

# ONE WORLD. MANY STORIES.



Legacies, LLC | Personal, Family & Organizational Historians

2024



***Someday, no one will remember what I remember.***

Donald Hall | Essays after Eighty

## EVERYONE HAS A STORY

We live in a remarkable age when information is available in overwhelming abundance. At the same time, we're less in touch with the histories and legends of our own families. Not only are our elder's links to a treasured past, but each new generation also acts as a gate-keeper to that past and to an unknown future. What happens when a loved one can no longer mentally or physical share those memories?

The sole mission of Legacies, LLC is to help families capture their stories. In that effort, we provide a range of direct services, in addition to a variety of programs and workshops that focus on the telling, capturing, and preserving of stories, designed for specific audiences, formats, timelines and ability. Take a look inside. There is plenty to choose from. If there is specific topic or content you have in mind, don't hesitate to ask.

Welcome to Legacies.

*Mary Patr icia Voell*

## KEYNOTE PRESENTATIONS

### Timelines. Storylines. Lifelines. The Healing Power of Storytelling

The amazing resiliency of the human spirit often means that out of pain and sadness come humor, hope and healing. Learn about the power of telling and capturing the story along with the characteristics of storytelling which teach us about the reasons why we tell stories. This program engages the audience in learning the benefits to self and the value to others in sharing one's family stories.

### Don't Let the Singing Stop

We live in a remarkable age when information is available in overwhelming abundance. At the same time, we're less in touch with the histories and legends of our loved ones. What happens when a loved one can no longer mentally or physically share their earlier life? Stories make us who we are. To insist on only end-of-life stories negates a lifetime of experience where the dementia experience clouds our full image of a person, making one life chapter become the only chapter. Through story and song *Don't Let The Singing Stop* celebrates lives lived suggesting engaging approaches to gather and preserve stories through the various stages of the time-robbing, story-robbing, life-robbing diseases that surround us for in the end, only the stories survive.

### Genealogy & Cognitive Health

The excitement over genealogy offers more than overwhelming files of names and dates. On-going evidence suggests the health benefits derived from mining the past. From improvement of cognitive function, bonding, decision-making ability, empathy, spatial awareness, and vocabulary are just a few of the positive outcomes derived from the study of our ancestral roots.

### Through Their Eyes | A Closer Look at Empathy for Volunteers, Family & Professional Caregivers

"You never really understand another person until you consider things from his point of view - until you climb inside of his skin and walk around in it." These words from *To Kill a Mockingbird* greatly impact our volunteers and those they support. *A Closer Look* discusses the scientific research, literature, definitions, and distinctions of empathy. *Through Their Eyes* reminds us to see the person behind the eyes, the hidden worlds that open as we explore the understorey of those in our care.

### From Isolation to Participation.

### Celebrating Life through the Creative Arts

Our present landscape bursts with creative activities to engage, quiet and find meaning for those living with dementia and other life robbing diseases. Explore ideas to help others express themselves, find balance and meaning, provide a sense of freedom and growth, connect with others, and provide opportunities to have fun, laugh and enjoy life.

## INTERGENERATIONAL STORYTELLING & SHARING

### IT'S A FAMILY AFFAIR

*Stories for Big People | Stories for Little People | Stories for Everyone In-Between*

Many families have every intention to capture the stories of a loved one yet are unable to craft and consistently continue the process. Time constraints, lack of confidence or amount of information hinders progress. **It's a Family Affair** is a win-win for all when parents and grandparents tell their tales; adults & teens inquire and record; kids bring new questions and learn about their living ancestors.

This six week series is designed as an inter-group (between families), and intra-group (within families) format. It is intended to be held on a regularly scheduled weekend or evening (i.e., Friday Night Story Night) where storytellers, listeners and writers of all ages come together in a group setting to listen, gather, and record stories that may soon be gone and forgotten. Take the time together to capture the story of a life well lived.

## INTERGENERATIONAL STAND-ALONE PROGRAMS

- **Making Music Together.** Intergenerational choral music making ensemble.
- **If I Knew Then What I Know Now.** Notes to my younger self. Notes to my older self.
- **A BIG Picture is Worth a Thousand Words.** Ever improving technology provides all sorts of ways to bring the pictured story to life on the big screen.
- **Thingamabobs, Gismos & Doohickeys.** From antiques to new technology, sharing the old time contraptions and new-fangled gadgets brings knowledge, awareness and appreciation to all.
- **O Happy Day.** Smiles and laughter shrink the generation gap through song, story, and silly sayings.
- **Grandpa, Tell Me That Story Again.** Capturing the tall tales of a generation via the tools of today.
- **Beyond These Walls.** Skype Intergenerational Storytelling.
- **Once Upon A Time So Long Ago and Far Away.** First-hand history lessons.



## COMMUNITY WORKSHOPS

### Let's Get Started ... Capturing Your Family Story



Libraries

Historical  
Societies

Senior Centers

Genealogical  
Societies

Community  
Centers

## LIFELONG LEARNING | ADULT EDUCATION

*Legacies' "Let's Get Started" hands-on seminar series helps you prepare and develop the unique stories that preserve family histories for generations to come.*

### Get Started - Organizing

There are proven methods to organizing and managing your family history and genealogical work. During these hands-on workshops learn how to pull together the multitude of papers and photos to more efficiently manage, search and share your family treasures.

