across many years, and perhaps across generations, will help you make sense of your story, as well as bringing a note of acknowledgement about what each generation has done for the next, all the special days, the ordinary days, the big occasions: the births, and the people who have died, and the different places where you all lived and holidayed. And what it gives is what all clutter-clearing should give: the chance to relive wonderful memories and to respect and honor your family history, while putting your life into order so you can fill the present with the things that matter, and that bring you happiness in the moment.

Spark Joy, the life-changing magic of tidying up and other books by Marie Kondo are available on Amazon.

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