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DECEMBER NEWSLETTER



Christmas Party

December 13

Entertainment 5:00

Dinner 6:00

Orangeville

At the Old Firehouse

<http://seualg.utah.gov/>

How Much You'll Pay for Medicare in 2019

Dear Savvy Senior,

I know there will be a small 2.8 percent cost-of-living increase in Social Security benefits next year but what about Medicare? What will our Medicare Part B monthly premiums and other Medicare costs be in 2019?

Curious Jim

Dear Jim,

The Centers for Medicare and Medicaid Services recently announced their cost adjustments for 2019, and you'll be happy to know that the standard Medicare Part B monthly premium for most beneficiaries starting in January will be \$135.50, a modest increase of just \$1.50 per month over 2018's standard premium.

There are, however, a small group of Medicare beneficiaries (about 2 million people) who will actually pay less than \$135.50 because the 2.8 percent cost-of-living increase in their Social Security checks will not be large enough to cover the full premium increase. Thanks to the Social Security Act's "hold harmless" provision, Medicare cannot pass along premium increases greater than the dollar increase in their Social Security checks.

In addition, there are also a small group of high-income beneficiaries (about 3 million people) that will pay higher Part B premiums because their income is above \$85,000 as a single, or \$170,000 as a married couple filing jointly.

Medicare uses modified adjusted gross income from your tax return from two years ago to determine your premiums, which means that 2019 Part B premiums are determined by 2017 income.

So, if your income was \$85,001 to \$107,000 (or \$170,001 to \$214,000 if filing jointly), your monthly premium will increase from \$187.50 to \$189.60. Monthly premiums for singles with an income of \$107,001 to \$133,500 (joint filers with income of \$214,001 to \$267,000) will rise from \$267.90 to \$270.90. And premiums for singles earning \$133,501 to \$160,000 (\$267,001 to \$320,000 for joint filers) will increase from \$348.30 to \$352.20.

If you had higher income than that, your monthly

premium for 2018 was \$428.60. In 2019, there will be an extra surcharge tier for people with the highest income.

If your income is between \$160,001 and \$499,999 (\$320,001 to \$749,999 for joint filers), you'll pay \$433.40 per month. Single filers with income of \$500,000 or more (\$750,000 or more for joint filers) will pay \$460.50 per month.

If you fall into any of these high-income categories and you've experienced certain life-changing events that have reduced your income since 2017, such as retirement, divorce or the death of a spouse, you can contest the surcharge. For more information about contesting or reducing the high-income surcharge, see "Medicare Premiums: Rules for Higher-Income Beneficiaries" at SSA.gov/pubs/EN-05-10536.pdf.

In addition to the Part B premium increases, the annual deductible for Medicare Part B, which covers physician services and other outpatient services, will see a mild bump from \$183 to \$185 in 2019. The deductible for Medicare Part A, which covers hospital services, will increase from \$1,340 in 2018 to \$1,364 in 2019.

For more information on all the Medicare costs for 2019 visit Medicare.gov and click on "Find out how much Medicare costs in 2019," or call 800-633-4227.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



Savvy Senior is a syndicated column we are adding to the monthly newsletter for your reading pleasure.

Holiday living made easy

Simple strategies to help you save time and reduce stress.

With so much on our plates between Thanksgiving and New Year's Day, the holiday season can be hectic. Fortunately, there are many ways to save time and make the holiday season more manageable.

* If you don't have plastic clips to hang lights around windows and to the eaves of your home, inexpensive clothespins will work just as well. If you're concerned about the color of the wooden clips, paint them holiday hues before stringing the lights.

* Put a bath mat, rug-side down and rubber-side up, beneath your Christmas tree stand. This allows you to spin the tree as you hang lights and ornaments without damaging the floor underneath. It also makes it simple to undress the tree once the season is over. Use a tree skirt to hide the mat.

* Use empty squirt bottles (like a ketchup bottle) to make baking and cooking easier. Pancake and cookie batters can be squirted from the containers for less mess.

* Store one or two strings of lights in a plastic shopping bag to keep the strands from getting tangled. Hang the bags from a hook in a garage or stack them in a storage bin.

* Use plastic zip ties to attach garland and lights to bannisters. They're easy to assemble and will not damage the bannisters.

* A paper towel holder can be screwed to the wall in a craft room to neatly hold spools of ribbon. Simply pull the length you need from the spool and cut for easy decorating.

