



## Section 3

### Tools & Resources

*Contains the tools mentioned in the preceding sections, as well as additional resources you may find helpful when planning your Commemorate program.*



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Information for Storytellers  
Information for Interviewers

## What should I consider when purchasing equipment?

### Cost

You do not have to purchase professional audio equipment to record your Commemorate interviews. For as little as \$100–\$500, you can purchase a new recording device that will produce excellent audio quality. Or use equipment that your organization already has, such as iPhones, computers, or tape recorders. Additional components, such as external microphones, headphones, and CDs, will cost extra.

To save money, consider borrowing equipment from another organization, such as a local radio station or college audio program. This is a great way to get comfortable with recording equipment before making an investment.

### Multi-Use

Equipment you purchase can often be used for other projects or activities in addition to recording interviews. Consider what other things you can do with it.

### Ease of Use

Whichever recording equipment you choose, keep it simple to ensure that as many people can operate the equipment as possible. If a staff member is very familiar with using an iPhone or recording audio on a computer, consider using that technology instead of purchasing new equipment.



CASSETTE RECORDER



USB MICROPHONE



IPHONE

## What kind of equipment exists?

### Computers

With some simple software and a microphone, you can turn almost any computer into recording equipment. We recommend using the free recording program Audacity. Using a computer also saves a step—the finished files are already on your computer, making it easy to burn CDs or DVDs.

### iPhone/iPod

With the addition of an external microphone and a basic recording application, your iPhone or iPod can be used as a recording device. iPhones and iPods with at least 1 GB of memory can store an interview and transfer it easily to a computer. This is also equipment you may already have and know how to use, which makes recording much easier.

### Portable Digital Recorder

These devices record audio onto digital media, such as SD cards, that can be easily transferred to a computer and onto CDs. These can vary greatly in cost, size, and features. Low-cost models usually come with small microphones and allow you to use external microphones and headphones. These are a good choice for all-in-one devices that generally deliver high-quality sound.

### Audio Cassette Recorder

The familiar dictation assistant does record voice well and has a simple interface, but it will be challenging to digitize the interview files.

### Mini-Disc Recorder

This is to CDs what microcassettes are to regular tape decks. Mini-disc recorders were popular in the previous decade because they are portable, easy to use, inexpensive, and have microphone and headphone inputs. Each disc can record about 90 minutes of high-quality audio. Unfortunately, on all but the newest models, it is very difficult to transfer the audio to regular CDs or even a computer. You can use a mini-disc recorder if you already have one, but we do not recommend purchasing a new one.

### Personal Data Assistants (PDAs)

PDAs can function as recording devices, but may not guarantee the best sound quality or be equipped with enough memory to store an entire interview. If you have a PDA, check the specifications and conduct test recordings before using it for interviews. We do not recommend purchasing a new one.

### Karaoke Machine

If your karaoke machine can record sound, this can be a great option for recording the interviews, especially if the machine has inputs for two microphones. We do not, however, recommend purchasing one just for this purpose.

## What does StoryCorps recommend?

### Entry-Level Personal Digital Recorder

There is a wide range of personal digital recorders on the market designed for amateurs, as well as professionals. Many available at the lower end of the price spectrum are easy to use and allow you to connect external components for even better sound. The two we recommend are:

<b>TASCAM DR08</b>	2010 price: \$130
<b>ZOOM H4N</b>	2010 price: \$320

For a thorough comparison of digital recorders, visit [http://transom.org/?page\\_id=7514](http://transom.org/?page_id=7514).

### iPhone/iPod with External Microphone

iPods and iPhones with at least 1 GB of memory are items you or your staff already own and know how to use. Adding an external microphone to either is a great way to create a simple, high-quality recording device.

