

A Week in Images and Quotes

July - 2023

SAT/SUN

01/02

MONDAY

03

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:

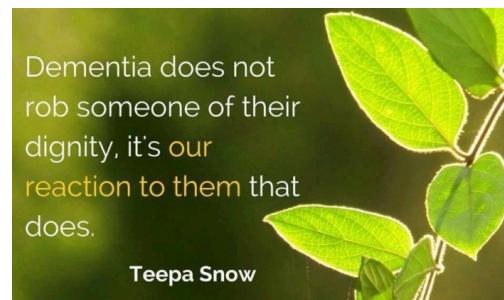
1. *What is Marsha doing?*
2. *Does she need any help with personal care right now?*
3. *Is this a good time to ask Marsha to help me with an activity like making ice cubes or helping with dishes?*
4. *Is this a good time to ask Marsha if she would like to rest and listen to music with me?*
5. *Is it 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?*

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. Mark Matthews

TUESDAY

04

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. Leo Buscaglia



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.

WEDNESDAY

05

THURSDAY

06

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!

FRIDAY

07

SATURDAY

08

A Week in Images and Quotes

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SUNDAY

09

*Rest Ing
Bewilderme Nt
Confusio N
W Onder
Pea Ce
Tendern E ss
Unspeak N
Existen Ce
Awar Eness*

*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.*

Jim Valvano

MONDAY

10

*I see you resting across the way;
Eyes are closed this time of day.
Bewilderment occupies a space in your mind.
I wonder what else there we could find.
Confusion certainly has a place
Of prominence in that hidden space.
I wonder what my role can be
To help you and me become a we.
Peace is a welcome state
To put on our daily plate.
Tenderness should be our plan.
With practice, I think we can
Interact in unspoken affections
In our daily interactions.
Our current existence
Requires much patience
And awareness of our values and truths
We formed long ago in our youths.*

*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.*

Andrew Root, Blair D. Bertrand

TUESDAY

11

*I see you resting across the way;
Eyes are closed this time of day.*

*Bewilderment occupies a space in your mind.
I wonder what else there we could find.*

*Confusion certainly has a place
Of prominence in that hidden space.*

*I wonder what my role can be
To help you and me become a we.*

*Peace is a welcome state
To put on our daily plate.*

*Tenderness should be our plan.
With practice, I think we can*

*Interact in unspoken affections
In our daily interactions.*

*Our current existence
Requires much patience
And awareness of our values and truths
We formed long ago in our youths.*

WEDNESDAY

12

THURSDAY

13

*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.*

Ben Franklin

*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.*

Carl Sandburg

*We do not learn
from experience
... We learn
from reflecting
on experience.*

John Dewey

FRIDAY

14

*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*

*Life is a journey,
you know; and a
lot of journeys,
you go out, you
come back.*

Cat Stevens

*The last of human
freedoms is one's
ability to choose
one's attitude in a
given set of
circumstances.*

Viktor Frankl

*A library undermines whatever order
it might possess, with random
pairings and casual fraternities.*

Alberto Manguel

SATURDAY

15

*Ernie: After our
guests leave, it's
back to normal.*

*Marsha: Do we
have a normal?*

*Bad times have a
scientific value.
These are occasions
a good learner
would not miss.*

Ralph Waldo
Emerson

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SUNDAY

16

*The love of learning,
the sequestered
nooks, And all the
sweet serenity of
books.*

Henry Wadsworth
Longfellow

*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.*

Henry Miller

*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*

MONDAY

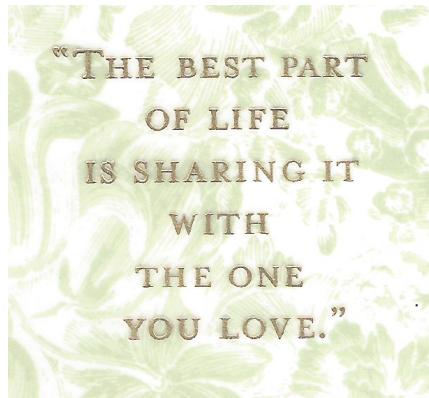
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*Let's go explore
Into the past.
It's all there -
Not the answers
But the connections
I need today
To figure out
The priorities
Of what I'm to do
At this specific stage
Of the journey.
What does today
Have to teach me?
The answer is partly
By exploring
Into the past. ELP*

TUESDAY

18

*And the seasons they go round and round
And the painted ponies go up and down.
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*



WEDNESDAY

19

THURSDAY

20

*To keep our
hearts open is
probably the
most urgent
responsibility you
have as you get
older.*

Leonard Cohen

*If you listen
carefully, people
explain to you
what it is that they
need.*

Rick Rubin

*Normality is a
paved road: It's
comfortable to
walk, but no
flowers grow on it.*

Vincent van Gogh

*I've never been
more normal than
I am now.*

Adele

FRIDAY

21

*Learn from
yesterday, live for
today, look to
tomorrow, rest this
afternoon.*

Charles M. Schulz,
Charlie Brown's
Little Book of
Wisdom

*Failure is merely feedback that there is
something blocking the path of the
emergence and expansion of the greatest
version of yourself. Mother Teresa*

SATURDAY

22

*If we exchange one
dollar, we both
have one dollar
each. But if we
exchange one
good thought, we
both have two
good thoughts.*

Abraham Lincoln

*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*

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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

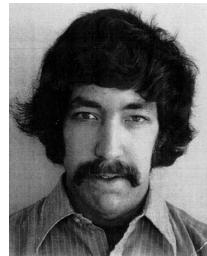
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Life is a series of pulls back and forth ... A tension of opposites, like a pull on a rubber band. Most of us live somewhere in the middle. A wrestling match ... Which side wins? Love wins. Love always wins.

Mitch Albom – *Tuesdays with Morrie*

THURSDAY

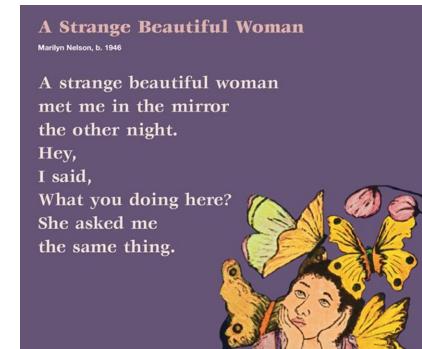
27



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 ...



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.

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SUNDAY



MONDAY



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!