

My Action Plan

Since writing brings me so much pleasure

A book of verse I plan to start

With thoughts of love in every measure

Expressed sincerely from the heart

This simple ditty came out of a six-week course I recently completed at the Andover Senior Center called “Powerful Tools for Caregivers.” Each week we were asked to fill out a form in which we formulated an “action plan” for the coming week. The idea was to take some time off from caring for someone else and instead do something for ourselves. The final “action plan” was different in that the time frame was to be three to six months rather than one week. I confessed that I cheated a bit since it was a project I had already started even before the course began. I volunteered to read one of my poems, and I chose “The Honeybee.” One of my classmates, Denise, liked it so much that I gave her my autographed copy. It was little things like that which made the otherwise boring course tolerable. By the end of the course I felt that the six of us who stuck it out (from the nine who started) were all good friends.

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