

On the Path of the Perfecting Caregiver

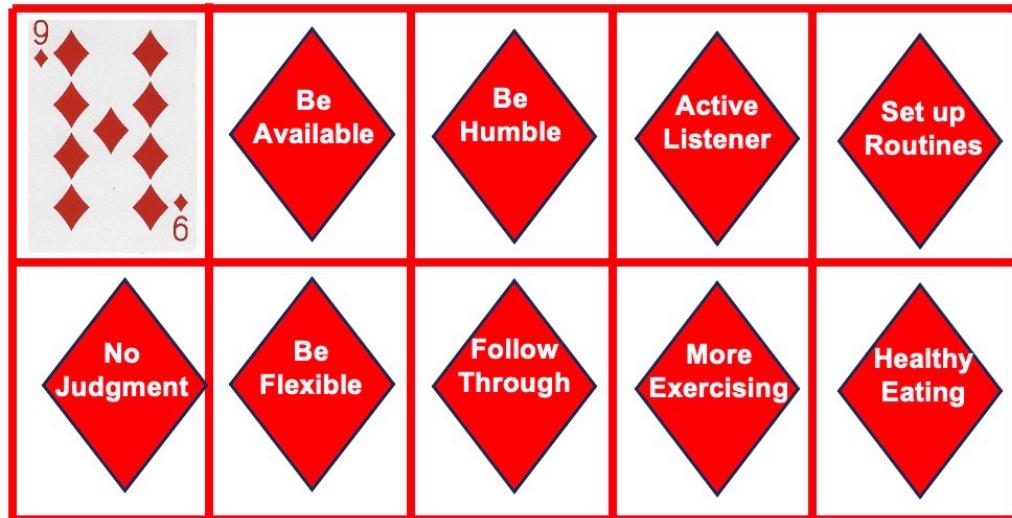
**Reflections Using the Visual Organizers
of an Acrostic Poem and
Other Graphic Displays**

Current Update: 12/19/25

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I have been an adherent to the graphic organizer called an acrostic poem. I have also included other graphic organizers that provided clarity to my thoughts and feelings. The content of this document contains reflections over the past five years in my role as caregiver for my wife who lived her final years with dementia.

3/19/23



One of the creative connections I have used in the past is to associate a playing card with what is happening in my life at the moment. The 9 of diamonds surfaced yesterday and I decided to identify 9 “gems” of advice I would give myself for the upcoming few months to foster contented involvement for both Marsha and me.

4/12/23

Setting up Routines
Using Time Wisely
Contented Involvement
Celebrating Small Victories
Enjoying the Moment
Simplifying Daily Demands
Seeing Meaningful Connections

I have used this acronym over the years to define what success means to me at various points of time in my life. Here is my current version.

6/11/23

We make great company!
We are here for each other.
Being mindful is necessary.
It's a good life, my dear.
Follow routines daily.
We are calm and peaceful.
We hold hands together.
Quality times matter!
I like growing older with you.
Let's do new things together!
Nadya and Nadya are special daughters!
Show down!

6/20/23



6/25/23

A WELCOME VISIT LAST WEEK
FROM NATYRA

Home Depot - flowers
F I rst Alaskans Docu-Series
Dr. Ber G Tele-Video Appt.
New Was H er & Dryer
Scal Lops & Cod Dinner
Conversat I ons on the Deck
G ardening
S H aring Time & Space
Mot T a's Pizza
Natyra' S Presence

12/01/23

Genuine
Reflective
Active
Thankful
Ideal
Truthful
Unconditional
Delicate
Earnest

7/09/23

Rest *I*ng
Bewilderme*N*t
Confusio*N*
Wonder
Pea*C*e
Tendern*E*ss
Unspoke*N*
Existen*C*e
Awar*E*ness