* Mount a tree stand to a piece of wood with screws or glue. This prevents spills from reaching the floor while stabilizing the tree.

* Old maps make interesting gift wrap and are a nice change of pace from commercially produced paper or newsprint.

* Wrap duct tape or another type of sticky tape around your hand. Pat over fallen pine needles that accumulate around the tree. In hard-to-reach areas, wrap the tape around a broom or a floor sweeper.

* When traveling for the holidays, use a brightly colored suitcase or flashy tape to make your suitcase stand out from others at the airport.

* Place hardened brown sugar in a baking dish, cover it with a moist paper towel and either microwave it on high for 20-second intervals or place it in a 300 F oven for five minutes. This will soften the sugar, making it easier to use the sugar to prepare your favorite holiday cookie recipes.

* Save plastic bread ties, which can be used to make tags for the wires on certain devices. Such ties also can be used to organize decorating components and to keep your place on a roll of tape.

* Measure the inside of your picture window and construct a wooden frame to its dimensions. Staple holiday lights to the frame and then easily slip the frame in and out of place each year.

* Hang a live wreath or some boughs of evergreen in your home to give it that fresh pine scent if you have an artificial tree.

* Color-code storage containers so you can easily find holiday decorations in the attic or basement.

* Pack for a holiday excursion using a collapsible clothing storage hanger for closets. Fold clothes on each fabric shelf and then collapse it into your suitcase. When you get to your destination, unfold and hang it in a closet.



Make the holidays even more enjoyable with a variety of timesavers and clever tips.

December

Monday HDM and Huntington Ferron/Emery	Tuesday HDM and Castle Dale	Wednesday No centers HDM only	Thursday No centers HDM only	Friday No centers HDM only
3- Pork Chops Potatoes & Gravy Buttered Beets Roll Milk Birthday Cake	4- Swiss Steak Mixed Vegi Baby Bakers Roll /Milk HDM- Tapioca Pudding Birthday Cake	5- Chicken Thigh Rice Pilaf California Vegi Roll Milk No Bake Cookie	6- Chili Cheese Dog Scandinavian Vegi Tater Tots Milk Jello with Fruit	7- French Toast Sausage and Egg Hot Applesauce Peas and Carrots Orange JuiceMilk Butterscotch Pud- ding
10- Swiss Chicken Spiced Pears Yams Roll Milk Rice Pudding	11- Hamburger Steak with Gravy Potatoes and Gravy Winter Mix Roll /Milk Pumpkin Squares	12- Beef Enchilada Green Beans Refried Beans Milk Coconut Cookie	13- CheesyChicken Corn Chowder Garlic Bread CottageCheese/Jell-O Pickled Beets Milk Ice Cream	14- Fish Sticks Coleslaw Tator- Tots Corn Muffin Apple Juice/Milk Apple Raisin Bars
17- Ham Cheesy Potatoes Buttered Peas Roll Milk Apple Pie	18- Beef Roast Potatoes & Gravy Buttered Corn Roll Milk HDM Cookies Apple Pie	19- Sloppy-Joe/ Bun TriPatty HashBrown Mixed Vegetables Chocolate Milk Blonde Brownie	20- Chicken Pot Pie Hot Apples Yams Milk Carrot Pineapple loaf	21- Club Sand- wich Vegetable Salad Peaches with Cottage Cheese Milk Goodie bag
 <p>Holiday</p>	26- Chicken Cor- don Bleu Potatoes & Gravy Peas and Carrots Roll/ Milk Fruit Cup	27- Oven Beef Stew Spiced pears Hot Muffin/ Milk Pumpkin Choco- late Chip Cookies	28- Taco Soup Crackers & Cheese Tropical Fruit Chips and Sour Cream Bread-sticks /Milk Oreo Cookie	
31- Chef Salad Pickled Beets Brownie Bread stick Milk Orange	<p style="text-align: center;"><i>Winter Wonderland</i></p> 			

**Melanie
Pierce**

Director
(435) 687-2502
Huntington Hours
Mon-Thurs
10:00 - 2:00
Closed Friday

**Janet
Keele**

Director
(435) 286-2219
Emery Hours
Mon-Fri
8:00 - 10:00
Monday lunch
8:00 - 2:00

