

A Week in Images and Quotes

March - 2025

SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	NEWDAY	SOMEDAY
<div>01/02</div>	<div>03</div>	<div>04</div>	<div>05</div>	<div>06</div>	<div>07</div>	<div>08</div>
<p><i>The size of the halls doesn't matter to me too much.</i></p> <p>Blind Musician Doc Watson</p> <hr/> <p><i>I'm just very thankful. And I say that a lot because that's the most important message.</i></p> <p>Pharrell Williams</p> <hr/> <p><i>Wisdom lies neither in fixity nor in change, but in the dialectic between the two. A constant coming and going: wisdom lies in the momentary.</i></p> <p>Octavio Paz</p> <hr/> <p><i>Memory is often less about the truth than about what we want it to be.</i> David Halberstam</p>	<p><i>What a liberating thing to realize that our problems are probably our richest sources for rising to the ultimate virtue of compassion.</i> Krista Tippett</p> <hr/> <div><div><p>Touching Peace 2025</p><p>Many times a day we have to walk from one room to another, from the car to the office, or from the bus stop to the house. Each time is an opportunity to use mindful walking to stop, relax, and be peaceful. Each step can nourish, heal, and bring insight.</p><p>~ Thich Nhat Hanh ~</p></div><div><p>Great Lent begins (Orthodox) Labour Day (Australia—WA) World Wildlife Day</p><p>Monday March 3</p></div></div> <p>Happy Birthday greeting to Natyra from Thích Nhất Hạnh</p> <hr/> <p><i>What keeps you going isn't some final destination but just the road you're on, and the fact that you know how to drive.</i> Barbara Kingsolver</p>		<p><i>But my experience is that once you enter into the way of, I would call it companionship, walking with the suffering person who has come into your life and whom you have not rejected, your heart progressively gets educated by them. They teach you a new way of being.</i></p> <p>Xavier Le Pinchon as interviewed by Krista Tippett, <i>Becoming Wise</i>, p. 143</p> <hr/> <p><i>When I'm asked for the 'elevator speech' that sums up my work, I always respond, 'I always take the stairs, so I don't have an elevator speech. If you'd like to walk with me awhile, I'd love to talk.' I don't know of a life worth living or work worth doing that can be reduced to a sound bite.</i> Parker J. Palmer, <i>On the Brink of Everything ...</i></p> <hr/> <div><p><i>It's not enough to have talent. You also have to be Hungarian.</i></p><p>Robert Capa</p></div> <div><p><i>There are times when the most practical thing is to lie down.</i></p><p>Saul Bellow</p></div>	<p>Often, I forget exactly what day of the week it is as one day blends into the next. On such an occasion I decided to rename the days of the week as follows:</p> <ul style="list-style-type: none">• Someday• Presentday• Happyday• Mindfulday• Newday• Goodday• Brightday <p>Unlike a typical week, there can be more than 1 day with the same title; i.e., there could be 2 Happydays in a row. Perhaps, the day begins as Newday and ends as Happyday.</p>	<p><i>I believe that, by and large, people are good and everybody you meet is more likely to surprise you in a positive way than in a negative way.</i></p> <p>Anthony Horowitz</p> <hr/> <p><i>Wisdom, of the everyday sort, is about how we reckon with the surprises and mysteries that make life life as opposed to stasis.</i></p> <p>Krista Tippett, <i>Becoming Wise</i>, p. 162</p> <hr/> <p><i>I am still learning.</i></p> <p>Michelangelo</p>	

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ANOTHERDAY

09

There is nothing like looking, if you want to find something. You certainly usually find something, if you look, but it is not always quite the something you were after.

J.R.R. Tolkien

I really think I ambled through a lot of my life, or ambled from one thing to the other.

James Earl Jones

I feel I should be trying to complete my life, whatever 'completing a life' means.

Oliver Sacks

BRIGHTDAY

10

Let us live for the beauty of our own reality.