The additional components you will need to purchase are relatively inexpensive, and include the following:

<b>EXTERNAL MICROPHONE</b>	Currently we recommend a microphone called Blue Mikey. It gets great reviews and costs about \$70. <a href="http://www.bluemic.com/mikey/">http://www.bluemic.com/mikey/</a>
<b>VOICE RECORDING APPLICATION</b>	We recommend Voxie, Monle, and VoiceMemo, which is included in the iPhone. These range from free to \$10. <a href="http://transom.org/?p=7626">http://transom.org/?p=7626</a>

## FOR MORE INFORMATION

[www.transom.org](http://www.transom.org)

A comprehensive audio recording website used by professionals and amateurs. The Tools section provides detailed information about various equipment and software options.

<http://www.vermontfolklifecenter.org/archive-vermont-folklife-center-audio-field-recording-equipment-guide.pdf>

The Vermont Folklife Center compiled this detailed manual for conducting field research and recording interviews. It provides a personalized review of available recording equipment and would be useful to consult if you are considering purchasing external components, such as microphones.



# Companion CD Track Listing



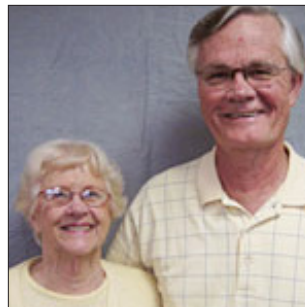
**TRACK 1:** When Carol Kirsch was in her late 50s, she was diagnosed with early-onset Alzheimer's disease. She came to StoryCorps to talk to her daughter, Rebecca Posamentier. Less than three weeks after their interview, on Carol's 60th birthday, Rebecca gave birth to her daughter, Sophia.



**TRACK 2:** Ken Morganstern was diagnosed with Alzheimer's five years before this interview. His daughters Priya and Bhavani brought him to StoryCorps to talk about meeting his wife, having a family, and what matters to him most in life.



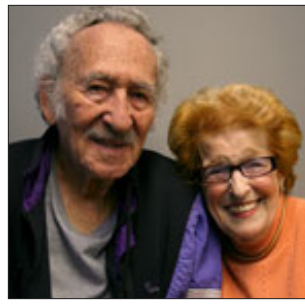
**TRACK 3:** Stephanie Cook interviews her mother, 88-year-old Loretta Dranoff. Loretta started showing signs of memory loss about a decade ago, but as a lifelong pianist she continued to play well into her 80s.



**TRACK 4:** Bob and Jo Ann Chew met when he was 58 and she was 70. Now, 12 years later, Jo Ann is beginning to experience memory loss. Here, Jo Ann and Bob speak about their life together today and how it all began, when Jo Ann first knew that she wanted to be a wife.



**TRACK 5:** Laura Kearns came to StoryCorps with her son, Curtis. A former schoolteacher, Laura is now 90 years old and experiencing memory loss. Laura made a great impact on Curtis's life, and here he reminds her of a story she often told him when he was a child.



**TRACK 6:** Seymour Gottlieb (87) and his wife, Marcia Gottlieb (83), interview each other at Leeza's Place Circle of Care in Sherman Oaks, California.



**TRACK 7:** Anna Wise remembers meeting her husband, Joseph, in a conversation with her daughter, Mary. They were married for nearly 80 years. Late in life, Joseph was diagnosed with diabetes. In 1991, he passed away due to complications from the disease, but Anna's hope for the future remains despite her loss.

**LISTEN TO MORE STORIES AT** [storycorps.org/listen](https://storycorps.org/listen).

# Sample Participant Schedule

## Interviews for May 2011

	Participant 1 Storyteller (First name, last initial)	Do they have memory loss?	Participant 2 Interviewer (First name, last initial)	Phone number (include area code), email address	Relationship. Also notes including special needs:
Wednesday, May 4: 1pm					
Friday, May 6: 12pm					
Thursday, May 12: 4pm					
Friday, May 13: 1pm					
Tuesday, May 25: 3pm					
Friday, May 28: 12pm					

## INTRODUCTION CARD

My name is \_\_\_\_\_ and today I'm talking with  
my \_\_\_\_\_.  
RELATIONSHIP, NAME

Today's date is \_\_\_\_\_ and we're in  
\_\_\_\_\_.  
ORGANIZATION NAME OR CITY





**CERTIFICATE**

This certificate honors the  
story you have shared today.  
The recording will be  
preserved for future  
generations, so that your  
unique voice may inspire  
others for a very long time.

