

A Week in Images and Quotes

November - 2023

WEDNESDAY

01

*I sit at the table to clear my head
But jumbled thoughts are there instead.
Too much to know - Too much to do
Before this day's activities are through.*

*Taking time to just sit and listen
And be mindful just outside the kitchen.
As I write these words and begin my day,
What will I do and what will I say?*

*Sometimes things which, at the
moment, may be perceived as
obstacles - and actually be obstacles,
difficulties, or drawbacks - can in the
long run result in some good end
which would not have occurred if it
had not been for the obstacle.*

Steve Allen

GLIMMER: the opposite
of a trigger. . . . a small
moment that sparks joy,
awe, or peace.

Paraphrased from an
article by Sara M.
Moniuszko (USA Today)

*Self-reflection is the key
for you to be you
and me to be me. ELP*

*Thoroughness is a myth
that pressured you into
thinking you could ask
all the right questions
the first time around and
then seduced you into
believing, once you had
asked every question
you could think of, that
you had asked them all.*

Philip Rosenberg,
Tygers of Wrath (p. 105)

Gratitude bestows
reverence, allowing us to
encounter everyday
epiphanies, those
transcendent moments of
awe that change forever
how we experience life and
the world. John Milton

*The most regretful people on earth
are those who felt the call to
creative work, who felt their own
creative power restive and uprising,
and gave to it neither power nor
time. Mary Oliver*

*Tomorrow's great
start begins today.*

Ernest Hemingway

*I'm happy being
here with you. ELP*

*And that's the way
it is.*

Walter Cronkite

THURSDAY

02

*Cease to ask what
the morrow will
bring forth and set
down as gain each
day that fortune
grants.*

*Seize the day, put
no trust in the
morrow! (Carpe
diem, quam
minimum credula
postero.)*

*He who postpones
the hour of living
rightly is like the
rustic who waits for
the river to run out
before he crosses.*

*I will not add
another word. . . .
(ELP - this week)!*

Horace

*The journey is
essential to the
dream.*

Saint Francis
of Assisi

FRIDAY

03

*A great teacher is one who realizes that
he himself is also a student and whose
goal is not to dictate the answers, but to
stimulate his students' creativity enough
so that they go out and find the answers
themselves. Herbie Hancock*

*Bad things do happen; how I respond
to them defines my character and the
quality of my life. I can choose to sit in
perpetual sadness, immobilized by
the gravity of my loss, or I can choose
to rise from the pain and treasure the
most precious gift I have - life itself.*

Walter Anderson

*I am benefiting
from the process of
gleaning wisdom
from quotes and
writings from
decades ago and
rethinking them in
terms of current
circumstances. ELP*

*The great tragedy
of Alzheimer's
disease, and the
reason why we
dread it, is that it
leaves us with no
defense, not even
against those who
love us.*

P. D. James

SATURDAY

04

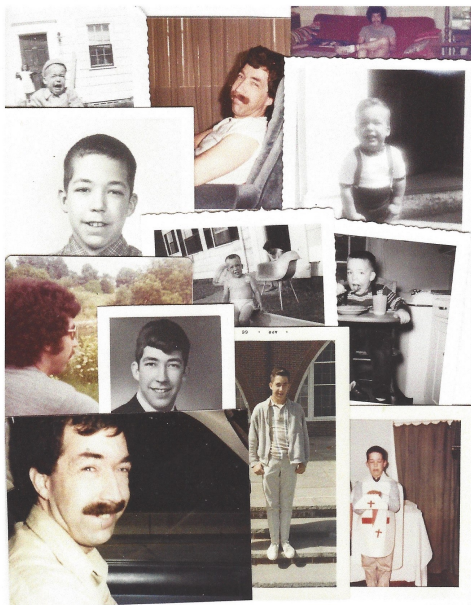
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SUNDAY

05

The Early Years



One of my first TEACHERS was Susan, a young student with multiple physical and cognitive disabilities. The photographer captured an interaction in which I noted the affection and respect I have for Susan as a student with whom I was interacting. ELP

MONDAY

06

TUESDAY

07

I've found a formula for avoiding these exaggerated fears of age; you take care of every day - let the calendar take care of the years. Ed Wynn

I am convinced that my current and future interactions with Marsha will be heavily influenced by my experiences with Susan and the many other students with disabilities with whom I have had the privilege of supporting.