*I see you resting across the way;
Eyes are closed this time of day.*
*Bewilderment occupies a space in your mind.
I wonder what else there we could find.*
*Confusion certainly has a place
Of prominence in that hidden space.*
*I wonder what my role can be
To help you and me become a we.*
*Peace is a welcome state
To put on our daily plate.*
*Tenderness should be our plan.
With practice, I think we can*
*Interact in unspoken affections
In our daily interactions.*
*Our current existence
Requires much patience*
*And awareness of our values and truths
We formed long ago in our youths.*

8/09/23

Write reflections

Involve loved one in choices
Share experiences with family members
Discover creative approaches
Observe contented involvement
Make mistakes - to learn from

8/31/23

E ach of us can take time to **J**oin in
Reflection to pause & disc **O**ver the
Learn **N**ing that daily occurs in o **U**r
L **I**ves when we search inwa **R**dly. This
R **E**quires a strong commitme **N**t to use
One 's energy to live each and **E**very day
Wi **S**ely - throughout all of our **Y**ears.

11/17/23

I developed the following acrostic and poem to summarize my approach to teaching. I see many parallels to my current care giving role.

C onnections	
F R eedom	
E xcitement	Making connections from a variety of resources
PI A y	Means freedom to choose how to approach my courses.
T ime	Excitement should be felt by one and all.
I nitiative	Play and work answer to the same call
Gi V ing	When I use my time in chosen ways
Reflect I on	And take initiative in all my days
Grow T h	To be giving and caring with each one.
M Y stical	My reflections remind me that none
	Of my growth can be of any measure -
	It's a mystical feeling – my very own treasure.

11/15/23



12/26/23

Love endures forever – so the saying goes.

What comes after forever? It seems nobody knows.

Joy exists in small events that take place throughout each day.

When taken all together – Joy happens just that way.

Peace comes in pieces in little moments of time.

Peace is an outcome – 10 pennies for a dime.

Patience holds a space of waiting

Not acting without first listening.

Kindness can be a part of everything we do.

It's an attitude and frame of mind with compassion mixed in too.

Goodness contains selfless acts of doing.

Perceived in abundance from a loved one's viewing.

Faithfulness is a vow to strengthen the ties

Between us as we advance in each of our lives.

Gentleness is a mood in
our actions with each one
With respect and dignity
in all that is done.

Self-Control evades me
in ways to be more fit.
So, I'll make a goal
of loving you and know
I'll accomplish it.



2/10/24

Presence
Routines
Observe
Content
Equal
Slow Down
Silence

Your **presence** each day
Enlightens the way
We do our **routines**
together as a team
I **observe** movements
To create improvements
To be **content** & satisfied
With you at my side
Equal in our status in life
Living as husband & wife
Slow down our pace
Life is not a race
And in **silence** and peace
Our love will never cease.

2/20/24

Sacred Space
Unique Journeys
Personal Stories
Perspectives by Facilitator
COnnected
Respectful Listening
Transitions

Gratitude
Routines Matter
NO njudgemental
Useful Information
Personal Growth

7/24/24

Notes from a support
group meeting

Refram **I**ng
Fra **N**kl Quote
It Goe **S** Around and Around
G I ve up the Need to be Right
Tou **G** hest Journey
H ang in There!
4 **S** T eps Forward
2 **S** teps Back

3/12/24

Always **A**im to **A**chieve **A**ccomplishments.

Take **T**ime To **T**each **T**olerance.

Teaching **T**akes **T**act and **T**echnique.

Inital **I**nsights **I**nvolve an **I**nvestment of your time.

Triumph **T**oward **T**ackling **T**ough challenges.

Understand **U**niqueness and **U**ncomfortable **U**ncertainties.

Demand **D**iligence **D**uring **D**eliberations

Encourage & **E**ngage **E**veryone **E**qually.

