

## Blessed In Aging

*~Esther Mary Walker*

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.

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This poem, as read by Mary Maxwell in the video  
“A Reminder That Laughter is the Best Medicine.”  
View the video online at [CaregiverStress.com](http://CaregiverStress.com)