
Coastal Voices: A message dedicated to forgotten mothers (copy)

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So often mothers give their life to raising kids and are forgotten when kids move away. Dementia can set in or illness to move our loved ones further away from us and we have no idea why they can't visit or call.

I am dedicating this message to the mothers who are forgotten, the aunts who helped raise children and the grandmothers who are still alive and well.

Please don't forget about us as we grow older and life gets "too busy" that there is no time for a phone call or a letter.

Growing older is what most of us will do and we may face health issues but we never forget those we have loved and nourished:

Do you know who I am, do you remember me?

I am the one who loved you from the beginning of your life. I held you in my arms and listened to your cries. I bathed you and dressed you and kept you warm.

I am the one who watched you grow and wished you would stay young forever. I am the one who carried you inside of me and felt every inch of your growth. Do you know who I am now?

I am the one who never wished to never see you leave my side and cried when you went to your first day of school. Who am I? I am the one who never thought it possible I would see you grow into your teen years and move away one day to begin your life. I am the one who watched you become a Mother and begin a family of your own.

Who am I? I am the one who loves you so much I would give you my allowance and go hungry so you had diapers and food to help your young. Who am I? Do you remember who I am? I am the one who sits silently waiting now for a phone call or a letter. I am the one who cries at night when I pray for you and your family.

I am the one who wishes you would find time to let your children sign a card and wish me a Happy Mother's Day. I am the one who longs to hold you and each grandchild in my arms but I am too far away. I am the one who is growing older while you are still young.

Who am I? I am the one who has too much time on my hands and watches the days go by slowly while you are so busy with your life. I am the one who sits now in a convalescent home, trying to remember who I once was to you. Do you remember me now?

Do you know who I am? I am forgetting who I am and what I used to be to you. I am longing for some company of someone to know who I am. Who am I? I am forgetting who I am and wondering where I am going now. I am the one who has lost time and waits for my meals to be brought to me. I am so alone and lonely.

Why did you forget about me? Am I not important anymore to you? Do you know who I am? I have forgotten my name and where I live. Who are you? Do you know who I am? Do you know my name? Please don't leave me all alone, I am scared now and ready to go home. Do you know who I am?

Nancy Delponte lives in Klamath.