

Memorial Day Remembrance

~ At the end of May, in the USA,
We celebrate Memorial Day,
To honor those who died in a Military way,
So Americans freedom could stay.

~ The Military can be a rough life,
Full of toil and much strife,
It's said, 'War is Hell'
Can cause all sort of scars you couldn't foretell.

~ May 31st honors the physically dead,
Another way to die is inside instead,
Shattered dreams, broken hearts, crushed
spirits,
We can experience things beyond our wishes.

~ There are things worse than death,
Spies may have to pop a pill,
So the other side doesn't learn their will.

~ The scars of war may be worse than death,
Missing limbs, eyes, severe burns,
Post-traumatic stress or severe depression.

~ The mentally ill may fight a war within,
Suffer much, be so misunderstood, and
stigmatized.

~ Into each life a little rain must fall,
Rain falls on the just and unjust,
Life does a number on us all.

~ Some of our wounded warriors,
Take up fishing for therapy,
For psychological scars suffered in the military,
Some even take up hunting to help them keep
going.

~ Into each life a little rain must fall,
Some may get more than others for whatever
reason.

~ If this is all there is, the cynic is right,
Everyone gets pushed around by the rich and
powerful,
So you may as well eat, drink and be merry
for tomorrow we die.

~ You only go round once in life,
so grab for the gusto,
We are captains of our own ship,
but perhaps consider your final port.

Submitted by Mark Rockefeller a client at CADS
Chestelm Adult Day Services,
542 Town Street, Moodus, CT 06469
Phone: 860-873-3833 f/860-873-1091

~Flower of the Month – from [Page 2b]



Lily of the Valley

of May, the birth flower for the month got its name from early Christian monks. It probably references a quote from the biblical Song of Solomon: "I am the Lily of the Valley." The flower's Latin name, *Convallaria majalis*, means "valley" (*Convallaria*) and "the month of May" (*majalis*), which probably refers to where it thrives and when it blooms.

These delicate, white, bell-shaped perennials are very fragrant. They signify purity and innocence, and also are said to bring luck in love. For these reasons, they are often the choice for bridal bouquets. When you give these pretty little lilies as a gift, you are saying, "I am humbled by my love for you" or "You've made my life complete." Either way, it's a lucky lady who receives a bouquet of lily of the valley from her sweetheart.