

A Week in Images and Quotes

October - 2024

TUESDAY

01

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

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.

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*

WEDNESDAY

02

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!

THURSDAY

03

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

FRIDAY

04

SATURDAY

05


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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18	19
<p>A Gentler Approach to Caregiving</p> <p>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.</p> <hr/> <ul style="list-style-type: none"> • <i>Anything not worth doing is worth not doing well.</i> • <i>Life is. I am. Anything might happen.</i> • <i>If you can't find the exact quote you want, make it up.</i> Robert Fulghum 		<p><i>Marsha was accepted into Hospice (Comfort Care) today and more supports and services will be coming her way.</i></p> <hr/> <p><i>Life is all memory, except for the one present moment that goes by you so quickly you hardly catch it going.</i></p> <p>Tennessee Williams</p> <hr/> <p><i>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.</i></p> <p>Art Buchwald</p>	<p>Code of Ethics for Student Artists in Residence (SAIR)</p> <ul style="list-style-type: none"> ❖ <i>Be flexible, patient, humble, and dependable.</i> ❖ <i>Create an infectious sense of fun and discovery.</i> ❖ <i>Express gratitude and graciousness.</i> ❖ <i>Don't underestimate the capacity of elders.</i> ❖ <i>Create time for just being present in people's lives.</i> <p>Anne Basting in <i>Creative Care</i>, p. 204</p> <hr/> <p><i>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.</i></p> <p>Carol S. Dweck</p> <hr/> <p><i>I shouldn't say I'm looking forward to leading a normal life, because I don't know what normal is.</i></p> <p>Martina Navratilova</p>		<p>CONNECT WITH THE LIGHT</p> <p><i>Meditation Card</i></p> <ul style="list-style-type: none"> ▪ <i>Turn to the Light Within . . . to focus on the values and ethics that drive current thoughts and actions.</i> ▪ <i>I See the Light . . . regarding truths as they present themselves.</i> ▪ <i>The Light of My Life . . . most important person, Marsha, and ways that I connect with her throughout the day.</i> ▪ <i>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</i> ▪ <i>If light is in your heart, you will find your way home. Rumi</i> ▪ <i>To Hold in the Light . . . Quaker related practice to see the divine in the smile of another.</i> ▪ <i>One Candle Power . . . as exemplified by the groundbreaking work of Communitas.</i> 	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
<p><i>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.</i> Daniel J. Siegel</p> <hr/> <p><i>I always thought every day was a gift, but now I am looking for where to send the thank you note.</i> Randy Pausch</p> <hr/> <p><i>I exist as I am, that is enough.</i></p> <p style="text-align: right;">Walt Whitman</p>	<p><i>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.</i></p> <p style="text-align: right;">John Grisham (influenced by his appearance on CBS Sunday Morning, yesterday)</p> <hr/> <p>WHAT will be will be.</p> <p>HOW will I look within to see . . .</p> <p>WHY these events are happening to me</p> <p>WHERE our paths both lead to eternity?</p> <p>WHAT will Marsha teach me today?</p> <p>HOW will I show my love in what I say?</p> <p>WHY do these events happen this way?</p> <p>WHERE is the path to being OK?</p> <hr/> <p><i>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.</i> Pat Conroy</p>		<p><i>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.</i></p> <p style="text-align: right;">Cate Blanchett</p> <hr/> <p><i>It takes a long time to become young.</i></p> <p style="text-align: right;">Pablo Picasso</p> <p><i>Ah, but I was so much older then I'm younger than that now</i></p> <p style="text-align: right;">Bob Dylan – My Back Pages</p>	<p><i>I'm eating my mango sorbet watching you sleeping on the couch.</i></p> <p><i>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.</i></p> <p><i>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.</i></p> <p><i>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.</i> ELP</p> <hr/> <p><i>Caregiving is a constant learning experience.</i></p> <p style="text-align: right;">Vivian Frazier</p>  <p><i>It could be any day today, but it's only October 24th when I turn the calendar!</i></p>	<p><i>I believe, I believe every day is a good day when you ____.</i></p> <ul style="list-style-type: none"> ❖ <i>smile;</i> ❖ <i>hold my hand;</i> ❖ <i>sit down beside me;</i> ❖ <i>say "I love you" with your eyes;</i> ❖ <i>watch me from across the room;</i> ❖ <i>let me support you.</i> <p style="text-align: right;">Bob Ross Quote (My entries in blue. His entry – paint – of course!)</p>	

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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

Sense of
Knowing
About

Successful
Living

With Your Heart

Ernie's
Next
Perspective

On Life
Evolves From

Previous

Encounters
Without Knowing

Which ones are the

Most Meaningful

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

31

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

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!



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

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