

# LIFE QUILT

LIFE QUILTY is for patients and families approaching *end of life*. Each panel is an active, creative experience, designed to reduce anxiety, connect family members in support, and build a living legacy.

## Memory Quilt

Do blankets and quilts give you a sense of relief, rest, and relaxation? Quilts that are made to honor a loved one are a beautiful sentiment that can bring comfort and warmth. Utilizing your loved one's T-shirts, you can design your very own Memory Quilt.



After losing a loved one, it is hard to know what to do with their clothing. What better way to honor their legacy than turning their clothes into a memorial quilt? Through this creative medium, you can continue your bond and renew your connection by creating a tangible, deeply personal, blanket of warmth.

- Making your Memory Quilt is simple!**
1. Pick out the clothing items that spark memories of your loved one. Items that can be repurposed include T-shirts, dress shirts, hoodies, ties, and pajamas.
  2. To make it yourself, here are some easy instructions: <https://www.thegoodquilt.com/1-Step-Quilt>
  3. Want to let someone else do the sewing? Here is a link to a nearby small business that is dedicated to turning your old clothes into lasting memories: <https://www.campquilt.com>

Wrap yourself in your loved one's memories and feel the peace and comfort wash over you. Begin to heal your heart, one stitch at a time.

## "Our" Cookbook

Are there meals that you find comforting? Are there recipes that are special to you and your family? Does one of your family members have delicious recipes all their own? Create a Family Cookbook and preserve nourishing recipes for generations to come.



- Ideas:**
- Gather your loved one's favorite food recipes
  - Learn to make those foods and bring them for your family to share (if possible)
  - Make a Cookbook (with your loved one) as a family project



- Getting started:**
- Digital Printed Cookbook - Create a professional looking Cookbook online with photos and text. There are several services that can help you create a cookbook. <https://www.cookbook.com> (there is a cost for this service)
  - Paper Homemade Cookbook - Print any or all of the pages below, gather some pens and pencils, and start now!

## Time Capsule Creativity Kit

Create a lasting memory for your loved ones with a time capsule kit. Include little notes and gifts for loved ones to open on special days, like a graduation, wedding, birthday, or milestone anniversary.



This time capsule kit can be started at the beginning of your diagnosis. It is something you can do to throughout your palliative care journey. It can be as simple as using a jar to store pieces of paper on which you write little notes. You can create separate packages or envelopes labeled for specific future dates. Ask a friend to keep these time capsules if you want to make them a surprise for your family.

## Listening Together

Most individuals enjoy music on a deep and personal level. These musical memories can be passed on to your loved ones through the power of playlisting!



With digital music being what it is, sharing playlists with one another is extremely easy. And it's a great idea for people looking for ways to leave behind a musical legacy for their children or loved ones.

There are a few ways to go about making a playlist. You can write up a list of songs on a piece of paper and ask your loved ones to listen to them on their own. You can turn your list into a CD for them to listen to at home or in the car. Or you can use Spotify to create a collaborative playlist. If you choose to do a collaborative playlist, the person you send it to will then be able to add their own music to the list.

This will turn the playlist into a Listening Together effort. You will have used your favorite music to create new memories and soundtracks for your loved ones that will cherish.

- Benefits from these playlists include:**
- Reduced anxiety
  - Help coping with grief
  - Positive memories
  - Bringing you and your loved ones closer

Ask your care team and loved ones to help crafting your own Listening Together playlist!

To learn more about making collaborative playlists on Spotify, click here: <https://support.spotify.com/articles/collaborative-playlists-with-your-friends/>

## Family Date Night!

Plan a special family date night! Play favorite family board games or board games, eat your favorite family food, and record the night with photos and videos so your family will have a lasting memory.



- Ideas For A Fun Family Date Night**
- For a family with children, Play games kids would enjoy like Candyland, Monopoly, Go Fish, Tablers Golf, etc. Add some healthy snacks and great music. You've got yourself a party!
  - For teenagers and young adults, Multi-player video games and apps on phones are always crowd pleasers. Just add pizza and popcorn for fun! For a special "adults only" date night. Order in your favorite meal, put on a great playlist, and bring out a deck of cards or a board game you love!

These activities can be used from the beginning of your diagnosis and throughout the palliative journey as long as you feel well enough. If you're in the hospital, ask the staff or your Care Team to help you set up whatever you need to create a special night.

## Animal Friends

Interacting with domesticated animals builds on a human/animal bond that has existed since the beginning of time. Time with a friendly pet can help ease many physical and mental issues. Pet playtime can help lower your blood pressure, improve overall cardiovascular health, and even reverse osteoporosis that produce a calming effect. Give it a try!



Do you have pets? Ask a member of your Care Team if your pet can come for a visit. Ask them to bring a basket of your favorite treats. Your Clinical Team may even be able to get an animal friend to visit you at home.



For a Virtual Visit (video) with some Puppies, Kitties, Bunnies & Chicks, ask your Care Team to arrange a private screening for you!

## Favorite Spaces



Reminisce on what spaces brought you peace and happiness. Think back on beloved dates with your spouse or treasured trips with your family and friends.



Recreate those spaces if it is as simple as eating the same or similar food to the dates, bringing in photos/trinkets from your trips, listen to the road trip soundtrack that you might have listened to on repeat one to many times or any other items/retails that bring you back to those times of joy.



Change up your space to transport you to those local memories whether that be through lighting, visuals, smell or action.



You can close your eyes and listen to the crickets in the fields, the smell of jasmine in blossom fill the air, hear the top song of a specific summer and take yourself out of your current environment and transport to a time full of laughter with friends and loved all around. Just look back on a time of joy and find the items, the senses or actions that can bring you back to those times.

## My Life Advice

Create a journal for your children and loved ones of your special sayings, from which they can take comfort and wisdom. Write down general life advice, ideas that motivate you, favorite quotes, movies, food, and anything on your mind you want your family to know about you.



If you're unable to get a journal and a pen, ask a family member or friend to get you one. If you're journaling online or in another way, you can use the following page to write down your answers or examples of things you want to say.

Journaling can start at the beginning of your diagnosis and can continue throughout your palliative care journey. You can save a section near the end of your journal where your loved ones can continue adding to it with their own thoughts and experiences.

For online journals or for use on phone or tablet try: <https://www.intelligenthang.com/pages/five-minute-journal-app> Journey: <https://2appstudio.com/journey/>

## Virtual Vacations

If you could take a Virtual Vacation to any place in the world ... where would you go? An African Safari? A trip to the Amazon? A world tour of Peace Pigeons? Theme Parks? A quiet day at the Beach? Or Flying Free without wings?

These and many other immersive experiences are available to you now.



