

RESILIENCE

Catherine's moving video*
Produced by someone so refined
Impressed me so much that the word
Resilience stuck in my mind

After surviving downsizing
And transferring from far away
We gratefully looked forward to
All the blessings of each new day

We miss the intimate chapel
That we wistfully left behind
We have now found contentment in
This haven of another kind

During the Covid pandemic
The health restrictions were arcane
I recall when I could only
See my wife through the windowpane

After many months of being
Submerged in the pandemic gloom
Encouraged by a kindly friend
I returned to the dining room

To cope with the effects of age
I find relief in exercise
Strolling the grounds and roving the
Woods is how I revitalize

Find succor in calming music,
of waterfalls, wind in the trees
Songs of the multitude of birds,
Buzzing of all the frogs and bees

After cancers and heart disease
One can evince resilience
And enjoy life to the fullest
Thanks to doctors great brilliance

When faced with severe distress
Which was more trying than before
Seek inspiration from others
Who have suffered as much or more

Recall heartwarming memories
Of the many years long ago
Relish in the affecting thoughts
Even though they may not be so

To exert your resilience
Dismiss the Gerontology
Straight away plunge into some new
Bewildering technology
Gene Ziegler, Sept. 2022

As Catherine poignantly said:
"We are not defined by what we
have lost, but by our RESILIENCE"

[https://www.youtube.com/results?
search_query=catherine+morsink](https://www.youtube.com/results?search_query=catherine+morsink)