

Making memories is about leaving a legacy. It can take many forms, but it is about creating or sharing something of yourself for your family or friends that will be special for them in the years to come. Leaving a legacy gives your loved ones something tangible to hold on to, something that can provide healing and comfort year after year and generation after generation. It's a reminder of who you were, what you loved and what was important to you. This brochure has a few ideas of the sorts of things you can do.

### Ideas for memory making

- ◆ Tell your life story (*see our Biography Service Brochure*)
- ◆ Write letters to family members or an Ethical Will [www.celebrationsoflife.net](http://www.celebrationsoflife.net)
- ◆ Handprint paving stones
- ◆ Do art work or a collage of things important in your life, or use wordle.net to create a 'word cloud' for your family members
- ◆ Compile a CD of your favourite music
- ◆ Write a song or a poem
- ◆ Have a family portrait taken



- ◆ Make a memory quilt / cushion / teddy bear. You can use material from a shirt, dress or ties etc. or look at Heartstring memory bears [www.thehire.co.nz/keepsake-memory-Bear](http://www.thehire.co.nz/keepsake-memory-Bear)
- ◆ Write about family treasures or heirlooms

- ◆ Put a favourite photo on to mugs, plates, coasters etc.
- ◆ Genetic Mapping - National Geographic's 'genographic project' or [www.ancestry.com.au/dna](http://www.ancestry.com.au/dna) or [www.myheritage.co.nz](http://www.myheritage.co.nz)
- ◆ Memory jar filled with quotes, thoughts and messages to loved ones or conversation starters
- ◆ Handprints in plaster [www.momentoes.co.nz](http://www.momentoes.co.nz)
- ◆ Video montage of your best advice, most cherished moments, stories about family history etc.
- ◆ Attach a stkr.it story patch from [www.kiwithreadz.com](http://www.kiwithreadz.com) to a family treasure or something e.g. Teddy bear / quilt with a voice message or short video





**HOSPICE IS...**  
*about quality of life*

**AT AROHANUI HOSPICE**  
our vision is to ensure that  
all people with life-limiting conditions  
**LIVE WELL AND DIE WELL**  
irrespective of their condition or care setting

**CARING**  
*devotion* RESPECT  
COMPASSIONATE  
**FAMILY sharing**  
HOPE + PEACE + LOVE  
*a chance to live fully*  
comfort **dignity**

*support and advocacy*  
**REWARDING**  
*gracious soothing*  
specialised *unique* safe  
**LIVING EVERY MOMENT**

*Memories*  
are special moments  
that tell our  
*Story*

## Making Memories



**For further information or assistance  
please contact:**  
Day Stay Coordinator  
Arohanui Hospice

### Arohanui Hospice

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A memory is a photograph taken  
by the heart to make a special  
moment last forever...

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[www.arohanuihospice.org.nz](http://www.arohanuihospice.org.nz)