Clinically, you would call these experiences distraction therapy. This type of therapy has been shown to reduce pain, as well as some cases, diminish the need for some side effects medications. Either alone, or with friends and family, select a place you'd like to visit, or an experience you'd like to have, and check it out.

Your clinical team can help you find the library of immersive healing experiences - Virtual Vacations - that are available to you now. Click on:

- Remagine Well - <https://remaginewell.com/>
- Immersive Healing Experiences - <https://www.renewal.com/immersive-healing-experiences/>
- Distraction as a Complementary Therapy - <https://bit.ly/3u8y60g>

## Heart Song



Does the sound of a loved one's heartbeat bring you comfort? What about music? What if you could incorporate your loved one's heartbeat into your favorite songs?

Your loved one's memory now has the ability to take on a tangible form and is available to you!



- How do you create a Heart Song?**
1. Ask your clinical team if they will provide you with a recording of your loved one's heartbeat.
  2. Select a song that holds significance for all of you.
  3. Use one of the apps below, or one like it, to create your Heart Song.

- To learn more:
- Suggested App 1 - <https://audio-join.com/>
  - Suggested App 2 - <https://thebeatbox.com/beatbox/>
  - Producing Music from the Heart (Video) - <https://bit.ly/3am7e1>

## Playing Forward

Whether we're searching for buried treasure or finding hidden Easter eggs, most of us have experienced a scavenger hunt. Getting a reward for our search is the end of that fun & always exciting and satisfying. Creating a hunt and a reward for a loved one that helps them to find treasure in the future, is what Playing Forward is all about.



If you desire to leave something behind for a loved one - but want to do it with a twist - you can create a scavenger hunt for your family members and friends to see how they can help you create clues and challenges that will lead someone to the final treasure!

- Examples of these treasures include:
- A hidden recipe in a cookbook - to be found on a 2nd birthday
  - A letter to be opened and read on an 8th birthday
  - A piece of jewelry or an article of clothing to be worn at a graduation

Making a loved one the "player" in a personalized scavenger hunt will create long-lasting memories that a loved one will treasure for the rest of their lives.

Just a quick warning. This fun idea could easily become too elaborate and stressful. Don't overwork yourself. And ask for help from those around you. Working together with your loved one and your care team to design this treasure hunt will help relieve some of the stress. Please don't forget to ask for help when necessary.

To learn more about creating scavenger hunts, follow the link below: <https://bit.ly/3m5wv9g>

## Personal Prayer



Spiritual faith can be comforting and healing for many people, especially in this most difficult of times. With recent advances in technology, connecting with a trusted spiritual leader from your own faith community is now easier than ever.

If you find yourself in need of a prayer, here's a simple, non-denominational invocation that might help you get started.



"Please bless your health with me. Let us pray silently together, each one of us, according to our individual beliefs. Let us offer thanks for the blessings around us. Let us give gratitude for our opportunities in life. Let the beings of love, goodness, and a well directed, yet gentle spirit, always be reflected in our souls."

## SCRAPBOOK!

Looking for a way to preserve your special memories for future generations of your family? Exercise your creativity by displaying those memories in a Scrapbook!



- This activity can involve your whole family, and even friends.
- Grandparents, Children, and Grandchildren go through photos of each line together and make a book for the family to cherish forever.
- This activity will refresh old memories and will also create new ones to share.

Scrapbooks can be made online with smart (digital) technology. There are websites listed below, some of which may involve a cost. Your family can also make a scrapbook with their own paper and notebooks. There are a series of templates below you can print out to help you get started.

Talk to your loved ones and Care Team about gathering resources to tell your family story!

Digital Scrapbook resources: [Scrapbook MAK! - https://www.2appstudio.com/makescrapbook-maker/](https://www.2appstudio.com/makescrapbook-maker/)

## Together Time

So you want to leave behind a legacy for someone you love. But you want to make sure you've captured using your own voice and expressions in an intimate way. One of the best ways to achieve this is with the power of digital and video documentation.

Although a parent may not have the ability to be a part of their child's life in the future, unless one way of capturing their life is through video. Parents can create a series of video messages where they talk and interact directly with their children, giving them a new way to create memories. We call this Together Time.

- These videos can be simple. They can be scripted around ideas such as:
- All names?
  - Who am I?
  - Where am I?

They can also be made with specific themes or lessons to be watched at various times and interacted with their children, giving them a series of memories to look back on. Some examples of this, ranging from childhood to adulthood, include:

- How to tie your shoes?
- What is your favorite hobby?
- What was like in High School?
- How will I feel about marriage?

Many children may not have memories of their parents who have passed away. Thankfully, with the aid of recorded videos, those children will have messages they can carry with them for the rest of their lives. These videos may also help children process their feelings of grief and sorrow. They may even help them to move them forward into a brighter future for themselves and those around them.

Your care team, family, and friends can help you through this process of creating a visual legacy to leave behind for your loved ones. Don't be afraid to ask people for help.

Created by the Healthcare by Design Class of 2020, Calarts Theater School, in partnership with Henry Mayo Hospital

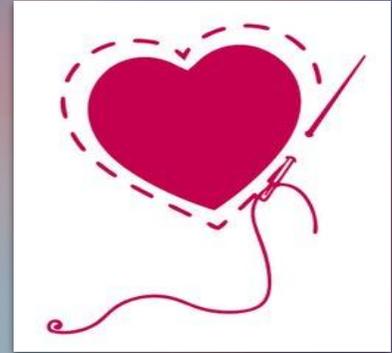
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Interactive Life Quilt gifted by Sara Gray Creative

# Memory Quilt

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3. Want to let someone else do the sewing? Here is a link to a nearby small business that is "dedicated to turning your old clothes into lasting memories." :  
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# “Our” Cookbook

***Are there meals that you find comforting? Are there recipes that are special to you and your family? Does one of your family members have delicious recipes all their own? Create a Family Cookbook and preserve nourishing recipes for generations to come.***



## Ideas:

- Gather your loved ones favorite food recipes
- Learn to make those foods and bring them for your family to share (if possible)
- Make a Cookbook (with your loved one) as a family project



## Getting started:

- Digital Printed Cookbook - Create a professional looking Cookbook online with photos and more - <https://createmycookbook.com/> or <https://heritagecookbook.com/> (there is a cost for this service)
- Paper Homemade Cookbook - Print any or all of the pages below, gather some pens and pencils, and start now!





# Recipe for:

From the kitchen of: \_\_\_\_\_ Servings: \_\_\_\_\_

Ingredients: \_\_\_\_\_

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Instructions: \_\_\_\_\_

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# Time Capsule Creativity Kit

**Create a lasting memory for your loved ones with a time capsule kit. Include little notes and gifts for loved ones to open on special days, like a graduation, wedding, birthday, or milestone anniversary.**



This time capsule kit can be started at the beginning of your diagnosis.

