

DEMENTIA? ALZHEIMER'S DISEASE?

Many of us in our journey thru life may be unfortunate and experience dementia or Alzheimer's disease. It seems with our "aging process" our minds lose immediate recollection of things, though they may come to us in a few minutes or longer. Likely also among us are many who are caregivers for a spouse or loved one experiencing these uncontrollable problems.

A friend sent me a poem she received from a friend that was written as though the person experiencing these problems was writing the poem. It gives us pause to realize that our loved one has no control, and this poem looks into the thoughts of those with these experiences. Please read, take heed if you are in such a position as caregiver or just as a friend, and pass on to all for whom you have email addresses.

Do Not Ask Me to Remember

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.
Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.
– Owen Darnell

Our Thank You to Owen for writing this sad but revealing poem!