

A Week in Images and Quotes

August - 2023

TUESDAY

01

Perspective

The following quote could pertain to any age in one's future:

... at twenty-one or twenty-two so many things appear solid and permanent and terrible which forty sees are nothing but disappearing miasma. Forty can't tell twenty about this; that's the pity of it! Twenty can find out only by getting to be forty.

Booth Tarkington, *The Magnificent Ambersons*

Marsha: Let's stay home today.

Ernie: Sounds like a great plan!

15 minutes later

Marsha: Let's go to Dollar General.

The **wrong** way for Ernie to respond:

You told me earlier you wanted to stay home. Let's stay home.

The **correct** way for Ernie to respond:

Sounds like a great plan!

You have first to experience what you want to express.

Vincent van Gogh
(This quote embodies the underlying truths I am discovering and the connections I am making while being a care provider.)

We can experience nothing but the present moment, live in no other second of time, and to understand this is as close as we can get to eternal life.

P. D. James

WEDNESDAY

02

Do I contradict myself? Very well, then I contradict myself, I am large, I contain multitudes.

Walt Whitman

Nobody, I think, ought to read poetry, or look at pictures or statues, who cannot find a great deal more in them than the poet or artist has actually expressed. Their highest merit is suggestiveness.

Nathaniel Hawthorne

The challenge is in the moment; the time is always now.

James Baldwin

THURSDAY

03

Marsha and I were watching a video of Simon and Garfunkel at Central Park earlier this week. I noticed the following verses to be connected quite well to our elder years.

*Now the years are rolling by me
They are rockin' evenly
I am older than I once was
And younger than I'll be
and that's not unusual.
No it isn't strange
After changes upon changes
We are more or less the same
After changes we are more or less the same
(from The Boxer)*

*Like a bridge over troubled water
I will ease your mind
Like a bridge over troubled water
I will ease your mind
(from Bridge Over Troubled Water)*

To love a person is to learn the song that is in their heart and sing it to them when they have forgotten. Thomas Chandler

FRIDAY

04

SATURDAY

05

A Week in Images and Quotes

August - 2023

SUNDAY

06

MONDAY

07

TUESDAY

08

WEDNESDAY

09

THURSDAY

10

FRIDAY

11

SATURDAY

12

***105 Ways To
Treat
A Person With
Dementia***

I saw the original version of this visual in a group home and it read: 105 Ways to Treat a Person with a Disability.

Marsha: *I don't know who we are!*

Ernie: *You are my best friend.*

Marsha: *Do you really mean that?*

Ernie: Yes, I do – forever.

The path I choose through the maze makes me what I am. I am not only a thing, but also a way of being--one of many ways--and knowing the paths I have followed and the ones left to take will help me understand what I am becoming.

Daniel Keyes

Write reflections

Involve loved one in choices

Share experiences with family members

Discover creative approaches

Observe contented involvement

Make mistakes and learn from them

It's been a little over 2 years since Marsha's official diagnosis of Alzheimer's, although there were many markers during the previous year leading up to this assessment. I've learned a lot in two years. ELP

We seem to gain wisdom more readily through our failures than through our successes. We always think of failure as the antithesis of success, but it isn't. Success often lies just the other side of failure.

Leo Buscaglia

You create a path of your own by looking within yourself and listening to your soul, cultivating your own ways of experiencing the sacred and then practicing it. Practicing until you make it a song that sings you.

Sue Monk Kidd

Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

Steve Jobs

We are all a part of every person we have ever met.

Alfred Lord Tennyson

A Week in Images and Quotes

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SUNDAY

13

WE ARE NOT OUR DISABILITY
WE HAVE A PERSONALITY
AND AN INDIVIDUALITY
FOCUS ON ABILITY
COMMONALITY



We should be together, together
We should be walking side by side
We should be together, together
Keeping each other satisfied.

Don Williams

Our attitude in the face of
life's challenges determines
our suffering or our freedom.

Tara Brach

MONDAY

14

TUESDAY

15

Marsha doesn't write; however, she is right beside me as we hold hands and listen to music.

Marsha doesn't tell time; however, she knows how to have a contented time while at Goodwill.

Marsha doesn't read; however, she reads me and knows I love her and that she is my best friend.

Marsha doesn't drive a car; however, she drives a hard bargain about what's important in her daily routines.

Marsha doesn't like taking a shower; however, she showers me with blessings by her presence in my life.

Instead of receding,
the past actually
becomes more
important. That's
what will happen to
you. It sounds
unlikely, but the
past actually
changes complexion
as you get older.

Mark Knopfler

WEDNESDAY

16

Not everyone will
understand your
journey. That's
okay. You're here
to live your life, not
to make everyone
understand.