It is something you can add to throughout your palliative care journey.

It can be as simple as using a jar to store pieces of paper on which you write little notes.

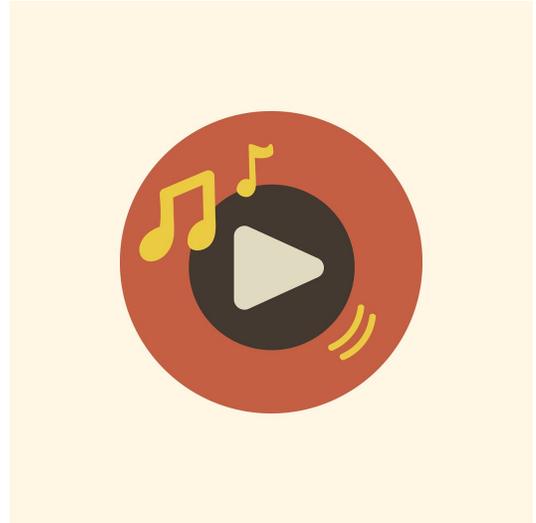
You can create separate packages or envelopes labeled for specific future dates.

Ask a friend to keep these time capsules if you want to make them a surprise for your family.

## Listening Together

*Most individuals enjoy music on a deep and personal level. These musical memories can be passed on to your loved ones through the power of playlisting!*

With digital music being what it is, sharing playlists with one another is extremely easy. And it's a great idea for people looking for ways to leave behind a musical legacy for their children or loved ones.

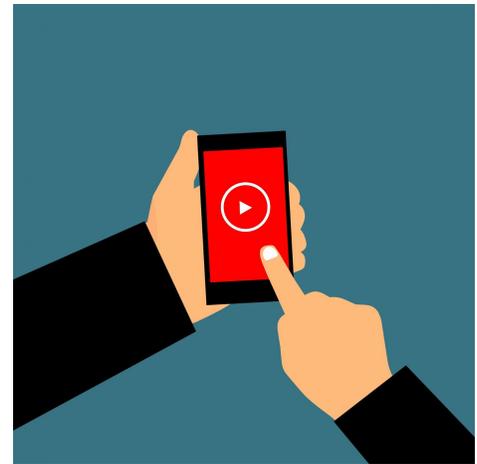


There are a few ways to go about making a playlist. You can write up a list of songs on a piece of paper and ask your loved ones to listen to them on their own. You can turn your list into a CD for them to listen to at home or in the car. Or you can use Spotify to create a collaborative playlist. If you choose to do a collaborative playlist, the person you send it to will then be able to add their own music to the list.

*This will turn the playlist into a Listening Together effort. You will have used your favorite music to create new memories and soundtracks for your loved ones that they will cherish.*

*Benefits from these playlists will include:*

- *Reduced anxiety*
- *Help coping with grief*
- *Positive memories*
- *Bringing you and your loved ones closer*



*Ask your care team and loved ones for help crafting your own Listening Together playlist!*

*To learn more about making collaborative playlists on Spotify:*

[Click Here](https://support.spotify.com/us/article/create-playlists-with-your-friends/) (<https://support.spotify.com/us/article/create-playlists-with-your-friends/>)

# Family Date Night!

**Plan a special family date night! Play favorite family tabletop games or board games, eat your favorite family food, and record the night with photos and videos so your family will have a lasting memory.**



## **Ideas For A Fun Family Date Night**

- For a family with children. Play games kids would enjoy like Candyland, Monopoly, Go Fish, Tabletop Golf, etc. Add some healthy snacks and great music. You've got yourself a party!
- For teenagers and young adults. Multi-player video games and apps on phones are always crowd pleasers. Just add pizza and popcorn for fun!
- For a special "adults only" date night. Order in your favorite meal, put on a great playlist, and bring out a deck of cards or a board game you love!

These activities can be used from the beginning of your diagnosis and throughout the palliative journey as long as you feel well enough. If you're in the hospital, ask the staff or your Care Team to help you set up whatever you need to create a special night.

# Animal Friends

*Interacting with domesticated animals builds on a **human-animal bond** that has existed since the beginning of time. Time with a friendly pet can help ease many physical and mental issues. Pet playtime can help lower your blood pressure, improve overall cardiovascular health, and even release endorphins that produce a calming effect. Give it a try!*



**Do you have pets?** Ask a member of your Care Team if your pet can come for a visit. **Are there Therapy Animals at your hospital?** Schedule a visit and make a new friend. Your Clinical Team may even be able to get an animal friend to visit you at home.



For a Virtual Visit (video) with some **Puppies, Kitties, Bunnies & Chicks**, ask your Care Team to arrange a private screening for you!

# Favorite Spaces



Recall what spaces brought you peace and happiness. Think back on beloved dates with your spouse or treasured trips with your family and friends.



Recreate those spaces - it's as simple as eating the same food, bringing in photos or trinkets from your trips, or listening to that road trip soundtrack on repeat - anything that bring you back to those times of joy.



You can change up your space to transport you to those memories through lighting, visuals, smell or action.



Close your eyes and listen to the crickets in the fields, recall the smell of jasmine in blossom in the air, hear the top song of a specific summer. Transport yourself to a time full of laughter with friends and love all around. Look back on a time of joy and find the items, the senses or actions that can help you re-experience those times.

# Continue Your Weekly Gatherings



Continue your weekly viewings with family and friends of your favorite sport teams game.

Continue your weekly movie viewing night with family and friends.

Continue your weekly gatherings to bring a sense of normalcy and peace of mind to take you out of your current environment.



# Words of Encouragement



Create videos for your children/ family - Life advice, Dad/ Mom jokes, favorite memories and other messages for your loved ones.

Create videos for your spouse of things you want them to hear, and words of encouragement.



