

# A Week in Images and Quotes

## February - 2025

SAT/SUN

01/02

*As it turns out, now is the moment you've been waiting for.*

Lucinda Williams

*Memory, I realize, can be an unreliable thing; often it is heavily coloured by the circumstances in which one remembers, and no doubt this applies to certain of the recollections I have gathered here.*

Kazuo Ishiguro,  
*A Pale View of Hills*,  
p 156

*Be on the alert to recognize your prime at whatever time of your life it may occur.*

Muriel Spark

MONDAY

03

*During the support group meeting, someone raised the issue of how caregivers become transformed into different versions of who they are because of what is happening to their loved one. I sincerely believe that to be true. I am a better person because of my relationship with Marsha as she navigates late-stage experiences with Alzheimer's disease. The way I support her, reflect on life and plan my daily writing tasks make me a different, and I believe better, person. ELP*

Just finished reading *An Artist of the Floating World* by Kazuo Ishiguro. Here is a quote from this book:

*When you are young, there are many things which appear dull and lifeless. But as you get older, you will find these are the very things that are most important to you.*

*To grow: cultivate the art of precipitating yourself into just manageable difficulties of your own choosing, in the direction you want to become.* Nicholas Hobbs

TUESDAY

04

WEDNESDAY

05

I thought of this quote as I “piece together” common elements from this journaling experience.

*The process of editing is what I enjoy most – putting the pieces together and making sense out of them.*

Christian Marclay

*Today (February 6<sup>th</sup>) is Marsha's 76<sup>th</sup> birthday. I marvel at her dignity, calmness of living each day. Knowing she is loved and cared for and may I take this time to acknowledge the lessons I am learning as I lay Down beside her, as I say “Show me the way.”*

*Flowers sent from Nadya's Columbia friends!*



FRIDAY

07

*Everybody you will ever meet knows something you don't.* Attributed to Bill Nye

*I thought of this quote when a bagger at a local grocery store looked at one of my items and said, “Siggi's Yogurt – that's a palindrome.” I had bought this brand of yogurt for quite some time and had not made that connection!*

Beautiful flowers received from Carol for Marsha's birthday!



*The greatest magnifying glasses in the world are a man's own eyes when they look upon his own person.*

Alexander Pope

SATURDAY

08

# A Week in Images and Quotes

## February - 2025

SUNDAY

09

*There is dignity in how you compose yourself.  
I sit and wonder at your calmness.  
I will remember you when my days are numbered and  
For how your eyes spoke with love.  
You squeeze my hand with tenderness  
As you lie down beside me.  
I am honored to provide you support for all you have  
given me over the years.  
You have my respect and admiration.  
You teach me not to let limitations  
Get in the way of living a full life.  
Thank you for choosing me as your partner.  
I couldn't be happier. ELP*

*What's so  
fascinating and  
frustrating and  
great about life is  
that you're  
constantly starting  
over all the time,  
and I love that.*

Billy Crystal

*The conclusion  
does not belong to  
the artist.*

Emile Zola

MONDAY

10

*I will remember you when my days are numbered and  
For how your eyes spoke with love.  
You squeeze my hand with tenderness  
As you lie down beside me.  
I am honored to provide you support for all you have  
given me over the years.  
You have my respect and admiration.  
You teach me not to let limitations  
Get in the way of living a full life.  
Thank you for choosing me as your partner.*

*But you can't  
realize, you can't  
know what  
another person  
goes through.*

Beatrice Wood

*Wisdom denotes  
the pursuing of  
the best ends by  
the best means.*

Francis  
Hutcheson

TUESDAY

11

*I am honored to provide you support for all you have  
given me over the years.  
You have my respect and admiration.  
You teach me not to let limitations  
Get in the way of living a full life.  
Thank you for choosing me as your partner.*

*What matters in life  
is not what happens  
to you but what you  
remember and how  
you remember it.*

Gabriel García  
Márquez

*Sometimes the  
more measurable  
drives out the most  
important.*

René Dubose

WEDNESDAY

12

- If stories come to you, care for them. And learn to give them away where they are needed. Sometimes a person needs a story more than food to stay alive.*
- There are simply no answers to some of the great pressing questions.*

Barry Lopez

*All things are possible until they are proved impossible - and even the impossible may only be so, as of now.* Pearl S. Buck

THURSDAY

13

*You whisper - I don't understand.  
I listen - I offer my hand.* ELP

*Rejoice in the things that are present; all else is beyond thee.*

Michel de  
Montaigne

### 12 Cs of Being a Caregiver

- Calm** in Difficult Times
- Companion** and Friend
- Capability** to Continue to Grow
- Capacity** to Keep on Learning
- Challenged** to Do Better
- Creative** Decision Maker
- Competent** to the Task
- Caring** and **Concerned**
- Committed** to a Cause
- Confident** Based on Past Successes

SATURDAY

15

*Touching Peace* 2025

Breathe in such a way that you are nourished.  
You are nourished by your breathing  
and you nourish other people  
with your practice of breathing.  
We nourish one another.