Banksy

THURSDAY

17

DON'T
QUIT

"Thank you," I heard you say
Softly at the end of the day.
Your face expressed such love
I was touched like grace from above
As your simple two-word expression
Came out of the blue - my impression
Of you changed - I don't know how
But I realized you have evolved now
In a way that is more peaceful & serene
As we live together in our daily routine.

Many of the inspirational quotes found
within this journal originate when I
conduct a search of authors who were
born / died on each specific day and
who have a contribution to make to
the theme of my writings.

FRIDAY

18

SATURDAY

19



Marsha found some
colored, glass rocks
on the sun porch
and as I sifted
through them these
two caught my
attention.



You're welcome,
daughters!

A Week in Images and Quotes

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SUNDAY

20

Marsha: You must not think highly of me when I ask you the same questions over and over.

Ernie: You can ask me any question you want as many times as you want . . . and that's OK!

When the road gets dark - And you can no longer see - Just let my love throw a spark - And have a little faith in me.

John Hiatt

From the experience of the past we derive instructive lessons for the future.

John Quincy Adams

MONDAY

21

Last week, as I sat at the dining room table, Marsha brought me an envelope in which I found this poem written by her many years ago. What an unexpected treasure!

Treasure this day and treasure yourself, truly, neither will ever happen again.

Ray Bradbury

Familiar acts are beautiful through love. Percy Bysshe Shelly

TUESDAY

22

Sacred Journey
Dark pit of a night
Heart heavy with silent tears
Breaking apart with grief
Scattered fragments strain
Focusing on a cliff
Majestic moonlit Wolf
Howling out my grief
Transformed to
Comforting wholeness
Looking in her eyes
Startled I find
She is Me.
marsha

The best time to change is when you don't have to; when there is no crisis. There is a lot of stress and negative energy when we deal with challenges in times of crisis.

If we are proactive, and I am not always thinking in such a way, we will anticipate future challenges and have back-up plans ready for their occurrences. For example, remodeling the bathtub by converting it into a walk-in shower.

WEDNESDAY

23

Sacred Journey

**Dark pit of a night
Heart heavy with silent tears
Breaking apart with grief
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Marsha**

THURSDAY

24

FRIDAY

25

As I was reading from a book on the porch, Marsha remarked, "My eyes!" I replied, "Do you need your glasses?" Then I looked down at the next sentence of the book - "She found her glasses, put them on, peered at the sign ... " Interesting Coincidence - What does it mean? It means I just found another truth.

Sometimes you go looking for connections; while at other times, connections come looking for you.

It's the little thing..

*Coffee in the afternoon on the deck;
Watching the birds at the feeder;
Sitting in watchful silence;
Being present to each other;
A gentle breeze;
Clouds dot the sky;
Freshly mown grass;
Being mindful of what is offered;
The single Queen Elizabeth rose;
The book just begun;
The cardinal makes his presence known;*

*Oh, the Red Sox lost again last night:
Just wait until next year! (ELP)*

SATURDAY

26

A Week in Images and Quotes

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SUNDAY

27

Being 72

*Ring them bells and bring on good cheer
Ernie's celebrating his 72nd year!*

*Living each day - hour - minute - 1 at a time
Turning potential lessons into a rhyme.*

*I am in the closing years of my life
Providing caring and support to Marsha, my wife.*

*Money may bring riches some might say
But my life is enriched each and every day.*

*Like watching the birds as a calming task -
They give no answers, so I don't ask.*

*My pace of movement may be slow
But this much I think I know -*

*It's not a race - this life I live
It's more about what I have to give*

*Toward a direction not quite clear
However, knowing Marsha will be quite near.*

I awoke yesterday to a tune by the Grateful Dead, Ripple, that contains the following lyric:

*There is a road, no simple highway
Between the dawn and the dark of night
And if you go, no one may follow
That path is for your steps alone.*

MONDAY

28

TUESDAY

29

WEDNESDAY

30

*To be seventy years
young is sometimes
far more cheerful
and hopeful than to
be forty years old.*

Oliver Wendell
Holmes, Sr.

*There are
mysteries that may
never be solved, no
matter how hard
we try. And if we
try too long trying
to solve them, we
may miss what's
right in front of us.*

Mr. Parnassus - p.
114 - *The House in
the Cerulean Sea*

*I'm no longer quite
sure what the
question is, but I do
know that the
answer is Yes.*

Leonard Bernstein

THURSDAY

31

The Guest House

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.*

*Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
Still treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond. Rumi*

Each of us can take time to **J**oin in
Reflection to pause & disc **O**ver the
Lear **N**ing that daily occurs in o **U**r
Lives when we search inwa **R**dly. This
Requires a strong commitme **N**t to use
One 's energy to live each and **E**very day
Wi **S**ely - throughout all of our **Y**ears.