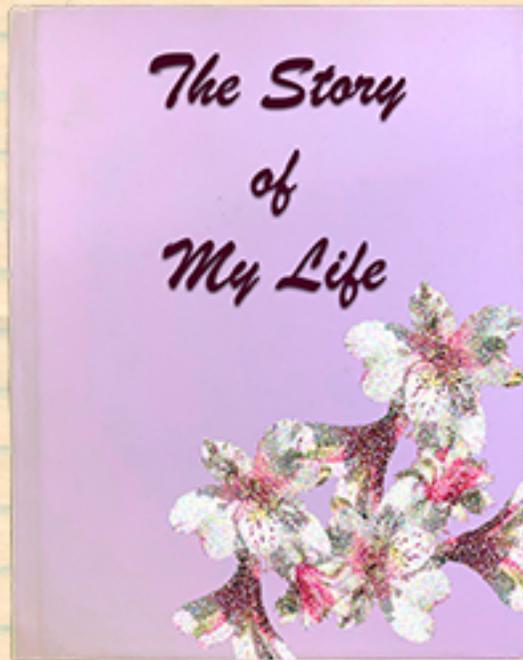
## To Learn More

- [Leaving a Digital Legacy](https://shorturl.at/MPSW0) - [shorturl.at/MPSW0](https://shorturl.at/MPSW0)
- [CNN](https://shorturl.at/bdeCM) - [shorturl.at/bdeCM](https://shorturl.at/bdeCM)
- [What is a Legacy Video](https://www.crossroadshospice.com/hospice-palliative-care-blog/2017/may/31/what-is-a-legacy-video/) - <https://www.crossroadshospice.com/hospice-palliative-care-blog/2017/may/31/what-is-a-legacy-video/>



# My Life Advice

Create a journal for your children and loved ones of your special sayings, from which they can take comfort and wisdom. Write down general life advice, ideas that motivate you, favorite quotes, movies, food, and anything on your mind you want your family to know about you.



If you're unable to get a journal and a pen, ask a family member or friend to get you one. If you're journaling online or in another way, you can use the following page to write down your answers or examples of things you want to say.

Journaling can start at the beginning of your diagnosis and can continue throughout your palliative care journey. You can save a section near the end of your journal where your loved ones can continue adding to it with their own thoughts and experiences.

**For online journals or for use on phone or tablet try:**  
**<https://www.intelligentchange.com/pages/five-minute-journal-app>**  
**Journey: <https://2appstudio.com/journey/>**

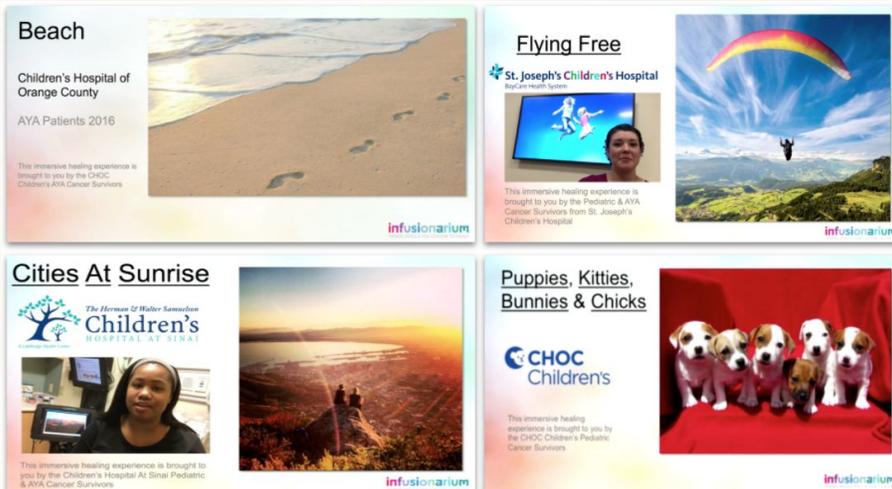
# Some Examples:

1. My favorite movie is:
2. My favorite book is:
3. My favorite food is:
4. My favorite drink/beer/wine is:
5. My favorite song/band is:
6. The best joke I know is:
7. A secret I want you to know about me is:
8. One thing I always wanted to do was:
9. My favorite saying is:
10. My advice to you is:
11. My favorite place in the whole world is:
12. My favorite thing to do is:
13. When you feel sad/overwhelmed you should:
14. It's your birthday so I want to say:
15. The thing that makes me the most happy is:
16. The funniest thing that happened to me was:

# Virtual Vacations

**If you could take a *Virtual Vacation* to any place in the world ... where would you go? An African Safari? A trip to the Amazon? A world tour of Peace Pagodas? Theme Parks? A quiet day at the Beach? Or Flying Free without wings?**

**These and many other immersive experiences are available to you now.**

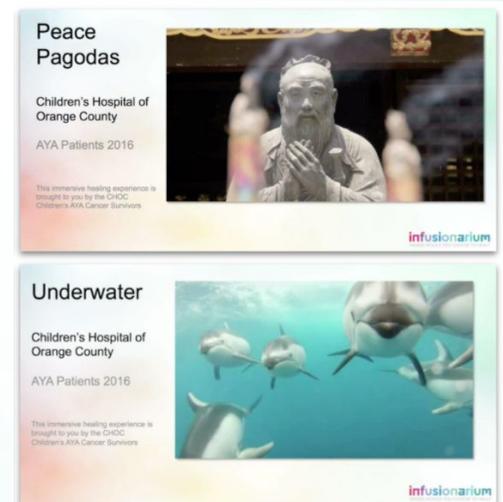


Reimagine Well is a patient experience company that has developed immersive healing experiences for many years by sending surveys to patients and families dealing with a life threatening diagnosis. It asks, *“If you could be any place else in the world, what special place would help you to feel better?”* This library of experiences has been requested by real people in real hospitals. (Many come from children in pediatric care.)

Clinically, you would call these experiences *distraction therapy*. This type of therapy has been shown to reduce anxiety and, in some cases, diminish the need for some side effects medications.

Either alone, or with friends and family, select a place you'd like to visit, or an experience you'd like to have, and check it out.

**Your clinical team can help you find the library of immersive healing experiences - *Virtual Vacations* - that are available to you now. Dive in!**



To learn more:

- Reimagine Well - <https://reimaginewell.com/>
- Immersive Healing Experiences - <https://reimaginewell.com/immersive-healing-experiences/>
- Distraction as a Complementary Therapy - <https://bit.ly/3ck6qU6>

# Heart Song



Does the sound of a loved one's **heartbeat** bring you comfort? What about music? What if you could incorporate your loved one's **heartbeat** into your favorite song?

Your loved one's memory now has the ability to take on a tangible form and is available to you!



Memory making is a crucial part of the human condition. When we lose a loved one or they are diagnosed with a life threatening disease, memory making seems much more difficult, while also holding greater significance.

**Heart Song** gives you the opportunity to create a new, enduring memory by producing a musical legacy. A form of musical therapy, technology and art merge when a digital recording of a loved one's heartbeat is intermixed with a special song of the family's choosing.

## How do you create a **Heart Song**?

1. Ask your clinical team if they will provide you with a recording of your loved one's heartbeat.
2. Select a song that holds significance for all of you.
3. Use one of the apps below, or one like, to create your **Heart Song**.

To learn more:

- Suggested App 1 - <https://audio-joiner.com/>
- Suggested App 2 - <https://looplabs.com/beta>
- Producing Music from the Heart (Video) - <https://bit.ly/3am7be1>

# Playing Forward

Whether we're searching for buried treasure or finding hidden Easter eggs, most of us have experienced a scavenger hunt. Getting a reward for our search at the end of the hunt is always exciting and satisfying. Creating a hunt and a reward for a loved one, and then helping them to find it in the future, is what *Playing Forward* is all about.