WEDNESDAY

08

THURSDAY

09

A few days ago, Marsha wanted to go to bed early and after trying to get to sleep for five minutes arrived back in the living room and said she wanted me to lay down beside her. I did and had some music on. As the second song was halfway through, she raised her head suddenly and said, "Oh, there you are! When did you come in?" I found this to be an interesting perspective on "time and space." ELP

FRIDAY

10

I watched an interview with Michael J. Fox on The CBS Morning show on Thursday and searched for wisdom he may impart:

- *The more I expect, the more unhappy I am going to be. The more I accept, the more serene I am.*
- *Look at the choices you have, not the choices that have been taken away from you. In them, there are whole worlds of strength and new ways to look at things.*
- *I have no choice about whether or not I have Parkinson's. I have nothing but choices about how I react to it. In those choices, there's freedom to do a lot of things in areas that I wouldn't have otherwise found myself in.*
- *In fact, Parkinson's has made me a better person. A better husband, father and overall human being.*


We don't have a plan, we just do our best to get through the day, because there'll be another one coming along tomorrow. Fredrik Backman

SATURDAY

11

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
<p><i>And journaling became the place that I was able to find a sense of narrative control at a time when I had to cede so much control to others. It really - it became the place where I began to interrogate my predicament and to try to excavate some meaning from it.</i></p> <p>Suleika Jaouad</p> <hr/> <p><i>Sometimes I lie awake at night and ask why me? Then a voice answers - nothing personal, your name just happened to come up.</i></p> <p>Charles M. Schulz</p>	 <p><i>The dishes can wait. The dust can settle. It's never too late To put on the kettle And have some tea And sit for a spell To reflect on life; Things will be well For me and my wife.</i></p> <p>ELP</p> <hr/> <p><i>There is nothing more difficult for a truly creative painter than to paint a rose, because before he can do so he has first to forget all the roses that were ever painted.</i></p> <p>Henri Matisse</p>	<p><i>It is never too late to be what you might have been.</i></p> <p>George Eliot</p> <hr/> <p><i>When we are no longer able to change a situation - we are challenged to change ourselves.</i></p> <p>Viktor E. Frankl</p> <hr/> <p><i>Either you deal with what is the reality, or you can be sure that the reality is going to deal with you.</i></p> <p>Alex Haley</p> <hr/> <p><i>One does not substitute oneself for the past, one merely adds to it a new link.</i></p> <p>Paul Cezanne</p>	<p>C onnection F R eedom E xcitement P I A y T ime I nitiative G i V ing R eflex I on G row T h M Y stical</p> <hr/> <p><i>Whoever I am, or whatever I am doing, some kind of excellence is within my reach.</i></p> <p>John W. Gardner</p> <hr/> <p><i>It's not what you look at that matters, it's what you see.</i></p> <p>Henry David Thoreau</p>	<p>Making connections among the choices each day Means freedom to think in more healthy ways. About the Excitement I feel as Marsha's caregiver. Play and work answer to the same call When I use my time in chosen ways And take initiative in all my days To be giving and caring for my wife Amid my reflections on our life And our growth together at this critical time - It's a mystical feeling - amid chaos and rhyme.</p> <hr/> <p><i>My mother took great relish in introducing me as 'This is my son - he's a doctor but not the kind that helps people.'</i></p> <p>Randy Pausch</p> <hr/> <p><i>Perseverance, secret of all triumphs.</i></p> <p>Victor Hugo</p>	<p><i>Once we start to act, hope is everywhere. So instead of looking for hope, look for action. Then, and only then, hope will come.</i></p> <p>Greta Thunburg</p> <hr/> <p><i>Find JOY in your JourneY, Ernie</i></p>	<p><i>The events in our lives happen in a sequence in time, but in their significance to ourselves they find their own order: the continuous thread of revelation.</i></p> <p>Eudora Welty</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
