

THE NEW ALPHABET FOR BOOMERS

A is for apple, and B is for boat, That used to be right, but now it won't float!
Age before beauty is what we once said, But let's be a bit more realistic instead.

Now the Alphabet:

- A's for arthritis;
- B's the bad back,
- C's the chest pains, perhaps car-d-iac?
- D is for dental decay and decline,
- E is for eyesight, can't read that top line!
- F is for fissures and fluid retention,
- G is for gas which I'd rather not mention.
- H is high blood pressure--I'd rather it low;
- I is for incisions with scars you can show.
- J is for joints, out of socket, won't mend,
- K is for knees that crack when they bend.
- L's for libido, what happened to sex?
- M is for memory, I forget what comes next.
- N is neuralgia, in nerves way down low;
- O is for osteo, bones that don't grow!
- P is for prescriptions, I have quite a few,
just give me a pill and I'll be good as new!
- Q is for queasy, is it fatal or flu?
- R is for reflux, one meal turns to two.
- S is for sleepless nights, counting my fears,
- T is for Tinnitus; there are bells in my ears!
- U is for urinary; troubles with flow;
- V is for vertigo, that's 'dizzy,' you know.
- W is for worry, NOW what's going 'round?
- X is for X ray, and what might be found.
- Y is for another year I'm left here behind,
- Z is for zest I still have-- in my mind.

I've survived all the symptoms, my body's deployed,
And I've kept twenty-six doctors fully employed!!
May your troubles be less, your blessings more
and nothing but Happiness come through your door.