~ Thich Nhat Hanh ~



*How to give voice  
to those raw,  
essential,  
heartbreaking, and  
life-giving places in  
us, so that we may  
know them more  
consciously, live  
what they teach us,  
and mine their  
wisdom for our life  
together?*

Krista Tippett,  
*Becoming Wise*, p. 8

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SUNDAY

16

*The excursion is the same when you go looking for your sorrow as when you go looking for your joy.*

*All experience is an enrichment rather than an impoverishment.*

Eudora Welty

*He (john powell) has a long sense of how change happens quickly and too slowly, all at the same time; and we must always, he says, keep both paces of change in mind and in intention.*

Krista Tippett,  
*Becoming Wise*,  
p. 115

MONDAY

17

Today, Marsha hosted her good friends Bev Jackson and Pat Beeman for a visit. Bev and Marsha share the same birth year and five days apart. They have often celebrated with a meal at a local restaurant. What a pleasure to be in their company!

*I'm a great believer that you had to do everything you've done to have got to where you are.*

Bill Bryson

*If my life had not happened as it did, I would not be who I am.* Matthew Sanford

TUESDAY

18

*From a good teacher you may learn the secret of listening. You will never learn the secret of life. You will have to listen for yourself.*

*Our purpose in life is to grow in wisdom and love.*

*The willingness to consider possibility requires a tolerance of uncertainty.*

Rachel Naomi Remen

*All journeys have secret destinations of which the traveler is unaware.*

Martin Buber

WEDNESDAY

19

*There is only one world, the world pressing against you at this minute. There is only one minute in which you are alive, this minute here and now. The only way to live is by accepting each minute as an unrepeatable miracle.*

Storm Jameson

*In my own life, as the nearer I get to the end of life on this earth, the simpler I want to become.* Fred Rogers

*Science is organized knowledge. Wisdom is organized life.*

Immanuel Kant

THURSDAY

20

*The deepest contentment is not based on external conditions but on being with things just as they are. Relinquishing preferences, abandoning resistances, we access the peace of unconditional contentment. Rather than spiritually bypassing the pain in our hearts and the world, the contemplative's contentment arises from a radical acceptance of the truth.*

Oren Jay Sofer

*The adults don't know what's happening on the kids' universe and the kids don't know what's happening on the adults' universe.*

Alice Hoffman

*Just the knowledge that a good book is awaiting one at the end of a long day makes that day happier.*

Kathleen Norris

FRIDAY

21

Books I am currently reading/rereading:

*Radical Acceptance* by Tara Brach

*Becoming Wise* by Krista Tippett

*Cambridge Companion to Bob Dylan* edited by J. H. Dettmar

*So, I think beauty ... is about the emerging fullness, a greater sense of grace and elegance, a deeper sense of depth, and also a kind of homecoming for the enriched memory of your unfolding life.* John O'Donohue

*Perhaps one has to be very old before one learns to be amused rather than shocked.* Robert Browning

SATURDAY

22

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SUNDAY

23

*Paying attention and awareness are universal capacities of human beings.*

Jon Kabat-Zinn

*It is a process of discovery. It's being quiet enough and undisturbed enough for a period of time so that the songs can begin to sort of peek out, and you begin to have emotional experiences in a musical way.*

James Taylor

*I think daughters can change the perception of their fathers.* Ruth Bader Ginsburg

MONDAY

24

*It's like the elephant in the poem your father loved. Everyone has their hands on a tiny piece of the truth, but nobody can see the whole thing.* Lemony Snicket, *A Series of Unfortunate Events - Book the Twelfth*, p. 182.

*I am in no hurry to finish a book because when I'm through, I just begin another book. The quality of a book is not measured in the number of pages read, but in the quality of writing on a current page I am reading.* ELP

TUESDAY

25

I was looking for my next book and decided to reread one that I found very fascinating and wonder if I'll find additional relevance with my current role as a caregiver for Marsha.

*Becoming Wise: An Inquiry into the Mystery and Art of Living* Krista Tippett

*It may be that when we no longer know... which way to go we have begun our real journey. The mind that is not baffled is not employed. The impeded stream is the one that sings.* Wendell Berry

WEDNESDAY

26

*There was an excerpt on CBS Sunday Morning that featured a couple's secret of a long, healthy marriage. Every night before they retired, he would sing her a song. It was quite touching. Tonight, I brought out the Omnichord and played "You are my Sunshine" as I sang the opening lyrics. I need to compose additional lyrics that are a little more upbeat than the original ones. I also placed Marsha's hands over the strum bar and moved them to the beat of the melody. I was pleased with the results.* ELP

- In all marriages there is struggle and ours was no different in that regard. But we always came to the other shore, dusted off, and said, There you are, my love.*
- Have you located your passion as if this was your last night on earth?* Elizabeth Alexander

THURSDAY

27

*When you fail at something, the best thing to do is think back to your successes, and try to replicate whatever you did to make them happen.* Rosabeth Moss Kanter

*A true photograph need not be explained, nor can it be contained in words.* Ansel Adams

FRIDAY

28

*The wiser a man becomes, the more he will read, and those who are wisest read most.*

Hans Christian Andersen

*Have no fear of perfection - you'll never reach it.*

Salvador Dalí

*The whole problem can be stated quite simply by asking, 'Is there a meaning to music' My answer would be, 'Yes.' And 'Can you state in so many words what the meaning is 'My answer to that would be, 'No.'*

Aaron Copland

*Life is divided into three terms - that which was, which is, and which will be. Let us learn from the past to profit by the present, and from the present, to live better in the future.*

William Wordsworth