

"OLD"

It creeps upon you slowly
Or so, I have been told
Of the horrific things that happen
That classify women as old.

They say it starts when the "river stops running "
The reverse of the "Curse of Eve"
Although I'm unsure, what all's coming
I'll tell you what I've come to believe....

My back is aching, my pants are too tight
My belly jiggles left and right
With short arm syndrome, the less I see
I have non-existent metabolism and decreased energy.

My sniffer doesn't work, it's all out of kilter
My brain and my mouth have lost their filter
The years have left the girls not so perky
Lack of estrogen, leaves me irritable and jerky.

Mobility and balance issues, as of late, have been off
Please help my leaky bladder if I have to sneeze or cough
I've got crows feet, wrinkles and age spots galore
My thinning, gray hair is all over the floor.

You're only as old as you remember you are
The senior discounts are a perk
I finally qualify for Medicare
But am too broke to quit work!

Well..... I came, I saw and forgot what for
Sometimes I just can't think
Age is nothing but a state of mind
And sometimes it can really STINK!!!

By Kimberly Corbin

(With inspiration from my Homemaker friends....you know who you are! 🤖)