

MY MATE: AL ZHEIMER



MY OLD MATE AL

Abalinx 5 October 2019 Peter Adamis

Somewhere in our closet of history we all have a mate called Al. I forget him from time to time and I wonder whether Al is alive or not.

I must admit as I get older I find that being forgetful is not such a bad thing. I do get into trouble when I forget anniversaries, birthday, events, appointments and why I went to the bathroom in the first place.

But I am very fortunate as I can always call on my mate Al to assist me and help

me out of difficult situations.

Al comes in very handy during very stressful times and I confess he has become a very good mate over the years. I don't know how but it must be good observation on the part of others who seem to recognize my mate Al long before I do. A gentle nudge, a wink wink and I suddenly realise that Al had come to visit.

There are times when my mind wanders and I am day dreaming about the past or reflecting on decisions I have made that I forget that my mate Al had come for a visit. Al is really good to me, gets me out of tight spots, sticks up for me when required and always has an excuse if I happened to forget something.

Al lives close by and does not need an introduction. Al comes with me wherever I go and leaves when my wife returns from work. Al is a great companion and I know I can confess anything or say anything to Al without it being repeated. Al has a surname but is embarrassed to tell others in case they laugh. But Al Zheimer is a good name in my opinion and I don't see why Al should be concerned.



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