

A Week in Images and Quotes

May - 2023

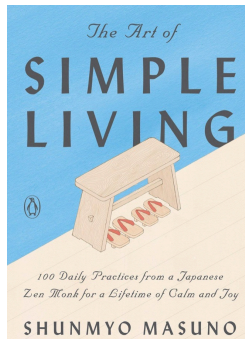
MONDAY

01

Hope is willing to leave unanswered questions unanswered and unknown futures unknown. Hope makes you see God's guiding hand not only in the gentle and pleasant moments but also in the shadows of disappointment and darkness. Henri Nouwen

I think it's much more interesting to live not knowing than to have answers that might be wrong.

Richard Feynman



My current reading endeavor.

Even when we know our decisions are for the best, denying a person's right to choose still feels like a moral violation as long as we continue to see an essential moral self. p. 157 - *Travels to Unimaginable Lands*

TUESDAY

02

WEDNESDAY

03

At times, I find myself talking to Marsha in a voice that is half Bob Ross and half Mister Rogers: a calming, soothing interaction.

Everyone is going to see things differently - and that's the way it should be.

Bob Ross

There are three ways to ultimate success: the first way is to be kind. The second way is to be kind. The third way is to be kind. Fred Rogers

I just thought of a fourth way to ultimate success - you guessed it - to be kind. (ELP)

THURSDAY

04



Ernie's dad and mom, 105 and 98 respectively: TRUE LOVE.

Holding hands, for example, is a way to remember how it feels to say nothing together. Nicole Krauss

- Baseball is a lot like life. It's a day-to-day existence, full of ups and downs.
- You make the most of your opportunities in baseball as you do in life.
- I look on life as a joyous adventure.
- Whatever happens, I'm ready to face it.

Ernie Harwell (baseball announcer for the Detroit Tigers - most memorable saying that I recall was when a batter stood there without swinging and struck out - *he stood there like a house at the side of the road.*

FRIDAY

05

SATURDAY

06

Sometimes the answers we seek are closer at hand than we think!

One of the clues in my acrostic puzzle was "The National Flower of Nepal." At first, I didn't know, but then, I figured it might be a flower that is known for higher elevations and I remembered when we lived in Oregon the rhododendron was quite popular. I tried the letters and they fit! I then looked up the correct answer and I was right. Ironically, the bush we have in front of our house is . . . a rhododendron!

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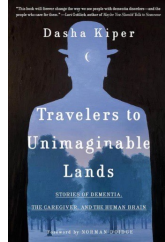
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SUNDAY

07

Submitted as a Goodreads book review.

I found Dasha Kiper's insights to be quite profound and useful as I journey with my wife who lives with Alzheimer's disease. I have come to realize the uncertainty and duality that exists in my relationship to her and realize that my current understanding had to evolve from a stage of ignorance, followed by information through the "contented Involvement" curriculum/ workshops to my current understanding of why I may be reacting and responding to my wife's confusion with her world between the now and what she remembers it used to be. Interestingly, I had a career working on behalf of individuals with intellectual disabilities and I wonder if this preparation was a foundation for my current reactions and support. There are certainly great differences in approaches, but I am comfortable with my conversations and interactions and try to honor her interests, oddities, eccentricities and companionship. The author has a keen ability to combine her knowledge of the intricate workings of the brain and the everyday interactions between caregiver and family member. I am pleased that one of my daughters recommended this book and I would do so, as well, to all family members who have a loved one with Alzheimer's.



MONDAY

08

TUESDAY

09

WEDNESDAY

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The ever-changing words of perfecting the role as care partner

A cceptance	H eart	O ffers	V alues
B asics	I nterdependence	P eaceful	W ording
C reativity	J ournaling	Q uestions	X ertions
D istractions	K indness	R outines	Y in - yang
E mpathy	L earning	S atisfaction	Z est
F amily	M otivation	T ruths	
G ratitude	N uances	U nderstanding	



A recent photo taken earlier this month when Natyra visited.

Everybody is on a lifelong, journey toward trying to live more deeply. There is nobody who can say, "Well, I've got that one checked off my to-do list." We have to be honest with ourselves about where we are on this journey and about the difficulty of living in our own identities and integrity.

Parker J. Palmer

FRIDAY

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SATURDAY

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When I looked up quotes that connect to "I am Me," this is one that resonated with me:

I am tomorrow, or some future day, what I establish today. I am today what I established yesterday or some previous day.

James Joyce

It's on the strength of observation and reflection that one finds a way. So, we must dig and delve unceasingly.

