

*Aging,
End of Life,
Caregiving*



A Nurse's Prayer

Allison Chambers Coxsey, ©1997

**Give me strength and wisdom,
When others need my touch;
A soothing word to speak to them,
Their hearts yearn for so much.**

**Give me joy and laughter,
To lift a weary soul;
Pour in me compassion,
To make the broken whole.**

**Give me gentle healing hands,
For those left in my care;
A blessing to those who need me,
This is a Nurse's Prayer.**

A black and white photograph of a hand holding a walking stick. The hand is positioned at the top left, with fingers wrapped around the handle. The walking stick is dark and extends downwards. The background is light and slightly blurred.

Age With Grace

Allison Chambers Coxsey, ©2001

Age with grace and dignity,
The years have served you well;
With years came strength and wisdom,
That youth could not foretell.
Seek what makes your heart sing,
Find what brings you peace;
Fill your life with joyful dreams,
And find there, sweet release.

Reach out for the brightest star,
To fill your life with light;
Hold it closely to your heart,
To light your darkest night.
Dance among the moonbeams,
Share secrets with the stars;
Sing upon the whispering wind,
A song of who you are.

Celebrate the years now past,
And the joy more years will bring;
Find what brings you peace in life,
Seek what makes your heart sing.



Growing Old

By Ella Wheeler Wilcox

The days grow shorter,
the nights grow longer;
the headstones thicken along the way;
and life grows sadder,
but love grows stronger
for those who walk with us day by day.

The tears come quicker,
the laugh comes slower;
the courage lesser to do and dare;
and the tide of joy
in the heart falls lower,
and seldom covers the reefs of care.

But all things in the world seem truer,
and the better things of earth seem best,
and the friends are dearer,
as friends are fewer,
and love is all
as our sun dips west.

Then let us clasp hands
as we walk together,
and let us speak softly
in low sweet tone,
for no man knows
on the morrow whether
we two pass on . . . or but alone.