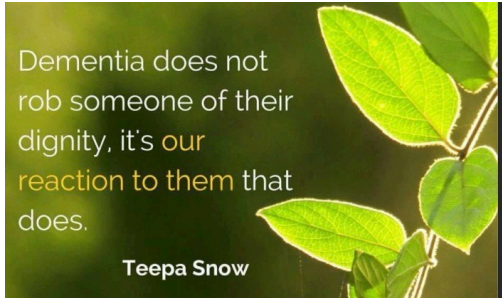


A Week in Images and Quotes

July - 2023

SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01/02	03	04	05	06	07	08
<p>After completing a short, 10-minute activity, I plan to sit in my “thinking” spot in the living room and consider the following six questions:</p> <ol style="list-style-type: none"> 1. What is Marsha doing? 2. Does she need any help with personal care right now? 3. Is this a good time to ask Marsha to help me with an activity like making ice cubes or helping with dishes? 4. Is this a good time to ask Marsha if she would like to rest and listen to music with me? 5. Is it a good time to give Marsha some space for herself and not interact? 6. What’s next (10-minute activity) on my “to-do” list that I can accomplish by myself? <hr/> <p><i>Apologizing does not mean that you are wrong and the other one is right. It simply means that you value the relationship much more than your ego.</i> Mark Matthews</p>		<p><i>Each of us is responsible for creating an environment of warmth and consideration for those we love. I have always tried to define a good day not in terms of one in which all things were made right and comfortable for me but rather, as a day in which I have been able to make another's day more loving and special for them. We must treat each other with dignity. Not because we merit it but because we grow best in thoughtfulness.</i> Leo Buscaglia</p> <hr/>  <p><i>I found this quote to be quite true. The way in which I interact with Marsha maintains the dignity she deserves as we age together.</i></p>		<p><i>Quite a few years ago, I was presenting an in-service to a group of students and I asked one student to leave the room. While he was gone, I asked the remaining students to jot down a couple of words to describe their peer when he came back in the room. Then, outside in the hallway, I asked the student to enter the classroom, walk around and leave. He did as instructed and the students wrote down some words to describe his brief appearance. Then, I asked the person to go back into the room, but this time to walk with dignity. The students, once again, recorded some words to describe the person. During the debriefing session, I asked for a comparison in their choice of words to describe this same person for the two different appearances. One person summarized her list of words by stating that during his first appearance, the student had his eyes focused on the ground, did not give any eye contact, seemed rushed and left the room rather quickly. The second time through, he held his shoulders back, looked people in the eyes, smiled, and walked more slowly as he made his way around the room. My moral to the story: the student always had dignity. I just had to remind him of it as he walked into the classroom for the second time. I did not teach him about dignity nor have him practice it - - - he just walked with dignity the second time. What does this story have to do with my current life journey? I’m not sure – I’m just the messenger!</i></p>		

