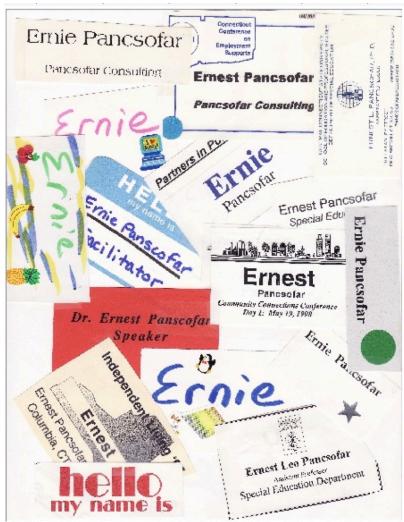


A Week in Images and Quotes

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 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



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

Jakob Dylan

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

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

A Week in Images and Quotes

June - 2023

SUNDAY

04

MONDAY

05

TUESDAY

06

WEDNESDAY

07

THURSDAY

08

FRIDAY

09

SATURDAY

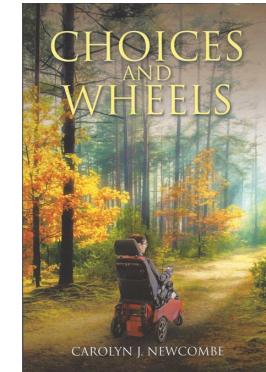
10

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 great company!

We are here for each other.

Being mind ful is necessary.

It's a good life my dear.

Follow routines daily.

We are calm and peaceful.

We hold hands together.

Quality times matter!

I like growing older with you.

Let's do one thing together!

Nadya and Natyra are special daughters!

Slow down!

MONDAY

12

TUESDAY

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

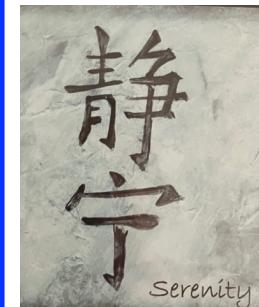
SATURDAY

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



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

Miguel de Cervantes

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

William Blake

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

18

Waiting for the Fog to Lift

I was cleaning my glasses in hope that the muse may pay me a visit.

I think she is most apt to appear while we are engaged - mindfully - in any task at hand.

I can see more clearly - the way ahead is foggy, but my glasses are ready.

The fog will lift to reveal what was already there awaiting a closer look.

There must be 30 notebooks, with hundreds of blank pages - - - waiting for words to express the anguish of living with dementia.

They will not be filled by you - I keep them to record our relationship and your memories.

I sense the anguish when you express your frustrations and wonderments.

I hear your words of despair.

I pledge my support to you wherever it takes me - to Dollar General, Goodwill or on the couch holding hands.

The activity, itself, doesn't matter. The acknowledgement of your presence and influence in my life surpasses time and place.

The quietness of sitting on the deck - the silence captures the essence of our connection.

MONDAY

19

Waiting for the Fog to Lift

I was cleaning my glasses in hope that the muse may pay me a visit.

I think she is most apt to appear while we are engaged - mindfully - in any task at hand.

I can see more clearly - the way ahead is foggy, but my glasses are ready.

The fog will lift to reveal what was already there awaiting a closer look.

There must be 30 notebooks, with hundreds of blank pages - - - waiting for words to express the anguish of living with dementia.

They will not be filled by you - I keep them to record our relationship and your memories.

I sense the anguish when you express your frustrations and wonderments.

I hear your words of despair.

I pledge my support to you wherever it takes me - to Dollar General, Goodwill or on the couch holding hands.

The activity, itself, doesn't matter. The acknowledgement of your presence and influence in my life surpasses time and place.

The quietness of sitting on the deck - the silence captures the essence of our connection.

TUESDAY

20

Cre A tive Outlets

Refle C tion

Re C eptivity

Harm O ny

Fa M ily

P eace of Mind

L egacy

Marr I age

Humblene S s

P H. D

Me M ories

D E bt Free

Frie N dships

Comfor T ability

Journal S

While sitting out on the deck, Ernie wrote down what he considered accomplishments in his life that currently resonate with him.



From Ernie's perspective, here are some accomplishments that resonate with him for Marsha.



WEDNESDAY

21

THURSDAY

22

Nadya - J A y - Natyra

SIU - C Master's Program

Nu C lear Freeze Movement

W O men Church

League of Wo M en Voters

P olitically Savvy

Genea L ogy Interest

Open M I nded

S aves EVERYTHING!

Birt H Parent Support Group

Long Ti M e Friend - Alria

Respit E Care

Family N urturer

Volun T eer in Schools

S oul Mate - Ernie

SATURDAY

24

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 Lops & Cod Dinner
Conversat I ons on the Deck
G ardening
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

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 Lops & Cod Dinner
Conversat I ons on the Deck
G ardening
S H aring Time & Space
Mot T a's Pizza
Natyra' S Presence

*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!*

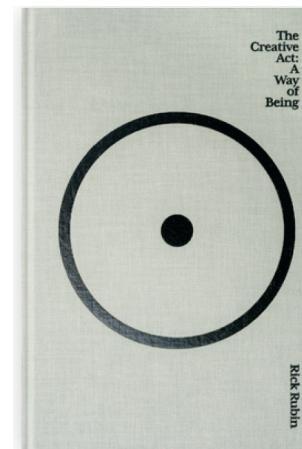
*To-do lists help us break life
into small steps.* Randy Pausch

WEDNESDAY

28

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