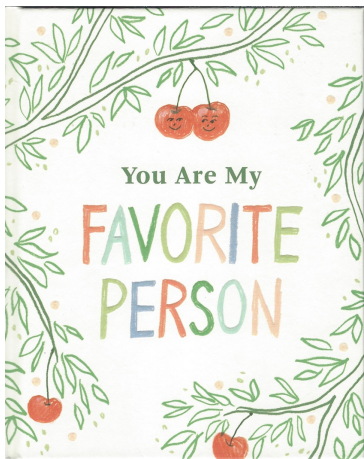


A Week in Images and Quotes

May - 2024

- *We're all stories, in the end. Just make it a good one, eh?*
- *We all change, when you think about it. We're all different people all through our lives. And that's OK, that's good, you gotta keep moving, so long as you remember all the people that you used to be.* The Eleventh Dr. Who



Times have been a little rough over these past few days, but I don't lose sight of the beauty and love you bring into my life. Tough times pass as I journey on with you by my side. Your inner presence surfaces at all times.



In the final analysis, the questions of why bad things happen to good people transmutes itself into some very different questions, no longer asking why something happened, but asking how we will respond, what we intend to do now that it happened. Pierre Teilhard de Chardin

WEDNESDAY

01



You don't need to know anything about a plant to know that it is beautiful. Monty Don

I get my inspiration from looking at the world and paying attention to people and just looking closely. Also, from reading. I get so much inspiration from other authors.

Kate DiCamillo

There is only one thing more painful than learning from experience and that is not learning from experience.

Archibald MacLeish

THURSDAY

02



Help us to be ever faithful gardeners of the spirit, who know that without darkness nothing comes to birth, and without light nothing flowers.

Mary Sarton

FRIDAY

03

SATURDAY

04

I think of this quote as I try to distinguish the different sounds of the birds in my backyard!

The moment a little boy is concerned with which is a jay and which is a sparrow, he can no longer see the birds or hear them sing. Eric Berne

Hidden Gems

#1 *A chance to slow down and focus on the now And be creative in finding another how.*

#2 *Not plan too far into the future, As I add more insights on my computer.*

A Week in Images and Quotes

May - 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--------|----------|
| 05 | 06 | 07 | 08 | 09 | 10 | 11 |
| <p><i>Life is not a problem to be solved, but a reality to be experienced.</i></p> <p>Soren Kierkegaard</p> <p>I wonder how the meaning would change if the wording was: <i>Life is not a problem to solve, but an experience to be realized.</i></p> <hr/> <p><i>Even the mundane task of washing dishes by hand is an example of the small tasks and personal activities that once filled people's daily lives with a sense of achievement.</i></p> <p>B. F. Skinner</p> | <p><i>It's what it is; No more – no less Life can be orderly. Life can seem a mess.</i></p> <p><i>But, there are lessons there Amid moments of the day Between the movements Of what we do and say.</i></p> <p><i>The journey of two Includes me and you. The journey of Ernie Is mine alone to be.</i></p> <p><i>Each incidence is not a coincidence We can't predict the future But rest in the providence Of what will happen next To be taken in context. The love we share today As we each go on our way. (ELP)</i></p> <hr/> <p><i>Don't compare yourself with other people; compare yourself with who you were yesterday.</i></p> <p>Jordan Peterson</p> | <p><i>As my mom's 100th birthday approaches next week and my dad's current age of 106, I am more thankful for my ikigai. ELP</i></p> | <p><i>There are two ways to wake up. You can wake up thinking about what you know, or you wake up thinking and saying 'What can I learn?.' That's a very different approach. Tori Amos</i></p> <hr/> <p>Our on-line support group facilitator provided us with this quote by Priya Parker and then asked us to share that moment when we realized that our loved one was experiencing dementia even though it was not officially diagnosed - - - yet.</p> <p><i>Crucible moments ... are challenging moments in our lives that shape us in some deep way and shift our lens on the world. They are stories that define us in our own minds - and that, nevertheless, seldom come up in the ordinary course of conversation.</i></p> <p>Priya Parker</p> | <p>This was a crucible moment on my road to an awareness that Marsha was entering a new, challenging stage of her life.</p> <p>8/30/20</p> <p><i>I just had one of the scariest times when Marsha was driving. First, the sun was glaring in our eyes and she did not have her sunglasses and did not want to return home to get them. Then, at the stop light she had her left blinker on and I told her that she didn't want to go left here. She said, "Where should I go?" I said, "Straight ahead." She immediately went straight ahead but the light was still red! Later she put her blinker on to move over to the left lane and a car honked right beside her. On the way home she missed a stop sign and said nobody was coming. She was about to miss another stop sign and I shouted, "stop sign!" She quickly put on the brake.</i></p> | | |