Charles Lamb

- *We're all blessed and we're all blighted, Chief Inspector," said Finney. "Everyday each of us does our sums. The question is, what do we count?*
- *Life can be cruel, as you know, but it can also be kind, filled with wonders.*

Louise Penny

Wonder is the precondition for all wisdom.

Christian Wiman

MINDFULDAY

11

What I keep being reminded of is how everyone who is alive has both disabilities and abilities.

Helen Kivnick as quoted by Anne Basting in *Creative Care*, p. 193

If we had no winter the spring would not be so pleasant.

Anne Bradstreet

PRESENTDAY

12

HEART-CENTERED

Meditation Card

- Positive statements affirming my love to Marsha
- Mindful presence with a focus on my love for Marsha
- I was holding Marsha's hand and told her how much I loved her. She didn't reply but reached down and kissed my hand.
- M: Will you come sit beside me?
E: Yes I will.
- Unspoken, emotional connections

CLARITY

Meditation Card

I remember when the first images were displayed from the Hubble telescope. There was a side-by-side comparison of a section of the universe before and after the use of the telescope. The clarity was amazing in the after photo. The entities were always there but it took a more powerful lens to bring clarity to what is. In a similar way we need a new lens with which to view individuals with Alzheimer's. The lens which we use brings clarity to who that person really is!

GOODDAY

13

NEWDAY

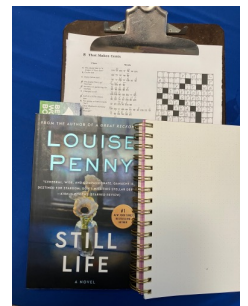
14

Yesterday, while watching TV, I heard the expression – *to be independent together* and it resonated with me. After a brief internet search, I uncovered the following quote related to this phrase.

Let's be independent together. Let's approach our relationship from a place of what we can bring rather than what we can take. Let's be near each other out of necessity not obligation.

Beau Taplin

Give me an acrostic puzzle, a Louise Penny mystery, Jeopardy and a blank journal and I am a content person!



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ANOTHERDAY

16

RAINYDAY

17

MINDFULDAY

18

PRESENTDAY

19

GOODDAY

20

NEWDAY

21

SOMEDAY

22

Yesterday's highlights from March 15th

Butterfl **I** es and Flowers



Art **D** eco Puzzle

Littl **E** Prince



S cratch Tickets

Robert **O** 's Log Cabin



F ocus on Marsha
(Mom/Nana)



Fa **M** ily Gathering

Photo **A** lbum



Siste **R** s



Omni **C** hord



Claudia's **H** elp



THE IDES OF MARCH

There was a Family Gathering on this momentous day
With a focus on Marsha (Mom/Nana) as a way
Of honoring this matriarch of our family.

Nadya assembled a Butterflies and Flowers display
While Randy & Leo Scratched their lottery Tickets in dismay;
Winning the big payoff will just have to wait another time.

The Photo Album presents a history of Marsha's life
Before and after becoming Ernie's wife
And it will be cherished forever.

Orders were taken for Roberto's Log Cabin
They have every kind of food that you could imagine
And it was just down the road in Lebanon.

The Little Prince made an unexpected presence
As Nadya & Leo prepared his appearance
Reading from the book, cover-to-cover.

Ernie has this important message to report
Sisters (Nadya and Natyra) provide enormous support
For him as the primary caregiver for Marsha.

Marsha's spirit made the
transition to her next journey
at 4:22 PM on March 22nd.

*When the storm clouds gather 'round you,
And heavy rains descend
Just remember that death is not the end
... Not the end, not the end. Bob Dylan*

A puzzle with an Art Deco theme
Was assembled by Natyra and others on her team,
One of many more over the weekend.

Leo strummed on the Omnichord and could be heard
As Ernie worked another answer to his crossword.
The atmosphere was upbeat and positive.

There's no need for anyone to get nervous
Claudia is her to offer her service
And is embraced as Marsha's valued companion and friend.

