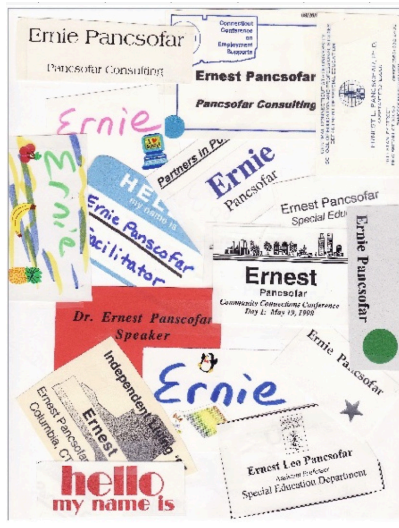


A Week in Images and Quotes

June - 2023

When solving acrostic puzzles, no two people will identify correct responses to the clues in exactly the same way but, ultimately, each will be successful in the end. The patterns of known letters open up new connections previously not thought of by each solver. I think there is a parallel understanding to providing supports as a caregiver. Contented involvement is an end goal but the path to get there will not be replicated by any two individuals. ELP



Consider these three questions prior to speaking:

*Is it true?
Is it kind?
Does it need to be said?*

Louise Penny, *A Better Man*, p. 231

Marsha: What do you want to do the rest of the day?

Ernie: Be with you.

Marsha: OK.

The seeker embarks on a journey to find what he wants and discovers, along the way, what he needs. Wally Lamb

I don't feel like I chose to do music so much as I made a decision to not stop doing music.

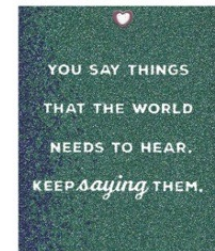
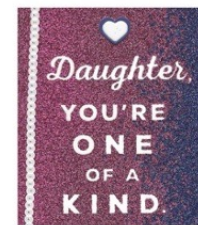
Jakob Dylan



I have worn different name badges over my lifetime that captured my focus at that time. Perhaps the most important one is being a husband and care partner.

THURSDAY

01



Marsha recently found this card and was drawn to the glitter background not knowing what the content was. I saw this as an opportunity to connect the message with our daughters.

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense. Ralph Waldo Emerson

FRIDAY

02



SATURDAY

03

KEEP GOING
IN THE DIRECTION
OF YOUR HEART.

*Happy
Every Day!*

Every day, some act of kindness comes my way, even if it's just someone opening the door. It happens every day if you keep an eye out for it. Keeping an eye out, that's the key.

Aaron Neville

A Week in Images and Quotes

June - 2023

SUNDAY

04

MONDAY

05

TUESDAY

06

WEDNESDAY

07

THURSDAY

08

FRIDAY

09

SATURDAY

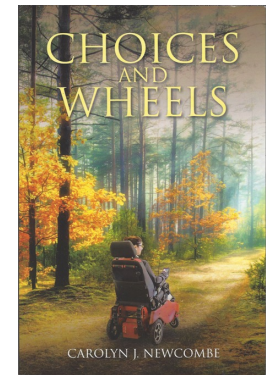
10

Every Day

My Current Thoughts

MARSHA

- You are loved by many people!
- You are kind!
- You are a talented painter!
- You bring joy and happiness to my life!
- You are a beautiful person!
- You are a voice of reason!
- You are the answer to finding my best friend!
- You are politically savvy and knowledgeable!
- You are a source of much inspiration!
- My favorite day of the year is February 6th ... or is that February 4th?
- You put up with my selfishness a lot of the time!
- The details of memories don't matter.
Living in the present results from those memories!
- I recall many wonderful memories with you!
- To be is just as important as to do!
- I should just let some things go and not worry about them !



I was in the Big Y grocery store where I saw Carolyn Newcombe and stopped to say Hi. I told her I was in the final sections of reading her book and how much I enjoyed what she wrote since I knew several of the people and places she mentioned throughout her chapters. Also, of special interest to me, were her reflections about her mother who lived her final 9 + years of life with dementia. I could relate to many of the emotions she described. Pat had given me this book a few weeks ago and it was a timely read.

A Week in Images and Quotes

June - 2023

SUNDAY

11

*We make gre **A** t company!*

*We are here **F** or each other.*

*Being mind **F** ul is necessary.*

*It's a good **I** ife my dear.*

*Follow **R** outines daily.*

*We are cal **M** and peaceful.*

*We hold h **A** nds together.*

*Quality **T** imes matter!*

*I like grow **I** ng older with you.*

*Let's do n **O** thing together!*

*Nadya and **N** atyra are special daughters!*

***S** low down!*

MONDAY

12

TUESDAY

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

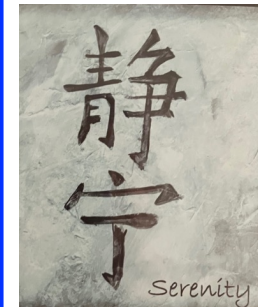
SATURDAY

17

*What has my past prepared me to do
As I enter elderhood and approach 72?
Each step in the labyrinth that defines "Ernie"
Is the foundation that forms my inner journey.
I didn't appreciate all life's ups and downs
Amid much laughter and occasional frowns.
I am curious at the end of each day to see
The essence of the person whom I claim to be.
Moment-to-moment and step-by-step
The meanings in my life occur when I prep
Each day with calmness and direction
That form the totality of a collection
Of actions, thoughts, words and deeds
That have led me to what began as seeds
That find me in the later years of my life
Devoted to Marsha, my exceptional wife!*

- I started out with nothing and I still got most of it left.*
- The way you do anything is the way you do everything.*

