



Blue.River.Apple.: An exploration of Alzheimer's through poetry

Nancy Nelson

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A look at Alzheimer's through Poetry. Confirmation that I was to follow in my father's footsteps jarred me in ways I never imagined. Since hearing the news, I awaken between 3 and 5 in the morning. Zero dark thirty is when my eyes fly open and I'm full-on aware. The words that normally tumble off my tongue now flow feverishly by pencil over a yellow-lined pad-as though I am possessed. And I write. Poetry. It is through my stepping up, speaking out, and sharing my own very personal thoughts and feelings that will emancipate the stigma attached to the growing numbers of those of us relegated to a diminishing memory. It gives purpose to feelings of less than and bolsters a roguish stubborn ruggedness in me for a worthwhile fight-to maintain dignity, honor and respect.



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Playing with family in a park, coming to see the water world or hanging out with close friends is thing that usually you may have done when you have spare time, in that case why you don't try factor that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Blue.River.Apple.: An exploration of Alzheimer's through poetry, you are able to enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't obtain it, oh come on its named reading friends.

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