

WHAT YOU REMEMBER*

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This poem is about dealing with the emotions that come with someone in your life developing dementia. It specifically focuses on the constant back and forth between grieving what has been forgotten and feeling guilty for grieving when there are memories that she still has left.

I wish you would remember
the trips to the botanical garden
the adventures in the ocean
and the naps at the planetarium

you remember some
but not enough

maybe that's selfish
maybe I should just be grateful
for the memories you still have

crafting ceramics in the atrium
dancing on coolers at birthdays
cooking rice for havurah

but part of me aches when you forget
a name, a place, a moment

when I ask a question
and you don't have an answer

when you can't remember
where we parked
where we're going
or what we ate for lunch

I wish you would remember more
but at least you have what's left

**Content Warning: Dementia*