

The desire to create and leave a legacy of meaning and purpose is as timeless as humankind. This desire taps into our belief that we are part of something larger than just ourselves or our own lifetimes. - The Legacy Center

Legacy Stories

Saturday, October 14, 2006  **Sacramento, California**
8:00 a.m. – 5:00 p.m.

DoubleTree Hotel Sacramento, 2001 Point West Way, Sacramento, CA 95815

The **Legacy Stories Conference** is designed for adults exploring and writing their legacies and life stories for themselves, their families, their organizations and their communities, including parents, grandparents, adult children, life coaches, health care professionals, clergy, therapists and volunteers.

Conference fee: \$95 (\$85 for students and for seniors 60+).
Fee covers program materials, continental breakfast and lunch.

Our Sponsors:



For more information: www.thelegacywriters.com



Legacy Stories

Dear Friends,

I talk to people every day who are interested in passing on the important stories of their lives, their parents' lives or their heritage. In an effort to help others, they want to share what they have learned in life or what important lessons they have been taught. Frequently, this impulse to share "legacy" occurs when our life or values are shifting – times of major illness, a career change, retirement, marriage, divorce, the birth of a child, or "emptying the nest."



But often we don't know where to begin. It can be an intimidating task rather than a life-affirming practice. More often, and more tragically, this reluctance to start collecting and telling our stories and wisdom prevents us from starting or ever finishing. Then, with time, the story never gets written and is lost.

This conference has been conceived and produced to provide an empowering and educational opportunity to those who want to begin passing on life's wisdom, as well as for those who encourage others to do the same. For the first time in the Sacramento region, we are hosting national experts to discuss the issues of legacy writing, ethical and spiritual wills, memoir and autobiography. We will also have a local panel of experts discussing ways to get involved in our region, a bookstore, and resource lists. It will be a busy day!

My colleagues and I hope you join us as we start "writing what wants to be written...."



Gail Catlin
Conference Chair

Legacy Stories Conference Registration



Legacy Stories

Legacy Stories Conference
Saturday, October 14, 2006
DoubleTree Hotel Sacramento

Please note: All registrations must be received by October 7 and accompanied by payment in full. All changes and cancellations must be made in writing via letter, fax, or email. Your attendance will be confirmed via email, phone or mail. No cancellations or refunds will be given after October 7.

Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

Phone (very important) _____ (day) _____ (evening)

Email: _____

Course fee \$95 (\$85 for students/seniors 60+) _____

Please make your check payable to **Legacy Stories Conference** and mail to:

Legacy Stories Conference
c/o Tammy Botts Event Planners
P.O. Box 332
Auburn, CA 95604

For more information or questions, contact us at:

telephone - **916-557-9057**  fax - **916-929-3677**

email - **legacywriters@aol.com**  web site - **www.thelegacywriters.com**

For more information: www.thelegacywriters.com

Legacy Stories

Conference Faculty



Barry K. Baines, M.D. is Chief Medical Officer for UCare Minnesota, Associate Medical Director for Hospice of the Twin Cities, and co-founder of The Legacy Center. He is the author of *Ethical Wills: Putting Your Values on Paper*, Perseus Publishing 2002, cited by *Spirituality and Health* as one of the Best Spiritual Books of 2002.



Gail Catlin, M.P.A., Conference Chair, served 25 years in the health care administration field and now is a writer and teacher focused on the transformative power of stories to heal and create meaning. She is a publisher and producer of workshops on healing storytelling and writing.



Rachael Freed, M.S.W., L.I.C.S.W., grandmother, adult educator, clinical social worker, marriage and family counselor, works with women to document their legacies. She is the author of *Women's Lives, Women's Legacies (Passing your Beliefs and Blessings to Future Generations)* and *The Women's Legacies Workbook for the Busy Woman: A Step-by-Step Guide for Creating Your Own Spiritual-Ethical Will*.



Beverly A. Lutz, M.C.C., C.P.C.C., M.B.A., co-founder of The Legacy Center and Lighthouse Group, is a Master Certified Coach specializing in organizational and individual coaching

A life story is a gift one generation bestows upon another, a legacy people have been giving from the beginning of time.

- Denis LeDoux

with national and international clients. She created Intentional Legacies™ to raise awareness about the value of vocations.



Mary O'Brien Tyrrell, M.P.H, B.S.N., former Navy nurse and Vietnam veteran, founded Memoirs, Inc. in 1994. Mary has assisted hundreds of elders to write life stories that are published in limited-edition hardcover books and distributed to family and friends at book signing parties. She is the author of *Memoirist for Ordinary, Yet Extraordinary Elders, Generations, Journal of the American Society on Aging* and was recently featured for her memoir work in the *Wall Street Journal*.



Cheryl Svensson, Ph.D., M.S.G., has been involved in the field of aging since the 1970s as a clinician, researcher and teacher. Trained in Gerontology and Psychology, Cheryl has taught for the past seventeen years in the Continuing Learning Experience (CLE) program at Cal State University, Fullerton. Cheryl is trained in Guided Autobiography and participates with its founder to develop and expand the autobiographical studies program.



Daniel Taylor, Ph.D., is a professor of literature and writing at Bethel University, Minnesota and the author of six books, including *Letters to My Children* and *Tell Me a Story: The Life-Shaping Power of Our Stories*.