### Get Started - Researching

So many resources. So much information. Learn how to fine tune your research, explore on-line sources, and discover local possibilities of valuable information. This program may include field trips to local sites.

### Get Started - Writing

Writing your story or the story of a loved one is the ultimate gift that lives on far into the future. It begins with one story at a time and it's never too early ... or too late to start.



## The Making of a Family Historian - In Person / Online

There's no time to lose capturing a life or family story. There is healing and celebration, discovery and closure in this timeless expedition.

This 24 week course is a beginner's journey to organize, research, write and publish family histories. This on-line learning is designed to give beginner participants of all ages the framework and tools to tackle their own family history projects.

Four modules are comprised of four, two-hour classes per module plus a free opening class that sets the stage. The entire series is structured to be taken in its entirety or separate modules as needed.

To learn more, visit our website: [www.legaciesstories.com/classes](http://www.legaciesstories.com/classes)



Families

Moms & Dads

Grandmas & Grandpas

Caregivers

Event Planners

Educators

## Once Upon a Time Storytelling

Four simple words that conjure up times past. Share in the fun of journeying back to a time when life was simpler, food tasted – like food, and children had time for play.

## Writing Your Storied Life

Learn the act and art of family history writing through guided autobiography techniques. Discover ways to get started, keep going, and celebrate a life well lived. Explore the impact of historical context and reflect on choices and forces that shaped a life. Learn how to make history, your history come alive.

## Cover to Cover. From Interview to Manuscript to Publication

It's time to preserve your research and writing work in a keepsake book that will stand the test of time. Learn proven techniques and steps to this final outcome.

## The Best Gift

Whether you have few short stories or a complete family history, your writing can be turned into welcome gifts. In this workshop you will get ideas to creatively use family photos, memory books and more. This is a great workshop for early fall, leaving plenty of time to create lasting holiday gifts and cards.



## JUST FOR KIDS

### Be A Family Tree Detective

The love of searching should not be left to adults. Based on the book by Ann Douglas this kid-friendly, interactive program introduces kids to the wild world of genealogy and family history.





In-Service &  
Professional  
Development for  
Senior Living  
Environments

Genealogists

Family Historians

General Audiences

Funeral Homes

Someday, no one will  
remember what I  
remember.

~ Donald Hall  
Essays After Eighty

## Capturing, Writing & Preserving Stories

*With the time-robbing, story-robbing, life-robbing diseases affecting our families it is never too late to preserve the stories that lie within our reach. These 60 – 90 minute programs remind us of the many ways to mine and infuse the past, present, and future with vitality, wonder and curiosity.*

### Storytelling Through the Senses

An easy and fun way for listeners and storytellers to capture stories.

### The Keepers of the Stories

Baby Boomers are now the keepers of the stories. A dynamic discussion about the responsibility of one generation to record the stories of previous generations - - for future generations.

### Transitions. From One Home to the Next

Remembering Home, a Legacies **TRANSITIONS** program is designed to capture, record, and preserve memories as one travels onto a new memory filled chapter.

### Listening for the Story

Once Upon a time is the standard phrase that introduces us to other worlds and to our own world and connects humanity to a common story. That is why storytelling and story listening are so compatible, for, in one way or another, we are hearing about ourselves.

### Characteristics of Storytelling, Story Capturing & Preserving

Learn the history, present need, and future impact of passing stories forward.

### Where Will All the Stories Go? Stories & Technology.

Why do we do what we do? Once we're dust in the wind, where will all our work go? The simple answer is in the cloud. This program is designed to explore the many practical and creative possibilities to capture and catapult stories into a future yet unknown.





Dementia Care

Memory Loss

Senior Communities

Senior Centers

ADRC Outreach

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After nourishment,  
shelter and  
companionship and  
stories are the thing we  
need most in the world.”

~ Philip Pullman

## Creative Arts Engagement & Aging

*Creative Aging programs provide senior communities the opportunity to schedule memory capturing sessions focusing on one topic per session, designed to stand-alone or be offered as an on-going series of weekly story gathering sessions. Some formats may offer family involvement opportunity.*

### Armchair Historians

The Armchair Historian series weaves memories and history into an uplifting and engaging event. When planned as a monthly program, we bring to your community a platform for participants to share personal narratives of historical highlights and themes.

### To Life Cabaret Players

Cabaret is a form of entertainment featuring music, song, dance, recitation, or drama. *TO LIFE* Cabaret Players taps the talent and those ‘wanta be’s’ in all phases of a theatrical production open to an ensemble of residents, and an audience of family and community.

### Reader’s Theater | Radio Theater

*Readers’ Theatre* introduces anyone to theater concepts in ways that are easy to grasp and enjoy. With no memory work involved, anyone can be a perfect performer in quick order using Reader's Theater scripts, poetry or radio plays, and it's something that can be enjoyed for a lifetime by all, regardless of age or physical ability.