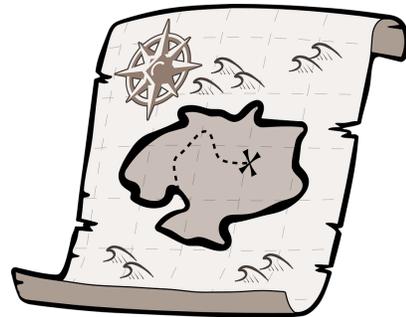
If you desire to leave something behind for a loved one - but want to do it with a twist - you can organize your own scavenger hunt! Talk to your family members and friends to see how they can help you create clues and challenges that will lead someone to the final treasure!

Examples of these treasures include:

- A hidden recipe in a cookbook - to be found on a 21st birthday
- A letter to be opened and read on an 18th birthday
- A piece of jewelry or an article of clothing to be worn at a graduation

Making a loved one the “player” in a personalized scavenger hunt will create long-lasting memories that a loved one will treasure for the rest of their lives.

*Just a quick warning. This fun idea could easily become too elaborate and stressful. Don't overwork yourself. And ask for help from those around you. Working together with loved ones and your care team to design this treasure hunt will help relieve some of the stress.*



*Just don't forget to ask for help when necessary.*

To learn more about creating scavenger hunts, follow the link below:  
[Click Here](https://www.scavenger-hunt-fun.com/scavenger-hunt-clues.html) (https://www.scavenger-hunt-fun.com/scavenger-hunt-clues.html)

# Personal Prayer



***Spiritual faith can be **comforting** and **healing** for many people, especially in this most difficult of times. With recent advances in technology, connecting with a trusted **spiritual leader** from your own faith community is now easier than ever.***

We all face difficult times. If, for any reason, you need spiritual guidance or an uplifting message, no matter what faith, belief or background, we have completed a list of local places for your consideration.

Those listed below are known to have 'Livestream' services. Some of the services on this list may guide you to YouTube, Facebook, or other online media to be viewed anywhere. These places of worship may also have archived messages that you can listen to anytime.



### Spiritual Activity Considerations:

- Select a favorite inspirational passage, or beloved hymn; or a quote from a historical figure, or spiritual leader, that is meaningful to you
- Ask for a family member, or a member of the hospital's Pastoral Team, to read it aloud
- Take a quote from it and write it on a piece of paper, or draw it on a card, and pin that card up to a special place in your room
- Light a few candles and decide on a theme that would be meaningful to talk about with family, friends, or even members of your Care Team
- Start a journal by writing down your day to day religious or spiritual practices. It could be a thought, prayer, drawings, names of special people in your life, and even a dream diary.

**If you're looking for immediate support with your spiritual or faith needs, contact one of the hospital's Pastoral Team members. Ask them to connect you by phone, Zoom, or Facetime to your personal place of worship in order to speak to a member of the clergy you know.**

**LOCAL PLACES OF WORSHIP STREAMING AND ARCHIVED LINKS are on the following page.**



## LOCAL PLACES OF WORSHIP STREAMING AND ARCHIVED LINKS

We all face difficult times. If, for any reason, you need spiritual guidance or an uplifting message, no matter what faith, belief, or background, we have compiled a list of local places of worship of many denominations and religious beliefs for your consideration. Those listed are known to have "Livestream" services. Some of the services on this list may guide you to Youtube, Facebook, or other online media to be viewed anywhere. These places of worship may also have archived messages that you can listen to anytime.

DENOMINATION	WEBSITE	TIME / TYPE
<b>Assembly of God</b>		
New Life Assembly of God Santa Clarita	<a href="http://mynewlifeag.co">mynewlifeag.co</a>	Recording
<b>Baptist Churches</b>		
Grace Baptist Church	<a href="http://gracebaptist.org">gracebaptist.org</a>	10 a.m. Sunday
Placerita Baptist Church	<a href="http://placeritachurch.com">placeritachurch.com</a>	Sundays 10 a.m.
Santa Clarita Baptist Church	<a href="http://scbc.cc">scbc.cc</a>	Sundays 10:30 a.m.
<b>Buddhist</b>		
Fo Guang Shan His Lai Temple - English Buddhist Service	<a href="https://fgsenglishdharmaservices.blogspot.com/2020/03/loving-and-kind-inter-connectedness.html?m=1">https://fgsenglishdharmaservices.blogspot.com/2020/03/loving-and-kind-inter-connectedness.html?m=1</a>	
<b>Catholic</b>		
Queen of Angels Newhall	<a href="http://miqparish.org/livestrea.m.ing-mass">miqparish.org/livestrea.m.ing-mass</a>	Daily M-F 7 a.m. and Sunday 7 and 9 a.m.
Online Services	<a href="http://wordonfire.org/daily-mass">wordonfire.org/daily-mass</a>	8:15 a.m.
Cathedral Online	<a href="http://lacatholics.org">lacatholics.org</a>	M-Sa 7 a.m. (Spanish) 12:10 p.m. (English)
<b>Christian Churches</b>		
Bouquet Canyon Church	<a href="http://bouquetcanyonchurch.com">bouquetcanyonchurch.com</a>	9 a.m. Sunday
Church of the Canyons	<a href="http://churchofthecanyons.org">churchofthecanyons.org</a>	Recordings and YouTube Videos avail.
Crosspoint Church	<a href="http://crosspointscv.org">crosspointscv.org</a>	9:15 and 11 a.m. Sunday
Crossroads Church	<a href="http://lifeatcrossroads.org">lifeatcrossroads.org</a>	8, 9:30 and 11 a.m. Sundays
Faith Community Church	<a href="http://faithcommunitychurch.com">faithcommunitychurch.com</a>	10 a.m. Sunday
Higher Vision Church	<a href="http://highervision.church">highervision.church</a>	6 p.m. Sat. and 9,11 Sundays
Lake Hills Community church	<a href="http://lakehillscommunity.org/sermons">lakehillscommunity.org/sermons</a>	Recording
North Park Comm. Church	<a href="http://subsplash.com/northpark/sermons">subsplash.com/northpark/sermons</a>	9 a.m. Sunday

