

A Week in Images and Quotes

October - 2024

The mystics always say that the experience they're talking about is ineffable, that you can't say it. Rumi was asked one time why he talked so much about silence. He said, "The radiant one inside me has never said a word."

Coleman Barks

Contentment is the only real wealth. Alfred Nobel

Maggie Smith died last week on September 27th. Here are two of her memorable quotes that resonate with me:

- *Accept that you are a work in progress, both a revision and a draft: you are better and more complete than earlier versions of yourself, but you also have work to do. Be open to change. Allow yourself to be revised.*
- *Ask yourself about the kind of life you want. What would you do day to day, and with whom, and where? Consider the life you have. Do one thing today, however small, to close the gap between the two.*

Only the moment counts. It determines life.

Franz Kafka

TUESDAY

01

WEDNESDAY

02

THURSDAY

03

FRIDAY

04

SATURDAY

05

It's like Groundhog Day, the movie. Every day similar events unfold but I have a new opportunity to respond differently based on my cumulative experiences with each preceding "same" day. Each day can be better than the one before . . . if I find respectful and dignified ways to support Marsha.

Today is Wednesday: a PERFECTING day - a day to practice again! There will never be a perfect day, but there will always be a PERFECTING day!

Perceptions often tell us as much about the perceiver as the object of perception. p. 148

When the person we love is happy, happiness comes back to us right away. We give to her, but we are giving to ourselves at the same time. p. 195 Thích Nhất Hạnh, *The Heart of the Buddha's Teaching*

Below is one way I have been using mindful breathing as I think to myself:

Mindful Breathing

*Breath 1 in - I know I am breathing in
Breath 1 out - I know I am breathing out*

*Breath 2 in - I know I am breathing in
Breath 2 out - I am searching for the next activity*

*Breath 3 in - I know I am breathing in
Breath 3 out - I am searching for the next activity*

*Breath 4 in - I know I am breathing in
Breath 4 out - I know I am breathing out*

*Breath 5 in - I know I am breathing in
Breath 5 out - Can I visualize the next activity?*

*Breath 10 in - I know I am breathing in
Breath 10 out - What is next?*

This morning as I opened my eyes following my 10th breath out, I immediately noticed my blood pressure machine on a nearby shelf. I have a wellness exam next month and need to be taking my BP on a daily basis to share with my doctor.

There is a deep question whether the possible meanings that emerge from an effort to explain the experience of art may not mask the real meanings of a work of art. Jerome Bruner

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06	07	08			11	12
SHADOW SIDE		BRIGHT SIDE				
What Do You Need	D	Develop Interdependence				
A Lost Adventure	E	Enrichment of "What Is"				
Doom & Gloom	M	Meaningful Times Together				
Dreadful Fat	E	Enduring Love & Connection				
Sadness & Depression	N	New Sense of "Normal"				
Dwell on What is Lost	T	Thankful for What Still Is				
A Lost You and	I	Welcome a "New" Us				
Missing Parts of Marsh	A	Access to Marsha's "Essence"				
<i>If you have something to offer, someone will learn something from you. It's a beautiful reciprocal arrangement. And it isn't education. It's history. It's poetry.</i> J. D. Salinger	<i>One day at a time We can learn to leave our fears behind. One day at a time We can stare our hopes in the eye. One day at a time we can learn to live.</i> Cat Stevens	<i>Marsha: I have a lot of things to do today so I'm just going to sit over here.</i> <i>Who has words at the right moment?</i> Charlotte Brontë	<i>Pursuing Activities with the Sense of Sacred Inspiration and Ongoing Introspection</i>	PASSION <i>Meditation Card</i> I searched for three diverse quotes on this topic followed by my own perspective in an acrostic format. <i>The only passion that guides me is for the truth . . . I look at everything from this point of view.</i> Che Guevara <i>My idea of a delicious time is to read a book that is wonderful. But the ruling passion of my life is being a seeker after truth and the divine.</i> bell hooks <i>I'm great at a deathbed. I've never given tranquilizers or psychiatric medicine. I've given love and fun and creativity and passion and hope, and these things ease suffering.</i> Patch Adams <i>Pursuing Activities with the Sense of Sacred Inspiration and Ongoing Introspection</i>	<i>Dementia brings me and my family to that deepest place of meaning, where our human frailty and our unique human capacity to imagine entwine. Where we can experience breathtaking beauty and heart-wrenching sorrow simultaneously. Dementia brings us to creative care.</i> <i>... The creative care approach invites us to shift away from the temptation to focus so heavily on losses and instead train our eyes and hearts on the strengths that remain.</i> Anne Basting – <i>Creative Care: A Revolutionary Approach to Dementia and Elder Care</i> , p. 11	<i>Hospice philosophy is best summarized as a compassionate, holistic, and person-centered approach to end-of-life care, focusing on enhancing the quality of life for patients and their families by addressing their physical, emotional, and spiritual needs.</i> Continuagroup.com
<i>When I heard his first songs, Dylan was answering certain questions that I had all my life been asking myself.</i> Nana Mouskouri						

