

THE GOLDEN LIFE OF A SENIOR

I am a senior and I just moved into my golden palace. I have been waiting for years to move into Holly Woodlands. My sister told me not to tell anybody that I am schizoaffective with paranoia tendencies. Sometimes I see things that are not there.

My struggle with mental illness sometimes is a pain in the butt. Yet I am not to have any stigmas. But to be honest with you I think we all have stigmas that are inside our head. Stigmas begin with how we were raised or what we have been through in life.

This new beginning for me has made me realize that adjustment takes time. Holly Woodlands is a beautiful palace that I have prayed for. It has a gorgeous landscape, awesome flowers and a waterfall that is in the garden. My apartment is beautiful. It has all my family history in it through pictures. I also have my friend Craig's photography that is exquisite.

My palace of Holly Woodlands is not really my palace, but belongs to all of the seniors here. I have to shut up about the word "old". I don't know why I said "old" to a fellow person in our community, but when I looked into her eyes, it was like I had just cussed her out.

There is a lot to do here, for example Scrabble, which is my favorite, cards and Bible study, prayer meetings and a service on Sunday night. I have also joined a book club that is called "Silver Reading" and I wrote this poem that everyone liked. They have many things that one can do.

I also saw one of my friends from TTI and the drop-in center which closed because of lack of funding. Life does go on. In fact that is why we started Friends with Needs and I am one of the founders. I am one of three directors.

I am at the last stage in my life and I am going out with a bang learning to enjoy my life!! As a senior I want to grow wiser in age. So as the play goes on, I am going home on a freedom song singing the tune Amazing Grace. "How sweet the sound that saved a wretch like me. I once was lost, but now am found, was blind, but now I see."

I hope I have made a difference in everyone's life, as Ronald Reagan wrote before his Alzheimer's became worse, "before I ride into that sunset."

Sincerely Forever,