

Some Ideas

- Writing a journal
- Making a memory box
- Digitizing photographs
- Organizing a photo album
- Making a scrapbook
- Writing a letter to yourself or to a loved one
- Writing a poem or a song
- Audio-recording yourself
- Video-recording yourself
- Creating a family tree
- Creating an ethical will
- Recording an instructional video for a child
- Recording the story of how you met your spouse.
- Create a personal website or weblog (Blog)

You are much better off focusing on “How do I spend my time usefully? What do I want to say to my friends? How can I use what I’m going through as a way of helping my friends and family?” And you also feel better. You can express yourself and also value the friendship some of the people in life have offered you. It’s a way of pulling it together in a most positive way. I try to live that. I recommend it enthusiastically.

- A UCSF Cancer Center Patient, 81 years old, talking about telling his story

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The SMS Notes Project



The SMS Notes Project at UCSF aims to help people with serious illness to record their thoughts, to share their stories, and to reflect on their memories and relationships.

The Notes Project

When faced with serious illness, people often take the opportunity to reflect on and review their lives. This can lead to the desire to share their stories, memories, values and beliefs, and important life lessons with their families and loved ones.

The SMS Notes Project can help you with this process. It can range from something relatively simple, such as recording the story of a child's birth or writing a letter, to a more involved project such as organizing a photo album based on the family tree. Whether the project is big or small, posted on a website or a private letter to a family member, **The SMS Notes Project Team** can help you see your idea thorough to completion.



Reflection Questions

The following questions* have been helpful to others as they think about their lives and can guide the creation of the “notes” they want to record for their loved ones:

- Tell me about your life
- What are cherished times?
- Of what are you most proud?
- If someone were to make a movie of your life, what would be important to include?
- If you were to do things again, what might you do differently?
- Are there things or times you regret?
- Is there anyone to whom you would like to offer forgiveness?
- Is there anyone from whom you would like to ask forgiveness?
- Are you at peace?
- What are your most valuable lessons learned?
- What would you like to share with future generations?
- If you could choose one thing to pass on as your legacy what would that be?
- What things would you like to accomplish?

*Steinhauser, et al, (2009)

Services We Provide

- Access to video and audio recording equipment, with instruction on use
- Photo books, scrapbooks and journals
- Facilitated sessions, including assistance with computers
- Additional web-based and written resources and information
- Finding resources and organizations to help you complete your project

