

# Legacy-Building Resources



## *A Note to Our Patients and Families*

As your health changes, you may have less energy to do the things you once did. You might spend more time at home or in a care facility wondering **“What can I do now?”** Our team would like to share ideas about some activities that can keep your mind active and your heart full, even when your energy is low. We encourage you to explore these activities and choose those that feel right for you and your loved ones.

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## **What is Legacy-Building?**

Legacy-Building is a way to share your story, values, and memories with the people you love. It allows you to pass down traditions, wisdom, and emotions that define who you are. Think about the message or memory you want to leave behind. How would you like your loved ones to remember you? Legacy-Building is an opportunity to create something meaningful that can bring comfort and connection for years to come.

### **Letters**

Writing letters to your loved ones can be a powerful way to remain a part of their future. You can write notes for special occasions such as birthdays, anniversaries, graduations, or holidays. What words of love, encouragement, or advice would you want them to receive on those days? Through letters you can celebrate moments by being there in spirit even though you are not physically present.



### **Item and Letter**

Leave a meaningful item, such as a favorite book, piece of jewelry, or treasured object, for someone special. Write a letter explaining the item's importance and why you are giving it to them. For example, if you and a loved one always watched birds together, you could leave them your binoculars with a note about the memories you shared. This small gesture can help your loved ones enjoy a lasting connection to you.



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## *Journal*

Writing in a journal can help you share your personal history, thoughts, and emotions. You can reflect on your experiences, your challenges, and the lessons you've learned. If someone facing a similar situation reads your words in the future, what would you want them to know? By keeping your voice and story alive, your journal can be a source of strength, connection, and understanding for those who read it.



## *Memory Box*

Create a memory box filled with special items for a spouse, child, grandchild, sibling, or friend. Include things that remind them of your time together — perhaps a concert ticket, a favorite fragrance, a section of a blanket, or a cherished photo. What small keepsakes will bring them comfort, make them smile, or remind them of the bond you shared? This box will serve as a symbol of your love and presence in their lives.



## *Photo Album*

A photo album is a wonderful way to capture moments and memories. Include pictures with loved ones and write a short note about each one. Why was that moment special? What does it mean to you? Whether it's for a child, grandchild, spouse, or friend, your album will become a cherished reminder of the bond you shared.

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## Heart-Shaped Thumbprints

A simple and heartfelt way to leave a lasting memory is by making a thumbprint heart with a loved one. Use an ink pad in a favorite color and press your thumb onto a small card at an angle. Have your loved one do the same to complete the heart shape. This tiny piece of art will be a unique keepsake, reminding someone special of your love and appreciation for years to come.



## Voice and Heartbeat Recording

Your voice is a gift your loved ones will cherish forever. You can record a message, a favorite memory, words of encouragement, or even sing a special song—whether a lullaby, a wedding dance song, or a simple goodnight message. Hearing your voice can bring comfort, joy, and connection even when you're not physically present.

Heartstrings Creative Co. offers a meaningful way to create a legacy keepsake by recording your heartbeat and pairing it with a spoken message or song. Board-certified music therapists create recordings in which your heartbeat becomes the "beat" of the music or message. You can share a life story, a favorite quote, or a loving note to your family. These recordings can be stored in framed lyric prints, stuffed animals, or digital formats, ensuring that your loved ones can always keep a piece of you close.



Learn more at [hscreativeco.com](http://hscreativeco.com).

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