

## *Blessed in Aging*

In Christianity, the Beatitudes (Latin for blessings) are contained in the Sermon on the Mount delivered by Jesus and recorded in the Gospel of Matthew.

A poem by Esther Mary Walker takes the Beatitudes approach and adapts it to her own theme, entitling it *Blessed in Aging*. The poem is read by Mary Maxwell – a resident of Home Instead Senior Care – in the delightful video, *A Reminder That Laughter Is the Best Medicine*, and shown to various Life Care audiences, who laugh and applaud Maxwell's presentation. While her comments are side-splittingly funny, Maxwell's use of the poem closes her remarks with a tribute to caregivers. Here it is:

*Blessed are they who understand  
My faltering step and shaking hand;  
Blessed, who know my ears today  
Must strain to hear the things they say.*

*Blessed are those who seem to know  
My eyes are dim and my mind is slow.  
Blessed are those who look away  
When I spilled tea that weary day.*

*Blessed are they who, with cheery smile,  
Stopped to chat for a little while.  
Blessed are they who know the way  
To bring back memories of yesterday.*

*Blessed are those who never say  
"You've told that story twice today."  
Blessed are they who make it known  
That I am loved, respected and not alone.*

*And blessed are they who will ease the days  
Of my journey home, in loving ways.*

I'm truly grateful that the associates in Life Care, Century Park and Life Care at Home know, treat and love their customers in the manner set forth in this poem.

– Beecher Hunter



*Home Instead Senior Care  
resident Mary Maxwell*