\_\_\_\_\_  
Storyteller

\_\_\_\_\_  
Interviewer

\_\_\_\_\_  
Date

**Sunrise Health  
Centre**  
"Respect, Honor and Joy"

103 Royal Rd.  
Raleigh, VA 21090  
555-434-5287

**Shhh!**  
**Recording**  
**in progress**  
**QUIET, PLEASE.**

## FOR IMMEDIATE RELEASE

**FROM:** Partner Name

### CONTACT

Partner

Contact Name | Phone Number

Email

PARTNER to record interviews as part of the Commemorate program  
to preserve the stories of those with memory loss

**DATE** – StoryCorps, a national nonprofit organization dedicated to recording, preserving, and sharing the stories of Americans from all backgrounds and beliefs, has inspired PARTNER NAME to begin recording their own stories with the people they serve and their families and friends.

DESCRIBE OTHER ASPECTS OF YOUR PROGRAM.

Commemorate interviews are recorded conversations of a personal nature between two people who know and care about each other. An on-site Facilitator guides the participants through the interview process. At the end of each recording session, participants receive a complimentary CD copy of their interview.

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### About StoryCorps

The mission of StoryCorps is to provide Americans of all backgrounds and beliefs with the opportunity to record, preserve, and share their stories. StoryCorps is currently one of the fastest-growing nonprofits in the country. Each week, millions of Americans listen to StoryCorps' award-winning broadcasts on NPR's *Morning Edition*. For more information and to listen to stories online, visit [storycorps.org](http://storycorps.org).

### About Partner

PARTNER BOILER PLATE

## NATIONAL MEMORY LOSS RESOURCES

### **Alzheimer's Association**

**800-272-3900 | [alz.org](http://alz.org)**

A world leader in Alzheimer's research and support. It is the first and largest voluntary health organization dedicated to finding prevention methods, treatments, and a cure. Operates a 24-hour help line.

### **Eldercare Locator**

**800-677-1116 | [eldercare.gov](http://eldercare.gov)**

A public service administered in partnership with the National Association of Area Agencies on Aging. Connects those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

### **American Geriatrics Society**

**212-308-1414 | [americangeriatrics.org](http://americangeriatrics.org)**

One of the largest professional organizations of healthcare providers. Dedicated to improving the health and well-being of older adults.

### **U.S. National Institutes of Health/National Institute on Aging**

**301-496-1752 | [nia.nih.gov](http://nia.nih.gov)**

This Alzheimer's disease education referral center website assists in finding current, comprehensive Alzheimer's disease information and resources from the National Institute on Aging.

### **Mayo Clinic**

**[mayoclinic.com](http://mayoclinic.com)**

Offers medical and health information on aging and tools for healthy living.

## STORYCORPS RESOURCES

Visit [storycorps.org](http://storycorps.org) to learn more about StoryCorps and to use the following online resources:

### **Question Generator**

**[storycorps.org/questions](http://storycorps.org/questions)**

The Question Generator allows participants to create their own list of custom questions to use in their interview.

### **The Listen Page**

**[storycorps.org/listen](http://storycorps.org/listen)**

Listen to hundreds of StoryCorps stories online on our Listen page. You can search by keyword for particular subjects and filter stories by category. To download audio clips, visit [storycorps.org/listen/content-index](http://storycorps.org/listen/content-index).

### **The Do-It-Yourself Video**

**[nationaldayoflistening.org](http://nationaldayoflistening.org)**

The Do-It-Yourself video is an instructional video for recording interviews at home or in a community center using StoryCorps' free Do-It-Yourself Instruction Guide. It is also a great tool for introducing staff members to StoryCorps.

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