DENOMINATION	WEBSITE	TIME / TYPE
Real Life Church	reallifechurch.org	Th. 7 p.m. Sunday 8:30, 10 and 11:30
Santa Clarita Christian Fellowship	mysccf.com	Sundays 8 and 10 a.m.
The Sanctuary	thesanctuarychurch.com	Sundays 10 a.m.
South Hills Santa Clarita Church	southhills.org/santaclarita	Sundays 9 and 10:30 a.m.
Valencia Christian Center	valenciachristiancenter.org	Sundays 10 a.m. on Facebook
Valencia Hills Comm. Church	valenciahills.com	Sundays 9 a.m. and 10:30 a.m.
Haven House Church	havenhousechurch.org	Sundays 10 a.m.
<b>Episcopal</b>		
St. Stephens Episcopal Church	st-stephens.org	Sundays 10 a.m.
<b>Greek Orthodox</b>		
St. Stephens Greek Orthodox Church	st-nicholas.info	Sundays 8:45 a.m.
<b>Hindu</b>		
Sri Siddhi Vinayaka Temple	santaclaritatemple.org/v-slokha	Saturday 6–8 p.m. Sunday 6–8 p.m.
<b>Jewish</b>		
Temple Beth AMI	templebetha.m.i.org	Check website for updates
<b>LDS</b>		
Church of Jesus Christ of LDS	churchofjesuschrist.org	member login needed
<b>Lutheran Churches</b>		
Bethlehem Lutheran of SCV	bethlehemscev.com/sunday-services-live	8 a.m. Sunday
Christ Lutheran Church SCV	clscv.org	9:30 a.m. Sunday (recording)
<b>Methodist</b>		
Santa Clarita United Methodist Church	https:scumc.org	Recording
Valencia United Methodist Church	umcv.or	Sundays 10:30 a.m.
<b>Muslim</b>		
Isla.m. Center of Los Angeles	isla.m.iccenter.com	1 PM Saturdays
<b>Nazarene</b>		
Newhall Church of the Nazarene	newnaz.org	Recorded Message
<b>Orthodox Christian</b>		
St. Simeon Orthodox Christian Church	scvorthodox.com	Sunday 8:30 a.m. Fridays @ 6:30 p.m.
<b>Presbyterian</b>		
First Presbyterian Church of Newhall	presby-newhall.org	9 a.m. through Facebook link of website



## ARCHIVED MESSAGES FROM LEADERS OF WORLD RELIGIONS

The following are archived messages from different historic religious leaders across major world religions. Each speaker is not from a local place of worship. But their messages are accessible by the website links to the right.

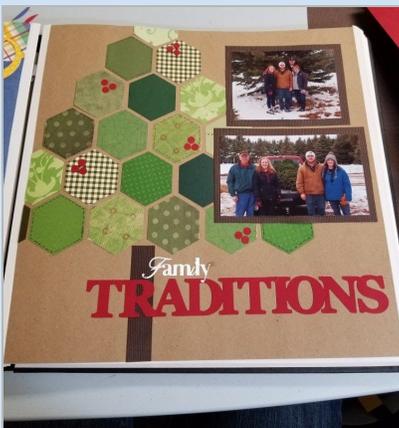
DENOMINATION	WEBSITE ARCHIVES
<b>BUDDHISM</b>	
The 14th Dalai Lama of the Gelug School of Tibetan Buddhism.	<a href="https://youtube.com/channel/UCiPJ_g02LuOgOG0ZNk5j1jA">youtube.com/channel/UCiPJ_g02LuOgOG0ZNk5j1jA</a>
<b>CHRISTIANITY</b>	
William Franklin Graham Jr. was a prominent global Christian minister and evangelist.	<a href="http://billygraham.org/tv-andradio/television/classics">billygraham.org/tv-andradio/television/classics</a>
<b>HINDUISM</b>	
Paramahansa Yogananda was an Indian monk, yogi and guru who introduced millions to meditation	<a href="http://yogananda-srf.org/tmp/py.aspx?id=50">yogananda-srf.org/tmp/py.aspx?id=50</a>
<b>ISLAM</b>	
Zakir is an Islamic scholar and one of the world's leading salafi evangelist who trained as a medical doctor.	<a href="https://youtube.com/channel/UC3YmP7nqf51411zh1eVbZrA">youtube.com/channel/UC3YmP7nqf51411zh1eVbZrA</a>
<b>JUDAISM</b>	
Menachem Mendel Schneerson known to many as the Lubavitcher Rebbe or simply as the Rebbe, was/is considered one of the most influential Jewish leaders of the 20th century.	<a href="http://chabad.org/multimedia/media_cdo/aid/1560685/jewish/The-Rebbe-in-His-Own-Words.htm">chabad.org/multimedia/media_cdo/aid/1560685/jewish/The-Rebbe-in-His-Own-Words.htm</a>

Disclaimer: This is not an exhaustive list of faith resources. The online links are mainly of local places of worship and various archived religious programs. If you do not find a resource in keeping with your religious preference please let us know at your convenience so we may attempt to find the appropriate resource.

We are here for you — Henry Mayo Pastoral Care Department 661.200.1125

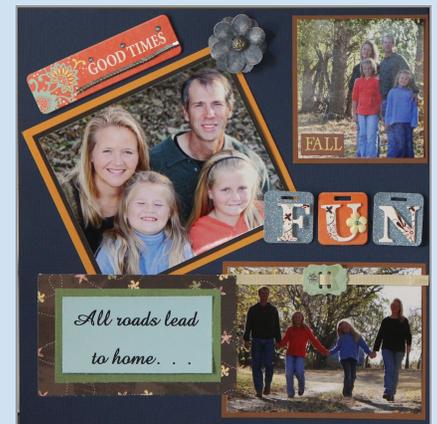
# SCRAPBOOK!

Looking for a way to preserve your **special memories** for future generations of your **family**? Exercise your creativity by displaying those memories in a **Scrapbook!**



- This activity can involve your whole family, and even friends.
- **Grandparents, Children, and Grandchildren** go through photos of their lives together and make a book for the family to cherish **forever**.
- This activity will rekindle old memories and will also create new ones to share.

**Scrapbooks** can be made online with smart (digital) technology. There are **website links** below; some of which may involve a cost. Your family can also make **scrapbooks** with their own paper and **notebooks**. There are a series of templates below you can print out to help you get started.

