

# A Week in Images and Quotes

## April - 2024

MONDAY

01



From a bowl of rocks situated in a large bowl, Marsha pulled out three rocks at random and they all had the same word printed on them: GRATITUDE.

What does this mean? On some days this image may speak differently than on other days. Today, to me, it is a reminder that I am thankful for Marsha's presence in my life.

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*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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*As you begin to realize that every different type of music, everybody's individual music, has its own rhythm, life, language and heritage, you realize how life changes, and you learn how to be more open and adaptive to what is around us.*

Yo-Yo Ma

TUESDAY

02

As I completed my sixth book by Louise Penny, I found the following information quite interesting in the Acknowledgements:

*Michael (her husband) has dementia. It has progressed, marching through our lives, stomping out his ability to speak, to walk, to remember events and names.*

*Dementia is a marauder, a thief. But every hole it drills has been filled by our friends. By practical help and emotional support.*

*It's not all bad. Far, far from it. There's clarity, the simplicity of living in the moment and knowing what really matters. Kindness. Company. Gentle care. We laugh a lot, and God knows there's plenty to laugh about. And there are moments of deep peace and contentment.* A Great Reckoning, p. 387

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*I don't think that faith, whatever you're being faithful about, really can be scientifically explained. And I don't want to explain this whole life business through truth, science. There's so much mystery. There's so much awe.*

Jane Goodall

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*This is enough for right now. There's too many men in here.*

*Marsha said this as I wasn't helping her in the way she wanted.*

WEDNESDAY

03

THURSDAY

04

FRIDAY

05

SATURDAY

06

*Men think they can do everything.*

*Women know they can do anything.*

*Marsha said this as she was frustrated with me.*

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*True life is lived when tiny changes occur.* Leo Tolstoy

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More on the theme of simplicity:

*Simplicity is the most difficult thing to secure in this world; it is the last limit of experience and the last effort of genius.*

George Sand

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*Forever is composed of nows.*