6/7/24



*I try to remember my current ways
to balance the activities throughout the days.
I need to remember where my strength originates
When I develop my goals and not eliminate
A place for Hope - - but I digress
In my moment-to-moment view of success.*

6/26/24

Inner Voice
Networking
Tender Moments
Reframing
Ongoing Experiences
Stress Reduction
Positive Feedback
Exploration
Commitments
Tension
Inspirations
Opportunities
Never Say Never

*While sitting on our deck
yesterday, I pondered on the
elements of INTROSPECTION.*
*My inner voice speaks –
No one hears but me.
Wisdom and guidance
Are offered for free.*
*Networking on-line
With caregiving friends
Provides me resources
Some odds and ends.*
*Tender moments occur
at unexpected times
Be on the lookout
Compose some rhymes*
*Reframing can put
Events in a new light
Turning a wrong
Into a right.*
*Our life consists of
Ongoing Experiences
Let's not get stuck
Focusing on differences.*
*Stress reduction breaths
Relax my mind
Calm my spirit
From the daily grind.*

*Give positive feedback
And set the tone
With affirming words
In a negative-free zone.*
*This Alzheimer's condition
Needs more exploration
Just how do I fit in
Amid this situation.*
*My commitments
To you made long ago
I am here by your side
Forever --- you know.*
*For no apparent reason
Tension is in the air
I go with the flow
From here to there.*
*Inspiration's knocking
At my kitchen door.
I welcome its presence
I could use some more.*
*There are opportunities
To figure out what to do
I'll slow down and listen
To feedback from you.*
*Never Say Never!
Be open to the call.
There are no ANSWERS
But options for us all!*

8/27/24

Words found on
different items in
the living room

Nice
Thanks
Peaceful
Dream
Moment
Enjoy
Together
Kind
Hearted
Happiness

A Poem to Marsha on the Occasion of my 73rd Birthday

*Thanks for being here with me
Moment-to-moment is the way to be.
There's peaceful music in the air
Knowing together – we make a good pair.
You are kind, caring and good besides,
I feel happiness with you by my side
As we enjoy how our lives do unfold
A warm-hearted love as our hands we hold.
It's nice to have you in my life
As we dream on today as husband and wife*

10/10/24

Pursuing
Activities with the
Sense of
Sacred
Inspiration and
Ongoing
INtrospection

3/12/24

Giving
Volunteering
Do Nating
Attitud E
Expe R tise
Supp O rt
S pirit
T I me
Committment

Yes I Can!

10/7/24

Shadow Side

In the Light

What Do You Need

Develop Interdependence

A Lost Adventure

Enrichment of "What Is"

Doom & Gloom

Meaningful Times Together

Dreadful Fat

Enduring Love & Connection

Sadness & Depression

New Sense of "Normal"

Dwell on What is Lost

Thankful for What Still Is

A Lost You and I

Welcome a "New" Us

Missing Parts of Marsh

Access to Marsha's "Essence"

10/28/24

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

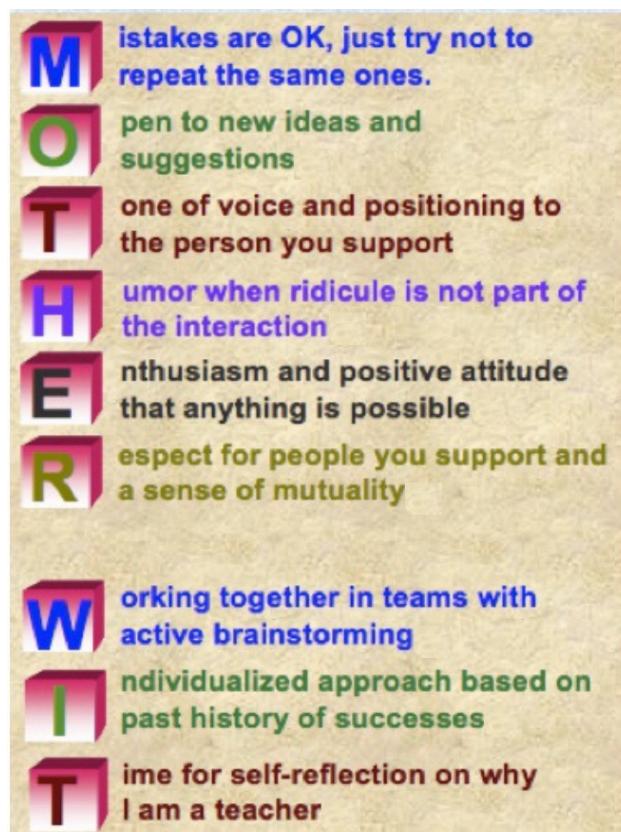
Ernie's
Ne X t
Pers P ective
On Lif E
Evolves F R om
Prev I ous
E ncounters
Without K N owing
Whi C h ones are the
Most M E aningful

