

A Week in Images and Quotes

August - 2025

Let Your  Shine!

Your spirit took flight  on March 22, 2025.

You were my heart .

Your presence enlightened me. 

Our lives had many highs. 

You didn't need the spotlight. 

I witnessed your pain  with a brain changing disease

As we entered the twilight  of our lives.

You remain the dear  of my life.

 = LIGHT

What I aspired to be and was not, comforts me.

Robert Browning

The painter Ragnar Sandberg once said that art should be without purpose, and irresistible. You have to paint like the birds sing.

Fredrik Backman, *My Friends*

The thing that lies at the foundation of positive change, the way I see it, is service to a fellow human being. Lech Wałęsa

When I was young, I admired clever people. Now that I am old, I admire kind people.

Abraham Joshua Heschel

FRIDAY

01

SATURDAY

02

Being fully present to fear, to gratitude, to all that is—this is the practice of mutual belonging. As living members of the living body of Earth, we are grounded in that kind of belonging. Even when faced with cataclysmic changes, nothing can ever separate us from Earth. We are already home. Joanna Macy

*Well time used to move softly
When I was at home
It went on without me
And left me alone
Now it sits at my shoulder
And claws at my pen
And I feel like I need you again*

*And ooh, a song needs a reason and rhyme
And ooh, my love needs a little more time.*

Tom Chapin

I'm not sure why, but I got a good chuckle when I read this quote:

Journalism largely consists of saying 'Lord Jones is Dead' to people who never knew that Lord Jones was alive. G. K. Chesterton

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SUNDAY

03

Marsha Lynn Pancsofar
(1949 – 2025)

Memorial Tribute
August 3, 2025



The contents of this booklet
can be read at
pancsofarblog.org

During the rest of August, I will search
for resources/insights that bring
gratitude and thanks to Marsha's
presence in my life.

Yellow orchids symbolize friendship,
joy, and new beginnings.

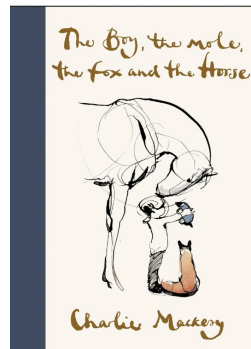
Purple orchids symbolize royalty,
respect, admiration, and dignity.

MONDAY

04

TUESDAY

05



Pat read excerpts
from this book

*"To be honest, I often feel I have
nothing interesting to say," said the fox.
"Being honest is always interesting,"
said the horse.*

WEDNESDAY

06

*"What's your best
discovery?" asked
the mole?
"That I'm enough
as I am." said the
boy.*

*"Nothing beats
kindness," said
the horse. "It sits
quietly behind all
things."*

THURSDAY

07



FRIDAY

08



SATURDAY

09



I wore 3 T-shirts during the Memorial Tribute for the following reasons:

- One of Marsha's good friends is Bev Jackson, who designed a T-shirt with a focus on Camp Harkness. I wanted to honor Marsha and Bev's friendship as they shared the same birth year on February 6th and 11th, just five days apart.
- My journey with Marsha, especially, during the past five years, is represented by the many steps in a labyrinth: an ongoing journey that concluded with Marsha's death on March 22, 2025 - - - or does it?
- The Jeopardy T-shirt represents the focus of posing our challenges in a relationship in the form of a question: how can we support each other along our life journey to assist each in attaining our goals and an enhanced quality of life?