Emily Dickinson


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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07	08	09	10	11	12	13
<p><i>The memory of the heart was far stronger than whatever was kept in the mind.</i></p> <p>Louise Penny, <i>Kingdom of the Blind</i>, p. 3</p> <hr/> <p>Several months ago, I decided not to question Marsha on purchases in the grocery store. If I could not redirect her choices, we bought what she selected often to go uneaten at home. To offset this waste, I now make a monthly donation to the Covenant Food Kitchen. I'm not necessarily recommending this approach, but it works for me.</p>	<p>TRY SOMETHING NEW</p> <p>Meditation Card</p> <ul style="list-style-type: none"><li>• Watch an interview with Louise Penny on YouTube</li><li>• File taxes online</li><li>• Buy a new MAC laptop</li></ul> <hr/> <p><i>Keep on beginning and failing. Each time you fail, start all over again, and you will grow stronger until you have accomplished a purpose – not the one you began with perhaps, but one you'll be glad to remember.</i> Anne Sullivan</p> <hr/> <p>Marsha asked me to go with her back to the Big Y grocery store this afternoon and I really didn't want to – but decided to honor her request. On the way in, I listened to a song by Carsie Blanton, which was a tribute to John Prine and his passing during the Covid pandemic. I played it all the way to and all the way back and told Marsha that I would not have known about this song, which I really liked, had she not wanted to go back to Big Y. There's a lesson here.</p>		<p>Louise Penny mentioned that she had a quote on her wall by Seamus Heaney (his last words) : Noli Timere - Be Not Afraid. She mentioned that this phrase enabled her authentic self to be the writer rather than the critic within. This orientation to expressing one's thoughts and emotions is quite important. I am writing to clarify truths as I see them. I don't expect everyone else to value those same truths.</p> <hr/> <p><i>Hey John Prine thanks for the tunes They were sweet as peaches, crazy as loons You were tellin us how to be good to each other A smartass smiling Aimless Lover</i></p> <p><i>But it's rough down here since we got the news Might take a miracle to Kill These Blues Everybody been cryin like a little girl In the whole wide Big Ol' Goofy World</i></p> <p><i>But tonight heaven is a happier place They were all sick of singing Amazing Grace Now it's Fish and Whistle, Lean On Me Everybody singing in harmony</i></p> <p><i>Tonight in heaven it must be nice They're all eating peaches in Paradise All of them angels lined up in a queue Just to go fishin' with you. Carsie Blanton</i></p>		<p>On the CBS Morning show yesterday, a Country Artist – ERNEST – was interviewed and I looked up some of his lyrics to which I could currently relate.</p> <p><i>That's why I keep you close 'Cause I need you most I'm gonna hold you like I'm supposed to do .... Anything I'll do it all for you.</i></p> <hr/> <p><i>The master said you must write what you see / But what I see does not move me / The master answered Change what you see.</i></p> <p>Louise Glück</p>	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
<p>I was thinking of the word “serenity” earlier today. Here are some connections I am making:</p> <p><i>Peace is present right here and now, in ourselves and in everything we do and see. Every breath we take, every step we take, can be filled with peace, joy, and serenity. The question is whether or not we are in touch with it. We need only to be awake, alive in the present moment.</i></p> <p>Thích Nhất Hạnh – <i>Peace in Every Step</i></p> <p><i>Boredom is the feeling that everything is a waste of time; serenity, that nothing is.</i> Thomas Szasz</p> <hr/> <p><i>True generosity consists precisely in fighting to destroy the causes which nourish false charity. False charity constrains the fearful and subdued, the "rejects of life," to extend their trembling hands. True generosity lies in striving so that these hands--whether of individuals or entire peoples--need be extended less and less in supplication, so that more and more they become human hands which work and, working, transform the world.</i> Paulo Freire – <i>Pedagogy of the Oppressed</i></p> <hr/> <p><i>I am so busy doing nothing... that the idea of doing anything - which as you know, always leads to something - cuts into the nothing and then forces me to have to drop everything.</i></p> <p>Jerry Seinfeld</p>			<p>On Kindness 101, Steve Hartman and two of his children discussed the importance of “purpose.” They describe the chance meeting of a 4-year-old girl and an 82-year-old man in the grocery and their subsequent friendship. Marsha and I go to the grocery store 5-6 times a week, not so much to buy groceries and the occasional lotto ticket, but to meet the children. Her face shines and her eyes sparkle when saying hi.</p>	<p>G iving Volunte E ring Do N ating Attitud E Expe R tise Supp O rt S pirit T I me Commi T ment Y es I Can!</p>	<p>A welcome gift from friends on an otherwise gloomy, rainy afternoon.</p> 	<p><b>GENEROISTY</b> <i>Meditation Card</i></p> <ul style="list-style-type: none"> <li>• Donate funds on a regular basis to an agency for which I have the highest regard.</li> <li>• Giving just a little bit more to just a few more people.</li> <li>• Real generosity toward the future lies in giving all to the present.</li> </ul> <p>Albert Camus</p> <hr/> <p><i>I believe that all roads lead to the same place - and that is wherever all roads lead to.</i></p> <p>Willie Nelson</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
<p>As I watched CBS Sunday Morning, I was impressed by the wisdom of Dr. Abraham Verghese.</p> <p><i>I have often spoken of integrity as the most important of these values, realizing that integrity – and personal integrity, at that – is being honest to yourself. If you are always honest to yourself, it does not take much effort in always being honest with others.</i></p> <hr/> <p><i>I want to marry Arline because I love her - which means I want to take care of her. That is all there is to it. I want to take care of her. I am anxious for the responsibilities and uncertainties of taking care of the girl I love.</i></p> <p>Richard P. Feynman</p> <hr/> <p>I was intrigued by the following insight and I'm not sure who wrote it.</p> <p><i>The question "What's it like after you die?" can be best answered by another question, "What was it like before you were born?"</i></p>		<p>Earlier this morning, Marsha refused to take her medicines. I waited about an hour and when she was looking out the window, I approached her again and offered her the medicines and she immediately brought them up and put them in her mouth. I'm not sure why she rejected them earlier, but I better understood the power of waiting and not trying to reason / explain the necessity of what she should be doing.</p> <hr/> <div><p><i>Even though you can't remember me, I promise I will remember the real you.</i></p><p>Tilicia Haridat</p></div> <div><p><i>Caregiving often calls us to lean into love we didn't know possible.</i></p><p>Tia Walker</p></div> <hr/>		<p><i>Dementia: Is it more painful to forget, or to be forgotten?</i></p> <p>Joyce Rachelle</p> <hr/> <p><i>April is the cruelest month.</i> (T.S. Eliot)</p> <p>–It just seemed appropriate to retrieve this quote following a support group online meeting yesterday.</p> <hr/> <p>Ernie: <i>It's a little cold to go outside in your nightgown.</i></p> <p>Marsha: <i>I could say a few things about you, too!</i></p> <hr/> <p><i>You owe it to all of us to get on with what you're good at.</i> W. H. Auden</p>	<p>I was listening to two cover songs by James Taylor earlier today and here are my connections:</p> <p><i>It isn't your sweet conversation That brings this sensation, oh no It's just the nearness of you.</i> (song written in 1937 by Hoagy Carmichael with lyrics by Ned Washington)</p> <p><i>I often tell Marsha that when we are in the same room, I feel a close connection by her presence in that same room.</i></p> <hr/> <p><i>You've got to be taught before it's too late; Before you are six or seven or eight; To hate all the people your relatives hate; You've got to be carefully taught.</i> (Lyrics by Oscar Hammerstein II; Music by Richard Rodgers)</p> <p><i>Marsha asked me why people were mad at her. She had been watching the evening news and people were shouting at each other. She thought they were shouting at her. I thought of this stanza.</i></p> <hr/> <p><i>Existence is a series of footnotes to a vast, obscure, unfinished masterpiece.</i> Vladimir Nabokov</p>	



