

Block and Fall

By Katy Giebenhain

After Albert W.A. Schmid's Block and Fall brandy cocktail in
How to Drink Like a Spy

Secret agents can block punches

and fall down stairs.

It's the job –

to read a room, to notice

and fall down stairs

but not get hurt. A skill –

to read a room, to notice

like managing a disease

while not getting hurt. A skill –

stay relaxed and hyper-alert

like managing a disease.

When stairs of all kinds appear

stay relaxed and hyper-alert.

Minimize and rebound

when stairs of any kind appear.

Trust yourself. Improvise,

minimize and rebound.

Secret agents can block punches.

Trust yourself. Improvise.

24/7. It's the job.

About the Author



Katy Giebenhain is a poet and occupational health tech. She is interested in visual art and writing that amplifies public health issues, especially access to medicines. She is the author of *Sharps Cabaret* (Mercer University Press). Poems have recently appeared in *American Journal of Nursing* and the Poetry Wales “How I write a poem” rubric. You may view more of Katy’s work on her blog at <https://www.katygiebenhain.com/blog>.