

Cheerios

Category: Dementia

written by Nancy Scott | June 14, 2025

One summer morning in our senior living center, Abington Manor, I chose Cheerios instead of scrambled eggs. My tablemates had already decided on the hot menu item. But they heard me.

“Oh! Cheerios!”

“I forgot about Cheerios!”

“Can I have them, too?”

“See what you started,” the dining room server scolded. “You know they usually don’t remember.”

I laughed. “I didn’t mean to.”

But all six of us ate Cheerios.

Then came the discussion about what to do with the leftover milk once the Cheerios were gone. The server asked if we remembered how much milk cost these days and suggested that we not waste it.

“You pick up the bowl and you drink it,” I declared. “It’s the best part, with all that dissolved sugar I added.”

But one of my tablemates said that was very bad form.

“You just ask for more Cheerios,” she pronounced.

“But what fun would that be?”

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