

MUSINGS ON THE FLOURISHING WORKSHOP

As we learned many decades ago
From the ancient fables of Aesop
There are several lessons to be
Derived from the Flourishing Workshop
Certainly Oak Hammock flourishes
From the efforts of the residents
And the kindly staff demonstrating
A synergy without precedence
The diverse milieu of Oak Hammock
Is exceptionally nourishing
Including all the activities
Vital to its sustained flourishing
Flourishing across generations
Shown at Chrissy Smoak's "Captains Dinner"
And the senior's chess match at Oak Hall
At which everyone was a winner
Regardless of the leadership
And the employees' attitude
The residents usually find
Ways to express their gratitude
Currently it is most apparent
That social ethics may be old school
However, Flourishing has to be
Predicated on The Golden Rule
Be cheerful in your many ventures
With the time that is available
Curtail the many apprehensions
And doubts as long as you are able
Regularly attempt to engage
Others in friendly conversation
Always listen attentively and
Show your sincere appreciation
When getting into an argument
Which is often unforeseeable
Everyone must learn to disagree
Without being disagreeable
Oak Hammock residents are always
Seeking ways to help one another
With their empathy and selflessness
Like a kindly sister or brother
We are most grateful for the experts
Who strive to alleviate our fears
And all the compassionate people
Who help us thrive in our waning years

I have met many wonderful friends
At meals, on trips, at events and games
The fellowship is uplifting but
I wish I could remember their names
Exult in the dawn of each new day
Fervently try to downplay all strife
Find optimism and hope in our vast
Sylvan campus and thriving wildlife
Express gratitude to all you meet
Help their hidden emotions to sing
The feeling will often be mutual
And should help improve understanding
As we deal with those old age issues
Our scope of activity may decrease
Nevertheless, our spontaneous
Engagement with others need not cease
Surely, we can give wings to others
And redirect our minds and talents
Helping neighbors and community
While searching for life's renewed balance
Look to those kindly compassionate
People who always show us the way
Through neighborly cooperation
Showing their altruism every day.
When I return to the big Oak Room
With friendly faces and coffee smell
I recall the scholarly programs
And music which lifted me so well
All the residents are able to
Enjoy Oak Hammock's civility
Although on occasion it is strained
By a resident's senility
Purpose comes from striving and goals which
We try to follow to the letter
We should adopt a worthwhile purpose
Which connects us to something better
We strive to keep all the employees
Happy in their daily performance
Accomplishing this purpose requires
Us to exert a lot of patience
This timely workshop gives us hope that
Civility will never perish
In completing this poem I was
Hoping to end it with a flourish
Gene Ziegler. March 2024