



For the able and the disabled
St Francis of Assisi, Pottery Lane, London W11 4NQ



*Our last
outing at
a carvery*

We were very sorry to cancel our coffee mornings, outings and all gatherings. It's been a difficult decision but the coronavirus is a huge worry and particularly challenging for the older population. We'll miss the human contact, the smiling faces, the friendly chats.

The Government advise people aged 70 and above to stay at home for 12 weeks. This is not a pleasant prospect... But this does not mean total isolation. Do make use of you telephone, do call each other for a chat, even if you don't have an awful lot to say, it is so important to keep in touch.

There has been a wave of community kindness in response to the coronavirus crisis, many people have offered their hands to help the elderly. So please don't hesitate to ring Sister Yvonne or Anne if you need some shopping or medicine from the chemist. Remember to leave a message with your name and phone number if the lines are busy. We'll come back to you.



Ode to age

*Old age is golden, I think I've heard said,
But sometimes I wonder as I crawl into bed,
My ears in a drawer, my teeth in a cup,
My eyes on the table until I wake up.*

*As sleep dims my vision, I say to myself,
Is there anything else I should lay on the
shelf?*

*But nations are warring and business is
vexed,
So I'll stick around to see what happens
next.*

*When I was younger, my slippers were red,
I could kick up my heels right over my head.
When I was older my slippers were blue
But still I could dance the whole night thru.*

*Now I am old, my slippers are black.
I huff to the store and I puff my way back.
But never you laugh, I don't mind at all,
I'd rather be huffing than not puff at all.*

*I get up each morning and dust off my wits,
Open the paper and read the obits.
If I'm not there, I know I'm not dead,
So I eat a good breakfast and go back to
bed.*



If you need help, please ring
Anne on 0795 75 29 505
or Sister Yvonne 0736 63 26 674