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The Intergenerational Memoir Project – Invitation to Seniors for either September 2024 or January 2025 Terms

**Sponsors: Hamilton Aging in Community and
McMaster University Department of Health, Aging & Society**

Did you know that life review is central to RESILIENT AGING?

- **Life review** includes writing about your life experiences
- **Writing about your life experiences** helps harvest life lessons.
- **Sharing life stories** and family history serves future generations and enhances intergenerational communication.

Are you a senior who is interested in writing about your life experiences?

- Have you already been writing about your life for many years
- Never written anything, but would like to start
- Prefer to tell your story and have someone write it down for you

Get help writing about your life experience

Senior Volunteers, like you, are each paired with a McMaster student who is taking a course in Aging and Health.

- They can motivate you to write regularly
- Help you select an experience that you want to write about
- Help you complete a story that you may have previously started
- Read what you have written and provide feedback
- Record your story if you prefer talking rather than writing; they can then create a written document for your review

How does this FREE PROGRAM work?

- You and your student partner will meet weekly for ten weeks.
- Meetings will be on Zoom or by telephone
- At the first meeting, together you can determine your writing goals and how best the student can help you achieve them.
- Weekly, you can discuss your progress and work on your stories.

This is a great opportunity for generations to learn from one another.

- Each year, we host a “Memoir Fest” on Zoom – view the most recent recording here: [Memoir Fest 2024](#).

Please contact Ellen Ryan, via hamiltonagingcommunity@gmail.com for additional information. You may have a friend or family member who would be interested but does not live nearby. Geographic location does not matter since communication is on Zoom or phone.