

My Grandpa

Writer – Lindsay O’Quinn

I am more than my dementia.

Though my mind may falter, my heart remains full of love for life’s simple joys. I am a life lived, a loved shared, and a legacy that will forever be remembered.

I am the wisest man you will ever meet, with a mind that once had no bounds. I am the one who found peace in the gentle crashes of the waves on the shoreline, where I taught my family the thrill of nature.

Though my dementia may have defined the last 10 years, it will never diminish the richness of my spirit, the depth of my love, or the beauty of my soul.

I am a son, brother, husband, father, grandpa. I am a friend.

I am an engineer, and a fisherman.

I am intelligent, brave, and kind.

I am loved.

Though my memories may fade, the imprints of my experiences remain etched in my soul.

I am the wisdom of a life well-lived, and the comfort of a peaceful spring morning.

I am the smooth rhythm of the waves, the warmth of the sun on your skin, and the calm rustle of the leaves on your forest walk.

I am more than my dementia.

I am the memories we’ve made, the stories we’ve told, and the love we’ve shared.

I am a life fully lived, a love that will never fade, and a spirit that will forever soar.

I am, Cecil Leslie Zinck.