

At the heart
of it all,
what matters
most is:

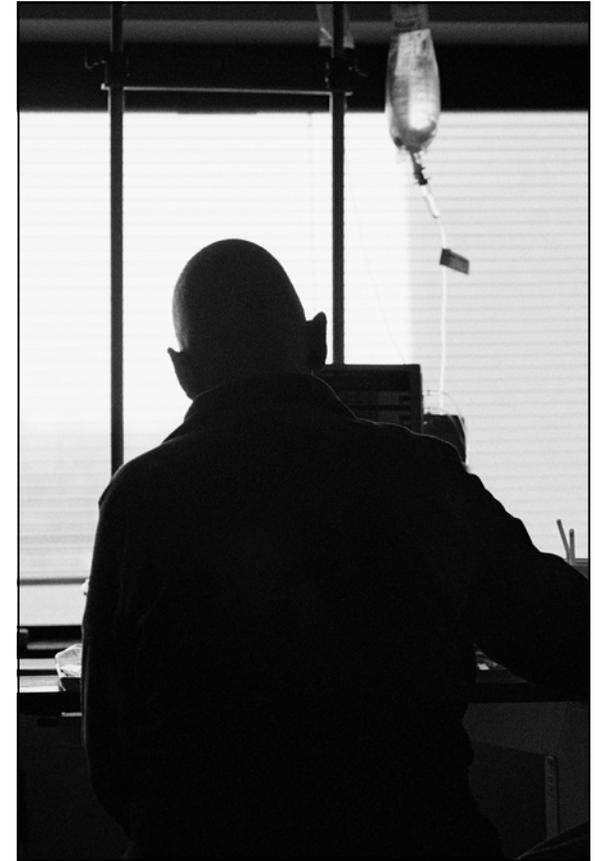
Who has
touched our lives
and

Whose lives
we've touched.

*"I like this [legacy project] alot,
sometimes its very hard to talk...
but it comes from my heart...
we just wouldn't have had this time,
it was very rewarding... we got to
see each other in a different light...
if I pass away, they do have
something instead of nothing...
I thought I was leaving them
nothing."*

Bob

Moments Held
Legacy Work
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Legacy work done by individuals during a time of life transition may enhance their understanding of self and make clear what is most essential and significant to share with loved ones. This often includes personal values, stories of relevant family character and hopes/dreams for the future. It is in story where our best qualities are elucidated and it is through storytelling that they are passed on.



video still

"My father came to America in 1924... he got a job in an icebox factory since he was a tinsmith back in the Ukraine. He braised the metal linings of the [icebox] interiors. He made enough money to buy a Model T Ford and he sent for his bride... he paid to have her brought [from Europe] to Montreal and then he smuggled her across the border into the U.S. They were married in NJ. Three or four months after I was born, the icebox factory burned down; coincidentally with the recent mass manufacturing of the new refrigerator!"

Marty

Stories like the one above are evocative when told and are wonderful in illustrating kernels of character about a person. We also believe legacy work is a personal emotional and spiritual exploration of one's life at this time rather than merely a chronological recall of life events.



"When I grew up my grandfather passed on a bunch of skills to me of being able to repair things, do things. Then my father added to that. I feel it's important for a guy to do that... I still have the first car I ever owned, and always had a dream of [my 11 year-old son] Bobby and I working on it together... I had so many things planned for us to do as a father and son team..."

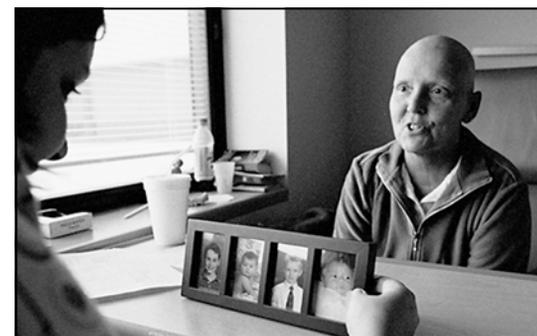
Bob

Moments Held makes documentary photographs and video for individuals and families moving through a period of life transition; often struggling with a serious illness or death of a loved one. The resultant album of images and video disk offer a gentle link to memories and feelings pertaining to significant loving relationships and precious experiences; over time their use may contribute to emotional healing. Families treasure the albums and DVDs.

Regardless of age or circumstance this process can be a valuable, transformative experience. With gentle, supportive guidance a 1-2 hour video/ photography session with the participant begins the work.

Moments Held serves individuals and their families, working in conjunction with hospices, palliative care programs, and directly with individuals.

Since 1997, Hochberg's Touching Souls Photography has supported parents experiencing perinatal loss, as they say goodbye to their babies. His bereavement photographs are part of the permanent collection of the George Eastman House International Museum of Photography.



"Now, with all this... every time I see my kids or my grandkids they get the biggest hug... and I love you! I don't take as many things for granted today as I used to."

Mary

To schedule a session or for more information, please contact
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