



Family Treasures

Unearth the hidden talents that make your senior family member special



*Y*our senior family member has an amazing talent! Whether it's cooking, painting or playing piano, your loved one has spent a lifetime developing the skills and abilities that make them remarkable.

There's a lot we can learn from them, if we take the time. In the process, we're bound to learn more about our family heritage — through recipes passed down from generation to generation, or through music and the arts. Your family story is as unique as you are.

Plan a special day to discover your extraordinary legacy. At right are some ideas to get things started:

THINK: What is your loved one's unique talent? It could be something on this list or something else.

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| Gardening | Birding |
| Cooking | Sailing |
| Sewing | Photography |
| Painting | Decorating |
| Quilting | Dancing |
| Music | Writing |
| Woodworking | Antiquing |
| Math | Fishing |

ASK: Ask your senior family member why they became interested in a particular activity. Who taught them? How long have they been doing it?

DISCOVER: How is this an important part of your family heritage?

LEARN: Ask your senior family member if they could teach you more about it. It could be a rewarding experience for everyone!

