

FORGET ME NOT

AN ARTISTIC EXPLORATION OF ALZHEIMER’S DISEASE FROM THE PATIENT’S PERSPECTIVE.

Forget Me Not

I once dreamed of growing old with grace.
Silver hair. Warm arms. A house full of faces.
Laughter spilling over dinner plates.
Grandchildren’s embrace.

But now, I sit here in silence.
Now, I am cared for by those I cannot name.
Reaching for memories like piles of leaves in the fall
that rustle in corners, scattered and small.
Fog drapes my mind.
Thoughts drift in and out.

Half-lost.

Fragmented.

Moments, whispers of doubt—
stories I knew, now fading out.
I reach for remembrance. It slips away
lost behind a dark wall where memories stray.

Where do these moments now reside?
Once vivid, now shadows I can’t define.

I try to grasp those golden days,
but they fade like mist in morning haze.
I scream within, a desperate plea:

Please, please, please, forget me not—remember me!

Hold tight to those sweet yesterdays,
for I cannot hold them in the same ways.

I see.

But I cannot touch—
I try so hard. It hurts so much.

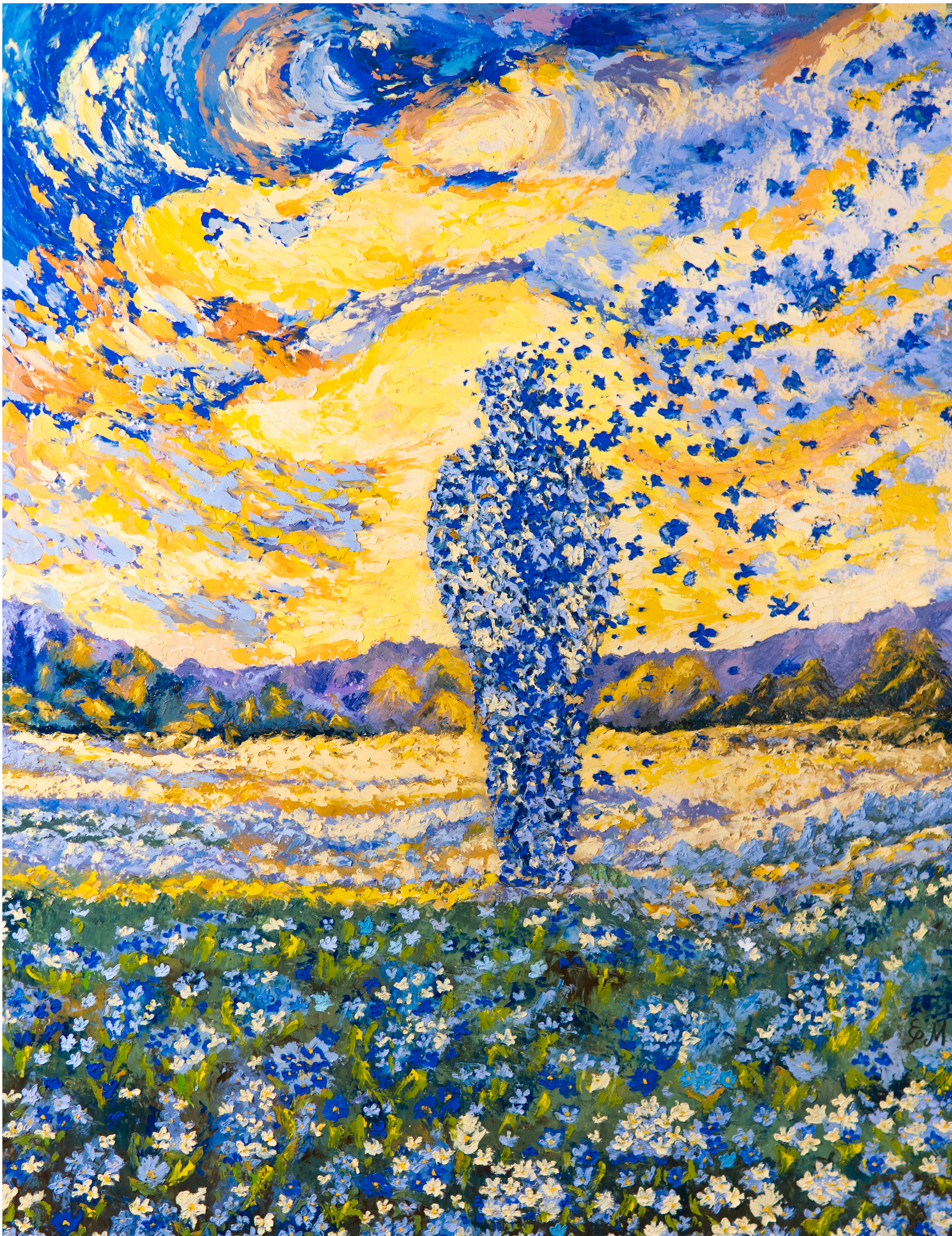
Forget me not!
Let my memories live on through you.
My mind has become my quiet defeat.
Thoughts slipping.
Like sand beneath my feet.

A thousand-piece puzzle—
No frame.

Each piece familiar, none with a name.
Fogged-up mirrors stare back at me,
blurry photos of who I used to be.

And when I forget, remember for me.
Hold my hand and help me see.
Keep my stories burning bright.

Forget me not! Please hold me tight!



The bright and colorful
sunset represents hope for
a future cure.

The forget-me-not flowers
represent the memories
that a person struggles to
retain and the enduring
hope that they will be
carried forward by loved
ones.

The mountains on the
right side represent times
when memories come
back and make sense. The
mountains on the left side
represent the confusion
created by memory loss.

INSPIRATION

This oil pastel painting is a visual interpretation of the quiet reality of a mind affected by memory loss. It draws inspiration from Impressionist and Expressionist artists such as Claude Monet and Vincent van Gogh, whose approaches prioritize emotion, gesture, and color over strict realism, allowing the image to convey experience rather than exact representation.

The figure walking toward the sunset represents an individual living with Alzheimer’s disease, carrying a sense of hope for clarity or cure. The accompanying poem gives meaning to the drifting forget-me-not petals, which symbolize memories that are difficult to hold onto, while also suggesting that those same memories persist through loved ones and future generations.

The mountains are intentionally rendered in contrast: one side appears more defined, while the other dissolves into looser, less structured strokes. This contrast reflects the shifting nature of the condition, where moments of clarity

are interspersed with confusion and gradual memory loss.

Despite the challenges that come with memory loss, the use of bright, vibrant colors is meant to simultaneously convey optimism for future research advances while reminding us that individuals living with Alzheimer’s disease can continue to have bright and meaningful experiences.

This artwork represents emotions that are often felt but not easily conveyed. The poem was deliberately written as fragmented phrases, expressing how people living with Alzheimer’s disease silently cope with memory loss. The juxtaposition with the hopeful oil pastel suggests that, although the future may initially seem bleak, scattered memories persist through the people and relationships that carry them forward. Together, the poem and oil pastel emphasize how these complex emotions can exist side by side, holding both loss and hope in tension.

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