

## **MAMA**

**Pamela Graesser, M.Ed., LCMHC\***  
**Director of Counseling Services, Rivier College**

**I** crept into the dim light of my mother's room this weekend....she was down for an afternoon nap. I must have startled her in my approach, as her eyes flew open and she gasped..."oh mama, I'm so glad you are here". I sat down on the bed and she reached for my hand and burrowed just a bit closer putting her head in my lap. I held her hand and gently stroked her cheek as she shut her eyes and drifted off. It wasn't always like this between her and me. We didn't touch, hug or hold hands. I am greedy in my mid life, touching and holding her constantly, as if I could somehow undo the last 50 years. I notice when I touch her that her body remembers what her mind has forgotten. I don't think Alzheimer's can obliterate the memory of touch and gentleness. Her face relaxes; a ghost of a smile appears.....oh mama. ■

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\* **PAMELA GRAESSER, M.Ed., LCMHC**, is the Director of Counseling Services at Rivier College. She joined the staff of Rivier in 1992. Pamela holds a Bachelor of Arts from Keene State College and a Master in Counseling Psychology from Antioch New England University. She serves on the Emergency Operations Planning Committee, the Behavioral Assessment Team and is a Co-Chair of the Rivier Task Force on Alcohol, Tobacco and Other Drugs.