

## Family Legacy Work Guide

### Developed by MUSC Palliative Care Program

#### Memory/Thought/Prayer stones:

- Select a stone for yourself or your loved one.
- Place finger on ink pad and make a sample print to see if you have too much or too little ink.
- Spouses and significant others often like to make ring finger prints. Sometimes people choose to use a finger from their dominant hand (right handed vs. left handed)
- Ink finger again and place print on the back of your memory stone. Reapply ink between every print
- Allow 5-10 minutes to dry.
- Write your name next to your print if you want to.
- Spray the back with Acrylic clear spray paint or paint the entire back of the stone with clear nail polish to seal your print. Spray is best so you don't smear the prints (see examples below).
- Allow to dry.
- Use soap and water or baby wipes to remove ink from fingers.
- Give the memory stone to your loved one to think of you and feel connected even when you are apart.

- Exchange memory stones so that you each have a keepsake or token to hold onto when apart. Memory stones can be used to pray for others or just send them your love and positive thoughts. They are something to hold onto when missing your loved one.

#### Bookmarks:

- Place finger on ink pad and make a sample print on a scrap of paper to see if you have too much or too little ink.
- Ink finger again and place print on the bookmark.
- Allow to dry
- You may choose to add your own fingerprint to the bookmark as well.
- Spouses and significant others often like to make ring finger prints. Sometimes people choose to use a finger from their dominant hand (right handed vs. left handed)
- NOTE: It is recommended to have the bookmarks laminated to protect them after you are finished making prints.