A Week in Images and Quotes

July - 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09	10	11	12	13	14	15
<p>Rest Ing</p> <p>Bewilderme N t</p> <p>Confusio N</p> <p>W O nder</p> <p>Pea C e</p> <p>Tendern E ss</p> <p>Unspoke N</p> <p>Existen C e</p> <p>Awar E ness</p> <p>Life changes when you least expect it to. The future is uncertain. So, seize the day, seize this moment and make the most of it.</p> <p>Jim Valvano</p>	<p>I see you <i>resting</i> across the way; Eyes are closed this time of day.</p> <p><i>Bewilderment</i> occupies a space in your mind. I wonder what else there we could find.</p> <p><i>Confusion</i> certainly has a place Of prominence in that hidden space.</p> <p>I <i>wonder</i> what my role can be To help you and me become a we.</p> <p><i>Peace</i> is a welcome state To put on our daily plate.</p> <p><i>Tenderness</i> should be our plan. With practice, I think we can Interact in <i>unspoken</i> affections In our daily interactions.</p> <p>Our current <i>existence</i> Requires much patience</p> <p>And <i>awareness</i> of our values and truths We formed long ago in our youths.</p> <p>Resonance is all about connecting with the world, with the people in our lives, and finding a meaning that is greater than what we can see and explain.</p> <p>Andrew Root, Blair D. Bertrand</p>	<p>Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment.</p> <p>Ben Franklin</p> <p>Yesterday is done. Tomorrow never comes. Today is here. If you don't know what to do, sit still and listen. You may hear something. Nobody knows.</p> <p>Carl Sandburg</p> <p>We do not learn from experience . . . We learn from reflecting on experience.</p> <p>John Dewey</p>	<p>These transmissions [messages from our environment] are subtle: they are ever- present, but they're easy to miss. If we aren't looking for clues, they'll pass by without us ever knowing. Notice connections and consider where they lead. Rick Rubin</p> <p>Life is a journey, you know; and a lot of journeys, you go out, you come back.</p> <p>Cat Stevens</p> <p>The last of human freedoms is one's ability to choose one's attitude in a given set of circumstances.</p> <p>Viktor Frankl</p> <p>A library undermines whatever order it might possess, with random pairings and casual fraternities.</p> <p>Alberto Manguel</p> <p>Ernie: After our guests leave, it's back to normal.</p> <p>Marsha: Do we have a normal?</p> <p>Bad times have a scientific value. These are occasions a good learner would not miss.</p> <p>Ralph Waldo Emerson</p>			

A Week in Images and Quotes

July - 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21	22
<p><i>The love of learning, the sequestered nooks, And all the sweet serenity of books.</i></p> <p>Henry Wadsworth Longfellow</p> <hr/> <p><i>If we are always arriving and departing, it is also true that we are eternally anchored. One's destination is never a place but rather a new way of looking at things.</i></p> <p>Henry Miller</p> <hr/> <p><i>I wish I could do more!" I hear you ask. Later, I see you at the kitchen sink engaged in a task Of rinsing some plates & knives and putting them in the drying rack - I thank you for helping, knowing that I will be back Later and wash the same items with hot water and soap. That's OK, your expression of satisfaction is well worth the hope That I can discover more ways for you to know You are a partner, I value so. ELP</i></p>	<p><i>Let's go explore Into the past. It's all there - Not the answers But the connections I need today To figure out The priorities Of what I'm to do At this specific stage Of the journey. What does today Have to teach me? The answer is partly By exploring Into the past. ELP</i></p> <hr/>	<p><i>And the seasons they go round and round And the painted ponies go up and dawn. We're captive on the carousel of time. We can't return we can only look behind From where we came And go round and round and round In the circle game. Joni Mitchell</i></p> <hr/> 		<p><i>To keep our hearts open is probably the most urgent responsibility you have as you get older.</i></p> <p>Leonard Cohen</p> <hr/> <p><i>If you listen carefully, people explain to you what it is that they need.</i></p> <p>Rick Rubin</p> <hr/> <p><i>Normality is a paved road: It's comfortable to walk, but no flowers grow on it.</i></p> <p>Vincent van Gogh</p> <hr/> <p><i>I've never been more normal than I am now.</i></p> <p>Adele</p>	<p><i>Learn from yesterday, live for today, look to tomorrow, rest this afternoon.</i></p> <p>Charles M. Schulz, Charlie Brown's Little Book of Wisdom</p> <hr/> <p><i>Failure is merely feedback that there is something blocking the path of the emergence and expansion of the greatest version of yourself. Mother Teresa</i></p> <hr/> <p><i>The purpose in life is easy to see For you to be you and me to be me. It's a quiet, peaceful afternoon Sitting on the deck - listening to a tune; Warm and sunny and a pleasant breeze. A bird flies by into the trees. The sky above is blue with a light haze. It could be one of the best 10 days We've had for quite some time Sitting outside and trying to rhyme A few images and insights On this day full of delights. ELP</i></p>	<p><i>If we exchange one dollar, we both have one dollar each. But if we exchange one good thought, we both have two good thoughts.</i></p> <p>Abraham Lincoln</p>

A Week in Images and Quotes

July - 2023

SUNDAY

23

For 40+ years Marsha provided the strong base from which I could shape my career. Now, it's time for me to put her first in this chapter of our lives that shape our elder years. ELP

It's all a matter of paying attention, being awake in the present moment, and not expecting a huge payoff. The magic in this world seems to work in whispers and small kindnesses.