Claude Monet

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***It's nice to think about our family on this
Mother's Day in May;
"I just realized that Nadya and Natyra are
'our' daughters," I heard Marsha say.
"Yes, they are," I replied. "We're proud of
each one
And you were influential is who they did
become.
You nurtured and provided a home of
honesty and truth
And helped them prepare for the dreams of
their youth.
Thank you for being their Mom and my wife.
You are all the best parts of my happiness in
life.***

I would do well to remember the following advice:

You must keep sending work out; you must never let a manuscript do nothing but eat its head off in a drawer. You send that work out again and again, while you're working on another one. If you have talent, you will receive some measure of success – but only if you persist. Isaac Asimov

R	Reality	Requires	Resourceful	Responses	Regula	R	ly
E	rne	Endeavors (to)	Examine	Events	Effectiv	E	ly
F	or	Friends	Frequently	Frame	Feelings	F	ully
L	ittle	Light	Leaps	Lead (to)	Limitless	L	s
E	ach	Emergence	Exists,	Examine (the)	Evidenc	E	es
C	learly,	Choices	Create	Calmer	Circumstan	C	s
T	omorrow,	Take	Time -	Thank	Tender Momen	T	ons
I	nevitably,	Irritations	Irk	Internal	Investigat	I	ns
O	ccasionally,	One	Offers	Organic	Overall Opini	O	ces
N	ightly,	Needing (to)	Note	Nifty	Numerous Nua	N	

written a few days ago

***“This hasn’t been a very good morning, “ I said.
I thought we should have stayed home instead.
I was frustrated – it wasn’t your fault.
I was just rubbing the wound with salt.
Take a deep breath and walk on ahead
Live in the moment and inside my head
Look for a way to redirect the action
And seek a new attraction
That could bring an unpleasant situation to an end
And use my creativity to end
This feeling driving us apart
And find a new, fresh place to start.***

I don't really know how the writing process happens, how these songs are arrived at. One of the things I like about the writing process is, I don't necessarily know where it's going, and even if I think I know where it's going, it'll turn out different. I find that exciting and rewarding.

Richard Thompson

(Nadya, Leo and Randy were in the audience of a recent Richard Thompson concert on May 18th in Princeton.)

Marsha: *I don't know what to do today.*

Ernie: *Let's do nothing together.*

But how could you live and have no story to tell?

Fyodor Dostoevsky

To live a creative life we must lose our fear of being wrong. ... growing up is about growing in wisdom and virtue and learning to curtail our selfishness so that we can give ourselves selflessly to others.

Joseph Pearce

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There are no Guarantees . . .
But there is Always:

Respect	Openness	Perspective	Images & Quotes	Step Outside Emotions	Mindfulness	Visits With Family	Memories	Quality of Life	Punishment Free	Find Competence
Root of Love	Sacrifice	Look For Positive		Think Process	Listen to Music		Routines	Contented Involvement		
Centered	Emotional Growth	Trust	Insights	Sharing	Share in Chores	Organizing	Conversations	Partial Participation	Start Anew Daily	
Caring		Soul	Trends	Be Objective	Choices			Guidance		
Compassion	Yearning	Anticipate Challenges	Mini Experiments	Consistency is a Myth	Shopping			Calm Voice	Small Steps	Unconditional ...

Hearts

Observations

Possibilities

Expectations

Hope is an orientation of the heart; it transcends the world that is immediately experienced and it is anchored somewhere beyond its horizons. It is an ability to work for something because it is good, not just because it stands a chance to succeed.

Seeds of Hope by Vaclav Havel



Hope Brings forth Peace

A P ple Pie
Br E eze
Bre A thing
Musi C
D E ck
Mind F ul
O U tdoors
C L ouds

Thoughts
while sitting
out on the
deck with
Marsha

*The world is
quiet here.*
Lemony Snicket



*Hope is the thing with feathers
That perches in the soul
And sings the tune without words
And never stops at all.*

Emily Dickinson

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Mistakes are OK, just try not to repeat the same ones.

Open to new ideas and suggestions.

Tone of voice and positioning to the person you support.

Humor when ridicule is not part of the interaction.

Enthusiasm and positive attitude that anything is possible.

Respect for people you support and a sense of mutuality.

Working together in teams with active brainstorming.

Individualized approach based on past history of successes.

Time for self-reflection on why I am a care partner.

*I cannot do everything, but I can do something.
I must not fail to do the something that I can do.*

Helen Keller

I revisited a graphic organizer I developed for teachers of students with exceptionalities. I only had to edit the word “teacher” and insert “care partner” for this set of statements to contain truths from my current perspective.

Caregivers ... have to view patients as both sufficiently different from themselves, the better to stop perceiving intention, and yet sufficiently similar, so as not to lose sight of their humanity. It's a fine, nearly impossible, line to walk.

Travels to Unimaginable Lands p. 142

Ups and Downs

*A week went by and for most of the time
Things were positive and my life did rhyme
With the pleasant interactions I did find
As I went through these days with a peaceful mind.
But then, a trigger brought on a change of mood.
This time – hygiene related – I tried not to be rude
As I offered my assistance to change her gown,
But met with resistance and a deeply set frown.
I know I am in for a challenging time –
Just be patient and wait and I'm
Slowing my breath and sitting in my chair
Thinking about the tenseness in the air.
I keep my voice calm and tell her I'm near
To lend a hand and to know that I'm here
To end the day as best we can
Even when we disagree about the scene at hand.
There really is no “right” way to proceed.
I go with my gut in order to succeed
In providing supports the best way that I can do
When there are many ups and downs too! ELP*

People may spend their whole lives climbing the ladder of success only to find, once they reach the top, that the ladder was leaning against the wrong wall. Thomas Merton