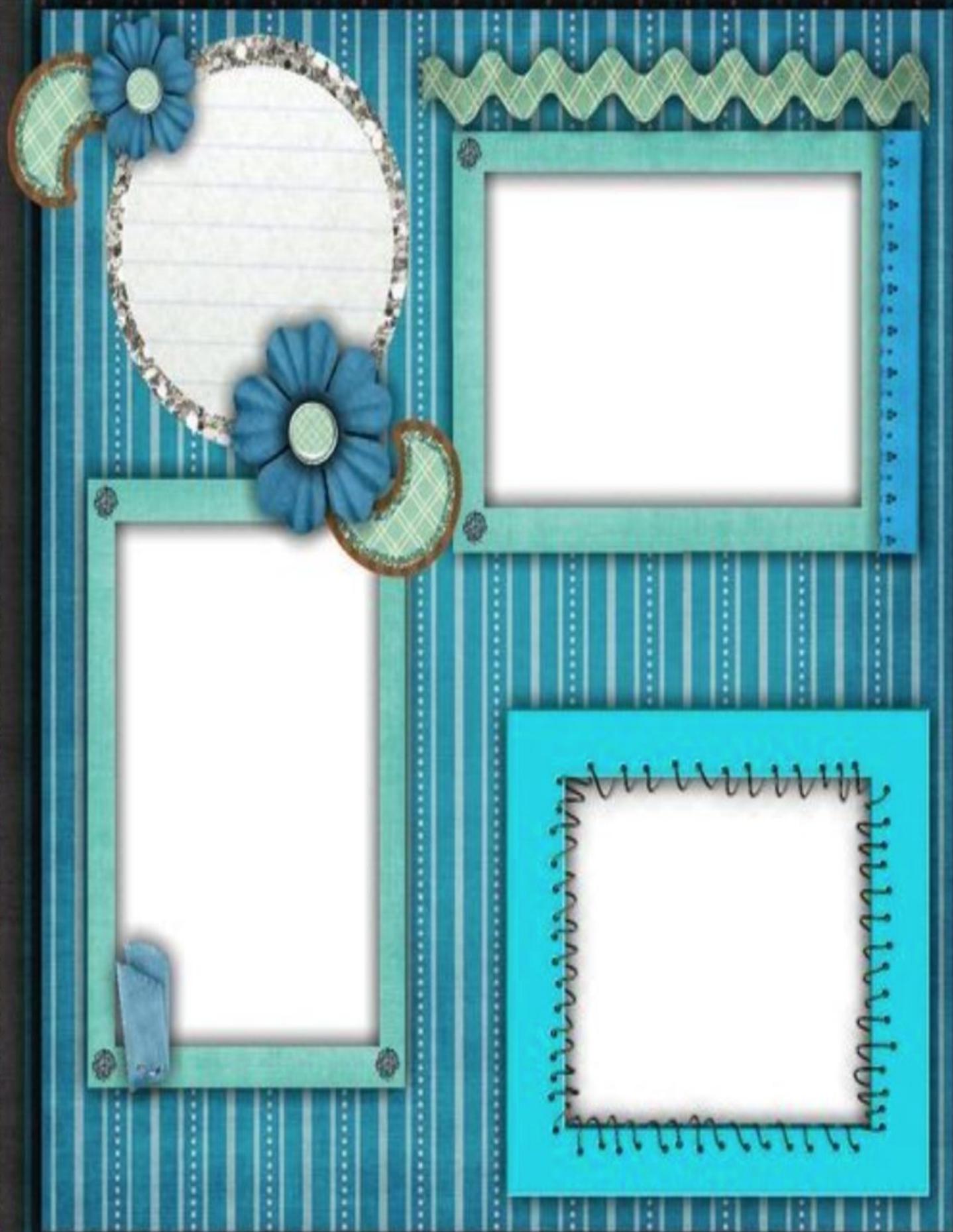


Talk to your **loved ones** and Care Team about gathering resources to tell your **family story!**

Digital Scrapbook resources:

