

February 2020

Dear Friends,

Thank you for your continued love and support. I had been through a few challenges but landed in a good place. I now reside at Delmar Gardens in Creve Coeur, Missouri.

The Delmar Gardens Family Operations - I think are kinda like St Louis' version of the Ritz Carlton of Senior Living. There's designer coffee, T.V. and fantastic food. I have gained 30 - yes - 30 pounds since I have been here. They have a lovely Beauty Shop here so I can cut off all of my hair. They actually took a picture of me getting my COVID-19 shot and have it up on the wall.

The best thing about Delmar Gardens, besides the food and the staff, is Ms. Marianne Hollaway - my new, best ever BFF. We get along so well together. We also sing together, watch the same things on T.V. and share laughs together every day.

The staff is also excellent. They are kind and really promote a "family" model. Their choice of personnel is excellent. All are caring and loving. One such person stands out to me. Her name is Miss William, but I refer to her as "angel baby." I absolutely love her. She is going to school here and dreams of completing her RN. To me she is more than an aide, she is my friend, devoted care taker and I pray for her each night.

So, all in all I am very content. Although there is a whole psychology behind going into a nursing home, I am very happy. I have started to write again. It is a feeble attempt at poetry, I know, but now that I'm feeble I feel it's O.K. I hope you enjoy them... here goes...

Love you Always, Deborah

"To Wear A Mask"

Is it really such a task  
Just to slap on a mask?  
I know it fogs up your glass  
But wear one and don't be an a--!  
  
It can screw up your make-up too -  
But I'm a friend so  
I wear it for you.  
It's not a political statement anymore  
Its benefits can help our health to soar.

"Tears for Tommy"

I have a few  
I know of the disease  
You suffered through.  
  
I see depression cast its spell -  
A living virus -  
A living hell!  
A silent disease that strikes at night.  
That grabs your soul  
And holds it tight.  
  
What would others think if they knew  
Perhaps they would think less of you -  
Or less of me if I told - as I want dignity as I  
grow old.  
  
Perhaps my tears are not only for me.  
Today we need tears  
For all of humanity.