A Week in Images and Quotes

March 22, 2025



1949 - 2025

Marsha Lynn Pancsofar passed away peacefully at her home in Columbia, CT on March 22, 2025. Marsha was born in Murphysboro, Illinois as the oldest of five children (Kathie Grob, Edgar Brantley, Barbara Troutman, Thomas Brantley) of Helen and Clifford Brantley. She followed her love of learning to complete her Bachelor's degree at Southern Illinois University and, as a Special Education teacher, was active in the disability rights movement of the 1970's. She was a teacher in one of the first schools to be opened in Southern Illinois after educational rights were guaranteed by law to students with disabilities, and she went on to be active in the independent living movement for adults with disabilities. Marsha maintained her commitment to human rights, social justice, and peace activism throughout her life and she raised her daughters to be critical thinkers committed, as she was, to celebrating diversity and advocating for equity and inclusion.

Marsha was a talented crafter and loved giving gifts to friends and family. She was a creative problem-solver and never found a piece of furniture on the side of the road that she couldn't breathe new life into. She left her mark in countless creations big and small. Marsha was also a passionate researcher of family history and genealogy, and enjoyed creating art and keepsake books that honored her ancestors' lives. She celebrated the mystical and was always eager to explore ideas that went counter to traditional ways of thinking. She discovered yoga, meditation, upcycling, and thrifting in her early adulthood and maintained these practices throughout her life. She was the biggest champion for the ones she loved and celebrated and encouraged everything that was special and unique about a person. Marsha's family is proud to carry on her legacy of compassion, creativity, and love of learning. (continued on next page)

A Week in Images and Quotes

March 22, 2025

Marsha is survived by Ernest Pancsofar, her husband of 48 years and loving and devoted care partner on her journey with Alzheimer's disease, daughters Nadya Pancsofar and Natyra Pancsofar, grandson Leo Schmidt, and son-in-law, Randy Schmidt. One of Marsha's greatest moments came when she was reunited with her birth son, Jay Snyder. She cherished having Jay and his children, Ariel and Joshua, in her life. She enjoyed a rich, 50+ year devoted friendship with Alria Warner. A celebration of life will be held in the summer. In lieu of flowers, please create something special and unique in her honor and share it with someone you love.

COMMUNICATION

M: Who are you? Why are you here?
E: I'm your best friend. I don't want to be alone, so I am living here with you. Is that OK?
M: Yes, that's OK. I don't want to be alone either.

E: Some stores/places are closed and some are open today. Where would you like to go?
M: Some place that's open.

E: It's a little cold to go outside in your nightgown.
M: I could say a few things about you.

M: By the time we get there, we'll already be there!
M: I like it when you're here because when you're here, everything's going to be all right.

E: Do you know when the best time of day is?
M: No.
E: Right now!

M: When will you be back?
E: I'm not going anywhere. I'm staying here with you.
M: (with tears in her eyes and a big hug) I'm glad you're staying here.

M: You told me you'd come to bed now. (5:00 pm!)
E: I'll be right in. After laying down for about 10 minutes.
M: I'd like to get up now.
E: OK.

M: I've got everything I need because of you.
E: What a nice thing to say. Thank you!

Pla**C**es
Outside
Ti**M**e
Minutes
Yo**U**'re
Alo**N**e
Everyth**I**ng
Ni**C**e
Already
Thank You!
Stay**I**ng
Open
Now