### Sing Out Seniors

Inspired by the Young @ Heart performers, *Sing Out Seniors* attacks aging head on. In an era where the elderly are seen as people who need to be looked after and entertained, *Sing Out Seniors* introduce contemporary music to the performers and turns the old age formula upside down. Instead of singing songs to pass the time as bones get brittle and hearts clog up, *Sing Out Seniors* seek to shake up audiences and make people of all ages, especially younger people, look at life in a whole new way. (From United Academics)



Organizational Stories

Leadership

Faith Communities



*Creativity isn't the exclusive province of a few talented individuals. Everyone has some degree of creative ability, and it can be rekindled in those who seem to have lost it. Join us and explore your hidden creative potential.*

## The Power of Storytelling to Inspire

Storytelling is one of the best tools to strengthen communication in for-profit and non-profit environments alike. Learn how to use storytelling tools and techniques to lead, inspire, and motivate.

## Learning Journeys: The Legacy of Leadership

Sharing the story of our journey to leadership allows us to learn to examine our stories. As lives, reflect on our successes and failure and tune into the rhythm of our own we listen, we find numerous experiences we can directly relate to as we unearth greater meaning for people in families, groups, businesses, governments and communities.

## Spiritual Family Trees

By sharing spiritual histories, we can explore the influences of our early faith life. In this series we will explore one's faith and cultural backgrounds, along with your faith community's roots through a process of exploring and sharing spiritual family trees and faith stories helping to expand one's faith, empower group members and build community.



## Creativity

### Unlocking Your Creative Potential

Learn the tools of creative thinking including whole brain, hard & soft thinking, imagination and visualization, courage, self-listening skills, overcoming mental barriers to creativity, and myths to developing and expanding an attitude of self-confidence in one's ability to be creative.

### Women & Creativity

Discover a life that is more joyful, whole, and creative. Learn to understand feminine creativity, develop one's unique problem solving approach, how to integrate creativity into one's life, and overcome blocks to new and innovative thinking. Dr. C. Diane Ealy's book *The Woman's Book of Creativity* will be our guide as we journey together uncovering inspired abilities and newfound strengths.

### How To Think Like Leonardo DaVinci

Deepak Chopra tells us that "by capturing the very essence of DaVinci's life and genius we can discover and understand the boundlessness of our full human potential." Using the insights of Michael J. Gelb in *How to Think Like Leonardo DaVinci* this hands-on workshop helps participants discover and explore the boundlessness of one's human potential.



# What They're Saying About Mary Patricia Voell



## CELEBRATE

May

Int'l Family History Month  
Personal History Awareness  
Month

Mother's Day

June 14

Family History Day

Father's Day

September

Grandparent's Day

Intergenerational Awareness

October

Family History Month

November

National Day of Listening  
Friday after Thanksgiving

December

In the Spirit of the Season

Mary is a Personal Historian and founder of Legacies: Personal, Family & Organizational Historians, whose sole mission is to help others to capture and preserve their stories. With a Master's Degree in Adult Education and undergraduate in Interpersonal Communication, having taught at Milwaukee School of Engineering School of Business and Marquette University, and with 20 years as an entertainer and producer, Mary brings a fresh interactive approach weaving the tools of an author and speaker, teacher, and performer into each informative and lively program.

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*Mary was fantastic. Spoke with love, laughter, sadness, and happiness.* ALZ Caregiver Conference | Don't Let the Singing Stop.

*Thank you so much for coming and bringing us back to our happy spots. Excellent Presentation! It was so good to jog our memories. You urged us to write our life story for our children and grandchildren. Great sharing time and gave good ideas for when stepchildren and grandchildren come for dinner to share and get to know us and our past.* SE WI Agency on Aging | First and Foremost: Preserving Personal Firsts

*Without your level of expertise, programs like Elderhostel would be just another program! Your enthusiastic presentation of "A Treasure Chest of Memory Writing Ideas" truly inspired all of us to reflect on our past and preserve our history through the written word. The two-hour program simply flew by, as you were able to generate an outpouring of wonderful stories.* Elderhostel | American Club | A Treasure Chest of Memory Writing Ideas

*Mary, you are truly a catalyst for inspiration! Your knowledge and guidance resulted in a truly memorable presentation.* Curative - Waukesha | Storytelling Through our Senses

*Thank you for speaking to our group of in-home volunteers. Your presentation was enjoyed by all. We truly appreciate your time and effort.* The Elder Peer Support Program (RSVP) | Listening for the Story



Personal Historian Network | National Association of Memoir Writers

National Center for Creative Aging

National Storytelling Network | Healing Story Alliance

Producers & Organizers | Storytelling in Organizations

Guided Autobiography Instructor

International Center for Studies in Creativity Graduate

Summer Institute, Buffalo, NY

Reminiscence & Life Review Certification Coursework – UW Superior

Story Circle Network | UW-Milwaukee – Osher Institute for Lifelong Learning



**Looking for something unique? Have another idea? Let's talk!**

Contact Mary for more information, fee schedule or to book a program at

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Visit our STORYLINES BLOG at [Legaciesstories.com](http://Legaciesstories.com)