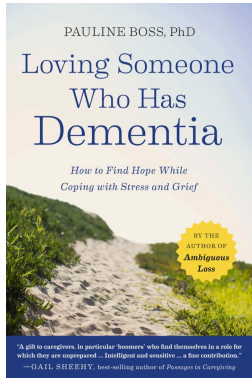


A Week in Images and Quotes

November - 2024



On my reading list as recommended by facilitator of online support group.

The leaves had fallen from the trees and lay crisp and crackling beneath his feet. Picking one up he marveled, not for the first time, at the perfection of nature where leaves were most beautiful at the very end of their lives.

Louise Penny

Which questions guide our lives? Which questions do we make our own? Which questions deserve our undivided and full personal commitment? Finding the right questions is crucial to finding the answers. Henri Nouwen

What can I learn from my interactions with Marsha today?

How is what I am doing today an improvement on what I was doing yesterday?

What am I discovering when I sit in silence and just breathe?

What contributions can I make to other caregivers when I describe my journey among the entries of this journaling?

It's important to be successful enough to be able to keep doing what you love.

Lyle Lovett

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

Marie Curie

DANCE

Meditation Card

I thought this would be a difficult word to connect to my current circumstances until I read a passage from my current book.

You can also echo gestures or movements for people who do not communicate verbally. Think of this as dancing, but you are letting the person with communication challenges lead.

Anne Basting – Creative Care ... (p. 100)

*Dance me to your beauty with a burning violin
Dance me through the panic, 'till I'm gathered safely in.
Lift me like an olive branch and be my homeward dove
Dance me to the end of love.*

Leonard Cohen – Dance Me To the End of Love

FRIDAY

01

A teacher comes, they say, when you are ready. And if you ignore its presence it will speak to you more loudly. But you have to be quiet to hear. Robin Wall

Kimmerer, *Braiding Sweetgrass*, p. 222.

I realized, as I read this passage, that Marsha is my current teacher . . . and I must be quiet to hear all that she has to offer.

A lot of the people I really admire that I've met, I haven't been disappointed. I've been very lucky and very blessed that way.

Susan Tedeschi

SATURDAY

02

• *I'm afraid I don't have magic.*

You do, Mr. Baker. Arthur told me that there can be magic in the ordinary.

• *It's the little things, I expect. Little treasures we find without knowing their origin. And they come when we least expect them. It's beautiful, when you think about it.*

• *Home is where you feel like yourself . . .*

T.J. Klune, *The House in the Cerulean Sea*

A Week in Images and Quotes

November - 2024

SUNDAY

03



John McKnight died a few days ago, and Pat brought this news to my attention.

MONDAY

04

I was struck by the following verse that was contained in a poem written in tribute to John McKnight:

*He paid attention, always curious,
About the edges, the forest's fringe,
Where strangers are sent, and labels
affixed.
Where carelessness comes home to roost
and where surprises also,
Spring.*

Cormac Russell

TUESDAY

05

WEDNESDAY

06

Influenced by John McKnight's teachings:

What are Marsha's Gifts?

Inspirin G My Own Creativity

Lov I ng Nature

Re F lection of all

T hat is Good

Companion S hip

*My friends and I
took songwriting
very, very
seriously. My hero
was and still is Bob
Dylan, but also
people like
Leonard Cohen
and Joni Mitchell
and that whole
generation.*

Kazuo Ishiguro

THURSDAY

07

As I listen to Marsha talk in her sleep and having been a lecturer in a past life, I am reminded of this quote by Albert Camus.

*Some people talk
in their sleep.
Lecturers talk
while other people
sleep.*

He had a lot of questions, but those could wait. For now he wanted to know the answers to questions he didn't know to ask. Louise Penny, p. 40 *The Grey Wolf*

FRIDAY

08

We write for the same reason that we walk, talk, climb mountains or swim the oceans - because we can. We have some impulse within us that makes us want to explain ourselves to other human beings. That's why we paint, that's why we dare to love someone - because we have the impulse to explain who we are.

Maya Angelou

SATURDAY

09

It is interesting how, as we collect books upon our shelves, we seldom go back to reread sections that meant so much to us at the time. Such a book on my shelf is Bill Moyers' The Language of Life: A Festival of Poetry. This poem is by Naomi Shihab Nye and titled - Famous - and I have included the beginning and ending lines.