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SUNDAY

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A Gentler Approach to Caregiving

One morning last week I was quite unsuccessful in coaxing Marsha to change into a new gown for the day. This request meant getting up from the couch and following me into the bathroom. I then thought of a general principle of behavior that was part of my special education background. I started with a small bowl of applesauce and assisted Marsha with 3-4 spoonfuls. Then, I went to the bathroom with the applesauce and told her she could finish it here. She immediately got up without any additional prodding and finished her applesauce, and then we could continue her morning routine.

- *Anything not worth doing is worth not doing well.*
- *Life is. I am. Anything might happen.*
- *If you can't find the exact quote you want, make it up.* Robert Fulghum

MONDAY

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TUESDAY

15

Marsha was accepted into Hospice (Comfort Care) today and more supports and services will be coming her way.

Life is all memory, except for the one present moment that goes by you so quickly you hardly catch it going.

Tennessee Williams

Unless they've had some experience with it, hospice is still a mystery to most people. Because hospice deals with death, people tend not to talk about it.

Art Buchwald

WEDNESDAY

16

Code of Ethics for Student Artists in Residence (SAIR)

- ❖ *Be flexible, patient, humble, and dependable.*
- ❖ *Create an infectious sense of fun and discovery.*
- ❖ *Express gratitude and graciousness.*
- ❖ *Don't underestimate the capacity of elders.*
- ❖ *Create time for just being present in people's lives.*

Anne Basting in *Creative Care*, p. 204

You try something, it doesn't work, and maybe people even criticize you. In a fixed mindset, you say, 'I tried this, it's over.' In a growth mindset, you look for what you've learned.

Carol S. Dweck

I shouldn't say I'm looking forward to leading a normal life, because I don't know what normal is.

Martina Navratilova

THURSDAY

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FRIDAY

18

CONNECT WITH THE LIGHT

Meditation Card

- *Turn to the Light Within . . . to focus on the values and ethics that drive current thoughts and actions.*
- *I See the Light . . . regarding truths as they present themselves.*
- *The Light of My Life . . . most important person, Marsha, and ways that I connect with her throughout the day.*
- *Heartlight . . . Turn on your heartlight Let it shine wherever you go Let it make a happy glow For all the world to see.* Neil Diamond
- *If light is in your heart, you will find your way home.* Rumi
- *To Hold in the Light . . . Quaker related practice to see the divine in the smile of another.*
- *One Candle Power . . . as exemplified by the groundbreaking work of Communitas.*

SATURDAY

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SUNDAY

20

We must keep in mind that only a part of memory can be translated into the language-based packets of information people use to tell their life stories to others. Learning to be open to many layers of communication is a fundamental part of getting to know another person's life. Daniel J. Siegel

I always thought every day was a gift, but now I am looking for where to send the thank you note. Randy Pausch

I exist as I am, that is enough.