11/6/24 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

12/10/24

As I worked on my acrostic puzzle this week, one of the answers was mother wit. This reminded me of a graphic organizer I developed several years ago. Caregiver could replace "teacher" for the final element.



02/13/25

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

08/01/25

Let Your Shine!

Your spirit took  on March 22, 2025.

You were my heart .

Your presence en  ened me.

Our lives had many high s.

You didn't need the spot .

I witnessed your p  with a brain changing disease

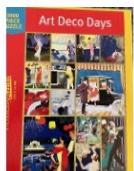
As we entered the twi  of our lives.

You remain the de  of my life.

3/15/25

Marsha's family gathered around her one week before she died. The images below and the poem on the following page help to commemorate this occasion.

Butterfl I es and Flowers



Art D eco Puzzle



Littl E Prince



S cratch Tickets

Robert O 's Log Cabin



M
N A
N A T Y R A
E D S
R A N D Y H
N A A
I
L E O

F ocus on Marsha (Mom/Nana)



Fa M ily Gathering



Photo A lbum

Siste R s



Omni C hord

C laudia's H elp



2025

Saturday, March 15th

IDES OF MARCH

There was a Family Gathering on this momentous day
With a focus on Marsha (Mom/Nana) as a way
Of honoring this matriarch of our family.

Nadya assembled a Butterflies and Flowers display
While Randy & Leo Scratched their lottery Tickets in dismay;
Winning the big payoff will just have to wait another time.

The Photo Album presents a history of Marsha's life
Before and after becoming Ernie's wife
And it will be cherished forever.

Orders were taken for Roberto's Log Cabin
They have every kind of food that you could imagine
And it was just down the road in Lebanon.

The Little Prince made an unexpected presence
As Nadya & Leo prepared his appearance
Reading from the book, cover-to-cover.

Ernie has this important message to report
Sisters (Nadya and Natyra) provide enormous support
For him as the primary caregiver for Marsha.

A puzzle with a Art Deco theme
Was assembled by Natyra and others on her team,
One of many more over the weekend.

Leo strummed on the Omnichord and could be heard
As Ernie worked another answer to his crossword.
The atmosphere was upbeat and positive.

There's no need for anyone to get nervous
Claudia is here to offer her service
And is embraced as Marsha's valued companion and friend

08/03/25

Be mindful of
each m **O**ment

fo **R** one

neve **R**

kn**O** ws

When

d **E**ath

Decides

I composed this acrostic
poem after hearing
George Ducharme read the
poem *Borrowed Time* at
Marsha's Memorial
Tribute.

To
ins **I** st that
we co **M**e
hom **E** .

10/01/25

Marsha's School for Life

Movement

(dance, yoga, walking)

Adventure

(following my passion)

Renewal

(each moment is a new beginning)

Spiritual connection

(breathing, meditation, prayer, awareness of sacred)

Healthy eating

(flexible, moderation, personal, livable)

All together now

(synergy)

Although I placed this
acrostic on October 1st, it
was originally composed
by Marsha in 2001.

10/16/25

Written following a brief visit with my mom
and dad in Greensboro, North Carolina.

Extraord I ary Care

M ary and Gene

P rovide for Mom & Dad

Count R ry Park

E xercising Each Day

Mary Prepared S uperb Meals and

S eamstress Duties, As Well

Mom's Brief Hosp I tal Stay for Fracture in Hip

H Onoring Mom & Dad's Presence

Co N versations With

S iblings & Relatives

T I me to Process

Mome N ts Without Marsha

Looki N g Forward to

Next Oc C asion to Visit