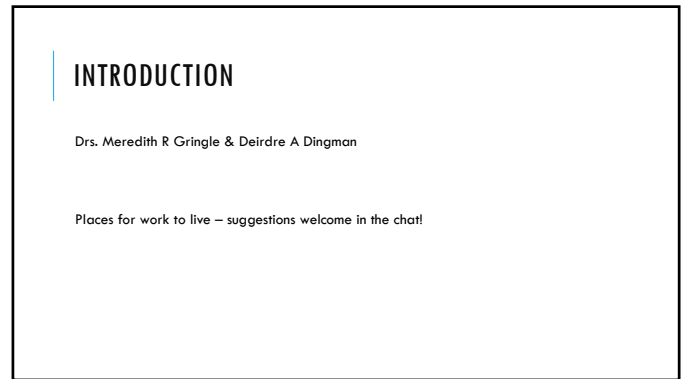
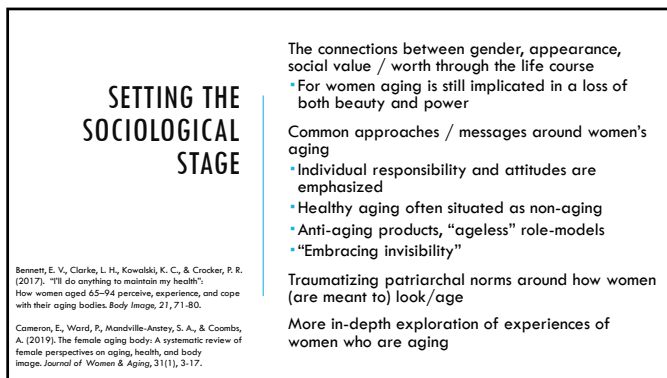




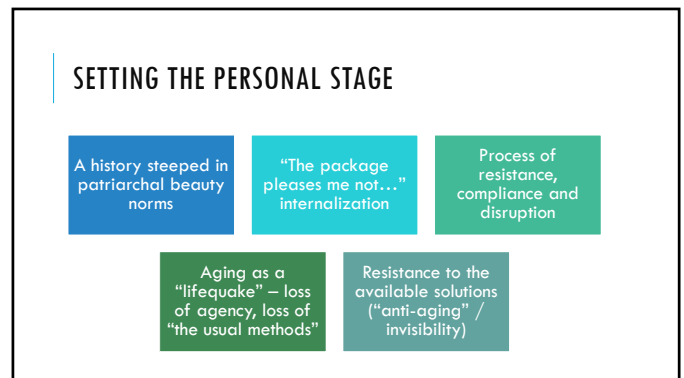
1



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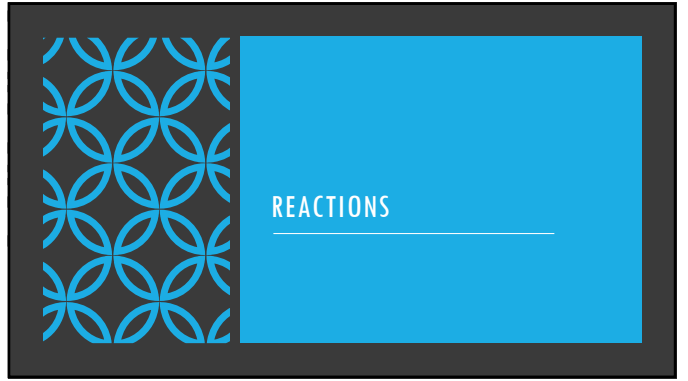


IF "THE FACE" DIDN'T GIVE ME
AWAY

A poem read by Dr. Deirdre Dingman

This slide features a dark grey background with a repeating pattern of light blue interlocking circles on the left side. The right side is a solid light blue rectangle containing the title and author information.

7



REACTIONS

This slide features a dark grey background with a repeating pattern of light blue interlocking circles on the left side. The right side is a solid light blue rectangle containing the title.

8

If “The Face” didn’t give me away -

I want to matter but I am afraid to be seen.
You must be seen to matter
I want to - not be seen.

And yet not invisible – I want to matter
But appearance does
if it doesn’t, it’s because I’ve aged out

I don’t want to be the age where appearance doesn’t matter
When appearance doesn’t matter
You are invisible
I want to matter, but not be seen – *as I am*
Aged
Appearance ALWAYS matters

...

You are beautiful ‘inside and out’ silly
Said a friend, who didn’t understand
Oh no, never look in the mirror with your glasses on –
Said the nurse aesthetician
Back away from the mirror, see the whole
Said a therapist
(If only there were no mirror –)
Fillers are the only thing that will work on the sagging and the vertical wrinkles,
but I don’t recommend it. I’ve seen them go wrong
Said a nurse aesthetician
Botox didn’t work because it’s like when you drive a car over grass again and again and
again,
the grass can’t bounce back up.
There are ruts. You need filler AND Botox
Said a plastic surgeon
I have RUTS on my face
I said to myself.

Oh I would never consider plastic surgery, I love the look of a life lived
Said another friend
A life lived.... a life **lived** - in the past when you were young – and visible and mattered
A life now over

.....

I did ALL THE RIGHT THINGS
to be the healthy, active old person.
I mean I am not old yet,
Is 50s old?
but I did **the things**... I lost weight and maintained it (for power and for health),
I exercised daily and lifted weights (for looks, strength and confidence),

I learned which foods were better for me and why and I ate them.
I did ALL THE RIGHT THINGS
and my face got old and my skin still sagged.
I cannot – could not - exercise, learn or nourish my way out of an aging body.

.....

If no one knew my age –
if my face (and neck, and arms) didn't give me away
I could still matter... contribute, feel passion, know love

But

My mother said, you look old
My mother said, you don't look *that* bad
My mother said, I didn't mean it that way

People don't see what you see

Said a friend

People don't see what you see

Are you fucking kidding me?

People don't see what you see

Doesn't make what I see any less real

I WANT to look young (younger) – I want it everyday

I'd pay for it – but I don't

I'm paying for not doing it – in angst and despair

And wanting to be seen not seen – with this face

The end

Deirdre A Dingman

October 2020