

One Memory at a Time

by Carlie Griffith

Sanity slowly slipping away,
forgetting things day by day.

Mind withering,
memories vanishing,
faint glimpses of what is gone.

Never looking back,
never looking forward.

Time stands still,
in and out of logic,
reality growing dim.

The weight of the constant threat lingers.

Can't remember faces,
they don't understand why.
Like leaves never holding on,
my relative reasoning,
has taken the fall.

Only one memory remains.

The day is drawing near,
when the memories will be all gone.
There is nothing left to save,
I am losing myself,

One memory at a time.

Dedicated to all those lives affected by Alzheimer's Disease --2017