Tom Waits



*In the universe,
there are things
that are known,
and things that
are unknown, and
in between, there
are doors.*

William Blake

*What intelligent
things you say
sometimes! One
would think you
had studied.*

Miguel de
Cervantes

*Perhaps our core
set of values
remain constant
over our lifetime,
but the truths that
compose these
values change as
we mature and
gain experiences
in our lives. ELP*

*The secret of getting ahead is
getting started. The secret of
getting started is breaking your
complex overwhelming tasks into
small manageable tasks, and
starting on the first one.*

Mark Twain

A Week in Images and Quotes

June - 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
<p>Waiting for the Fog to Lift</p> <p><i>I was cleaning my glasses in hope that the muse may pay me a visit.</i></p> <p><i>I think she is most apt to appear while we are engaged – mindfully – in any task at hand.</i></p> <p><i>I can see more clearly – the way ahead is foggy, but my glasses are ready.</i></p> <p><i>The fog will lift to reveal what was already there awaiting a closer look.</i></p> <p><i>There must be 30 notebooks, with hundreds of blank pages - - - waiting for words to express the anguish of living with dementia.</i></p> <p><i>They will not be filled by you – I keep them to record our relationship and your memories.</i></p> <p><i>I sense the anguish when you express your frustrations and wonderments.</i></p> <p><i>I hear your words of despair.</i></p> <p><i>I pledge my support to you wherever it takes me - to Dollar General, Goodwill or on the couch holding hands.</i></p> <p><i>The activity, itself, doesn't matter. The acknowledgement of your presence and influence in my life surpasses time and place.</i></p> <p><i>The quietness of sitting on the deck – the silence captures the essence of our connection.</i></p>		<p>Cre A tive Outlets</p> <p>Refle C tion</p> <p>Re C eptivity</p> <p>Harm O ny</p> <p>Fa M ily</p> <p>P eace of Mind</p> <p>L egacy</p> <p>Marr I age</p> <p>Humblene S s</p> <p>P H. D</p> <p>Me M ories</p> <p>D E bt Free</p> <p>Frie N dships</p> <p>Comfor T ability</p> <p>Journal S</p>	<p>While sitting out on the deck, Ernie wrote down what he considered accomplishments in his life that currently resonate with him.</p> <p>←</p> <p>From Ernie's perspective, here are some accomplishments that resonate with him for Marsha.</p> <p>→</p>		<p>Nadya - J A y - Natyra</p> <p>SIU - C Master's Program</p> <p>Nu C lear Freeze Movement</p> <p>W O men Church</p> <p>League of Wo M en Voters</p> <p>P olitically Savvy</p> <p>Genea L ogy Interest</p> <p>Open M I nded</p> <p>S aves EVERYTHING!</p> <p>Birt H Parent Support Group</p> <p>Long Ti M e Friend - Alria</p> <p>Respit E Care</p> <p>Family N urturer</p> <p>Volun T eer in Schools</p> <p>S oul Mate - Ernie</p>	

A Week in Images and Quotes

June - 2023

SUNDAY

25

A WELCOME VISIT LAST WEEK
FROM NATYRA

Home Depot - flowers

F I rst Alaskans Docu-Series

Dr. Ber G Tele-Video Appt.

New Was H er & Dryer

Scal L ops & Cod Dinner

Conversat I ons on the Deck

Gardening

S H aring Time & Space

Mot T a's Pizza

Natyra' S Presence

I am reminded of
the following
quote as I look
around the
room/house:

*We adore chaos
because we love to
produce order.*

M. C. Escher

MONDAY

26

*I could feel the day
offering itself to
me, and I wanted
nothing more than
to be in the
moment - but
which moment?
Not that one, or
that one, or that
one.*

Billy Collins

TUESDAY

27

*Nothing in this book is known to be true.
It's a reflection on what I've noticed -
Not facts so much as thoughts.*

*Some ideas may resonate,
others may not.*

*A few may awaken an inner knowing
you forgot you had.
Use what's helpful.
Let go of the rest.*

*Each of these moments
is an invitation
to further inquiry:
looking deeper,
zooming out, or in.
Opening possibilities
for a new way of being.*

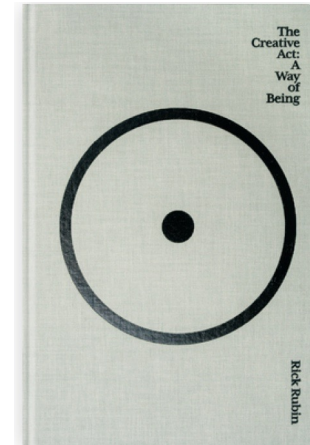
Rick Rubin

*After an exceptionally stressful
day last week, Marsha started
off the next morning by saying:
"I like living here with you."
This made my day!*

*To-do lists help us break life
into small steps.* Randy Pausch

WEDNESDAY

28



*Acceptance doesn't
mean resignation; it
means understanding
that something is
what it is and that
there's got to be a
way through it.*

Michael J. Fox

THURSDAY

29

FRIDAY

30

*I often respond to the same questions
several times per day:*

When's Natyra coming?

When is your birthday?

Where are we going?

Marsha will say.

*I respond without any hesitation.
And try not to express any frustration,
Because it's a way of making a
connection*

*As I'm writing this reflection,
Our being present in each other's life
Is a husband's gift to his wife! ELP*

*The real enemies of our life are the
'oughts' and the 'ifs.' They pull us
backward into the unalterable past
and forward into the unpredictable
future. But real life takes place in the
here and now.* Henri Nouwen

*Consider trying to write or draw with
care - - - not with the intention of
showing it to others, but rather by
mindfully facing your inner self.*

Art of Simple Living, p. 17