

In Memory of Carol Abramowski, RN, NP, MS

December 14, 1945—April 26, 2002



Carol Abramowski (left) and Winnie Star (right).

IT WAKES YOU UP TO LIFE
WHEN SOMEONE CLOSE TO YOU DIES
MOMENTS IN SMALL ELEVATORS
IN UNION WITH PERFECT STRANGERS
BECOME SIMPLE RAPTURE

CLIMBING EIGHT FLIGHTS OF STAIRS
ON ANY GIVEN DAY A STRUGGLE
BECOMES EFFORTLESS
WHEN YOU THINK OF WHAT YOUR FRIEND WENT THROUGH
TO LOSE HER LIFE

MORNING COFFEE AT THE LOCAL LINE
TRANSFORMS INTO GESTURES
RICH WITH KNOWING
THAT YESTERDAY WAS ALL IT WAS
AND TODAY IS ALL THERE IS

WHEN YOUR FRIEND DIES
THE WORLD CHANGES
AND THE SIGNS WITH ARROWS
POINTING RIGHT OR LEFT
DIRECT YOU TO THE NEXT STOP
AND AS YOU LOOK TO FIND THE TRUE DIRECTION
YOU ALREADY KNOW WHERE TO TURN

WHEN THEY DIE, THESE FRIENDS
YOU STOP LOOKING FOR A TREND
AND THE SIMPLE MOMENT
THAT LASTS A LIFETIME IN SILENCE
WITH GLAZED FACE
CONVEYS WHAT LOVE AND LIFE REALLY MEAN

By Winnie Star
May 10, 2002

Carol Abramowski was a women's health nurse practitioner in the Department of OB/GYN at Kaiser Permanente Medical Center, San Francisco for nearly 20 years. She fought bravely after her diagnosis of cancer and was a source of inspiration for her family, friends, colleagues, and patients in the ways in which she coped with, prepared for, and accepted the inevitability of her untimely death. She will be dearly missed.



Winnie Star, RNP, has been a nurse practitioner in OB/GYN for 20 years at Kaiser Permanente Medical Center in San Francisco, CA. She has coauthored and edited several textbooks in women's health. Her hobbies include writing poetry and short stories, and playing drums.