Scrapbook MAX / <https://bit.ly/2xyo9bS>

Smilebox / <https://www.smilebox.com/maker/scrapbook-maker/>



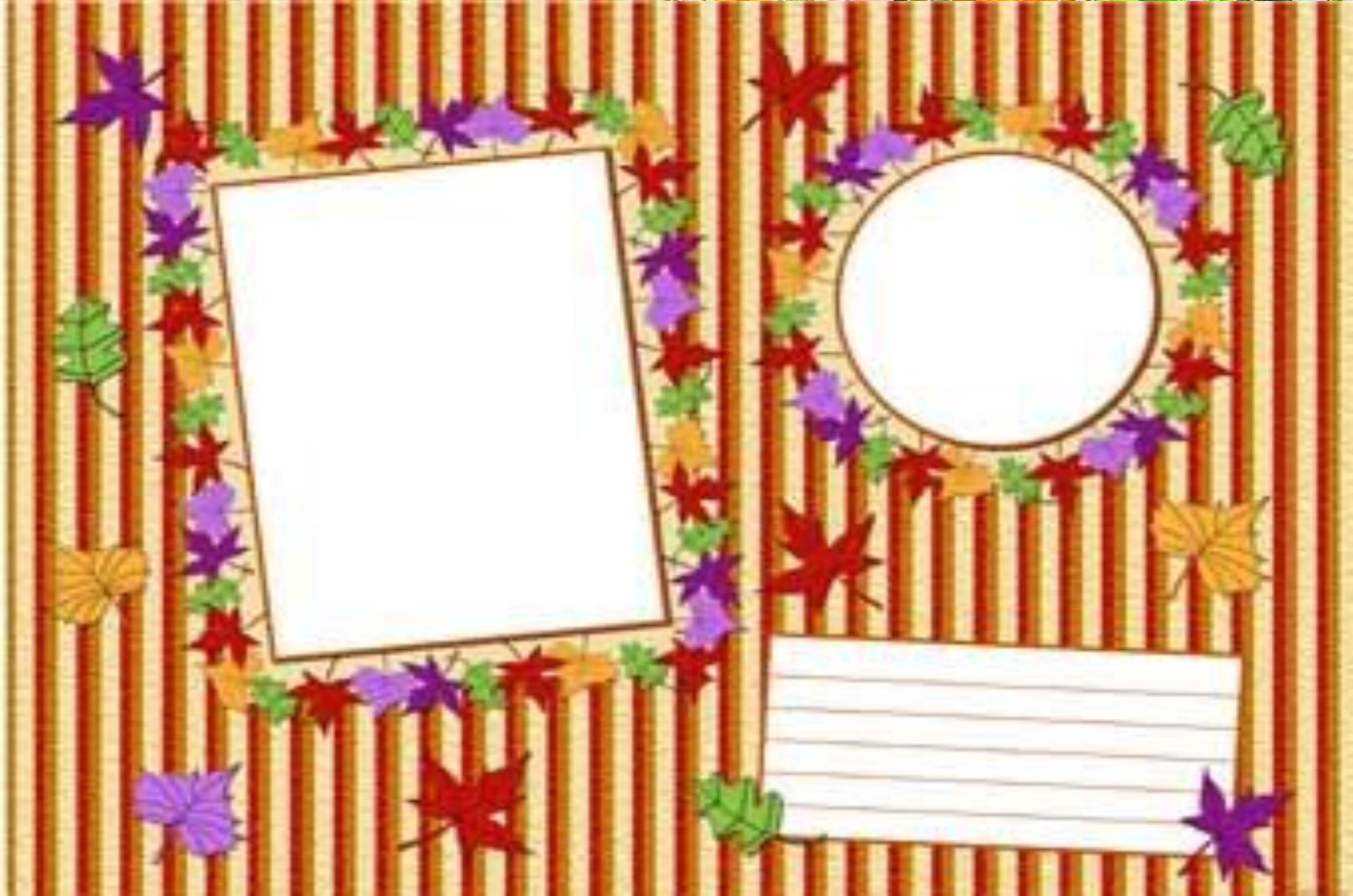
# Family Tree

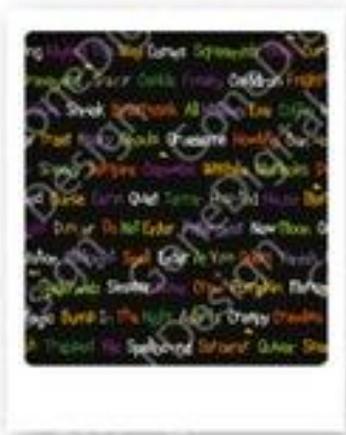
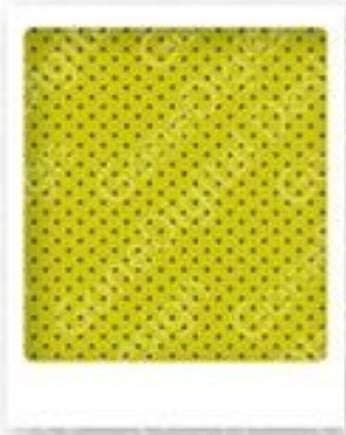




a story to tell

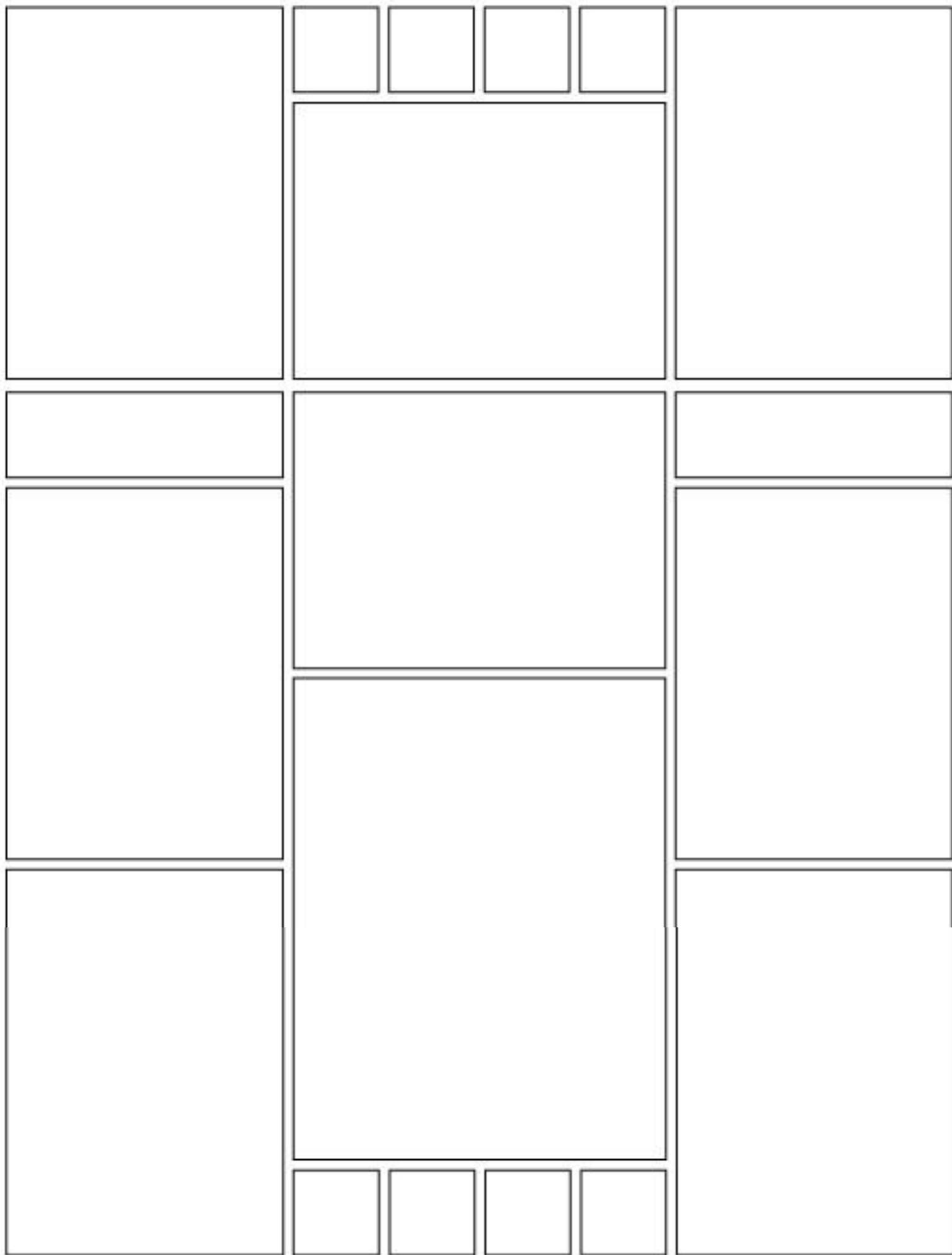












# Together Time

*Say you want to leave behind a message for someone you love. You want to make sure you are captured using your own voice and expressions in an intimate way. One of the best ways to achieve this is with the power of digital and video documentation.*



Although a parent may not have the ability to be a physical part of their child's life in the future, videos are a way of passing on information just as if that parent was speaking to their child. Parents can create a series of video messages where they talk and interact directly with their children, giving them a new way to create memories. We call this Together Time.

These videos can be simple. They can be scripted around ideas such as:

- *My name is...*
- *Who am I?*
- *Where am I?*



They can also be made with specific themes or lessons to be watched at various times in life. Some examples of this, ranging from childhood to adulthood, include:

- *How to tie your shoes?*
- *What was my favorite hobby?*
- *What was I like in High School?*
- *How was I sure about marriage?*

Many children may not have memories of their parents who have passed away. Thankfully, with the aid of recorded videos, those children will have memories they can carry with them for the rest of their lives. These videos may also help children process their feelings of grief and sorrow. They may even help them to move them forward into a brighter future for themselves and those around them.

*Your care team, family, and friends can help you through this process of creating a visual legacy to leave behind for your loved ones. Don't be afraid to ask people for help.*