**Laurel
Weaver**

Director
(435) 381-2422
Castle Dale Hours
Mon-Thurs
10:00 - 2:00
Closed Friday

**Marie
Anderson**

Director
(435) 564-8236
Green River
Hours
Tuesday-
Wednesday
8:00 - 3:00

**Sharon
Allridge**

Director
(435) 384-2243
Ferron Center
Hours
Monday - Friday
7:00 - 3:00

Huntington

Lunch/Bingo noon
Every Monday

Blood Pressure/CNS
2nd Mon-noon
Dec10

B/P Sugar – Symbii
3rd Mon -noon
Dec 17

Toenails – Symbii
Call for date

Quilters – Dec 5
1st Wednesday

DUP-Dec 11
2nd Tuesday
Photography Club
1st Wed – 6:00
Dec 5

Country Rovers Band
Every Tuesday
5:30-8:30

Pilates – 8:00 a.m.
Monday &
Wednesday

Exercise – 6:00 a.m.
Monday – Friday

Shopping Bus
Usually 1st Friday
Call for time.

Green River

Lunch – noon
Tuesday/Wednesday

Blood Pressure
Toenails – GRMC
3rd Wed – 10:00
Dec 19



Game Day –Dec 12
2nd Wednesday
Grief Sharing
1/2/4 Tuesday
1:15-2:15

Bingo – Dec 18
3rd Tuesday after
lunch
*white elephant gift

Children Dance
Every Wednesday
2:00-5:00

Shopping Call for
date (Monday)

Castle Dale

Lunch/Bingo –
noon
Every Tuesday

Blood Pressure
CNS
2nd Tue -noon
Dec 11

BP/ toenails
Symbii
3rd Tues

Line Dancing
Expert
Mon/Thurs – 9:30
Beginners
Wed – 10:00
Val Jensen Band
Every Wednesday
5:30-8:30

Suicide Prevention
Each Tuesday 5:30

Phase 10 Games
Every Thursday
– 9:30
Shopping Bus
Usually 1st Friday
Call for time

Emery

Lunch – noon
Every Monday

Exercise – 8–9:00
a.m.
Monday–Friday

Blood Pressure
CNS
1st Mon -noon
Dec 3



Bingo –
Dec 10
2nd Monday

Single Seniors
4th Mon – 4:30
Call for date
due to Holiday

Ferron

Lunch – noon
Every Monday

BP / Toenails
ECCR
2nd Mon -Noon
Dec 10

Blood Pressure
3rd Mon -Noon
Dec 17

DUP – Dec 11
2nd Tuesday
2:00

Single Seniors
Last Mon
Dec 31



- VIP Dates and events to remember -
December 13- Christmas Party
December 20 – Play at Emery High
December 24 – Christmas Eve-Office closed
December 25- Christmas Day- Office closed

December Birthdays

Huntington

Ann Fillmore – 1
Helen Rudd – 1
Terri King – 7
Vernell Rowley – 7
Sylvia Nelson – 7
Diana Scovill – 9
Edward Geary – 10
Sue Malone – 13
Allen Nielsen – 17
Glen Hansen – 19
Klea Jones – 21
Ruby Rowley – 22
Gerry Mortensen – 30
Merle Marshall – 30

Castle Dale

Claudette Hayward – 1
John Pretiger – 2
Dalegene Jones – 3
Joy Harrison – 5
Mareah Curtis – 15
Merrill Swasey – 15
Diane Bott – 15
Dan Deabenderfer – 16
Shannon Olsen – 19
Lana Kofford – 21
Anne Larsen – 23
Sandra Jeffs – 24
Kathryn Jones – 27
Mary Kava – 27
Carol Huntington – 29
Ross Huntington – 29
Fern Oliver – 31

Orangeville

Karen Dellos – 1
Connie Wickman – 11
Linda Jewkes – 18
Bill Jensen – 25
Arthur Hughes – 29
Annalee Jones – 30

Emery

Phillip Jolley – 2
Jon Sundstrom – 13
Lynne Lake – 23
John Byars – 27

Green River

Julie Steuer – 1
Beth Seager – 4
Sharon Burnett – 7
Vicki Bayles – 7
Lana Coomer – 10
Dale Richards – 10
Elmer Thayne – 12
Jerry Mecham – 18
Colleen Beach – 18
Dean King – 20
Judy Ann Scott – 21
Valerie Newland – 24
Jesse Ekker – 24
Linda King – 24
Carol Riches – 24
Blaine Evans – 31