Famous

- The river is famous for the fish. ...*
- I want to be famous in the way a pulley is famous, or a buttonhole, not because it did anything spectacular, but because it never forgot what it could do.*

Additional Quotes – John McKnight

- Special skill: To see the abilities behind the label. ... These people are "gift discerners," Gift finders use the following categories to explore: gifts (natural), skills (learned), passion and teachables (things the person can teach).*
- What label do you have? A powerful person is labeled by the full half of their half full glass.*
- Labeling hurts us the most in community. To have the most powerful community we must see the gift in every person.*
- What makes community is its power to live with our fallibilities.*

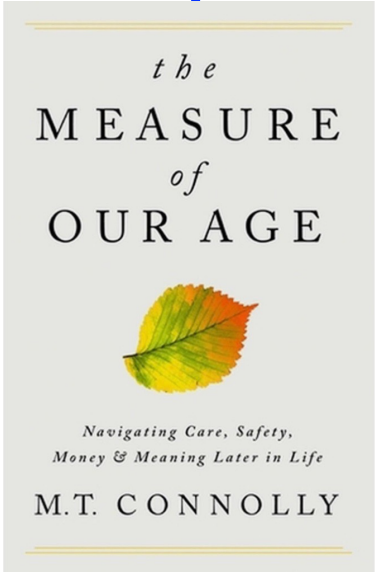
A Week in Images and Quotes

November - 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
<p><i>I love improvisation. You can't blame it on the writers. You can't blame it on direction. You can't blame it on the camera guy... It's you. You're on. You've got to do it, and you either sink or swim with what you've got.</i></p> <p style="text-align: right;">Jonathan Winters</p> <hr style="width: 20%; margin-left: 0;"/> <p><i>Collect books, even if you don't plan on reading them right away. Nothing is more important than an unread library.</i> John Waters</p> <p><i>[One of my daughters keeps me supplied with books from her/OUR library. ELP]</i></p>	<p>In my opinion, this quote reflects the teaching philosophy of my good friend, Jesse Turner:</p> <p><i>Real education should consist of drawing the goodness and the best out of our own students. What better books can there be than the book of humanity?</i></p> <p style="text-align: right;">Cesar Chavez</p> <hr style="width: 20%; margin-left: 0;"/> <p><i>The - I don't want to say older, but the more experienced I get, I treasure and I honor what I've done much more.</i></p> <p style="text-align: right;">Nadia Comaneci</p>	<p><i>At the beginning of the online support group meeting, the facilitator requests that each person describe a current feeling as they participate. My choice this afternoon will be "I feel blessed!" in the same respect that Bob Dylan responded to a reporter's request about how he felt about his fame, recognition, esteem, etc. I echoed his response.</i></p> <hr style="width: 20%; margin-left: 0;"/> <p><i>We have never arrived. We are in a constant state of becoming.</i></p> <p style="text-align: right;">Bob Dylan</p>	<p>Speaking of feeling blessed, George read the following blessing of the four winds, while he, Pat and I assembled near Turtle Rock in our backyard on Tuesday.</p> <p>Oh Great Spirit:</p> <p>Bless us from the North with cool winds that calm our passions.</p> <p>Bless us from the East with the winds that bring and renew life.</p> <p>Bless us from the South with the warm wet winds that invite growth.</p> <p>Bless us from the West with the winds that lead us through this life to the next.</p> <p>Fill the sky so that we may sense Your presence</p> <p>And bless us from Mother Earth from which we have come and to whom we shall return.</p> <hr style="border: 1px solid red; width: 100%;"/> <p style="text-align: center;">A Colorado Ute Prayer (recited by Pat)</p> <p>Earth teach me quiet – as the grasses are still with new light.</p> <p>Earth teach me suffering – as old stones suffer with memory.</p> <p>Earth teach me humility – as blossoms are humble with beginning.</p> <p>Earth teach me caring – as mothers nurture their young.</p> <p>Earth teach me limitation – as the ant that crawls on the ground.</p> <p>Earth teach me freedom – as the eagle that soars in the sky.</p> <p>Earth teach me acceptance – as the leaves that die each fall.</p> <p>Earth teach me renewal – as the seed that rises in the spring.</p> <p>Earth teach me to forget myself – as melted snow forgets its life.</p> <p>Earth teach me to remember kindness – as dry fields weep with rain.</p>			