A Week in Images and Quotes

May - 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---|-----------|--|--------|--|
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| <p>MEDITATION</p> <p><i>Meditation Card</i></p> <p>A renewed focus on ...</p> <ul style="list-style-type: none"> • the here and now; • building more “breathing” time into my day; • more classical music in the background; • listening to the birds; • maintain a more positive frame of mind when completing unpleasant tasks/chores. <hr/> <p>There is a story on the theme of perception that has stayed with me for several decades. A passenger was being interviewed about his favorite airline. “Piedmont,” he replied. When asked why, he quickly responded, “They give you the entire can of soda!”</p> | | <p>Here is one example of how I locate a quote that I include in this journal:</p> <ol style="list-style-type: none"> 1. I was listening to a light classical music station on our cable and the composer highlighted was Felix Mendelssohn. 2. A fact associated with Felix Mendelssohn was his relationship to Moses Mendelssohn, who was his grandfather. 3. I had not heard of Moses Mendelssohn and wondered if he had any quotes that might be noteworthy. 4. I did not find any relevant quotes but noticed at the bottom of the page a link to Arthur Schopenhauer. 5. I searched quotes by this philosopher and determined the following was relevant to my current journaling: <p><i>Each day is a little life: waking and rising a little birth, every fresh morning a little youth and every going to rest and sleep a little death.</i></p> | | <p>Another story on the theme of perception from my archives (not sure of the original citation.)</p> <p><i>There was a beggar outside a gate going into a city. A traveler approached and asked, “What kind of people will I find within?” The beggar replied, “What kind of people are from where you come?” The traveler said, “Oh, they are cruel, spiteful people.” The beggar continued, “You will find those same people in this city.” Another traveler approached and asked the same question, and the beggar replied in the same manner to which the second traveler said, “Oh, the people where I am from are kind, pleasant and thoughtful people.” The beggar replied, “Those are the same type of people you will find in this city.” (paraphrased)</i></p> <p><i>The moral to this brief story: We often discover what we are expecting to find. Is a person with dementia mostly ill with some positive parts functioning? Or, is a person with dementia a valued, loved person with some parts not doing so well?</i></p> | | <ul style="list-style-type: none"> • Time is long but life is short. • Ya gots to work with what you gots to work with. • Life has meaning only in the struggle. Triumph or defeat is in the hands of the Gods. So let us celebrate the struggle! • I'm still experimenting. <p>Stevie Wonder</p> <hr/> <p><i>You forget what you want to remember, and you remember what you want to forget.</i></p> <p>Cormac McCarthy</p> |

A Week in Images and Quotes

May - 2024

SUNDAY

19

A Brief Note to Louise Penny:

I thank you for providing me with hours and hours of reading pleasure as a care partner for my wife who lives with dementia. Your personal connection with this condition endears me to your writing. You have provided needed respite during stressful times as I am immersed with the characters you develop throughout the sequence of your novels. (sent to U.S. publisher)

*Dishes and laundry are never quite done.
Add cleaning and dusting to the ongoing fun.
Reaching in the dryer I pull out some clothes,
And think about where each of them goes.
I wash dishes – just a few at a time
Then read a chapter from a book about crime.
There is always something else that I could do,
But right now I'm sitting on the deck with you.
You center me in all ways that are good
And if I look closely, I know that I could
Figure out the meaning of my life
Together as we live as husband and wife.* (ELP)

The only time you ever have in which to learn anything or see anything or feel anything, or express any feeling or emotion, or respond to an event, or grow, or heal, is this moment, because this is the only moment any of us ever gets. You're only here now; you're only alive in this moment. Jon Kabat-Zinn

MONDAY

20

TUESDAY

21

WEDNESDAY

22

Ernie: *Do you know when the best time of the day is?*

Marsha: *No*

Ernie: *Right now!*

*I've stop asking,
What's Next?
Instead, I'm asking, What's now?* ELP

The only reason to be with somebody is that they make you a better person and you make them a better person.

