

POEMS FOR SENIORS:

Social isolation - just what does that mean?
The news just makes you want to scream!
Though times are scary and full of woe
Don't ever lose your Oasis glow!
Instead of just sitting alone on your duff
Be creative in doing some stuff.
The joy tip for today is to soak your feet
A warm water foot bath will feel so sweet!

💜 Nurse Lorrie

So you feel isolated and alone
Reach out to others on the phone.
Send someone a note, a card or a poem
Open your door and step outside your home.
The joy tip for today is to breathe in fresh air
It will help make your stress disappear!

💜 Nurse Lorrie

Social isolation means staying apart
Physically separated from those of the heart.
But there's a spiritual connection that never ends
Amongst your family and your friends.
Think of those who mean so much
Picturing them in your mind, without touch.
The joy tip for today is simple and easy
Enjoy a photo of someone who makes you feel "pleasy"!

💜 Nurse Lorrie

As the days pass slowly and cause you dread
Be sure each morning to get out of bed.
Throw some cold water on your face
And feel safe and secure in your sacred space.
The joy tip for today is an artsy affair
Find a piece of blank paper of no special flair.
Doodle on it with your eyes closed tight
Then color in the doodles with markers, so bright!

💜 Nurse Lorrie

Today, another blip in the scheme of life
You're trying to deal with Corona strife.
It's both scary and boring at the same time
But life does go on amidst the bad and sublime.
The joy tip for today is to find a magazine
Flip through it to find the perfect scene.
Then imagine yourself part of that wonderful display
And how much lightness and smiles it brings to your day!

💜 Nurse Lorrie

Should I get dressed today or stay in pjs?
Isolation can spin inertia your way.
At times like these it's hard to stay bright
When fear and loneliness become daily plight.
The joy tip for today is to find a sentimental thing
In your home just sitting waiting for a dusting
Hold it close up to your heart
And cherish the memories that it imparts.

💜 Nurse Lorrie

The news is scary, hard to hear
Gives cause for anxiety and fear.
You can easily get sucked into gloom
If you sit and just watch tv in one room.
The joy tip for today is to get up off your seat
And look out the window on your 2 feet.
Open it if the weather is okay
And focus on sounds that come your way.
Marvel at Mother Nature and all that she brings
Listen for sounds of life or birds that sing!

💜 Nurse Lorrie

Each day that's the same, I know for sure
Is a day that makes you feel like a bore
But today's a day to move your body
To get off the couch and sing loudly.
The joy tip for today is to turn up the radio in your room
And find a song that makes you want to croon.
Sing out loud to your hearts delight
A favorite song sung will bring you light.

💜 Nurse Lorrie

When will it end? Where will we be?
Are questions asked by humanity.
We have no choice but to stay In place
And make our home a sacred space.
There's cause for panic, but have no fear
Your faith can bring you much cheer.
The joy tip for today is to open a prayer book,
Or other such text on your bookshelf nook.
Find a verse which speaks to your soul
Bringing you calm, helping you feel whole.

💜 Nurse Lorrie

There are things in your control, and things that are not
But you can make choices that give you a shot
At validating that you are in charge
By making decisions both small and large.
The joy tip for today is to sit in a chair
And raise your arms into the air.
Sing" the wipers on the bus go "swish, swish, swish"
While you wave your arms side to side like a drowning g fish!

 Nurse Lorrie