

Aging

by William Brown, MD

As we journey through life, we age with grace
Yet challenges arise that we must face
Our physical, emotional, cognitive health
All require care to maintain their wealth

To age with dignity, we must take heed
Of exercise, diet, and regular feed
Of medical check-ups and preventative care
To manage our health and be aware

Emotional and social support are key
To keep loneliness and isolation at bay, you see
With social activities, mental health care
We can thrive and show that we still care

Our cognitive health needs stimulation
To maintain function and prevent declination
With puzzles, games, and reading too
We can stay sharp, and our minds renew

But as we age, we must not forget
The global crisis in elder care, we must set
A coordinated effort to address the gaps
And ensure elder care is not just a mishap

Governments, healthcare, and communities unite
To provide adequate care that is right
With increased funding, access to care
And policies that prevent abuse, we must be aware

Aging with dignity is not just a dream
It can be a reality with a coordinated team
We prioritize preventative care, social connection
And mental stimulation, aging with perfection.

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