



1

---

---

---

---

---

---

---

---

### Acknowledgement of Country



MND Victoria acknowledges the Traditional Custodians of Country throughout Australia and their connections to land, sea and community. We pay our respect to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



2

---

---

---

---

---

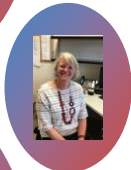
---

---

---



+

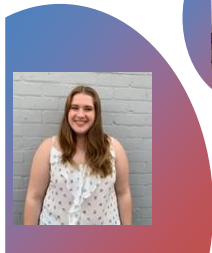


### Introductions

- Stephanie Cross
- Deb Olive
- Andrea Salmon

o

•



3

---

---

---

---

---

---

---

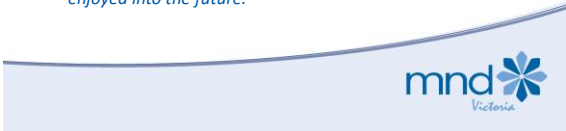
---

### Purpose of this session



- ❖ To think about the importance of memories
- ❖ To think about creating memories
- ❖ To consider how to capture memories

*"When faced with losing someone we love, we want to make the most of every moment together. It's important to create memories but also to capture and preserve memories of the big and little things so they can be shared with others and enjoyed into the future."*



4

---

---

---

---

---

---

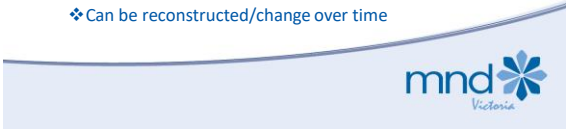
---

---

### Memory



- ❖ Form connections, experience the world, ties us together
- ❖ Give our life meaning
- ❖ Our lives are important, our stories are unique
- ❖ Never truly lost
- ❖ Can be reconstructed/change over time



5

---

---

---

---

---

---

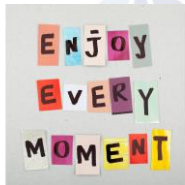
---

---

### Everything is a memory



- ❖ Don't have to be big, grand ideas
- ❖ Any time or activity shared together can be cherished
- ❖ Experience the moment, be truly present



6

---

---

---

---

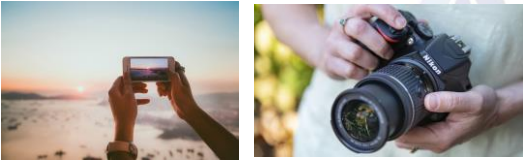
---

---

---

---

*Photographs*



---

---

---

---

---

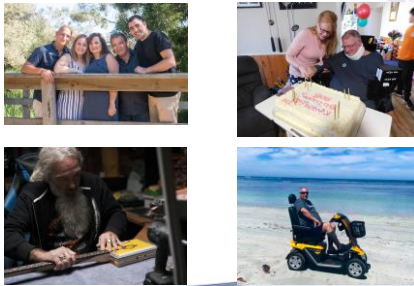
---

---

---

7

*Photographs*



---

---

---

---

---

---

---

---

8

*Photographs*



---

---

---

---

---

---

---

---

9

### Recordings



---

---

---

---

---

---

---

---



10

### Recordings



Sometimes, it's the little things like seeing their face light up into a big, beaming smile or hearing them laugh that can be so precious.

---

---

---

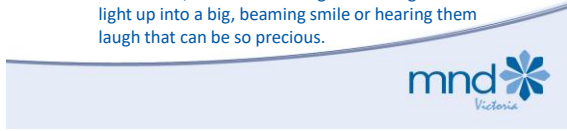
---

---

---

---

---



11

### Letters



---

---

---

---

---

---

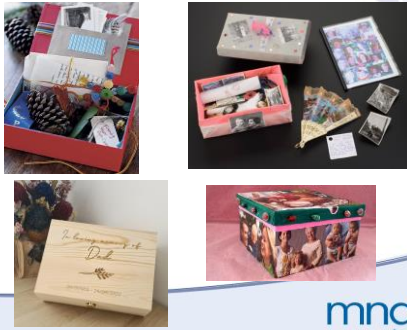
---

---



12

### Memory Box



13

---

---

---

---

---

---

---

---

### Photo Album



14

---

---

---

---

---

---

---

---

### Scrapbook



15

---

---

---

---

---

---

---

---

### Cooking

**DINNER**  
EGG AND RICE DELIGHT

ENJOY THIS SAVOURY RICE TOPPED WITH A FRIED EGG.

**Ingredients:**

- 1 cup (210g) long-grain white rice
- 2 cups (500ml) chicken stock
- 400g (1 can) Cuban Mexican Sausaging
- mixed and drained 400g can black beans
- 400g (1 can) diced tomatoes

Step 1: Dice and fry an onion.  
Step 2: Combine all ingredients in saucepan over high heat and bring to the boil.  
Step 3: Cover, reduce heat to low. Cook, stirring occasionally for 12 minutes.  
Step 4: Fry egg, then serve on savoury rice.  
Step 5: **Eat and enjoy!**

mnd Victoria

---

---

---

---

---

---

---

---

---

---

---

---

16

### Craft

This is a quilt I used to wear and whenever you hold it you'll see these Love, Amanda

JMB Handmade

There are lots don't go into this quilt, but as you see, I have put some of my own into it. Love, Amanda

mnd Victoria

---

---

---

---

---

---

---

---

---

---

---

---

17

### Craft

GENE 5-20-1926

mnd Victoria

---

---

---

---

---

---

---

---

---

---

---

---

18

### Craft



19

---

---

---

---

---

---

---

---

---

---

### "Living in the Moment" Memories



More often than not, it's the little things we end up remembering the most.



20

---

---

---

---

---

---

---

---

---

---

### MND Victoria Life Story Program

My Story  
by  
Philip

*"there are no ordinary lives – just lives that have not been celebrated yet".*



"Every one of us is a wonder. Every one of us has a story"  
- Kristin Hunter, American writer.



21

---

---

---

---

---

---

---

---

---

---

### MND Victoria Life Story Program



Very therapeutic  
100% satisfaction +  
enjoyment. Thank You!!!

Brought back wonderful memories/reflections  
graced at the generosity of volunteers, as  
well as their expertise

*Thank you to MND Victoria for the  
opportunity to be able to have gotten  
this on paper - Much appreciated.*

*I found it very beneficial to get out  
the things I still not really get talked  
about. Marilyn was very patient and helpful.*



22

---

---

---

---

---

---

---

---

---

---

### Take Home Messages

- ❖ There are lots of different ways to create and capture memories.
- ❖ There's no right or wrong way.
- ❖ Anything can become a memory
- ❖ Spend quality time together, doing something you both enjoy



23

---

---

---

---

---

---

---

---

---

---

### Take Home Messages



24

---

---

---

---

---

---

---

---

---

---



*Questions*

- Feel free to ask a question, or we can follow up further advice or questions by calling 1800 777 175 or emailing [info@mnd.org.au](mailto:info@mnd.org.au)
- [www.mnd.org.au](http://www.mnd.org.au)

---

---

---

---

---

---

---

---