

Brought to you by
Altenheim Resource Services

Empowering older adults and caregivers through information, education, and support
Contact us with questions about aging or caregiving issues

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“Remember when?” “The good old days. . .” These are phrases we may hear ourselves say from time to time, especially as we get older. There’s something special about days gone by that we want to remember. We know we can’t go back to what might have been a happier time or a time when we had fewer responsibilities, but remembering is an important activity.

From the historical perspective, talking about the times in which we have lived is the start of oral history. It is a way to gather, preserve and interpret events and the impact they had on the lives of people. If you are interested in your family history, genealogy may be the place to start. Keeping a record of who is related to whom is the first step. But your family history is more than just the names. It is the stories. Talk to your older relatives to get those stories. You can record them in a journal or use an electronic recording device like a tape recorder, video tape or even your smart phone. To help you get started review the guidelines offered by the [Oral History Association](#).

Reminiscing can be an important part of our lives. It can provide both cognitive and emotional meaning to our lives. There are many ways to invoke memories. Talking with friends and family members about what you remember from a situation. If you are caring for an older adult, you can use photographs, mementos, music, or even current newspapers to help your loved one remember. Those who are old enough to remember the Ohio River flood in June, 1974 from Hurricane Agnes will probably want to tell you all about it when they hear about our most recent flood. If you aren’t convinced that remembering the past has value in our current lives, read the article from [Psychology Today](#) on reminiscing.

If you are caring for an older adult who lives with dementia, reminiscing can be a vital tool in the care you provide. Reminiscing can provide companionship and reduce boredom for your loved one. It can improve self-esteem and help you see your loved one as an individual. It can encourage family interaction, especially with younger generations. [Today’s Caregiver](#) has an excellent article on reminiscing with those who live with dementia.

Get started today with your reminiscence. "Genealogy: Where Did I Come From?" will be held at Family Service - UOV (Ohio County Senior Center) on Friday, April 19, 2024 from 11:30 a.m. - 12:30 p.m. Louis Yurkovitch, past president of Wheeling Area Genealogical Society, will be the speaker at this FREE program that also includes lunch. Call 304 233-2350 ext. 105 to reserve your seat and your lunch! Join us to learn about researching your family tree and what resources will help you. All are welcome!