Charles de Lint

Normal is a cycle on a washing machine.

Emmylou Harris

MONDAY

24

Marsha: When did we know who we were?

Ernie: That's a great question! I quickly realized that Marsha wanted to know when we first met and I reminded her. I like her original phrasing.

Soli, let me tell you. The most important thing about a person is always the thing you don't know.

Barbara Kingsolver, *The Lacuna* p. 218

One's not half of two; two are halves of one.

E.E. Cummings

TUESDAY

25

I am attracted to the following poem:

*Famous
Naomi Shihab Nye*

I want to be famous in the way a pulley is famous, or a buttonhole, not because it did anything spectacular, but because it never forgot what it could do.

Summer afternoon, summer afternoon; to me those have always been the two most beautiful words in the English language.

Henry James

*Perspective
Just remember, once you're over the hill, you begin to pick up speed.*

Arthur Schopenhauer

WEDNESDAY

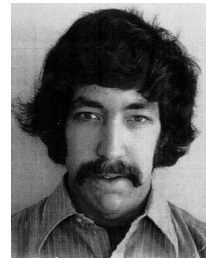
26

Life is a series of pulls back and forth ... A tension of opposites, like a pull on a rubber band. Most of us live somewhere in the middle. A wrestling match ... Which side wins? Love wins. Love always wins.

Mitch Albom –
Tuesdays with Morrie

THURSDAY

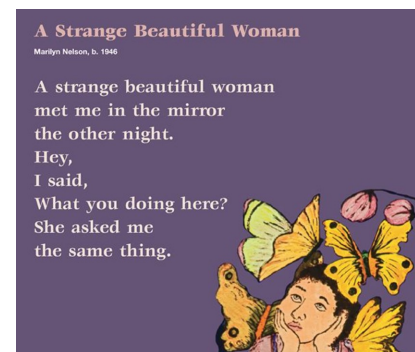
27



Ooh La La
Faces

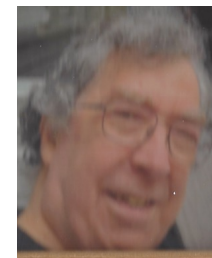
*I wish that I knew what I know now
When I was younger
I wish that I knew what I know now
When I was stronger.*

But, do I really . . .



FRIDAY

28



SATURDAY

29

Our goal should be to live life in radical amazement.get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.

Abraham Joshua Heschel

Normal is an illusion. ...

Charles Addams

Periodically, Marsha will look in the mirror and say, "Gee I look old!" I thought this poem by Marilyn Nelson connected with her experience.

A Week in Images and Quotes

July - 2023

SUNDAY

30

MONDAY

31

We Are Works in Progress

Ernie Pancsofar (circa 2010)

Everything I do is a work in progress
Some might think that this adds to my stress
Of never completing projects to show
But everything can be improved some more, you know.

Each time I teach one of my courses
I'm likely to find some more resources
That add richness to what I have to say
When I teach that session on an upcoming day.

I would say I have twenty such projects on the shelf
And each one relates to my outer or inner self.
There's a series of activities to enhance creative lessons
And poems and essays for more personal reflections.

I don't really care if none of my projects get done
'Cause then I would be minus one activity that's fun.
Each one advances and becomes much more polished
Until I have to present it or maybe it gets published.

But, that doesn't mean that the project is through
I just may think of adding something brand new
So I put it back in its own special file
And then take it out after awhile.

We are each works in progress as we go about each day
We all have our challenges in our own unique way.
I heard Jimmy Carter talk of a cancer that grows
In his body from his liver to his brain and he knows
That he's lived a good life and his faith is quite strong
His life has been full of righting what's wrong

We never know how much longer we will live
Or how much more to our projects we'll give.
It's not the completion of our work that gives meaning
It's how that work changes our inner core feelings.
We are who we are - - - not what we have done.
It's back to a project to get back to some fun!