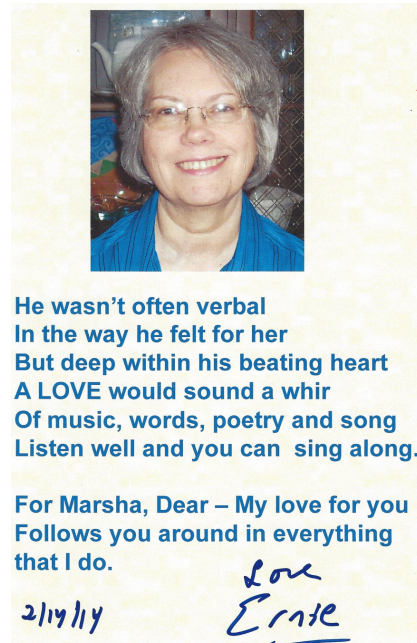


A Week in Images and Quotes

April - 2023



Sometimes, just the right item surfaces when times are sad or when either Marsha or I are having a down day.



*I realize, as I ride through this current storm,
This was not my expected retirement norm.
When you are confused, upset and angry
Your words sting but now don't hurt me
Because it is the inner you to whom I respond
And my love for you is my strength and bond.
Your pain surfaces and when it does each time
I struggle to find out how to make things rhyme.
I lose touch with the inner you
But, it's still there and I knew
I saw it yesterday when your soul did glow.
Life's lessons are hard but now I know
There is richness in each day we are together
And we will ride out this unpredictable weather.*

ELP

*Live without pretending,
Love without depending,
Listen without defending,
Speak without offending.*

Drake

Life is. I am. Anything might happen. And I believe I may invest my life with meaning. The uncertainty is a blessing in disguise. If I were absolutely certain about all things, I would spend my life in anxious misery, fearful of losing my way. But since everything and anything is always possible, the miraculous is always nearby and wonders shall never, ever cease. Robert Fulghum

SATURDAY

01

- Faith is what someone knows to be true, whether they believe it or not.
- I want to discover what I know.
- I write because I don't know what I think until I read what I say.

Flannery O'Connor

A Week in Images and Quotes

April - 2023

SUNDAY

02

*For age is opportunity no less
Than youth itself, though in another dress
And as the evening twilight fades away
The sky is filled with stars, invisible by day.*

Henry Wadsworth Longfellow

*Some days, doing 'the best we can' may
still fall short of what we would like to
be able to do, but life isn't perfect on
any front—and doing what we can with
what we have is the most we should
expect of ourselves or anyone else.*

Mister Rogers

- *Never put off till tomorrow what you
can do the day after tomorrow.*
- *We are all alike, on the inside.*

Mark Twain

*In examining disease, we gain
wisdom about anatomy and
physiology and biology. In
examining the person with disease,
we gain wisdom about life.*

Oliver W. Sacks

MONDAY

03

TUESDAY

04



*I'm no fool to
comment on this
coffee mug that
Marsha recently
purchased at Dollar
General. ELP*

*I long for nothing.
I am grateful for
everything!*

Jim Nantz

*Marsha: I don't
seem to do
much.*

*Ernie: You do
what your body,
mind and heart
direct you to do.*

WEDNESDAY

05

THURSDAY

06

FRIDAY

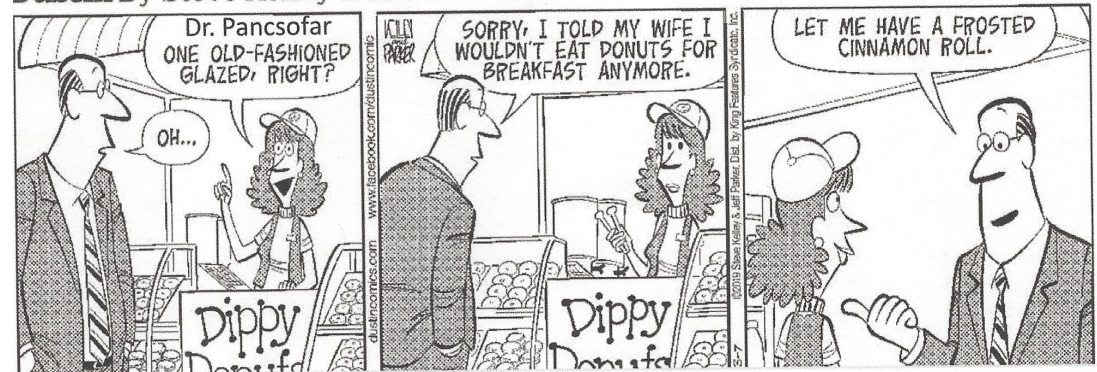
07

SATURDAY

08

I happened upon the following digits “1837” and wondered if that could be a trigger for a quote taken from a book published in that year. I like the imagery of the following quote: *The sky was dark and gloomy, the air was damp and raw, the streets were wet and sloppy. The smoke hung sluggishly above the chimney-tops as if it lacked the courage to rise, and the rain came slowly and doggedly down, as if it had not even the spirit to pour.* Charles Dickens – The Pickwick Papers, published in 1837.