 <p><i>Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.</i></p> <p><i>Life is available only in the present moment</i></p> <p>Thích Nhất Hạnh</p> <hr/> <p><i>When given the choice between being right or being kind, choose kind.</i></p> <p>R.J. Palacio, <i>Wonder</i></p>	<p>I could substitute Marsha's name for Rosalynn Carter in the tribute her husband gave on the event of her death yesterday.</p> <p><i>Rosalynn was my equal partner in everything I ever accomplished," former President Jimmy Carter said in a statement.</i></p> <p><i>"She gave me wise guidance and encouragement when I needed it. As long as Rosalynn was in the world, I always knew somebody loved and supported me.</i></p>	<p><i>There will be an answer. Let it be.</i></p> <p>Paul McCartney</p> <p><i>It's being here now that's important. There's no past and there's no future. Time is a very misleading thing. All there is ever, is the now.</i></p> <p><i>We can gain experience from the past, but we can't relive it; and we can hope for the future, but we don't know if there is one.</i> George Harrison</p> <p><i>Do you remember when everyone began analyzing Beatles songs. ... I don't think I ever understood what some of them were supposed to be.</i> Ringo Starr</p> <p><i>Life is what happens while you are busy making other plans.</i> John Lennon</p> <hr/> <p><i>You never know what's going to happen. Anything can happen there... and often does.</i> Carl Yastrzemski</p> <p><i>It's not what you achieve, it's what you overcome. That's what defines your career.</i> Carlton Fisk</p>		<p><i>It's a matter of choosing what is most important to you and putting that first. Once you have recognized your true purpose in life, this becomes much easier.</i> Clarence Clemons</p> <p><i>You have to love what you're doing in order to find the energy.</i></p> <p>Steven Van Zandt</p> <p><i>Adult life is dealing with an enormous amount of questions that don't have answers. So I let the mystery settle into my music. I don't deny anything, I don't advocate anything, I just live with it.</i></p> <p>Bruce Springsteen</p> <hr/> <div>   </div> <p><i>Life is a challenge that you need. There's things in life that are going to throw you into the ground, but if you learn how to get up, that means you are not a quitter.</i> David Ortiz</p> <p><i>When people thank you for doing something, you begin to realize how truly blessed you were to have been put in that position.</i> Jason Varitek</p>		<p><i>Marsha: What do you want to do the rest of the day?</i></p> <p><i>Ernie: Enjoy each other's company.</i></p> <hr/> <p><i>The unread story is not a story; it is little black marks on wood pulp. The reader, reading it, makes it live: a live thing, a story.</i></p> <p>Ursula K. Le Guin</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>		
<p>Nobody told me there'd be days like these . . . Strange days indeed ...</p> <p>John Lennon</p> <hr/> <ul style="list-style-type: none">• May you live all the days of your life.• We have enough religion to make us hate, but not enough to make us love one another.• We are so fond of one another because our ailments are the same. <p>Jonathan Swift</p> <hr/> <p>Marsha: I know I'm older than I used to be! ...</p>	<p>Difficult things provoke all your irritations and bring your habitual patterns to the surface. And that becomes the moment of truth. You have the choice to launch into your lousy habitual patterns, or to stay with the rawness and discomfort of the situation and let it transform you.</p> <p>Pema Chödrön</p> <hr/> <p>When you love someone, you love the person as they are, and not as you'd like them to be.</p> <p>Leo Tolstoy</p>	<p>Marsha and I were in Big Y and we passed by the pharmacy. She wanted to get some medicine there since she noticed I did that on occasion. I told her we didn't need any medicines right now. She was upset and did not take my response too kindly. A short time later I realized I could have easily let her ask the pharmacist if there were any medicines for her and let them tell her no, instead of my limiting her access.</p> <p>ELP</p>	<div></div> <p>I Think I'll Just Be Happy Today</p> <hr/> <p>Riddle: Five frogs are sitting on a log. Four decide to jump off. How many are left?</p> <p>Answer below.</p> <hr/> <p>All time is all time. It does not change. It does not lend itself to warnings or explanations. It simply is.</p> <p>Kurt Vonnegut</p> <hr/> <p>Five: Deciding is different than doing! That must be why my plans for eating better and being in better physical shape have not got off the log!</p>	<p>We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.</p> <p>Marcel Proust</p> <hr/> <p>Autumn is a second spring when every leaf is a flower.</p> <p>Albert Camus</p> <hr/> <p>The past after all is only another name for someone else's present.</p> <p>David McCullough</p> <hr/> <p>All art is a work in progress.</p> <p>Rick Rubin</p>	<p>When I tell the truth, it is not for the sake of convincing those who do not know it, but for the sake of defending those that do.</p> <p>William Blake</p> <hr/> <ul style="list-style-type: none">• For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile.• I write to understand as much as to be understood. <p>Elie Wiesel</p>	<ul style="list-style-type: none">• Who knows their own story? It certainly makes no sense when you're in the middle of it.• Most people wait for the muse to turn up. That's terribly unreliable. I have to sit down and pursue the muse by attempting to work. <p>Nick Cave</p> <hr/> <p>I am proud only of those days that pass in undivided tenderness.</p> <p>Robert Bly</p>