



## What Is LifeBio?

LifeBio empowers communities to tell and share elders' life stories. This one-of-a kind, comprehensive program of training, web, book, recording tools, and activities takes the complex task of writing an autobiography and makes it simple. Recording priceless memories is the greatest gift for generations to come. Becoming a LifeBio Certified Community is as easy as 1-2-3.

1 – Free initial consultation with LifeBio to determine your goals and how you plan to implement a life story program in your community.

2 – Choose the LifeBio licensing agreement that's right for your organization.

3 – LifeBio will provide all materials and schedule interactive training with you and your staff.

That's it! Now you're ready to get started. Just imagine the amazing stories and real-world wisdom that will be shared!

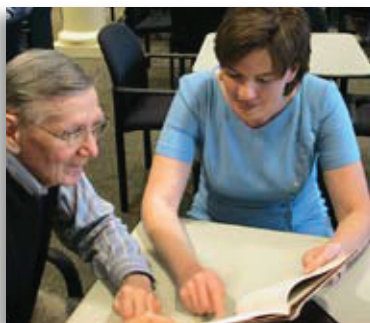


## How Does LifeBio Help Communities?

*All too often we learn all of these wonderful things about our elders at their memorial service after it's too late.*  
– Life Enrichment Coordinator

### LifeBio helps the community by:

- 1 Attracting new residents and their families, showing your commitment to caring
- 2 Making culture change happen through developing stronger relationships and more person-centered, individualized activities (complying with F-248)
- 3 Forming great friendships between new and existing residents
- 4 Improving staff morale by building stronger relationships with residents
- 5 Reducing loneliness by involving adult volunteers and younger generations with a meaningful and fun structure for visits
- 6 Providing a heartfelt gift of the resident's story to give to loved ones
- 7 Delivering resources to make telling your community's story easier—through the stories of your amazing residents



## Why Life Stories Matter

Over 100 studies have been done in the last decade to prove that reminiscence is an important part of healthy aging and wellness.

Reminiscence, recalling experiences, and telling your story have been found to help both residents and staff by:

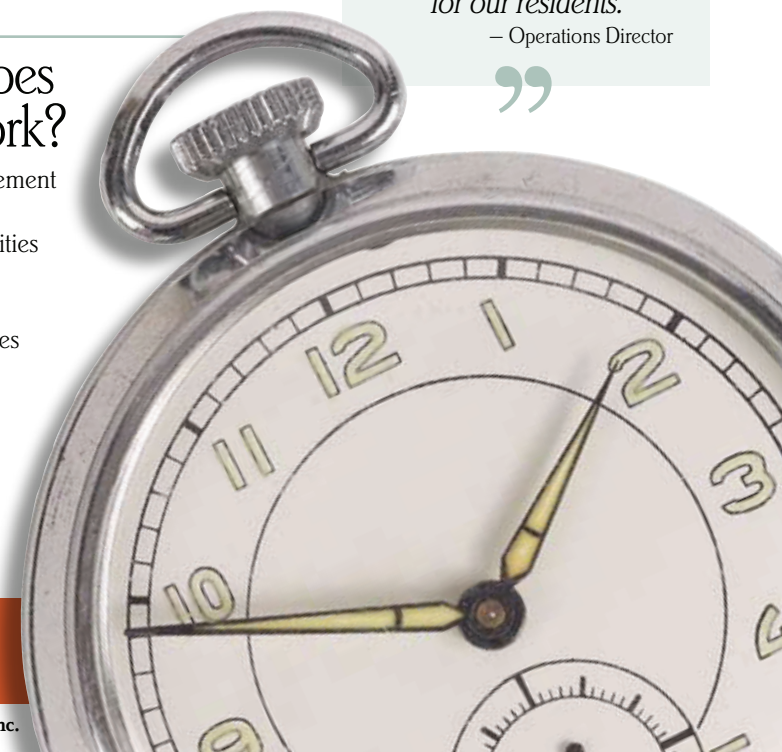
- Increasing life and job satisfaction
- Lowering or preventing depression
- Engaging people with dementia
- Promoting social interaction
- Reducing chronic pain
- Assisting with cognitive orientation
- Leading to better staff and staff/resident relations

## Where Does LifeBio Work?

- Continuing Care Retirement Communities
- Active Adult Communities
- Assisted Living
- Dementia Care
- Skilled Nursing Facilities
- Adult Day Care
- Home Care
- Community-Based Organizations
- Hospice
- Hospitals
- Churches

Beth Sanders' background in English and journalism and expertise in family communications, legacy creation, and interviewing has led to the development of LifeBio's life story curriculum. A LifeBio Certified Trainer will lead the "Getting Started" training to make implementation easy.

*The training was excellent. LifeBio is very do-able and just right for our residents.*  
– Operations Director





# It's time to tell your story!

Create a Legacy of Memories, Life Lessons, and Values for Your Family

## Options Abound for Telling Your Story



### Memory Journal

• This fill-in-the-blank book contains the same 250+ questions available on the web. Record your story in your own handwriting.

### Audio Recording Kit

• Interview a loved one with the audio recording kit which explains how to start an interview and provides lists of questions for any length of time you need.

### Legacy Creation Kit

• This kit, provided to organizations along with "Getting Started" training, contains reproducible one-on-one activities and all materials to reference when implementing LifeBio.

### Web Tools

• LifeBio.com – 250+ carefully crafted life questions that creates a ready-to-print Legacy Book.  
• Tell Your Story Café – Answer just 10, 20, or 30 questions to create an instant autobiography with these shorter web templates.



“ I was captivated by the clear and concise questions that triggered my own LifeBio. Although I had written some pieces of my life story, LifeBio helped to get it together in one document. – Richard ”



## 7 Core Messages in Our Life Stories

In order to get started with telling stories, we have to know what things are critically important—what our loved ones really want and need to know.

**Message 1:** Welcome to my world.

**Message 2:** If I did it, so can you!

**Message 3:** I'd like to give you some advice...

**Message 4:** I'd like to introduce you to people, times, and places you'll never know otherwise.

**Message 5:** I've got some good stories to tell you.

**Message 6:** This is what I believe. I hope we share these values.

**Message 7:** I love you.

“ I have lived through many eras and I can explain things that the children and grandchildren will not have knowledge of if I don't tell it. – Marcia ”

## Create a Legacy Book!

Telling your story can lead to a finished, archive-quality book of stories and memories. LifeBio's web-based tools allow your story to be printed or emailed as often as you wish. When it is completed, you'll want to order a professionally printed edition in a hardcover book (softcover options coming soon).



“ I tell them stories all the time, and sometimes they say, 'Dad, not that one again,' and sometimes they say, 'You've never told us that before!' So I thought I better get it down on paper. – Bill ”



## The Power of Your Story

My dad (pictured above) grew up in Platea, Pennsylvania, the fifth of seven children. In the 1940s, he attended a one-room schoolhouse.

Dad's family didn't have indoor plumbing or running water. They used the outhouse and went over the hill to a spring to get water every day. He would work from morning to night on the family's farm—feeding the pigs, cows, and chickens. He grew up sleeping on a "straw tick" bed—just a sheet stuffed with straw on exposed box springs. It sounds like a tough life to me. Dad says it wasn't so bad. I'm so glad I asked.

Everyone has one. What's your story?

–Beth Sanders  
Founder of LifeBio

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