Dustin By Steve Kelley & Jeff Parker



*There are two
stories for every
life; the one you
live & the one
others tell.*

Mitch Albom

*Do what you can,
with what you
have, where you
are.*

Theodore
Roosevelt

*Care is a state in
which something
does matter; it is a
source of human
tenderness.*

Rollo May

*He who knows
that enough is
enough will
always have
enough.*

Lao Tzu

A Week in Images and Quotes

April - 2023

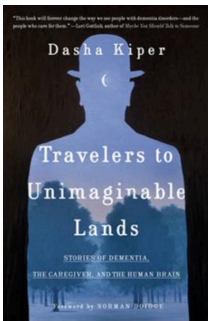
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>09</div> <p>Many men go fishing all of their lives without knowing that it is not fish they are after.</p> <p>Henry David Thoreau</p> <hr/> <p>Marsha: <i>I seem to make everything a mess.</i></p> <p>Ernie: <i>When was the last time you did that?</i></p> <p>Marsha: <i>I don't know yet.</i></p> <hr/> <p>I appreciate the truth contained in the following quote, especially as it pertains to Alzheimer's: <i>Ask not what disease the person has, but rather what person the disease has.</i></p> <p>Sir William Osler</p>	<div>10</div> <div></div> <p><i>There's something about gift bags That capture your eye. As we walk down any aisle You cannot pass by.</i></p> <p><i>"What about this one?" You ask with a smile. I nod and agree It has a great style!</i></p> <hr/> <p><i>What you seek is seeking you.</i></p> <p>Rumi</p> <hr/> <p><i>Could a greater miracle take place than for us to look through each other's eyes for an instant.</i> Thoreau</p>	<div>11</div>	<div>12</div> <div><p>Setting up Routines</p><p>Using Time Wisely</p><p>Contented Involvement</p><p>Celebrating Small Victories</p><p>Enjoying the Moment</p><p>Simplifying Daily Demands</p><p>Seeing Meaningful Connections</p></div> <p>I have used this acronym over the years to define what success means to me at various points of time in my life. Here is my current version.</p> <hr/> <p><i>You do what you must do, and you do it well.</i></p> <p>Bob Dylan</p> <hr/> <p><i>The only journey is the one within.</i></p> <p>Rainer Maria Rilke</p> <hr/> <p><i>How wonderful life is while you're in the world.</i></p> <p>Elton John</p>	<div>13</div>	<div>14</div> <ul style="list-style-type: none"><i>Affection, reassurance and calm are best, even when things make no sense.</i><i>If the person does not recognize the problem, accept their point of view. Arguing with them will not help.</i> <p>Quotes of meaning when reading through a review of the 36-Hour Day: A Family Guide for Caring for People with Alzheimer's Disease and Other Dementias</p> <hr/> <p><i>I don't think you can ever do your best. Doing your best is a process of trying to do your best.</i></p> <p>Townes Van Zandt</p> <hr/> <p><i>How wonderful life is while you're in the world.</i></p> <p>Elton John</p>	<div>15</div> <div></div> <p>A very appropriate Easter gift for Natyra!</p>

A Week in Images and Quotes

April - 2023

SUNDAY

16



I am slowly working my way through this book and will have comments/quotes to share in upcoming posts.

***The human soul
doesn't want to be
advised or fixed or
saved. It simply
wants to be
witnessed - - - to
be seen, heard and
companioned
exactly as it is.***

Parker J. Palmer

MONDAY

17

An interesting experience occurred last week. Marsha and I had just left Dollar General and I asked her to put her seat belt on. She said *No*, even after I explained that it was the law to do so. I turned on Spotify to listen to a tune and remained in the parking space not knowing what I would do next. I did not want to argue with her and did not want to proceed without her seatbelt correctly fastened. I then said, *I need to come around and open your door and put your seatbelt on*. I was surprised by her response: *Well, if that is what you have to do, do it!*

- *Wherever human beings are concerned, trend is not destiny.*
- *.... to search for the cause may be a hopeless pursuit because most disease states are the indirect outcome of a constellation of circumstances.*
- *Life is short, the art is long, the problems pressing.* **René Dubose**

I have read several books by this author and find his work quite enlightening.

TUESDAY

18

WEDNESDAY

19

ENCOURAGEMENT

I am going to focus my attention on one of the words that adhere to Ernie's 12 Steps to Contented Involvement, which I have taped on the 12 steps leading down to the basement. Today's word of choice is **encouragement**.

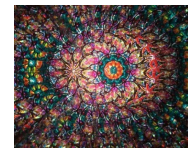
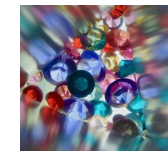
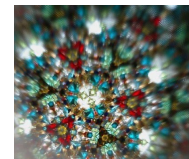
Everything will be okay in the end. If it's not okay, then it's not the end.

Ed Sheeran

Encouragement requires empathy and seeing the world from your spouse's perspective. We must first learn what is important to our spouse. Only then can we give encouragement.

