

Capturing stories of loved ones we have lost can preserve their memory and if saved, impart their legacy to the generations that follow.

The questions and ideas below can be useful in preserving someone's memory with the magic of storytelling. You can either answer these questions yourself in a journal or conduct audio recorded interviews with your friends and family.

### Helpful Hints:

- This exercise can bring up a many different emotions and some can be painful. Block out plenty of time and remember you may need some quiet time afterwards.
- Remember to allow the interviewee to talk through their whole thought. If you have questions ask, but try not to interrupt. Instead you can take notes to capture what the person is saying and write down possible questions you may have.
- If you choose to audio record the stories you can find an audio recorder for \$20-\$30. If you have a microphone for your computer you could record directly on the computer or on a smartphone.
- If you buy a recorder make sure you have the ability to save the audio file and put them on your computer so you can preserve it without the possibility that you might record over the interview(s).
- While audio recording, be sure to talk in a quiet place in order to avoid excessive background noise.
- You can choose to have individual interviews or hold a group interview.

Below are questions that might be helpful in getting started.

- Can you remember the first time you saw your loved one?
- What is something that he/she did that makes you smile when you think about it?
- How do you think your loved one would have liked to be remembered?
- What is something that your loved one liked to look at?
- Had you thought about organ, eye and tissue donation before? Did you talk about it with your loved one?
- Why did you support the donation decision?
- How has donation impacted you and the grieving process?
- What is one thing that you hope the recipient of your loved one's corneas appreciates looking at? (applicable for cornea donors)
- If you could ask your loved one any question, what would it be?

Part of SightLife's service to our donor families is to help celebrate their loved one's life. So please feel free to contact us if you have any questions about collecting stories or this project. Rebecca Grossman, the Family Services Manager, can be reached at [DonorFamilyServices@sightlife.org](mailto:DonorFamilyServices@sightlife.org) or 206-838-4638.

Some of these questions are taken from Storycorps which is an independent nonprofit whose mission is to provide Americans of all backgrounds and beliefs with the opportunity to record, share, and preserve the stories of our lives. For additional questions you might find helpful you can go to their website <http://storycorps.org/>.