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
<p>There is always one more:</p> <ul style="list-style-type: none"> ❖ place to clean where dust likes to dwell amid thoughts from the depths of my memory's well. ❖ photo to remind me of our past and gifts I did give that I thought would last. ❖ "I Love You" at the tip of my tongue and songs in my head that are yet to be sung. ❖ reason to always do what is right and always engage in a new delight. ❖ quote from the people I have read as I marvel at the words they have said. ❖ breath to begin a new day - - - until there isn't. ELP <hr/> <p>Sample of songs played during a slide presentation at the Memorial Tribute for Marsha:</p> <ol style="list-style-type: none"> 1) Keep Me In Your Heart by Warren Zevon 2) I Will Always Love You by Dolly Parton 3) You Are So Beautiful by Joe Cocker 4) Let the Mystery Be by Iris DeMent 5) Death Is Not the End by Bob Dylan 6) Brown Eyed Girl by Van Morrison 7) I Remember Everything by John Prine 8) I'll See You In My Dreams by Joe Brown 9) Love That Makes a Cup of Tea by Gretchen Peters 			<p>I composed this acrostic poem after hearing George read the poem Borrowed Time.</p> <p style="text-align: center;"> Be mindful of each m Oment fo Rone neve R kn Ows When d Eath Decides </p> <p style="text-align: center;"> To ins Ist that we co Me hom E . </p>		<ul style="list-style-type: none"> • <i>Art is what we leave of our- selves in other people.</i> p. 221 • <i>She (Fish) said it didn't matter if we lived to be eighty years old, because that's only a billion different nows, and one really good now is enough.</i> p. 222 • <i>Isn't it like totally unbelievable that we even exist? So it won't be a tragedy when we don't exist anymore! It's just cool, really cool, that we happened at all.</i> p. 233 Fredrik Backman, My Friends 	<p><i>I like a quiet life.</i> Wendy Cope</p> <hr/> <p><i>I don't know anything about the hereafter, but I am not afraid of it. The further I get away from the superstitions in which I was born & mistrained, the more the idea of a hereafter commends itself to me & the more I am persuaded I shall find things comfortable when I get there.</i> Mark Twain</p> <hr/> <p><i>Don't give your advice before you are called upon.</i> Erasmus</p>

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SUNDAY

17



Honor the Memory

Michelle Wallace has granted me permission to include this Nature Mandala Art as part of the back cover to the online version of the Memorial Tribute booklet.

[naturemandala.com]

The value of old age depends upon the person who reaches it. To some men of early performance, it is useless. To others, who are late to develop, it just enables them to finish the job. Thomas Hardy

MONDAY

18

TUESDAY

19

- *You must create your own world. I am responsible for my world.*
- *I never feel age... If you have creative work you don't have age or time.*
- *What we call reality is an agreement that people have arrived at to make life more livable.*
- *In the end, as you get older and older, your life is your life, and you are alone with it.*
- *Character is the architect of the being.*

Louise Berliawsky
Nevelson

WEDNESDAY

20

THURSDAY

21

Otherwise

*I got out of bed on two strong legs.
It might have been otherwise.*

*I ate cereal, sweet milk, ripe, flawless peach.
It might have been otherwise.*

*I took the dog uphill to the birch wood. All morning I did the work I love. At noon I lay down with my mate.
It might have been otherwise.*

*We ate dinner together at a table with silver candlesticks.
It might have been otherwise.*

I slept in a bed in a room with paintings on the walls, and planned another day just like this day.

But one day, I know, it will be otherwise. Jane Kenyon

I happened upon the lyrics of a song Cuttin' Through, by the Kenn Morr Band, who recently played here in Columbia, CT.

*Forget what you cannot change and keep the rest of it in range
Flying straight can feel so strange
But when another dawn does break and you hear the robins wake
Remember there are always roads to take.*

Chorus

*In a way, everything you do comes back on you.
No one can say when it's coming 'round and cuttin' through.*

FRIDAY

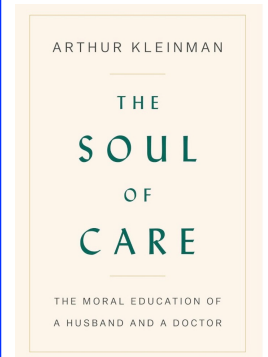
22

SATURDAY

23

In order to go on living one must try to escape the death involved in perfectionism.