Gary Chapman

I have been exposed to the term “fragmented memory” to describe the recall of past events that are altered through current sensory perceptions and relationships. I expand on this view with “kaleidoscopic fragments” like fuzziness around current events because of the filters through which a person with Alzheimer’s views day-to-day experiences.



FRIDAY

21

One truth I am learning is that if Marsha initiates an activity that I don't think she completes thoroughly, I do not try to stop her. For example, she finished her lunch and rinsed off her plate and put it in the drying rack. I need to remember to redo those plates with soap and hot water when I do the next batch of dishes.

Relationships are based on four principles: respect, understanding, acceptance and appreciation.

Mahatma Gandhi

Marsha: *What's going on?*

Ernie: *A hug is going on.*

A Week in Images and Quotes

April - 2023

SUNDAY

23

I chuckled at the following account as I encounter a slightly different version when Marsha asks, "Why didn't you tell me about my appointment with Dr. C_____?" or a similar future event.

One evening, as Sam helped his father get into bed, Mr. Kessler looked up and said in a kindly tone: "Who are you?"

Startled, Sam replied, "Your son."

"My son?" Mr. Kessler said wonderingly.

"How long have you been my son?"

"Well, I guess sixty-two years now," Sam said, feeling both alarmed and amused.

Mr. Kessler's eyes widened. "Sixty-two years you've been my son and only now you're telling me?"

Sam laughed. "Well I, sometimes it slips my mind."

Seeing his son laugh caused Mr. Kessler to laugh as well.

Page 17 - Travels to Unimaginable Lands

Learn to know yourself . . . to search realistically and regularly the processes of your own mind and feelings. Nelson Mandela

MONDAY

24

TUESDAY

25

There is an irony in a novel by John Irving, as explained in the following excerpt from Wikipedia: *The name "The Cider House Rules" refers to the list of rules that migrant workers are supposed to follow at the Ocean View Orchards. However, none of them can read, and they are completely unaware of the rules - which have been posted for years.* I think about this irony when Marsha insists that appointments and information be posted on the refrigerator or in a notebook, even though she doesn't acknowledge what has been written. Her ability to read words has diminished and I'm not sure of her current capabilities.

UNCERTAINTY

...one of the 12 steps to contented involvement

I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Gilda Radner Delicious Ambiguity.

The measure of your enlightenment is the degree to which you are comfortable with paradox, contradiction, and ambiguity. Deepak Chopra

WEDNESDAY

26

THURSDAY

27

FRIDAY

28

This poster I created several years ago has added meaning as I ease into the caregiving role.

**THERE IS NO
ANSWER
BUT THERE ARE MANY**

choices reactions
suggestions
responses options
Questions Ideas
thoughts
strategies feelings
approaches beliefs
connections

*Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.*

Leonard Cohen

SATURDAY

29

A Week in Images and Quotes

April - 2023

SUNDAY

30

*The journey is a labyrinth and not a maze
And as we advance step-by-step throughout our days,
The progress is slow and oftentimes
We need to stop and rest and see what rhymes.
There is pain and anguish in some actions and words
As we listen together to life's minor chords.
The journey is an "us" but also a "me,"
To guide us forward to what's meant to be. (ELP)*

I'm interested in memory because it's a filter through which we see our lives, and because it's foggy and obscure, the opportunities for self-deception are there. In the end, as a writer, I'm more interested in what people tell themselves happened rather than what actually happened. Kazuo Ishiguro

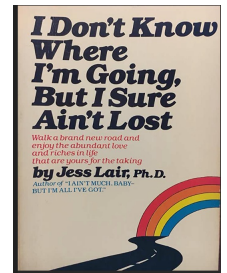
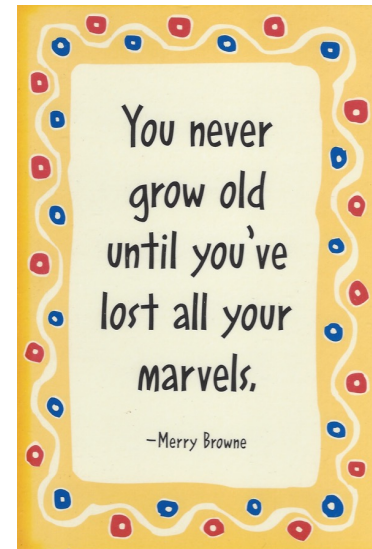
Books of quotations ... afford me one of the most undemanding but satisfying forms of reading pleasures. PD James

Do the kind of things that come from the heart. When you do, you won't be dissatisfied, you won't be envious, you won't be longing for somebody else's things. On the contrary, you'll be overwhelmed with what comes back.

Morrie Schwartz

During the closing credits of a recent Ted Lasso episode, Bob Marley's Three Little Birds was featured. I saw new meaning in these moving lyrics:

*Don't worry, about a thing
'Cause every little thing, gonna be all right
Singin', don't worry, about a thing
'Cause every little thing, gonna be all right*



Early in my education I read several books by Jess Lair and admired his points of view. This title, especially, relates to my current journey.