Now is March 22nd. The time is 4:22 pm. Marsha's spirit has transitioned outside her body. How nice it was to have known both her spiritual essence and physical presence. Thank you for everything! I will never be alone because I already have permanent places in my heart and soul where you're always invited to return. Staying with you opened my eyes to all that is good. All the minutes of my future life will be influenced by the time we shared together.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
<p><i>I didn't write much yesterday as events unfolded but will find ways to debrief this once in a lifetime event for Marsha. I felt both sadness and relief. Alzheimer's disease is a hideous condition. However, Marsha maintained a calmness about her that was both peaceful and serene for the past 2-3 months. This experience as a caregiver was mind opening and taught me the value of providing care for a loved one and finding ways to provide love, comfort and dignity in Marsha's final days.</i></p> <hr/> <p><i>Soon, I will be concluding my daily journaling on my role as caregiver for my wife, Marsha. My life with her has influenced me to embark on my next theme: The Pursuit of Wisdom. The elements of this future endeavor are devoted to Marsha.</i></p>		<p><i>In the dark times, will there also be singing? Yes, there will be singing ... about the dark times.</i></p> <p>Bertolt Brecht</p> <hr/> <p>Mahlon and Cathy brought the following quote by T.S. Eliot to my attention:</p> <p><i>All shall be well, and All manner of thing shall be well... The end is where we start from... When the last of earth left to discover Is that which was the beginning....</i></p> <hr/> <p><i>All around you, people will be tiptoeing through life, just to arrive at death safely. But dear children, do not tiptoe. Run, hop, skip, or dance, just don't tiptoe.</i> Shane Claiborne</p> <hr/> <p><i>You're on a path and you have to be consistent and you have to be persistent.</i> John Lewis, cited in <i>Becoming Wise</i> by Krista Tippett, p. 112</p>	<p><i>Discovering the truth about ourselves is a lifetime's work, but it's worth the effort.</i></p> <p>Fred Rogers</p>	<p>I developed this acrostic visual to honor this wise, visionary person.</p> <p>Universal Truths From JOHN ROBERT LEWIS</p> <p>The reward for playing Jazz is playing jazz.</p> <p>Get in good trouble, necessary trOuble,</p> <p>You must be Headlights and not taillights.</p> <p>Be hopeful. Be optimistic. Never lose that sense of hope.</p> <p>You have to be peRsistent.</p> <p>I believe in nonviOlence as a way of life, as a way of being.</p> <p>We may not have chosen the time, But the time has chosen us.</p> <p>... the cause of justicE ... is the struggle of a lifetime.</p> <p>We come to Selma to be Renewed. We come to be inspired.</p> <p>Sometimes you have to get in The way. You have to make some noise.</p> <p>The vote is the most powerfuL nonviolent tool we have.</p> <p>The means by which we strugglE must be consistent with the ends we seek.</p> <p>Now is the time to get in the Way. We will be silent no more.</p> <p>No human being Is illegal.</p> <p>You have to go with your gut Sometimes, and how you feel.</p>		

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SUNDAY

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MONDAY

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Processing the Loss of a Loved One

First, it's a life-time experience
Of memories, the order of which, jumbles in my mind.
There is no "getting over it"
When missing a one-of-a-kind.

The solitude can be both welcoming and bring sadness
When I don't see you on the other side of the room.
The silence allows for fewer distractions
And can even lessen some of the gloom.

You had a rough journey
Held in dementia's grip.
Yet, you were always graceful
On this unexpected trip.

I learned a great deal
By being by your side.
When my time comes a callin'
Please come back to be my guide.

Time passes by
In oh so many ways.
I'm glad I was here to witness
The closing of your days.

It's hard to generalize my experiences with Marsha to another caregiver's interactions with their loved one. The strategies that worked for me were embedded in the environmental factors surrounding Marsha and I as we advanced on our path with her Alzheimer's disease. There was an overall set of values that contributed significantly to a peaceful, more content end to this journey. I hope to share my experiences with other caregivers not as advice for them, but as an example of how/why I interacted with Marsha as I did and what I learned from this experience. ELP

Recently, I viewed a segment on CBS Sunday Morning when Elton John and Brandi Carlile talked about their new collaboration on an album: *Do You Believe in Angels*. Here is the chorus to one of the songs: *When This Old World Is Done With Me*

*When this old world is done with me
Just know I came this far
To be broken up in pieces
Scatter me among the stars.*

*When this old world is done with me
When I close my eyes
Release me like an ocean wave
Return me to the tide.*

*Forget about trying
to compete with
someone else.
Create your own
pathway. Create
your own new
vision.* Herbie
Hancock

*When you do your
best, trying to be
your best in
understanding and
accepting, you
don't have to worry
about the outcome.*

Thích Nhất Hạnh

- *Every moment is a fresh beginning.*
- *Everyone gets the experience. Some get the lesson.*

T.S. Eliot