Hannah Arendt



Courtney Martin recommended this book and it will be on my reading queue. I expect several quotes will be worthy of inclusion in these journal entries.

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SUNDAY

24

Care does end with death but involves actively caring for memories. I learned that caregiving entails moments of terror and panic, of self-doubt and hopelessness – but also moments of deep human connection, of honesty and revelation, of purpose and gratification.

Arthur Kleinman,
The Soul of Care,
p. 3-4

I don't write drafts. I write from the beginning to the end, and when it's finished, it's done.

Clifford Geertz

MONDAY

25

I haven't been out on the deck by myself for quite some time. It's a very pleasant August day – my birthday eve to be exact. The day lilies are in bloom once again in the center of the backyard. There's a clear blue sky – slight breeze on occasion.

A butterfly comes over to inspect me as it sets about to sense the order of things. I must not be worth its interest. "What are you doing out here," it might be thinking.

How long will I stay?
It depends.

How long does it take to drink a large cup of Kona, whole bean, ground coffee?

Do the empty chairs talk to each other when no one is around? Are they jealous of the one I chose for my stay on the deck?

Well, that's the final sip.

"How long was I out here?" I wonder.
"I wasn't keeping time," replied my inner voice!

TUESDAY

26

WEDNESDAY

27

It is easier to achieve a desired result in short pieces.

Gustav Mahler

Ernie's Inner Voice: Happy Birthday, Ernie. How does it feel to be 74?

Ernie: Not bad. A lot has happened over this past year. I wonder what memories will be contained in this next year's sequence of journal entries.

You say it's your birthday, It's my birthday too, yeah!

The Beatles

THURSDAY

28

I wrote the following comment after reading Courtney Martin's interview with Carla Fernandez on the occasion of her book: *Renegade Grief*.

I really liked the accepting-acceptance discussion. I think about a similar perfection-perfecting concept. I remember going to a kiln in Maine during my youth and hearing a potter explain: "I am searching for the perfect plate. I will never make one, but I have made many perfecting plates along the way." (paraphrased). The finish line to grieving will not be crossed. However, I learn more about myself in caring for the memories that resonate with my grieving. I spend many minutes that combine into hours data mining my journals for quotes, poems, images that keep my wife's memory alive and I can document the process of honoring my relationship with her. I look forward to reading Carla's book.

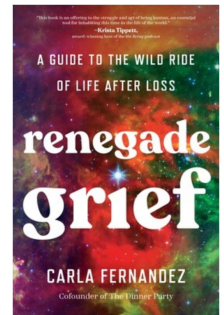
One cannot choose how one's life begins but one can choose to face the end with courage. Jet Li

FRIDAY

29

SATURDAY

30



As I continue to read a biography of Mark Twain, I am at the part when his friend Charles Dudley Warner (CDW) dies in 1900. Here is a quote from CDW:

Perhaps nobody ever accomplished all that he feels lies in him to do; but nearly everyone who tries his power touches the walls of his being.

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SUNDAY

31

Selected Delights for August

- 01: Watching multiple episodes of Murdoch mysteries with Natyra
- 02: Nadya, Leo and Randy arrive – prep for tomorrow’s memorial tribute. Also walking at a brisk pace at Lebanon Green using the blue tooth connection to right hearing aide.
- 03: Memorial Tribute for Marsha
- 04: Quiet day of reflection from emotions of yesterday’s memorial tribute with Natyra, Nadya, Randy and Leo
- 05: Return to routines with a specific emphasis on reflecting on events from memorial tribute for blog
- 06: Developed an acrostic poem for blog based on title of a poem read by George at Memorial Tribute: Borrowed Time
- 07: Beginning a booklet of journal starters to share with members of Empowering Partnerships Network at LiveWell
- 08: WORDLE in 2! Two excellent quotes for blog from Backman, *My Friends*
- 09: Walked briskly around Lebanon Green (2 laps) / slow cool down – felt quite refreshed after shower
- 10: Enjoyed viewing a CBS Sunday News segment on Woody Guthrie
- 11: Today’s telephone conversation with Natyra
- 12: In the later days of her life, Marsha enjoyed sipping on a good smoothie. I had one tonight to connect with this memory.
- 13: Participation in online support group for caregivers - common experiences & feedback with peers
- 14: Visit from Jesse Turner recalling past times talking, walking and working together.
- 15: While sorting through some old pictures in the basement, I discovered photos of Marsha that I didn’t realize I had.
- 16: I took a picture of the fog lifting from the Lebanon Green prior to my walk.
- 17: Finding a poem Marsha had written for me on January 3, 1983.
- 18: Purchase of a Gulf of Maine poster from artist Jill Pelto, who combines art and climate change / found a second poem that Marsha had written that I had not remembered

