

TELL MY STORY CLASSES AND DISCUSSIONS

	WEEK	DATE	ACTIVITY	DAY	TIME	INSTRUCTOR
1.	WEEK 1	FEB 25TH	BLACK HISTORY CELEBRATION	FRIDAY	11:00 PM – 12:30 PM	HOST – MARVIN ALLEN
2.	WEEK 2	MAR 3 RD	JOURNALING CLASS A	THURSDAY	12:00 PM – 1:00 PM	SHARON PRATHER
3.	WEEK 2	MAR 4 TH	JOURNALING CLASS B	FRIDAY	12:00 PM – 1:00 PM	SHARON PRATHER
4.	WEEK 3	MAR 7 TH	GENEALOGY TRACING YOUR FAMILY TREE	MONDAY	12:00 PM – 1:00 PM	SUSAN SHEPARD
5.	WEEK 3	MAR 8 TH	AFTERNOON WITH THE MAESTRO <i>Discussion</i>	TUESDAY	11:00 AM - 12: 00 PM	JOHNATHAN JOHNSON
6.	WEEK 3	MAR 10TH	JOURNALING CLASS A	THURSDAY	12:00 PM – 1:00 PM	SHARON PRATHER
7.	WEEK 3	MAR 11TH	JOURNALING CLASS B	FRIDAY	12:00 PM – 1:00 PM	SHARON PRATHER
8.	WEEK 4	MAR 14TH	GENEALOGY TRACING YOUR FAMILY TREE	MONDAY	12:00 PM - 1:00 PM	SUSAN SHEPARD
9.	WEEK 4	MAR 18TH	FRAMING MEMORIES	FRIDAY	12:00 PM - 1:00 PM	BRITTNEY WALKER

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10.	WEEK 5	MAR 25TH	FRAMING MEMORIES	FRIDAY	12:00 PM - 1:00 PM	BRITTNEY WALKER
11.	WEEK 6	MAR 28TH	GENEALOGY TRACING YOUR FAMILY TREE	MONDAY	12:00 PM - 1:00 PM	SUSAN SHEPARD
12.	WEEK 6	MAR 31ST	FOOD AND HERITAGE	THURSDAY	1:00 PM – 2:00 PM	EXECUTIVE CHEF MARK CRAWFORD, THE TERRIFIC TASTE
13.	WEEK 7	APRIL 4 TH	TELL MY STORY THROUGH DIGITAL MEDIA	MONDAY	12:00 PM - 1:00 PM	ALICIA SPRUILL/ JONATHAN JOHNSON
14.	WEEK 8	APRIL 8 TH	STORYTELLING <i>Discussion</i>	FRIDAY	11:00 PM – 12:30 PM	TBD
15.	WEEK 9	APRIL 11TH	GENEALOGY FINALIZING MY FAMILY TREE	MONDAY	12:00 PM - 1:00 PM	SUSAN SHEPARD
16.	WEEK 10	APRIL 22ND	TELL MY STORY - CHAT/CHEW	FRIDAY	12:00 PM - 1:00 PM	TBD

TERRIFIC Inc.'s Tell My Story Zoom Room Information: Link:
<https://zoom.us/j/2028821160>

Meeting ID: 202 882 1160 No Passcode Required

Call in Number: 301 715 8592

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CLASS DESCRIPTION	SUGGESTED VIDEOS
<p style="text-align: center;"><u>FOOD AND HERITAGE</u></p> <p>Food is meant to be exchanged and shared. Anthropologist Margaret Mead famously wrote about how food is for gifting. What Mead meant by this is that food provides us with something more symbolic than simply nutrition though that's certainly important. Food is meant to be exchanged and shared with family and friends. Food is also a way to preserve cultural heritage. Food provides an important link to our cultural heritage. Food also has been used in less positive ways. For example, during periods of colonialism in Africa and other parts of the world, colonizers used food as a way to erase local cultures and incorporate local peoples into European systems of domination. Join and explore with Executive Chef Mark Crawford</p>	<ul style="list-style-type: none">  Food Heritage The FOOD Museum: Food News/Foodways/Food History/Food Sites  HTTPS://YOUTU.BE/BRKKQH13JJ4  Overview Agroecology Knowledge Hub Food and Agriculture Organization of the United Nations (fao.org)  HTTPS://YOUTU.BE/BIWIBXSOFNG  HTTPS://YOUTU.BE/GHIXPRED2GI  HTTPS://YOUTU.BE/VBJDYOY5_4I  HTTPS://YOUTU.BE/0S5E1JHJSCI  HTTPS://YOUTU.BE/4GQBVWFHZIO  HTTPS://YOUTU.BE/QSOJUOGPKZS  HTTPS://YOUTU.BE/A6QJYZJXJSI  HTTPS://YOUTU.BE/A6QJYZJXJSI
<p style="text-align: center;"><u>JOURNALING</u></p> <p>Journaling is a daily ritual of writing or keeping a journal about a particular subject or topic. Memory skills are maintained, stress is relieved, coordination is improved, and valuable memories are preserved. All of the necessary materials are provided.</p>	<ul style="list-style-type: none">  https://youtu.be/eg7BX_AJNyU  https://youtu.be/eg7BX_AJNyU

