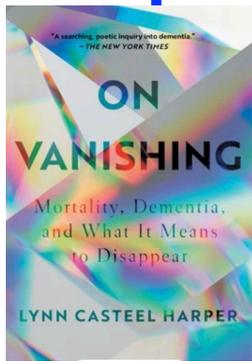


# A Week in Images and Quotes

## March - 2026

SUNDAY

01



I am reading this book, which has been recommended by several people and from which I am gaining much insight from the author. In particular, there is a section in which she compares society's reaction to those living with dementia to how individuals with developmental disabilities are often perceived. I think she is accurate to draw this parallel as my career has intersected with individuals with significant cognitive disabilities and I believe heavily influenced my reaction to supporting and caring for Marsha during her time living with dementia.

MONDAY

02

TUESDAY

03

- *The only thing I have done religiously in my life is keep a journal. I have hundreds of them, filled with feathers, flowers, photographs, and words - without locks, open on my shelves.*
- *To slow down is to be taken into the soul of things.*
- *The human heart is the first home of democracy. It is where we embrace our questions: Can we be equitable? Can we be generous? Can we listen with our whole beings, not just our minds, and offer our attention rather than our opinion? And do we have enough resolve in our hearts to act courageously, relentlessly, without giving up, trusting our fellow citizens to join us in our determined pursuit-a living democracy?*
- *The Eyes of the Future are looking back at us and they are praying for us to see beyond our own time.*

Terry Tempest Williams

WEDNESDAY

04

THURSDAY

05

In response to a posting on "editing" that caught my attention by Pádraig Ó Tuama.

*I don't want to be edited.  
I don't want to be critiqued.  
I just want to be.*

*Everything can be improved, but why - - - ?*

*The essence of a message first written contains a missive that can be over analyzed.*

*Those of us who aren't professional poets/writers still have an audience that receives our unedited drafts or sequence of edited drafts.*

*It is what it is.*

*The path of our inner voice has a channel to communicate an idea or emotion.*

*Leave it alone - - - but hear my voice. ELP*

FRIDAY

06

SATURDAY

07

Recently my attention was drawn to a quote from a recent Jeopardy show:

*The unexamined life is not worth living. Socrates*

*The purpose of my recent journaling and past writing experiences draws heavily from this perspective: the examined life. My reflections allow me to make sense of past experiences and their role in shaping who I am now, as I write these words. The road to "here" has been influenced by the experiences "there" - along the way.*

# A Week in Images and Quotes

## March - 2026

SUNDAY

08

MONDAY

09

TUESDAY

10

WEDNESDAY

11

THURSDAY

12

FRIDAY

13

SATURDAY

14

Kate Swaffer wrote the following statements from the perspective of a person living with dementia. I find her comments to be an honest request for those of us who are/have become caregivers for loved ones. We can be models for others on how to interact with our loved ones with dignity and respect while acknowledging our interdependence. (<https://kateswaffer.com>)

### 20 Things Not to Say to Someone with Dementia

- 1) Don't say 'but you don't look or sound like you have dementia'.
- 2) Don't tell us 'we are wrong'.
- 3) Don't argue with us or correct trivial things.
- 4) Don't say 'remember when ...'.
- 5) Don't refer to us as suffering, sufferers, demented, dementing illness, vacant dement, demented sufferer, an empty shell, fading away, disappearing, or that it is the longest goodbye, saddest goodbye, stealing us away (we are always still here), afflicted.
- 6) Don't say you are 'living with dementia', unless you are diagnosed with dementia.
- 7) Don't remind us of the death of a loved one or pet.
- 8) Don't blame the person for the changes in behaviour or personality.
- 9) We have a form or type of dementia, not an 'affliction'.
- 10) Don't call me honey, love or anything other than my preferred name.
- 11) Don't refer to us as 'aggressives', 'wanderers', 'poor feeders', 'wetters', 'attention-seekers', 'non-communicators' or as 'obstructive' - we are still human beings.
- 12) Don't assume because we can't tell you, your words or actions don't hurt our feelings.
- 13) Don't assume I can't answer for myself.
- 14) Don't talk about me to someone else, in front of me.
- 15) Don't assume we can't communicate even if I can't speak.
- 16) Don't say 'but I've just told you that' or 'you've asked me that already'.
- 17) Don't think we can't feel pain, or have emotions.
- 18) Don't call us 'sufferers' or 'victims'.
- 19) Don't assume we don't understand, just because we are silent.
- 20) Don't assume anything; it makes an ass out of yo(u) and me.