I love you and I believe in you.

Frerdrik Backman, *My Friends*,
p. 358



This the beginning of my daily walk in Lebanon, CT taken on August 16, 2025

Marsha wrote the following poem on January 3, 1983:

*When I saw you, my heart gave a tug,
And my arms yearned for your hug.*

*For they knew what I knew not yet
From the moment that we first met.*

*My heart could know no other
And given a choice I'd rather*

*Spend all my days and nights
In the halo of your love's bright light.*

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19: There is an ease to the pace of activities in which I engage during the day: reading from three books, completing a section of an acrostic, daily walk at Lebanon Green, eggplant grinder from Motta's, organizing journal entries, etc

20: Reading Parker Palmer's quote on solitude as he commented on a short essay written by Courtney Martin.

There are several nominees for Delight of the day for August 21, including:

- Received note cards from Michelle Wallace of naturemandala.com that I will include in some gifts for three of Natyra's friends who attended the recent memorial tribute.
- Listened to a pod cast during my walk at Lebanon Green including commentary by Courtney Martin and geriatrician Dr. Carla Perissinotto
- Read article from NY Times on keeping creative post retirement
- Drank first cup of coffee using Kona whole bean coffee
- Received check in the mail for CT State Tax Refund from 2025

And the winner is:

21: Finished reading: *My Friends* by Fredrik Backman

22: Three gifts packaged and mailed to Natyra's friends who attended the Memorial Tribute on August 3rd.

23: Red Sox defeat the Yankees today (12-1) to win three in a row with another game tomorrow night. What a DELIGHT!

24: Listening to *May I Suggest* by Red Molly "suggested" by Courtney Martin in her newsletter today

25: Received a bereavement card from Peter and Lois Doran who thanked me for sending them the Tribute booklet. Peter was one of the major reasons that I went to SIU for my master's and doctoral degrees and therefore instrumental in my meeting Marsha.

26: After my two lap walk around Lebanon Green, drinking a cup of Kona, ground whole bean coffee on the deck with pen and paper in hand.

27: I am 74 years old today. What better delight is that? The Red Sox winning on my birthday is a close second.

28: New brake pads on the car so I can drive more safely.

29: Reading Kleinman book on new iPad Pro -/ easy to use - I enjoyed it

30: Completed watching the Thursday Murder Club - quite a cast of celebrities, older actors/actresses. I liked it.

31: Finishing the book *Soul of Care* by Arthur Kleinman

Breath, breath in the air

Cherish this moment

Cherish this breath

Tomorrow is a new day for everyone

Follow the Sun, lyrics by Xavier Rudd

Creativity can also boost a person's sense of "meaning," Dr. Schooler added. "There is great evidence that finding meaning in life gives one a great personal satisfaction."

What Happens to Your Brain When You Retire?
Mohana Ravindranath, 3/26/25, read in the NY TIMES online, 8/21/25

It's a funny thing. The person we fall in love with, we hardly ever call by their name. Because it's somehow just so obvious that it's you I'm talking to, that it's you I'm always thinking of. Who else?

Fredrik Backman, *My Friends*, p. 361