Linda Ronstadt

Adopting the right attitude can convert a negative stress into a positive one.

Hans Selye

THURSDAY

23

At the grocery store, I noticed the name of the person who waited on us at the Deli: Patience. Later that day, I focused on finding quotes by Jon Kabat-Zinn because MBSR (Mindfulness-Based Stress Reduction) had been mentioned during this week's on-line support group meeting. The following quote caught my eye:

Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time.

FRIDAY

24

Happy Birthday Bob!

I'm inconsistent, even to myself.

Bob Dylan

Life is a succession of lessons which must be lived to be understood. All is riddle, and the key to a riddle is another riddle.

Ralph Waldo Emerson

I have been much blessed.

James D. Watson

- It has long been an axiom of mine that the little things are infinitely the most important.*
- A trusty comrade is always of use; and a chronicler still more so.*

Arthur Conan Doyle

SATURDAY

25

Vocation does not come from a voice "out there" calling me to become something I am not. It comes from a voice "in here" calling me to be the person I was born to be.

Parker Palmer

Always pass on what you have learned.

Named must your fear be before banish it you can.

Yoda

A Week in Images and Quotes

May - 2024

SUNDAY

26

Just as I am reading all of Louise Penny's books, I once read all of Tony Hillerman's works. Here are a few quotes I found interesting from Hillerman.

- *A writer is like a bag lady going through life with a sack and a pointed stick collecting stuff.*
- *If you are not for yourself, who will be for you? If you are only for yourself, what are you? If not now, when?*
- *I am 82 years old. I imagine that I will keep on writing as long as anyone wants to keep reading.*

Tony Hillerman

Just watch this moment, without trying to change it at all. What is happening? What do you feel? What do you see? What do you hear?

Jon Kabat-Zinn

MONDAY

27

To me, having the courage to tell your own story goes hand in hand with having the curiosity and humility to listen to others' stories.



Sarah Kay




TUESDAY

28

How many halos does Ernie earn today?

A  Day
Normal routines with few distractions

A   Day
Marsha's personal care needs more attention / difficulty with new events / routines are interrupted / more creativity needed

A    Day
Marsha's personal care is a major focus / attempts to leave home and wander / voices dissatisfaction / extreme difficulty in following directions

WEDNESDAY

29

HOPE

Meditation Card
While sitting on our deck this morning, the following words surfaced when thinking about:

H Heart Happy Honor Health
O Open Outside Offering Oddity
P Profile Positive Perspective Peaceful
E Ease Effort Elegant Entrance

Uncertainty is the refuge of hope.

Henri Frederic Amiel

Optimists, by contrast, look for specific, limited, short-term explanations for bad events, and as a result, in the face of a setback, they're more likely to pick themselves up and try again.

THURSDAY

30

At the end of the day, all you can hope for is to go on. The older I get, the more I realize that just keeping on keeping on is what life's all about.

Janis Ian

Happiness is realizing there is a piece of coconut cream pie in the refrigerator that would go nicely with a hot cup of coffee.

You can quote me on that! ELP

Paul Tough

FRIDAY

31

I have a theory. I believe the heart and soul have a memory untouched by the brain. When Marsha experiences a confusion or delusion, the way in which I respond is recognized by her heart and soul even though her brain does not acknowledge my efforts. Her essence recognizes my presence. This is a theory I don't want to prove. Rather, it's one of my "little" truths. ELP

Caregiver

I am the caregiver, the watcher, the guide
I walk down the hall with you by my side
a smile, a laugh, a hug or embrace
I watch the worry fall away from your face
I am the caregiver, the watcher, the guide
I walk down the hall with you by my side

This is the first section of a poem written by Lee McCurley.