

A Week in Images and Quotes

June - 2026

MONDAY

01

I am a frequent reader of Pádraig Ó Tuama's Substack postings and a recent one included the "pantoum," a poetic format that includes a systematic repetition of prompts in a specific order. For example, Padraig offered the following prompts:

1. Today, it is ...
2. and I ...
3. although yesterday I ...
4. As I write I ...
5. When I was younger I ...
6. I couldn't have known ...
7. and anyway ...
8. I had a dream that ...

The sequence of these lines are 1-2-3-4 / 2-5-4-6 / 5-7-6-8 / 7-3-8-1

TUESDAY

02

WEDNESDAY

03

THURSDAY

04

FRIDAY

05

SATURDAY

06

*Today, it is great to be back home amid quiet moments
and I think back on the momentous events of the recent past
although yesterday, I was traveling from North Carolina back to my home.
As I write, I find these thoughts and feelings will last,*

and I mourn the passing of my mom.

When I was younger, I didn't appreciate her significant presence.

As I write this poem, I appreciate her much more.

I couldn't have known how important she would be to forming my essence.

*When I was younger, I saw her learn many skills that beckoned her attention
and anyway, I realized how she mastered them all.*

I couldn't have known the contribution she would make to my well being.

I had a dream that she and my own departed wife, Marsha, were having tea in a great hall

and anyway, life goes on with and without loved ones

although yesterday (as) I was thinking of the tolling of the death knell,

I had a dream that involved the mystery I may experience after my own death.

Today, it is necessary to draw strength from the bottom of my well.

Here are my take-aways from listening to Courtney Martin who was a member of a Caregiver Roundtable:

- *Caregiving strips you of the delusion of perfection.*
- *Reciprocal care of the soul goes on among loved ones.*
- *What we do is sacred work.*
- *Happy hour on the porch!*
- *Caregiving brings back the AWE!*

Live Connected
to Nature

MARSHA PANCOSOFAR

On June 6th, my daughters, son-in-law, grandson and I attended a ceremony to celebrate LiveWell's Campus Transformation. Marsha was there in spirit, symbolized by a brick dedicated in her name, in a peaceful courtyard.

A Week in Images and Quotes

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SUNDAY

07

We must be reminded of the wisdom of this great teacher:

- *I cannot be a teacher without exposing who I am.*
- *Reflection and action must never be undertaken independently.*
- *The teacher is of course an artist, but being an artist does not mean that he or she can make the profile, can shape the students. What the educator does in teaching is to make it possible for the students to become themselves.*
- *Learning is a process where knowledge is presented to us, then shaped through understanding, discussion and reflection.*
- *The teacher is no longer merely the one-who-teaches, but one who is him/herself taught in dialogue with the students, who in turn while being taught also teach. They become jointly responsible for a process in which all grow.*

Paulo Friere

MONDAY

08

TUESDAY

09

My recent comment on Parker Palmer's Substack upon his posting of a commencement address he delivered in 2015 at Naropa University in Bolder, CO:

*As my mom passed 18 days ago and my wife passed 14 months ago, I ponder the words of your 2015 commencement address as I enter my next phase of life: elderhood. I am graduating to my next stage of learning having retired from 21 years in higher education followed by four years as care partner during my wife's final years living with dementia. If I abide by your advice in my commencement onward, I will have been "faithful" to lessons learned on my life's journey ... so far. I have valued your wise counsel since first opening *The Courage To Teach* many years ago.*

*He [Count Rostov] had said that our lives are steered by uncertainties, many of which are disruptive or even daunting, but that if we persevere and remain generous of heart, we may be granted a moment of supreme lucidity - a moment in which all that had happened to us suddenly comes into focus as a necessary course of events, even as we find ourselves on the threshold of a bold new life that we had been meant to lead all along. Amor Towles, *A Gentleman in Moscow*. pp. 441-442*

*After reading *A Gentleman in Moscow* (for the second time) and simultaneously listening to the audio book (for the first time), I decided that I would now venture forth to another Amor Towles book: *The Lincoln Highway* . . . and I downloaded the audio recording to listen to as I read along.*

WEDNESDAY

10

THURSDAY

11

FRIDAY

12

His mother saw that he was not lonesome, and because she was an understanding mother, even though she was a cow, she let him just sit there and be happy.

*Munro Leaf, *Ferdinand the Bull**

Final Thoughts I Delivered in a Presentation on June 13th as a Member of a Speaker's Bureau at LiveWell

You do what you think/feel is right based on the information and resources you currently have and, when you have new information and more resources, you experience a more enhancing relationship as a caring partner with a loved one.

*As I listened to a podcast hosted by Gretchen Rubin who had Austin Kleon as her guest, a quote by E.L. Doctorow interested me: *Writing is like driving a car at night in the fog. You can only see as far as your headlights, but you can make the whole trip that way.**

SATURDAY

13