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GENEALOGY TRACING YOUR FAMILY TREE

It is more than simply a list of names and dates when you are tracing your family tree; it's a means to learn more about your background and history. Every ancestor has a story to tell his or her [their] descendants about himself or herself. Or change the sentence to - All ancestors have stories to tell their descendants. Adventures, difficulties, hardships, and joys influenced both that ancestor and later generations. The ability to remember one's ancestors is innate and significant. Whether they recognized it or not, the ancestor's life path would formed the cornerstone of each descendant's identity. We would love for you to Tell Your Story at the end of this Ten-Week Session

 [HTTPS://YOUTU.BE/U1WP79YRTNE](https://youtu.be/U1WP79YRTNE)

 [HTTPS://YOUTU.BE/E2PC97JECEU](https://youtu.be/E2PC97JECEU)

 [HTTPS://YOUTU.BE/BRBMIPOAU78](https://youtu.be/BRBMIPOAU78)

 [HTTPS://YOUTU.BE/DXNL2XEJDUM](https://youtu.be/DXNL2XEJDUM)

 [HTTPS://YOUTU.BE/8GEI9ZBM_IO](https://youtu.be/8GEI9ZBM_IO)

 [HTTPS://YOUTU.BE/ZNLRIB-QOAS](https://youtu.be/ZNLRIB-QOAS)

 [HTTPS://YOUTU.BE/XALR4KMOFA8](https://youtu.be/XALR4KMOFA8)

 [HTTPS://YOUTU.BE/Z8KWYROSXUS](https://youtu.be/Z8KWYROSXUS)

 [HTTPS://YOUTU.BE/RRH9XDOAPNM](https://youtu.be/RRH9XDOAPNM)

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FRAMING MEMORIES

The focus of framing memories is to reconnect with fond memories and experiences while naming and sharing them. We will create memory collages and frame our stories. What is one way you would like to pay tribute to yourself and your loved ones today? We suggest making a memory frame by jotting down some of your favorite memories. Reconnect with loved ones and keep the memories alive. You will capture some of your favorite memories during the framed memory session.



DIGITAL MEDIA

Digital storytelling is all around us; videos, podcasts, and commercials use words paired with images to share meaningful stories with diverse groups of people.

Digital storytelling helps us connect to people regardless of where they are located. We can learn from one another. We talk about each other on our phones, computers, and tablets. Consider new approaches to "Tell My Story."

SOME BASIC TECHNOLOGY RESOURCES

INCLUDE:

- A recording device (such as a smart phone, video camera, or microphone)
- A way to put the pieces together (such as PowerPoint or editing apps)
- An online home for your video (such as a YouTube account)
- A way to share it (such as social media accounts or email)

TERRIFIC, Inc. believes that all persons, regardless to race, sex, color, religion, ethnicity, national origin, immigration status, creed, gender, sexual orientation, age, real or perceived disability, physical appearance, political beliefs, marital status, family responsibilities, medical and psychiatric diagnosis, place of

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residence, source of income, economic or educational level, should have access to safe, clean affordable housing and comprehensive support services

Please contact TERRIFIC, Inc. if you have any of the following challenges: visual impairment, illiteracy, non-English speaker, or the inability to write. We are eager to make your experience enjoyable.

CONTACT

SUSAN SHEPARD

HOURS 9:00 AM – 5:00 PM MONDAY –FRIDAY

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EMAIL ADDRESS - [SSHEPARD@TERRIFICINC.ORG](mailto:sshepard@terrificinc.org)

SAVE THE DATE “TELL MY STORY SHOWCASE”
FRIDAY, MAY 6, 2022