Legacy Stories

Conference Program

7:30- 8:00 – Registration

8:00-8:15 – Introduction – Gail Catlin, Conference Chair

8:15-9:15 – Keynote Plenary Address

Creating A Legacy of Values: Sharing Life Lessons with Those You Love

Daniel Taylor, Ph.D.

We write financial wills to distribute our money, living wills to address the final needs of our bodies, but what do we do to preserve and pass on our values, beliefs, and core life experiences? This opening talk will address that question and lay the groundwork for the rest of the day, including introducing and discussing such concepts as spiritual or values legacy, ethical will, master story and story legacy. Participants will begin the process of identifying core values and experiences through lecture and small group exercises.

9:15 – 9:45 – Small Group Legacy Story Exercises

“Getting Started...”

Daniel Taylor, Ph.D. and Beverly A. Lutz, M.C.C., C.P.C.C., M.B.A.

9:45-10:00 – Break

10:00-11:30 – Breakout Sessions

Assisting Elders to Record Memoirs

Mary O’Brien Tyrrell, M.P.H, B.S.N.

Honoring elders by assisting them to record their life stories is both an art and a science. This workshop will assist participants in identifying sensitive issues, surroundings, technologies, and communication strategies that enhance the process.

Guided Autobiography Cheryl Svensson, Ph.D., M.S.G.

Guided Autobiography (GAB) helps individuals organize their life stories. Guided through themes and priming questions, participants write and share their life stories with others. In this way, they find new meaning in life, feel stronger and have a growing appreciation of their lives.

Women’s Voices and Women’s Values: Leaving Behind What Really

Matters Rachael Freed, M.S.W., L.I.C.S.W.

Join this circle to discover legacies received from your foremothers, explore your own cherished stories and values, and prepare to document your unique life and love for future generations.

Ethical Wills: Bestowing Your Values, Hopes, and Life’s Lessons to Family, Friends and Community

Barry K. Baines, M.D.

Ethical wills are a way to record and share our values, hopes, life’s lessons, love and forgiveness with family, friends and community. This interactive workshop describes what an ethical will is, identifies why and when to write an ethical will, and names three basic approaches for writing an ethical will. We will highlight how ethical wills provide deep meaning and significance for the individual who goes through the process of recording a personal

The ethical will is a wonderful gift to leave to your family at the end of your life, but I think its main importance is what it can give you in the midst of life.

Andrew Weil, M.D., author of
Healthy Aging

spiritual legacy. Hands-on exercises include reading examples of ethical wills and participating in at least one exercise that begins the process of creating your own ethical will.

Your Work Legacy: Exploring the Value of Your Vocation

Beverly A. Lutz, M.C.C., C.P.C.C., M.B.A.

We spend over 2000 hours a year at our work. What is the value of that work? What legacy are we leaving at work? How would the workplace be changed if we viewed it through the lens of leaving an intentional life legacy? In this workshop we will use visualization, sharing pairs and reflection to explore the power of intention in our work and to begin writing our own Intentional Work Legacies.

Writing From Your Life: Creating a Legacy of Stories Daniel Taylor, Ph.D.

In this workshop we will help individuals identify and tell the stories from their lives that embody their core values and defining experiences, as a legacy to those they love.

11:30- 12:00 – A Special Story Performance by StoryVoices

12:00-1:30 – Lunch/Table Discussions and Panel

Gail Catlin, M.P.A., Moderator

Panelists will share specific program and project ideas regarding how to write, publish and celebrate the stories of our lives. We will learn how some individuals, families and communities are already sharing their legacy stories and how we might benefit from their experiences.

1:30-1:45 – Break

1:45-3:15 – Repeat of Breakout Sessions

3:15-3:30 – Break

3:30 – 4:30 – Wrap up Plenary Session

What We've Learned about the Power of Writing One's Autobiography

Cheryl Svensson, Ph.D.

Compelling information will be shared regarding the mental, physical and emotional impacts of writing an autobiography. This will help us appreciate the importance of autobiographical work.

4:30 – 5:00 – Closing

Before departing we will address questions and share resources for taking the next step. Individuals will have time for networking and gathering materials from information tables and the bookstore.

At the conclusion of the conference participants will be able to:

- Recognize the effects of having life stories recorded, including the positive impact on health and well-being.
- Articulate the role of stories in creating and passing on a legacy.
- Define "ethical will" and know how to create one.
- Distinguish between the concepts and practices of spiritual or values legacy, ethical will, master story and story legacy.
- Identify methods and media for capturing legacies received from the past, our stories and ethical wills.
- Begin the personal process of identifying core values and experiences in order to begin creating personal legacies.

When an elder dies, a library is burned.
African Proverb



Special Legacy Stories Performance by StoryVoices!

These talented female actors, performing as individuals and as an ensemble, tell stories through prose, poetry and song. Individually and together, they have performed on stages throughout California and on national projects for television, film, radio and audio books. They have earned excellence-in-performance recognition, including Emmy, New York and London Film Festival, Silver Microphone, Addy and Clio Awards.

For our conference, two members of StoryVoices, Jan Ahders and Claire Lipschultz, will draw on original writings to weave an unforgettable tapestry of legacy stories.