

# The Story of You:

## Building a Passions and Preferences Document

### Presented by:

Jen Graf, Senior Director of Cognitive Health



## SPONSORED BY THE THREE PILLARS BRAIN HEALTH GROUP

Learn about an exciting new program we are launching at Three Pillars to **help individuals capture the personal details that truly shape their daily well being in the event of physical or cognitive changes that prevent communication with caregivers.**

This presentation will guide participants through developing your own customized Passions and Preferences document — an easy to use tool that highlights what brings joy, comfort, purpose, and meaning to their lives. Learn how documenting these elements may support more personalized care and enhance your quality of life.

**Monday, May 18**\_\_

1:30 - 2:30pm | Compass Point LAR

&

**Wednesday, May 27**\_\_

11 - 12pm | VOS Activity Center

Open to any interested resident or community member.

Registration appreciated. Residents can sign up in the portal.

Questions or to register please contact:  
Jen Graf, Senior Director of Cognitive Health, at 262.965.7133 or [jgraf@threepillars.org](mailto:jgraf@threepillars.org).

