

One Memory at a Time®



We don't ask for memories. We help them arrive.™

Volume 1 – Our Youth

START HERE

A 5-Minute Introduction to One Memory at a Time®

A simple way to start meaningful
conversations about the lives
that have shaped us.

*Read.
Pause.
Listen.
Follow.*



*Good stories
live on.*



One Memory at a Time®



Same People.
New Conversations.
A Brighter
Tomorrow.

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What Is One Memory at a Time?

One Memory at a Time® is a guided storytelling program that helps people reconnect with memories from their lives through short, familiar stories and gentle conversation.

It can be used by someone exploring their own memories, by family members together, in a group setting, or by a Memory Companion sitting with another person.

The approach can be remembered in four simple words:
Read. Pause. Listen. Follow.

There is no required order. There is no schedule and no finish line. You do not have to complete a story or answer every prompt. Most importantly, this is not a memory test. Nobody has to remember anything.

*Good
conversations
never get old.*



One Memory at a Time©



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Different People.
Different Stories.
A More Connected
Tomorrow.

Why Is It Different?

Many approaches to remembering begin with questions. Where did you go to school? Who was your best friend? What was your first job? Those can be good questions, but sometimes the hardest part is knowing where to begin.

One Memory at a Time begins somewhere else.

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Think about a bird feeder. You don't chase birds around the yard trying to make them come to you. You put out the feeder, create the conditions, and wait. The birds decide whether to come.

The Guided Story works much the same way. It is the bird feeder. A familiar place, sound, smell, person or experience may become the little seed that allows a memory to land. Sometimes nothing comes, and that's perfectly fine. Sometimes one small detail appears. And sometimes that little detail opens the door to a story that hasn't been told in years.

*Plant the seed.
Give it time.
See what arrives.*



One Memory at a Time®



One Story.
Another Connection.
A Brighter
Tomorrow.

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What Do I Do First?

You can begin right now. Open One Memory at a Time and choose any story that interests you. Don't worry about starting at the beginning. There is no beginning you have to follow.

Read a little and then pause. If something in the story brings back a thought, a person, a place, a sound, a smell or even a feeling, stop reading. **That memory is now more important than the page.**

Talk about it. Listen to it. Follow it. If the conversation takes you somewhere different, let it. And if nothing arrives, simply continue reading. There is nothing to get wrong.

For an even simpler way to begin, visit the Library and choose **Memory Game** — **Try a Memory Moment**. Choose a theme or select **Surprise Me**. The app will give you one little doorway into the past. Read it, pause and see what arrives. There is no score, no timer and no right or wrong answer. It is a game designed to start a conversation, not test someone's memory.



*One memory
can lead to another.*

