

A Week in Images and Quotes

November - 2023

*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)

WEDNESDAY

01

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

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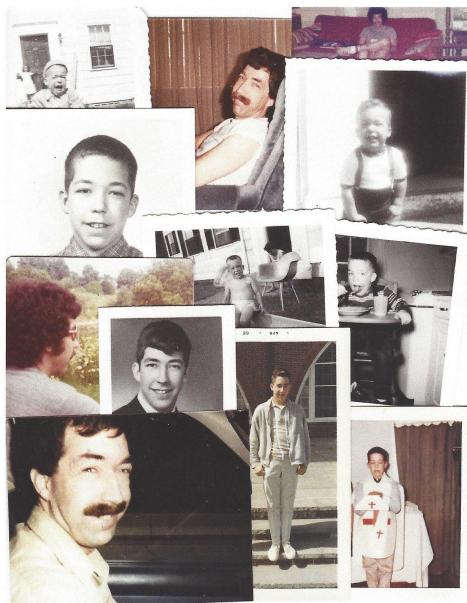
SUNDAY

05

MONDAY

06

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

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.*

SATURDAY

11

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

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SUNDAY

12

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.

Suleika Jaouad

Sometimes I lie awake at night and ask why me? Then a voice answers - nothing personal, your name just happened to come up.

Charles M. Schulz

MONDAY

13



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.
ELP

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.
Henri Matisse

TUESDAY

14

It is never too late to be what you might have been.
George Eliot

When we are no longer able to change a situation - we are challenged to change ourselves.
Viktor E. Frankl

Either you deal with what is the reality, or you can be sure that the reality is going to deal with you.
Alex Haley

One does not substitute oneself for the past, one merely adds to it a new link.
Paul Cezanne

WEDNESDAY

15

C onnection
F R eedom
E xcitement
Pl **A** y
T ime
I nitiative
Gi **V** ing
Reflect **I** on
Grow **T** h
M Y stical

Whoever I am, or whatever I am doing, some kind of excellence is within my reach.
John W. Gardner

It's not what you look at that matters, it's what you see.
Henry David Thoreau

THURSDAY

16

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.

My mother took great relish in introducing me as 'This is my son - he's a doctor but not the kind that helps people.'
Randy Pausch

Perseverance, secret of all triumphs.
Victor Hugo

FRIDAY

17

Once we start to act, hope is everywhere. So instead of looking for hope, look for action. Then, and only then, hope will come.
Greta Thunburg

*Find **JOY** in your **JOURNEY**, Ernie*

SATURDAY

18

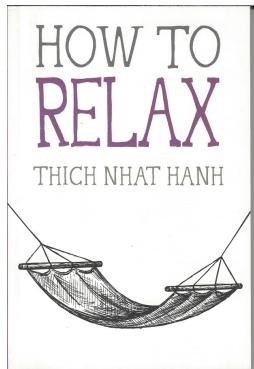
The events in our lives happen in a sequence in time, but in their significance to ourselves they find their own order: the continuous thread of revelation.
Eudora Welty

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SUNDAY

19



Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.

Life is available only in the present moment

Thích Nhất Hạnh

When given the choice between being right or being kind, choose kind.

R.J. Palacio, Wonder

MONDAY

20

I could substitute Marsha's name for Rosalynn Carter in the tribute her husband gave on the event of her death yesterday. Rosalynn was my equal partner in everything I ever accomplished," former President Jimmy Carter said in a statement.

"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.

TUESDAY

21

There will be an answer. Let it be.
Paul McCartney

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. 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. George Harrison

Do you remember when everyone began analyzing Beatles songs. ... I don't think I ever understood what some of them were supposed to be. Ringo Starr

Life is what happens while you are busy making other plans. John Lennon

You never know what's going to happen. Anything can happen there... and often does. Carl Yastrzemski

It's not what you achieve, it's what you overcome. That's what defines your career. Carlton Fisk

WEDNESDAY

22

THURSDAY

23

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. Clarence Clemons

You have to love what you're doing in order to find the energy.

Steven Van Zandt

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.

Bruce Springsteen

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. David Ortiz

When people thank you for doing something, you begin to realize how truly blessed you were to have been put in that position. Jason Varitek

FRIDAY

24

SATURDAY

25

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

Ernie: Enjoy each other's company.

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.

Ursula K. Le Guin



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SUNDAY

26

*Nobody told me
there'd be days
like these . . .
Strange days
indeed . . .*

John Lennon

- *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.*

Jonathan Swift

*Marsha: I know
I'm older than I
used to be! . . .*

MONDAY

27

*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.*

Pema Chödrön

*When you love
someone, you love
the person as they
are, and not as
you'd like them to
be.*

Leo Tolstoy

TUESDAY

28

*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.*

ELP

WEDNESDAY

29



Riddle: *Five frogs
are sitting on a
log. Four decide to
jump off. How
many are left?
Answer below.*

*All time is all time.
It does not change.
It does not lend
itself to warnings
or explanations. It
simply is.*

Kurt Vonnegut

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!*

THURSDAY

30



*We don't receive
wisdom; we must
discover it for
ourselves after a
journey that no one
can take for us or
spare us.*

Marcel Proust

*Autumn is a
second spring
when every leaf is
a flower.*

Albert Camus

*The past after all is
only another name
for someone else's
present.*

David McCullough

*All art is a work in
progress.*

Rick Rubin

• *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.*

Nick Cave

*I am proud only of
those days that
pass in undivided
tenderness.*

Robert Bly