



Hospice Happenings

Memories of a Lifetime

The wonderful people at Northern Savings Credit Union have been very generous with a donation to go towards our amazing new program called MEMORIES OF A LIFETIME. We have cameras, tripods, software and Volunteers all lined up.....we just need you.

This is a legacy gift for those who will miss you when you are gone.

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. It will give you a chance to celebrate your life journey and to share reflections on your life as only you can tell it. It might even give you a new perspective as you look back through

the lens of wisdom and distance.

You can be as creative as you wish. These are *your* memories. This could include family history, cultural traditions, songs, poetry or music. You could add your favorite apple pie recipe and talk about who you got it from. You could share stories about trips you have taken and we can embed pictures and maps into the video. You could talk about your hobbies or 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 list of sample questions to get your creative juices flowing. Once you decide which topics you would like to discuss, an interview will be

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.

What a beautiful gift.

Abiding by the current covid rules, we are able to offer this program in the comfortable setting of our office or we can come to you. Wherever you may feel more comfortable.

The sustainability of this program comes from training hospice volunteers to provide this service. Community support comes from local donations both monetary and in-kind. We do not charge for this service, but we welcome donations.

**Call to set up an appointment –
250-635-4811**

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



Terrace Hospice Society <http://terracehospice.org/>

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