

# LIFE RECORDED

A Project Inspired by StoryCorps

This project is made possible by

generous donations from:

The Jayne and Phil Hubbell Family



Elm & Carlton Streets | Buffalo, New York 14263

[www.RoswellPark.org](http://www.RoswellPark.org)

1-800-ROSWELL (1-800-767-9355)

A National Cancer Institute-Designated Comprehensive Cancer Center

A National Comprehensive Cancer Network Member

A Blue Distinction Center for Complex and Rare Cancers®

A Blue Distinction Center for Transplants®

Pastoral Care Department  
716-845-8051

## A STORYTELLING WORKSHOP for Healing Oneself and Helping Others

*with* Lorna MacDonald Czarnota and Karima Amin

Saturday, April 28 | 8:30 a.m. - 2:30 p.m.

**LIFE RECORDED**

A Project Inspired by StoryCorps

Roswell Park Comprehensive Cancer Center

Pastoral Care Department

716-845-8051



THIS WORKSHOP IS IDEAL FOR YOU IF...

... you know there's a story inside you, but you're not sure how to express it.

... someone has told you that they love you.

These people want to hear more about your

perspectives and experiences.

... you think you don't have a story to share.

Everyone has a unique and valuable story that

contributes to humanity.

... you'd like to reinforce your dreams and review

your growth as you move toward your goals.



# Hello!

Each one of us has a uniquely inspiring path in life that has brought us to where we are today. Every life is remarkable. It's easy to say this about others, but how often do we stop to recognize this about our own lives? Allow yourself to be heard and speak your truth! Life Recorded provides Roswell Park cancer patients, survivors and caregivers of all backgrounds and beliefs with the opportunity to share, record and treasure stories, memories and insights.

This workshop can be a helpful stepping stone for you as you consider capturing your story with Life Recorded. I will be on hand at the workshop with our program's volunteers should you be interested in finding out more about how you can participate. Recording is not required of workshop participants, although we do hope you'll walk away with a deeper understanding of how storytelling can be supportive in your life.

Sincerely,

**LIFE RECORDED**

A Project Inspired by StoryCorps

Alicia J. Larson, MA

Life Recorded Project Coordinator

## *What to Expect*

### **THIS INTERACTIVE WORKSHOP...**

is for Roswell Park patients, cancer survivors and caregivers to support and guide them in how to express the stories of their lives. Storytelling is an empowering and cathartic experience for people of all backgrounds and belief systems. Since the beginning of time, we have shared our stories with one another – all with the goal of learning, healing, mentoring and connecting.

## *Workshop Takeaways*

### **SPEND A FEW HOURS WITH US AND YOU'LL WALK AWAY WITH:**

- A thorough understanding of what storytelling is and how to use it for personal growth and supportive testimony.
- Knowledge of how to construct and verbalize a story, using the "storyteller's toolbox."
- Practical experience in storytelling, using fictional components.
- An outline of your own story and a strong sense of your role as the hero within your own personal narrative.



# Storytelling Teachers



## LORNA MACDONALD CZARNOTA

is an award-winning storyteller and author, recognized in national and international storytelling communities for her healing story work.

### About Lorna

- She is the founder and executive director of Crossroads Story Center, Inc., a not-for-profit for reaching at-risk youth through story.
- Three of her books have been honored with the Storytelling World Award.
- Lorna serves as an advisor to the Board of Directors of the Healing Story Alliance, for which she was co-chair for five years.
- She is the recipient of the Oracle Award from the National Storytelling Network.
- Locally, Lorna produces a monthly Storytellers Café.
- She was awarded the 2005 Volunteer of the Year award from Hopevale Incorporated.
- In 2004 she was nominated for the Univera and United Way Community Hero Award.
- In 2017, Lorna was voted one of six Women Who Move the City by Big Brothers, Big Sisters.
- Lorna holds a bachelor's degree in Creative Studies for Young Children, a master's degree in Special Education, and certification in Trauma Counseling.
- She is a breast cancer survivor and Roswell Park patient.



## KARIMA AMIN

holds a bachelor's degree in English/Secondary Education and a master's degree in Urban Education/Curriculum Development from the State University of New York at Buffalo, which named her "Distinguished Humanitarian of the Year" in 2009. Over the last 40 years, she has earned numerous Community Service awards.

