



## EVERYONE HAS A STORY:

### WHAT'S YOURS?

A cancer diagnosis can really make you stop and think about your life – it's meaning, it's value and it's purpose. Every life is remarkable. It's easy to say this about others, but how often do we stop to recognize that our own lives are worthy of attention? Allow yourself to be heard and speak your truth!

### YOUR STORY

Life Recorded gives you the opportunity to bring loved ones together to share memories, thoughts, advice and insights. Your story can tell others where you've come from, who you are and what your hopes and dreams are. You can express how you feel at this time in your life or you can focus on another time.

It's up to you!

## YOU'RE SO MUCH MORE THAN YOUR CANCER DIAGNOSIS

Each one of us has a uniquely inspiring path in life that has brought us to where we are today. Capture this moment, as well as memories from yesterday, or long ago. Give yourself the gifts of insight, healing and hope – with a side of love and laughter!

Here's what some of our past participants have said:

"There was a time when I wouldn't have [done something like this], but as I grow older, I realize that everyone does have a story and it's worth sharing." - Cheryl

"My recording is something I can show myself to remember how far I've come. I hope that my story and what I went through helps others."

- Laura

"Very cathartic. I let go of built up feelings." - Eric

"I wanted to focus on the positive experiences in my life."

- Julie Ann

"I wanted to leave a message for my children." - Kelly

"I wanted to be remembered for generations to come."

- James

## LIFE RECORDED

This project is made possible by generous donations from:

The Jayne and Phil Hubbell Family



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Pastoral Care Department  
716-845-8051



## SHARE, RECORD AND TREASURE YOUR STORIES



## LIFE RECORDED

A Project Inspired by StoryCorps

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## WHAT DOES A LIFE RECORDED SESSION LOOK LIKE?

Each 40-minute audio or video recording features a “cast” of three characters:



### THE STORYTELLER

This is all about you. What do you want to share with others who may be traveling a similar path in life? What do you definitely know for sure and what are you still working out? How do you see the world and how have your family members and friends helped shape you into who you are? Who do you love? Who is your best friend? What makes you hopeful? Express yourself freely and perhaps discover something new about yourself.



### THE INTERVIEWER(S) (OPTIONAL)

This role is for family members, caregivers, friends, co-workers, neighbors, or any other special people in the lives of the storyteller. With one or two interviewers, the session is an intimate conversation. Add a few more people, and it can become a family bonding activity or a way to mark a milestone celebrated by friends.

### THE FACILITATOR

It can be difficult to know what questions to ask or where to go next with your recorded conversation. Thanks to our friendly and professionally trained facilitators, you will have an expert and compassionate guide as you experience the positive benefits of storytelling and listening. Your facilitator will also help you get ready for your recorded conversation and they will be happy to answer any questions you may have along the way.

### CHOOSE YOUR RECORDING “STUDIO”

- RPCI’s Pastoral Care Center & Meditation Chapel
- Your In-patient Room
- At Home
- Community Settings (Your Church or Gathering Space)

### COPIES OF YOUR RECORDING

This is our gift to you. Request as many copies/formats as you’d like!

- CDs of Your Audio Recording
- DVDs of Your Video Recording
- Thumb Drives with Your Audio or Video Recording
- Digital File of Your Audio or Video Recording Sent to You Through the MyRoswell Patient Portal