A Week in Images and Quotes

November - 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
<p><i>In many ways, in every way that mattered, feelings were more real, more powerful than thoughts. They were the engine of perception, which drove thought, which became words and prompted action.</i></p> <p>Louise Penny, p. 319 <i>The Grey Wolf</i></p> <hr/> <p><i>Writing is making sense of life. You work your whole life and perhaps you've made sense of one small area.</i></p> <p>Nadine Gordimer</p> <hr/> <p><i>I have always been caught by the pull of the unremarkable, by the easily missed, infinitely nourishing beauty of the mundane.</i> Tana French</p> <hr/> <p><i>We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.</i></p> <p>Marcel Proust</p> <hr/> <p><i>It isn't that they can't see the solution. It is that they can't see the problem.</i></p> <p>G. K. Chesterton</p>		 <p><i>This book was recommended by another recent author and I am looking forward to sharing bits of wisdom as I find them by M.T. Connolly.</i></p> <p><i>Be cautious of statistics in health care: It was a perfectly good place and got the maximum number of stars. But none of those stars told you if you'd be treated like a human being or a chair.</i></p> <p>M.T. Connolly, p. 57</p>		<p>Welcome to <i>any</i> day; Closely related to <i>some</i> day; A lot like <i>every</i> day; And yet like <i>no</i> day.</p> <p><i>Anything</i> might happen; <i>Something</i> is bound to happen; <i>Everything</i> in its own time; <i>Nothing</i> is certain.</p> <p>Good events could happen <i>anywhere</i>; They are certainly happening <i>somewhere</i>; There are common events <i>everywhere</i>; The exact events will happen <i>nowhere</i>.</p> <p>Dementia can happen to <i>anyone</i>; Dementia will happen to <i>someone</i>; The future of Dementia needs <i>everyone</i>; The effects of Dementia will escape <i>no one</i>.</p> <p><i>Any place</i> can claim to be a good place; <i>Some places</i> are actually good places; <i>Every place</i> can't be <i>THE</i> best place; <i>No place</i> is like home, which could be the best place.</p> <p><i>Anybody</i> could be a caregiver; <i>Somebody</i> must be a caregiver; <i>Everybody</i> should support caregivers; <i>Nobody</i> can replace a loved one as a primary caregiver.</p> <p>ELP</p>		<p><i>We can work to make the world better, but we can only live in the world as it is.</i></p> <p>M.T. Connolly, p. 84</p>

A Week in Images and Quotes

November - 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	29	30
<p><i>We also need to re-envision how we define “success,” how we dole out money, and measure both based more on how <u>residents</u> define their own well-being.</i></p> <p>M.T. Connolly, <i>The Measure of our Age</i> p. 100</p> <hr/> <p><i>I feel I should be trying to complete my life, whatever 'completing a life' means.</i></p> <p>Oliver Sacks</p> <hr/> <p><i>You live and breathe paradox and contradiction, but you can no more see the beauty of them than the fish can see the beauty of the water.</i></p> <p>Michael Frayn, <i>Copenhagen</i></p>	<p><i>When you regain a sense of your life as a journey of discovery, you return to rhythm with yourself. When you take the time to travel with reverence, a richer life unfolds before you. Moments of beauty begin to braid your days.</i></p> <p>John O'Donohue, <i>Divine Beauty: The Invisible Embrace</i></p> <hr/> <p><i>Very few of us are what we seem.</i></p> <p>Agatha Christie</p> <hr/>	<ul style="list-style-type: none"> <i>The good times of today, are the sad thoughts of tomorrow.</i> <i>The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively.</i> <i>Truth is everybody is going to hurt you: you just gotta find the ones worth suffering for. Bob Marley</i> <i>I was born by myself but carry the spirit and blood of my father, mother and my ancestors. So, I am really never alone. My identity is through that line. Ziggy Marley</i> <hr/> <p><i>Last night I viewed the Netflix film, <u>A Man on the Inside</u> and would highly recommend it. As I selected this offering, I didn't realize there was a backdrop of Alzheimer's disease and its interplay among the diverse characters. I discovered many connections to my own current experiences.</i></p> <hr/> <p><i>Among the many things that profoundly impress me about the Dalai Lama, quite high up on the list is his ability to say “I don't know”. I've often wished that other people in prominent positions wouldn't feel the compulsion to have an answer for everything and would feel equally free to say “I don't know.” It's a sign of wisdom to know that you don't know and a sign of stupidity to think that you know everything. I admire it enormously in him, and wonder why so few people in leading positions reach that stage. Brother David Steindl-Rast</i></p> <hr/> <p><i>I don't Know. Ernie Pancsofar</i></p>			<p><i>During the online support meeting earlier this week, we were asked to identify five people/things for which we are most grateful:</i></p> <ol style="list-style-type: none"> <i>Support from my daughters</i> <i>Hospice (Comfort Care) Support Team</i> <i>The satisfying time reading from the books by Louise Penny</i> <i>Dr. Berg from UConn Center on Aging – Marsha's geriatrician</i> <i>Put your name here if you are reading this!</i> <hr/> <p><i>How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.</i></p> <p>George Washington Carver</p> <hr/> <div> <div> <i>I always advise people never to give advice.</i> P. G. Wodehouse </div> <div> <i>In heaven it is always autumn.</i> John Donne </div> </div>	