

## OMBUDSMAN

A program to make our elders' lives better,  
To keep them safe, warm and comfortable.  
To enable them to live the rest of their days,  
With a feeling of self worth and peace.

As I look into their eyes, see the needs,  
See the past when they were my age,  
See the wistfulness to be able to walk, to  
talk, be able to take care of themselves again.

It makes you wonder how satisfied they are,  
Of how they lived their lives, were they happy?  
Did they care for their parents when the time came?  
Did they have children? Children who did not take care of them?

Is there something I can do to make their lives better?  
Do they need a kind word, a visitor, a friend?  
Where is their family, far away or just across town?  
Or have they been put into this place and forgotten?

Then I think - what will happen to me when I am no longer able?  
I think of how I would want to be treated,  
Then it is in my heart to help, to make things better,  
And help these elders have a life worth living.

That is what the OMBUDSMAN Program means to me,  
A way to give dignity, peace, self-worth to our elders,  
For they have a mind, heart and soul inside a body,  
That no longer responds like it once did.

There, but for the Grace of God, go I.

*By Mary Kennedy*