

FACES & PLACES

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The Herald News

Museum gala

The Joliet Historical Museum will roll out the red carpet treatment for its annual gala ball. For details, see Page G3



Closing in on 100

Anna Vander Wall's family celebrates her 100th birthday a few months early so more friends and relatives can attend. Turn to Senior Matters on Page G4



First of many

Lincoln-Way North's Marching Phoenix band won its first marching band competition. For details, check out Classroom Notes on Page G7



LIZ WILKINSON ALLEN/STAFF PHOTOGRAPHER

Earl D'Amico, of Joliet, tells a story as (middle, from left) Diane Stohlquist, of New Lenox, Jan Gehrig, of Romeoville, and Nancy Jones, of Shorewood, listen during a journaling and scrapbooking class taught by Kim Jackson (top) at Leeza's Place in Joliet.

Memory makers

By Dawn Aulet
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It all started because Kim Jackson wanted to write a journal about her life.

Jackson scoured the bookstores looking for something that would prompt her to remember special moments in her life, something that would encourage her to keep writing.

She found nothing — so she wrote a book on the subject.

Before she began writing the book, Jackson started volunteering one day a week at Leeza's Place at Provena Saint Joseph Medical Center in Joliet. The center offers support to caregivers

and those recently diagnosed with memory disorders.

"I came here and I found my heart," she said. "When I came to Leeza's Place, I felt at home."

Jackson taught a class on journaling. As she organized what questions to ask participants in the class, she began to see a pattern, and before long that pattern became a book.

"Before you knew it, everything was falling into place," she said.

She brought a rough draft to the people who attended her class at Leeza's Place and, together, they decided on the design of the book.

Jackson's book was published

at her family's publishing company, Off the Press in Plainfield.

Set in a three-ring binder format, the book features dividers for the various stages of a person's life. People can write in the book in order, or they can skip around.

"This easy method allows you to add to any chapter of your life at any given time," Jackson said.

Trigger memories

In the time she has used her book at Leeza's Place in Joliet, she has found something interesting. The questions in the book serve as a reminder to Alzheimer's patients, triggering memories they previously were unable

to recall.

"The caregivers that came with them would say they haven't talked about that for years," she said.

She was also seeing that as those with memory loss or their caregivers gathered as a group and one would share a story, invariably another would remember something similar that went on in their lives.

When that started happening, Jackson found her calling.

"I believe in a spiritual guidance of some sort," she said. "I've always had this feeling that I had to leave my roots.

"I never felt that I was doing what I was supposed to do."

At a glance

What: Next four-week journaling class

When: 9:30 a.m. Thursdays starting Oct. 2

Where: Leeza's Place, 113 Republic Ave. in Joliet

To register: Call (815) 741-0077

Cost: \$20 and includes a discount on the cost of the book and supplies