### About Karima

- With 24 years in public school education to her credit, and more than three decades of storytelling, Karima provides performances, workshops, keynotes and author visits to promote literacy, increase cultural awareness, enliven staff development, and improve human relations.
- Her voice is very familiar in the community where she has shared fables on local radio (WBLK-FM) for a decade.
- Karima is a co-founder of "Spin-A-Story Tellers of WNY" and "Tradition Keepers: Black Storytellers of WNY."
- In 2002 she went to Senegal, West Africa to share African American folktales on Goree Island at the "Family Reunion Arts Festival."
- Her most recent stories in print appear in "The Adventures of Brer Rabbit and Friends," "African American Children's Stories: A Treasury of Tradition and Pride," and "My First Treasury: Grandma Loves You."
- Karima is a recipient of the Parents Choice Foundation Gold Award and Storytelling World honors.
- In 2012, Karima received the Zora Neale Hurston Legacy Award from the National Association of Black Storytellers, Inc., for striving to preserve and perpetuate the art of storytelling.
- Karima was a caregiver to her father who battled nasopharyngeal cancer. She also supported her mother through her pancreatic cancer journey.



# Program Agenda

8:30 a.m. **Check-in and Light Breakfast**

9:00 a.m. **Session I: “What is Storytelling – and Where is My Story?”**

The History of Storytelling  
Types of Storytelling  
A Storyteller’s Toolbox

10:00 a.m. **Small Group Discovery: “The Spoken Story”**

What Does a Story Need?  
Bringing a Story to Life

10:30 a.m. **Whole Group Activity: “Let’s Tell a Story”**

Building a Story from the Ground Up

11:00 a.m. **Session II: “I Have a Story to Tell”**

Creating a Sand Mandala



12:00 p.m. **Lunch**

1:00 p.m. **Session III: “My Hero’s Journey”**

The Determined Storyteller

2:00 p.m. **Closing Remarks: “Share, Record & Treasure Your Stories”**

Roswell Park’s Life Recorded Program

## Location

### ROSWELL PARK COMPREHENSIVE CANCER CENTER

Research Studies Center

Gaylord/Cary Meeting Rooms

Elm & Carlton Streets | Buffalo, NY | 14263

*Please enter through the Carlton Street door.*

### FREE PARKING IN THE ROSWELL PARK PARKING GARAGE

Enter through the Carlton Street gate and pull a ticket. We will

validate your parking at check-in. Exit the parking garage through the

Carlton Street gate and hand your validated ticket to the attendant.

## Registration Form & Information

### THIS WORKSHOP CAN ACCOMMODATE 50 INDIVIDUALS.

Please return this registration form with payment as soon as possible to reserve your spot. Registrations will be held on a first come, first served basis.

**NAME**

---

**ADDRESS**

---

**CITY**

**STATE**

**ZIP**

---

**PHONE**

---

**EMAIL**

---

☐ Roswell Park Patient/Cancer Survivor ☐ Caregiver of Roswell Park Patient/Cancer Survivor

**REGISTRANTS WITH DISABILITY:** If you have a disability, please describe any auxiliary aids or services you may need (identified in the Americans With Disabilities Act). Please notify us by April 11, 2018.

**GLUTEN-FREE:** Please let us know by April 11, 2018 if you maintain a gluten-free diet. We’re happy to accommodate for our light breakfast and lunch.

**REGISTRATION FEE:** \$5 per person due by April 11, 2018. This fee helps offset our costs, which include free parking in the Roswell Park Ramp, light breakfast, lunch and program materials.

**Please make checks payable to Pastoral Care/Roswell Park Comprehensive Cancer Center and mail with this Registration Form to:**

Beth Lenegan, PhD, Department of Pastoral Care  
Roswell Park Comprehensive Cancer Center  
Elm & Carlton Streets, Buffalo, NY 14263

### QUESTIONS, PLEASE CALL:

Department of Pastoral Care at (716) 845-8051

### REFUND POLICY:

April 11, 2018 is the last date for registration cancellations. Thank you for letting us know if you can’t make it so that we can offer your spot to another Roswell Park patient, cancer survivor or caregiver.