

# Seeking Volunteers for Audio Interviews

## UNE Living Tapestries Project



Living Tapestries is sponsored by the UNE Center for Excellence in Aging & Health. We believe in the adage “with age comes wisdom.” Through Living Tapestries, we capture, preserve and celebrate the life lessons of older Mainers.

**Who can participate?** Adults, aged 55 years and older, are invited to share their personal wisdom in order to teach, inspire, and leave a spoken legacy for the future.

**How does it work?** A trained interviewer meets with each volunteer by telephone or video chat (Zoom™) for the audio recorded session. Questions are organized around themes of life, death and personal legacy. Select questions are weaved into a friendly conversation that may last up to an hour.

These audio “testimonies” are edited and posted on the CEAH website. Participants receive a CD of the full interview by mail and web links of edited clips to share with family and friends. Students listen and learn about aging, and transcripts become “data” for research projects. The general public may also benefit from listening.

### Sample Questions

What are the characteristics of a wise person? Tell me about such a person in your life.

What does the phrase “quality of life” mean to you? What is important for you today?

What advice do you have for a young person wishing to work with older adults?

What do you believe about death?

Have you ever faced a challenge and discovered a reserve of strength that surprised you?



### How do I volunteer to participate?

Register online ([http://bit.do/UNE\\_Tapestries](http://bit.do/UNE_Tapestries)), by email (tmeuser@une.edu), or telephone (207-221-4139).

*Please understand that participation is not confidential, as someone listening to your interview online may recognize you. Use of a pseudonym is a privacy option.*



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