

In 2002, resolve to share, preserve those family memories

Daily Herald - Friday, December 28, 2001

Author: Laura and Shawn Ehrke

Why not make a New Year's resolution that will benefit your family now, and in the future? Sharing and documenting favorite memories will preserve a treasured gift for generations to come.

Joyce Palmquist, Barrington Area Council on Aging executive director, recently attended the International Reminiscence and Life Review Conference in Chicago, and gained insight into the field of reminiscence and life review.

"It can promote self-understanding, preserve personal and collective history, transcend the material world and physical limitations, allow for identification of universal themes of humanity, and reinforce past coping mechanism," Palmquist explained.

The council on aging and the Barrington Area Arts Council have collaborated on a project to encourage older adults to reflect and share their personal stories. The program, "Storytelling: Tales of Life - Yesterday and Today," will be from 9:30 a.m. to noon the third Wednesday of the month at the arts council gallery.

The next session will be Jan. 16. Prior attendance is not required, and the program is free. Call the council on aging at (847) 381-5030 or the arts council at (847) 382-5626 for information or reservations.

With family gathering for the holidays, this is an ideal time to host your own storytelling sessions. Palmquist suggests starting by gathering together and reviewing old photo albums, to cue stories of times past. Tape recording or videotaping these dialogues add an extra dimension, by capturing the voice along with the words.

A resource Palmquist has found helpful is "To Our Children's Children: Preserving Family Histories for Generations to Come," written by Bob Greene and D.G. Fulford. In the book, sample questions to stimulate conversation include: Is there one particular holiday you remember especially well? Why? What were some of your family traditions? Do you remember any firsts from your childhood - first trip to the movies, first home, etc.?

We wish you all the best for 2002!

Edition: C3,C8

Section: Neighbor

Page: 1

Column: Barrington

Record Number: 560968

Copyright 2001 Daily Herald