Clawson

Robert Riley – 20
Lawrence Dow – 26
David Stressing – 27

Elmo

Ann Fivecoat – 5
Kaleta Barney – 31

Ferron

Gail Oakeson – 3
Ginette Bunderson – 4
Brent Funk – 10
Darel Behunin – 15
Robert Mead – 16
Dan Hunter – 16
Mary Bentley – 23
Jean Patrick – 31

Cleveland

Joe Sherman – 3
Marvin Jensen – 5
Don Allred – 6
Verlynn Oviatt – 7
Roy Jensen – 10
Freda Fillmore – 13
Judy Palmer – 23



Trip News

Play "ELF" at Emery High School.

Thurs. Dec. 20th. 8:00 pm
\$5.00

A Bus will be provided.
Please call your center to reserve a seat.

A bus for the Commissioner Christmas Party, will be available. Contact your center for information.

Green River

Tuesday

4-Baked chicken
Scalloped potatoes
Veggies
Cherry Turnover
Roll/Milk

11- Chinese beef Bake
Egg Roll
Fruit / Cookie
Roll / Milk

18-Chili Frito Pie
Lettuce / Olives/Sour
Cream
Fruit / Cookie
Roll / Milk

25-

CLOSED



Wednesday

5-Taco soup
Fruit
Cookie
Corn muffin / Milk

12- Lasagna
Veggies / Garden salad
Cake
Garlic bread / Milk

19- Ham / Veggies
Mashed potatoes w/gravy
Baked squash / Pie
Roll / Milk

26-Ham & beans
Hot cheese sandwich
Garden salad
Fruit / Cookie
Milk



MERRY
CHRISTMAS
PARTY
LET'S CELEBRATE



Christmas Party
December 13
Entertainment 5:00
Dinner 6:00
At the Old Firehouse
Orangeville

“The Rifle”

Author; Rian B Anderson

Pa never had much compassion for the lazy, or those who squandered their means and then never had enough for the necessities. But for those who were genuinely in need, his heart was as big as all outdoors. It was from him that I learned the greatest joy in life comes from giving, not from receiving.

It was Christmas Eve - 1881. I was fifteen years old and feeling like the world had caved in on me because there just hadn't been enough money to buy me the rifle that I'd wanted for Christmas. We did the chores early that night for some reason. I just figured Pa wanted a little extra time so we could read in the Bible.

After supper was over I took my boots off and stretched out in front of the fireplace, and waited for Pa to get down the old Bible. I was still feeling sorry for myself, and ... to be honest ... I wasn't in much of a mood to read Scriptures. But Pa didn't get the Bible. Instead, he bundled up again and went outside. I couldn't figure it out because we had already done all the chores. I didn't worry about it long though. I was too busy wallowing in self-pity.

Soon Pa came back in. It was a cold, clear night out and there was ice in his beard. “Come on, Matt,” he said. “Bundle up good; it's cold out tonight.”

I was really upset then. Not only wasn't I getting the rifle for Christmas - now Pa was dragging me out in the cold, and for no earthly reason that I could see. We'd already done all the chores, and I couldn't think of anything else that needed doing, especially not on a

night like this. But I knew Pa was not very patient at one dragging one's feet when he'd told them to do something, so I got up and put my boots back on and got my cap, coat, and mittens. Ma gave me a mysterious smile as I opened the door to leave the house. Something was up, but I didn't know what. Outside, I became even more dismayed. There in front of the house was the work team, already hitched to the big sled. Whatever it was we were going to do wasn't going to be a short, quick, little job, I could tell. We never hitched up this sled unless we were going to haul a big load. Pa was already up on



the seat, reins in hand. I reluctantly climbed up beside him. The cold was already biting at me. I wasn't happy. When I was on, Pa pulled the sled around the house and stopped in front of the woodshed. He got off and I followed.

“I think we'll put on the high sideboards,” he said. “Here - help me.” The high sideboards?! It had been a bigger job than I wanted to do with just the low sideboards on, but whatever it was we were going to do would be a lot bigger with the high side boards on.

After we had exchanged the sideboards, Pa went into the woodshed and came

out with an armload of wood -- the wood I'd spent all summer hauling down from the mountain, and then all fall sawing into blocks and splitting. What was he doing? Finally I said something. “Pa,” I asked, “What are you doing?”

