

## Why prepare a Legacy Letter?

- It is a gift to your family that can be passed on from generation to generation, creating the critical link from past to future generations that only you can offer.
- The process is fulfilling and fun. Your family gets to know you better as a person, and not just as a parent or grandparent.
- Reminiscing helps people enjoy life more. Studies indicate that this activity can increase self-esteem, raise life satisfaction, improve cognitive functioning, and decrease levels of depression and anxiety. It also has a beneficial effect on caregivers.
- The process can be cathartic by helping people better understand their feelings and submerged memories. Often people let go of pain, anger, resentment and discover peace within themselves and towards others.
- It breathes life into significant events in history, and presents a way of life that no longer exists.
- It provides clarity, insights and a wider and deeper understanding of your life and your family by examining the important events of your life, the choices you made, and your struggles and triumphs.
- It teaches survival skills to the younger generation, and how to overcome adversity when they face similar difficulties.
- It honors those who helped you.
- It promotes spiritual growth by helping people come to terms with their mortality, and that of their loved ones.
- It ensures that we can complete our lives in the same purposeful way we lived them.

## Leah Dobkin's Background

Leah Dobkin, is a versatile and creative writer and author, serving the editorial needs of businesses, nonprofits, government and individuals. She is also a national public speaker and inspirational and entertaining trainer, pioneering gerontologist and Founder of Legacies Letters.

Ms. Dobkin has a master's degree in gerontology and social work from Columbia University. She is delighted to have the opportunity to combine her 30-plus year career working with older adults with her professional writing to help you craft your Legacy Letter.

## Contact Leah Dobkin for Fee Schedules

### For A Personalized-Written Legacy Letter

Costs vary depending on the length and time required to interview and write the Legacy Letter. It can be crafted to fit your budget. Family members who believe in the importance of preserving their family's legacy can also share the cost. A Legacy Letter makes a perfect holiday, birthday, father or mother's day gift.

### For workshops and presentations

Costs reflect the length of the presentations and workshops. They range from one hour to a three-day series.

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*Let us help you write  
one of the most important  
letters of your life.*



Most of us want to know that we made a difference in this world. We want to be understood and remembered. Yet, how often in middle of all the hustle and bustle do we sit down with children and grandchildren to share personal and family stories and experiences?

Whether they live near or far, your relationship could be closer, and your life more meaningful by writing a Legacy Letter to your family.





# A Roadmap For Your Children and Grandchildren They Will Treasure Forever



## How does it work?

Letter writing is a lost art, but it doesn't have to be. Leah Dobkin helps revive this tradition by helping people write Legacy Letters. Legacy Letters are tailor-written and vary in length and design. Your Legacy Letter is based on informal interviews where Leah Dobkin carefully listens and confidentially records your stories and responses to pertinent questions.

Crafting a Legacy Letter is a collaborative process. All you have to do is talk and review what she writes. You have the final say about what goes into the letter. The result is a unique letter or book, written in "your voice" that pulls together, clearly and interestingly, everything you wanted to share with your children and grandchildren, but never did. A younger person can also write a letter to an older person explaining what legacy they received from them.

This is the time to document your wisdom and family stories. It is too easy to procrastinate or believe no one is interested in what you have to say. Don't let members of your family in this multi-tasking, electronically obsessed generation become the first to be completely ignorant of their family heritage.

"Something I could give you  
Might be lost: however  
Something I could teach you  
Will keep us close together,"  
Judith Levy

## IF NOT NOW, WHEN?

## Legacy Letter Writing Workshops and Presentations with Leah Dobkin

A legacy Letter workshop provides the tools and support you need to discover and reclaim your ancestral legacy and, at the same time, clarify your values and add a new purpose to your life.

We all have an obligation to future generations – to record our personal values and family and community stories. By doing this we contribute to a more cohesive society. Join us to begin harvesting your legacy – no writing experience necessary! The process is fun, revealing and probably one of the most meaningful workshops you will ever attend.



## Workshop Goals

- Describe the history of the Legacy Letter, and its many applications.
- Consider why, when and how to write a Legacy Letter.
- Identify the many benefits to writing a Legacy Letter
- Overcome obstacles to writing a Legacy Letter
- Review sample outlines and letters.
- Conduct exercises and prompts to create your personalized Legacy Letter outline
- Begin the process of writing your Legacy Letter.

Workshops and presentations are specially designed to meet the needs of a variety of workshop sponsors such as estate planners and financial advisors, business groups, health care facilities, foundations and other philanthropic and nonprofit organizations, retirement housing and senior centers, adult education programs, and religious organizations.

## What is a Legacy Letter?

A Legacy Letter is a loving testament of a person's values, experiences, hard-earned life lessons and hopes. It is not a new concept. In fact, it is mentioned in Hebrew scriptures, and in Medieval times a person would attach a Legacy Letter to a will to be read after his/her death.

Now, people can share their Legacy Letters when they are alive. Legacy Letters are growing in popularity, and can be written at significant junctures in peoples' lives such as weddings and births.

However, Legacy Letters are more often scripted by those of us with a little gray, and a lot of experience. They are used as a tool to not only transfer values and beliefs, but to enhance current ties and strengthen future family connections. You may feel you don't have the time to create a Legacy Letter, or you don't enjoy or feel comfortable writing. This should not be a barrier. You can hire a professional writer to help you or a loved one write your Legacy Letter.