



## 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 recording 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 choose whether to keep your recording private and just for yourself, or whether or not you'd like to share it with others.**

## YOU ARE SO MUCH MORE THAN THE CANCER

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*



*Please Join The*

**LIFE RECORDED**

A Project Inspired by StoryCorps

**Narrative Recording Collective**

"Where your individual voice becomes a part of the Roswell Park community story.\*"

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Made possible by

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The Jayne and Phil Hubbell Family



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www.RoswellPark.org

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

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**Spiritual Care Department**

716-845-8051



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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 sharing your voice. 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 AUDIO/VIDEO RECORDING “STUDIO”

- Your Home
- Your In-patient Room
- Community Setting: A Private Space Where You Celebrate Your Spirituality
- One of Our Recording Spaces on Roswell Park’s Downtown Campus

### COPIES OF YOUR RECORDING

Your recording 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

*\* Your recording can be just for yourself, or you may choose to share it with loved ones. Only with your permission, we may share a brief clip of your recording to inspire others.*

### WHO’S INVITED TO RECORD?

We welcome all Roswell Park patients, caregivers, employees, students, volunteers, blood donors, fundraisers – the list goes on! All you need is to be a part of the Roswell Park community.

**Call us at 716-845-8051  
or register online at  
[RoswellPark.org/spiritual-care/life-recorded](https://RoswellPark.org/spiritual-care/life-recorded)**