“You been by the widow Jensen's lately?” he asked. The widow Jensen lived about two miles down the road. Her husband had died a year or so before and left her with three children, the oldest being eight. Sure, I'd been by, but so what?

Yeah,” I replied, “Why?”

“I rode by just today,” Pa said. “Little Jakey was out digging around in the woodpile trying to find a few chips. They're out of wood, Matt.” That was all he said, and then he turned and went back into the woodshed for another armload of wood. I followed him. We loaded the sled so high that I began to wonder if the horses would be able to pull it. Finally, Pa called a halt to our loading, then we went to the smoke house and Pa took down a big ham and a side of bacon. He handed them to me and told me to put them in the

sled and wait. When he returned, he was carrying a sack of flour over his right shoulder and a smaller sack of something in his left hand. “What's in the little sack?” I asked.

“Shoes - they're out of shoes. Little Jakey just had gunny sacks wrapped around his feet when he was out in the woodpile this morning. I got the children a little candy too. It just wouldn't be Christmas without a little candy.”

We rode the two miles to widow Jensen's pretty much in silence. I tried to think through what Pa was doing. We didn't have much by worldly

A Christmas Story Criteria 1881

Continued

standards. Of course, we did have a big woodpile, though most of what was left now was still in the form of logs that I would have to saw into blocks and split before we could use it. We also had meat and flour, so we could spare that, but I knew we didn't have any money, so why was Pa buying them shoes and candy? Really ... why was he doing any of this? Widow Jensen had closer neighbors than us; it shouldn't have been our concern.

We came in from the blind side of the Jensen house and unloaded the wood as quietly as possible. Then we took the meat and flour and shoes to the door. We knocked. The door opened a crack and a timid voice said, "Who is it?"

"Lucas Miles, Ma'am, and my son, Matt. Could we come in for a bit?"

Widow Jensen opened the door and let us in. She had a blanket wrapped around her shoulders.

The children were wrapped in another blanket and were sitting in front of the fireplace by a very small fire that hardly gave off any heat at all. Widow Jensen fumbled with a match and finally lit the lamp.

"We brought you a few things, Ma'am," Pa said ... and set down the sack of flour. I put the meat on the table.

Then Pa handed her the sack that had the shoes in it. She opened it hesitantly and took the shoes out - one pair at a time. There was a pair for her and one for each of the children -- sturdy shoes, the best -- shoes that would last. I watched her carefully. She bit her lower lip to keep it from trembling and then tears filled her eyes and started running down her cheeks. She looked

up at Pa like she wanted to say something, but it wouldn't come out. "We brought a load of wood too, Ma'am," Pa said. He turned to me and said, "Matt, go bring in enough to last awhile. Let's get that fire up to size and heat this place up."

I wasn't the same person when I went back out to bring in the wood. I had a big lump in my throat and as much as I hate to admit it, there were tears in my eyes too. In my mind ... I kept seeing those three kids huddled around



the fireplace and their mother standing there with tears running down her cheeks with so much gratitude in her heart that she couldn't speak.

My heart swelled within me and a joy that I'd never known before filled my soul. I had given at Christmas many times before, but never when it had made so much difference. I could see we were literally saving the lives of these people.

I soon had the fire blazing and everyone's spirits soared. The kids started giggling when Pa handed them each a piece of candy and widow Jensen looked on with a smile that probably hadn't crossed her face for a long time.

She finally turned to us. "God bless you," she said. "I know the Lord has sent you. The children and I have been praying that he would send one of his angels to spare us."

In spite of myself, the lump returned to my throat and the tears welled up in my eyes again. I'd never thought of Pa in those exact terms before, but after widow Jensen mentioned it, I could see that it was probably true. I was sure that a better man than Pa had never walked the earth. I started remembering all the times he had gone out of his way for Ma and me, and many others. The list seemed endless, as I thought on it.

Pa insisted that everyone try on the shoes before we left. I was amazed when they all fit and I wondered how he had known what sizes to get. Then I guessed that if he was on an errand for the Lord, that the Lord would make sure he got the right sizes.

