



Age Old Wisdom

TELL YOUR STORY

Many seniors are choosing to document their lives for future generations by writing their memoirs. These personal accounts are sure to be of particular interest to their families and may help to “set the record straight” about a number of issues. Aside from being a gift to children and grandchildren who want to better understand their family histories, writing an autobiography can be a cathartic process for the writer. There is no better way to deal with life events than to thoughtfully commit them to paper with a pen. Of course, these days, writers are more likely to use a word processor. Others prefer recording their oral histories in a video, which can be even more compelling.

Deutsches Altenheim hopes that you found this topic to be both interesting and informative. Should a resident choose to create a personal memoir to leave for their family and loved ones, our compassionate staff is here to assist them. Learn more about our services by reaching us today. We will schedule an initial, confidential meeting and tour of our community at 2222 Centre Street, West Roxbury. *We will exceed your expectations!*

P.S. Children take their parents’ histories into account when formulating their own identities.