

Ageing

Ageing is costly...
A purchase all must make.
Always the option; always the expenditure
Always.

Bodies and their shapes- less shape more skin
What muscle tone?
Gray hair - then white...
Shuffle - and those shoes!
Balance - where did that go?
No mirrors.

Independence...
I'll drive you to the mall,
Will you be alright alone?
I can't seem to remember...
Will my driver's license disappear?
Depend on others.

Health...
Glasses, hearing aids, a cane.
Walkers, like carriages of old, support..
Pills, additives, frequency, regimens
Sick - again?
Where did the energy go?

We play cards once a week,
Family phones infrequently.
Many friends are in retirement homes-
Don't see them;
They disappear from the radar screen.
Loss.

These are the best years -
Sometimes
Live your dreams -
Possibly
The golden years:
Teeth, joints, shots.

Memories are strong,
Wisdom increases; choices are streamlined.
Caregiving changes shape- connections differ...
Ageing.