Tears were running down widow Jensen's face again when we stood up to leave. Pa took each of the kids in his big arms and gave them a hug. They clung to him and didn't want us to go. I could see that they missed their Pa, and I was glad that I still had mine. At the door, Pa turned to widow Jensen and said, "The Misses wanted me to invite you and the children over for Christmas dinner tomorrow. The turkey will be more than the three of us can eat, and a man can get cantankerous if he has to eat turkey for too many meals. We'll be by to get you about eleven. It'll be nice to have some little ones around again. Matt, here, hasn't been little for quite a spell." I was the youngest. My two brothers were grown and gone from home.

continued on back

The Rifle

continued

Widow Jensen nodded and said, “Thank you, brother Miles. I don’t have to say, ‘May the Lord bless you.’ I know for certain that He will.”

Out on the sled, I felt a warmth that came from deep within, and I didn’t even notice the cold. When we had gone a ways, Pa turned to me and said, “Matt, I want you to know something. Your ma and me have been tucking a little money away here and there all year so we could buy that rifle for you, but we didn’t have quite enough. Then yesterday a man who owed me a little money from years back came by to make things square. Your ma and me were real excited, thinking that now we could get you that rifle, and I started into town this morning to do just that, but on the way I saw little Jakey out scratching in the woodpile with his feet wrapped in those gunny sacks and I knew what I had to do. Son, I spent the money for shoes and a little candy for those children. I hope you understand.”

I understood, and my eyes became wet with tears again. I understood very well, and I was so glad Pa had done it. Now the rifle seemed very low on my list of priorities. Pa had given me a lot more. He had given me the look on widow Jensen’s face and the radiant smiles of her three children.

For the rest of my life, whenever I saw any of the Jensens’, or split a block of wood, I remembered ‘and remembering brought back that same joy I felt riding home beside Pa that night. Pa had given me much more than a rifle that night; he had given me the best Christmas of my life.

How to Capture Your Elder Loved Ones’ Story

Dear Savvy Senior,

I am interested in making a video of my 82-year-old parents’ life story/legacy and how they want to be remembered. With the holidays approaching, I thought this could be a neat gift to my older siblings, but I could use some help. What can you tell me?

Youngest of Five

Dear Youngest,

A personal recording of your parents’ life story could be a wonderful holiday gift and something you and your family could cherish the rest of your lives. Here are a few tips to help you get started.

What You’ll Need; Your first step is to find out if your parents are willing to make a legacy video, which would entail you asking them a number of thoughtful questions about their life in an interview format in front of a video recording device. If they are, all you’ll need is a smartphone or camcorder and a list of questions or prompts to get them talking.

Recording Equipment; If you have a smartphone, making a video of your parents’ story is simple and free. However, you may want to invest a “smartphone tripod” to hold the phone while you conduct the interview, and a “smartphone external microphone,” which would improve the audio quality. You can find these types of products at Amazon.com for under \$20.

Most smartphones today have good quality cameras and have the ability to edit/trim out the parts you don’t want. Or you can download a free video-editing app like Magisto or Adobe Premiere Clip that can help you customize your video.

Questions and Prompts

To help you prepare your list of questions for your parents’ video interview, go to “Have the Talk of a Lifetime” website at TalkofaLifetime.org. This resource, created by the Funeral and Memorial Information Council, offers a free workbook that lists dozens of questions in different categories. Some of these include: earliest memories and childhood; significant people; proudest accomplishments; and most cherished objects. This will help you put together a wide variety of meaningful, open-ended questions.

Old photos of your parents, their family members and friends are also great to have on hand to jog your parents’ memory and stimulate conversations.

After you select your questions and photos, be sure to share them with your parents ahead of time so they can have some time to think about their answers. This will make the interview go much smoother.

Interview Tips; Arrange an interview time when your parents are rested and relaxed, and choose a quiet, comfortable place where you won’t be interrupted. You may need several sessions to cover everything you want.

When you get started, ask your parents to introduce themselves and ask a warm-up question like “When and where were you born?” Then ease into your selected questions, but use them as a guide, not a script. If your parents go off topic, go with it. You can redirect them to your original question later. Think of it as a conversation; there’s no right or wrong thing to talk about, as long as it’s meaningful to you and your parents.

Also, be prepared to ask follow-up questions or diverge from your question list if you’re curious about something. If you’d like to hear more, try “And then what happened?” or “How did that make you feel?” or “What were you thinking in that moment?”

And end your interview with some reflective questions, such as “What legacy would you like to leave?” or “How do you want to be remembered?”