

A Poem read by a regular 'Poppy Centre' user Sue Rogers, at the official Launch of 'Holt as a Dementia Friendly Community', held on Thursday 14th April 2016 at the Community Centre.

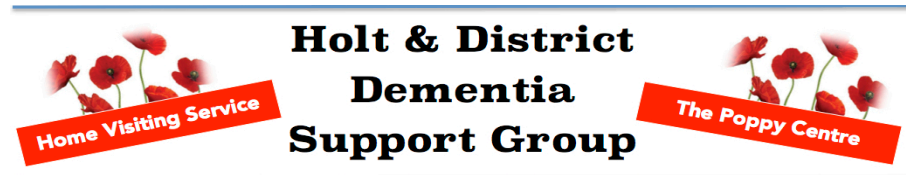
SONG OF THE OPTIMIST

Good morning my darling and who are you today?
Are you the man who could weaken my knees,
Or are you the stranger that nothing can please?
Will you forget the day, time and place,
And be unable to put a name to a face?

Good morning my darling and how are you today?
Are you happy, smiling, switched on and kind?
Or is there that fiend lurking deep in your mind.
Are you silent, hostile and too far away.
Or will you have something funny to say?

Good morning my darling and where are you today?
I hope you're somewhere that you're finding nice,
But the look in your eye is a mirror of ice.
So you slump in your chair and fall fast asleep
But you're calm, not unhappy, I just want to weep.

Good morning my darling and what shall we do today?
I know you won't answer or make a choice,
But it would be quite nice to just hear your voice.



We could always do nothing, that's the easiest thing,
However it's not quite time to throw the towel in the ring.

Good morning my darling and why should we go on today?
Because sometimes there's a glimmer of the witty old you
And I remember the things we once used to do.
You can sit in your armchair with the radio on,
Really quite peaceful, just singing along.

Good morning my darling which hat shall I wear today?
Patient, kind, frustrated, angry, sad, a limited range,
I'll just read your mood and then make the change.
The decisions that are made are now always mine
It seems I've become the rock bottom line!

Good morning my darling we'll get through each day
By using the love that we've stored on the way.
We'll just have to hope it's a bottomless pot
As we seem to be taking out rather a lot.
How long will this last? No one can say
But trust me my darling, I've promised to stay. Anon