

One Photo, One Story

A gentle, optional conversation for senior centers, senior living communities, and families.

Suggested time: 20 minutes Format: one-to-one or a small group

Bring: a pen, a copy of page 2, and an optional photograph or familiar object. A remembered scene works, too.

00-03 MIN

Invite a small beginning

Ask participants to choose a photo, object, or remembered scene. Explain that sharing and writing are optional. Passing or listening is welcome.

03-10 MIN

Let the story lead

Use one prompt at a time: Who is here? Where are we? About when was this? What story belongs with it? Approximate dates are useful. Allow pauses without correcting or testing memories.

10-15 MIN

Keep a useful note

Offer page 2 for writing or drawing. Ask before helping someone record their words. Participants keep their own sheets and choose what, if anything, to share.

15-20 MIN

Choose one next step

Invite participants to tell a trusted person about the story. At home, they can privately note where an original and a checked backup are kept. No account access is needed during this activity.

Make it comfortable. Adapt the pace and format to your group. A person may prefer to describe a place, sketch an object, listen, or continue privately with family.

This is a conversation activity, not therapy, a memory test, or a legal-planning session. Keep passwords, financial details, and other private records outside the group.



Free guide and printable copies
my-digital-legacy.erik-sartor.chatgpt.site/senior-communities/

Optional reading: My Digital Legacy by Erik Sartor. Kindle U.S. list price \$4.99; check current regional price and availability on Amazon.

One Photo, One Story

Choose a photograph, an object, or a place you remember. You can write, draw, talk, or simply listen.

Who or what is in this memory?

Where and about when was it?

What story would I like to keep?

One person I might share this story with:

You keep this page. Names and dates can be approximate.

Free activity copies and family next steps:
[my-digital-legacy.erik-sartor.chatgpt.site](https://my-digital-legacy.erik-sartor.chatgpt.site/senior-communities/)
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