Walt Whitman

MONDAY

21

In life, finding a voice is speaking and living the truth. Each of you is an original. Each of you has a distinctive voice. When you find it, your story will be told. You will be heard.

John Grisham
(influenced by his appearance on CBS Sunday Morning, yesterday)

WHAT will be will be.

HOW will I look within to see . . .

WHY these events are happening to me
WHERE our paths both lead to eternity?

WHAT will Marsha teach me today?

HOW will I show my love in what I say?

WHY do these events happen this way?

WHERE is the path to being OK?

The most powerful words in English are 'Tell me a story,' words that are intimately related to the complexity of history, the origins of language, the continuity of the species, the taproot of our humanity, our singularity, and art itself. Pat Conroy

TUESDAY

22

WEDNESDAY

23

Things present themselves to you, and it's how you choose to deal with them that reveals who you are. We all say a lot of things, don't we, about who we are and how we think. But in the end it's your actions, how you respond to circumstance that reveals your character.

Cate Blanchett

It takes a long time to become young.

Pablo Picasso

*Ah, but I was so much older then
I'm younger than that now*

Bob Dylan - My Back Pages

THURSDAY

24

I'm eating my mango sorbet watching you sleeping on the couch.

It is 8:56 pm and I am reading a book by Jonathan Kozol - The Theft of Memory - about his dad's experiences with dementia. You look quite peaceful.

There are times during the day when your eyes tear up and there is a frown on your face. I wonder what you're thinking. Your sister, Kathie, is coming for a visit from Murphysboro, Illinois.

The sit-to-stand recliner is wonderful and you were able to stand in a matter of minutes compared to hours yesterday.

Good night, my dear. ELP

Caregiving is a constant learning experience.

Vivian Frazier



It could be any day today, but it's only October 24th when I turn the calendar!

FRIDAY

25

I believe, I believe every day is a good day when you ____.

- ❖ smile;
- ❖ hold my hand;
- ❖ sit down beside me;
- ❖ say "I love you" with your eyes;
- ❖ watch me from across the room;
- ❖ let me support you.

Bob Ross Quote
(My entries in blue.
His entry - **paint** - of course!)

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SUNDAY

27

You never know what is enough unless you know what is more than enough.

William Blake

Everything happens to everybody sooner or later if there is time enough. George Bernard Shaw

For me, my writing benefits from my experience.

Ta-Nehisi Coates

Experience is simply the name we give our mistakes. Oscar Wilde

There are many truths of which the full meaning cannot be realized until personal experience has brought it home.

John Stuart Mill

MONDAY

28

S E nse of
K N owing
Ab O ut
S U ccessful
Livin G
With Your H eart

*Ernie's
Ne X t
Pers P ective
On Lif E
Evolves F R om
Prev I ous
E ncounters
Without K N owing
Whi C h ones are the
Most M E aningful*

TUESDAY

29

WEDNESDAY

30



Marsha's younger sister, Kathie (on the left), will be visiting Marsha (on the right) over the next few days.

Sometimes it's the journey that teaches you a lot about your destination.

Drake

THURSDAY

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One of the things you can always depend on - this is one of the truths of the universe, and you heard it first from here - whatever we decide we want to do is what we do.

Morgan Freeman

Some stories are true that never happened.

Elie Wiesel



Thanksgiving arrived early to the Pancsofar household courtesy of good friends, Mahlon and Cathy Gilbert

I am currently reading a book by Jonathan Kozol. "The Theft of Memory" and will probably quote often from it during my upcoming entries.

My father's life intensifies my feelings of respect for people who do not insist on too much certitude about the maps they're using and do not insist on knowing in advance what destination they'll arrive at in the ends of days.

This statement was spoken by Marsha as I was trying to assist her in getting dressed this morning: I don't know where you're going, but you're not going to get there!

I don't like to give advice. I like to give people information because everyone's life is different, and everyone's journey is different.

Dolly Parton