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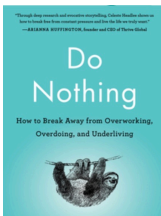
SUNDAY

28



An investment that has paid dividends many times over: Maytag Washer and Dryer.

I seem to have a more pleasant day when I have the first 2-3 hours by myself, and Marsha is yet awake for the day. I put on a light classical music station, make out my schedule for the day, read from my current book, tackle a few clues on an acrostic puzzle and accomplish a few items on my to-do list.



On CBS Sunday Morning the author of this book, Celeste Headlee, was interviewed. I found her insights quite intriguing.

MONDAY

29

TUESDAY

30

*Memory is often less about the truth than about what we want it to be.* David Halberstam

*I can compose a list of things to do  
And I guess this planning is the same for you.  
But when do I do all these chores?  
There's not enough time in or out of doors!  
I know what - I know what's next  
I'll make a new list and then lay down and rest!  
And I think you'll agree I have a very good reason -  
For at 2:00 PM is the opening day for the Red Sox  
Home Season! ELP*

Once again, James Taylor (*How Sweet It Is*) has a way of capturing feelings and emotions I have:

*I close my eyes at night wondering where would  
I be without you in my life.  
Everything I did was just a bore, everywhere I  
went it seems I'd been there before.  
But you brighten up for me all of my days with a  
love so sweet in so many ways,  
I want to stop and thank you baby,  
I just want to stop and thank you baby.  
How sweet it is to be loved by you, feels so fine.  
How sweet it is to be loved by you.*

### OPPORTUNITY WITHIN UNCERTAINTY

#### Meditation Card

- Taking more chances to get things right (for now)
- Focusing on what really matters
- Creativity using uncertainty as fuel for development
- Being open to what new circumstances offer
- Looking at change as inevitable and learning moments.

During a recent meeting of a virtual support group for care providers, one person mentioned that we need to give ourselves a “star” or “pat on the back” when we creatively respond to a daily challenge. Here is my star report. I noticed that when Marsha was given a breakfast bar, she would smash it up and place the crumbs on a tray and her pants, without eating any of the bar. However, I had noticed that she would eat all of the applesauce using a spoon and a small bowl. The next morning, I mixed up a crushed breakfast bar in a small bowl of applesauce. The results: she ate everything! ELP