

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!*



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

June - 2026

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

A Week in Images and Quotes

June - 2026

SUNDAY

14

The previous title to one of my documents in the series On the Path of the Perfecting Caregiver was “Truths Along the Way” and included the following acrostic on its cover.

Wha **t** I am
Lea **r** ning
Abo **u** t
Suppor **t** ing
Wit **h**
Compas **s** ion

However, I happened on the following quote by Thomas King:

There are no truths. Only stories.

MONDAY

15

TUESDAY

16

Accordingly, I renamed the previous document to “Perceptions Along the Way” and also changed the word “caregiver” to “care partner” in keeping with dementia positive language.

Ex **P** eriences
Id **E** as
Ponde **R** ings
Refle **C** tions
Fe **E** dback
Ti **P** s by Others
Sugges **T** ions
Ins **I** ghts
Qu **O** tes
Co **N** siderations
Thought **S**

This update is reflected in my writings on pancsofarblog.org.

WEDNESDAY

17

THURSDAY

18

From New York Times Obituary, June 11, 2026
Duane Michals

While other photographers of his era found material in the chaos of street life or the majesty of nature, he took inspiration for his pictorial storytelling from the images and writings of William Blake, Lewis Carroll, Joseph Cornell and René Magritte.

A typical Michals work might be structured like a comic strip, with multiple panels of black-and-white photographs accompanied by handwritten titles or captions, or both.

- *Trust that little voice in your head that says, ‘Wouldn’t it be interesting if ...’; And then do it.*
- *I believe in the imagination. What I cannot see is infinitely more important than what I can see.*
- *Don’t try to be an artist. Find the thing within you that needs to be expressed. You might find it is art.*

Duane Michals

Write every day. You don’t have to write about anything specific, but you should exercise your writing muscle constantly. Jane Yolen

Think for yourself. Ignore the noises around you that polarize and try to promote fear and division. You know better. Be better. Breathe.

Gregory S. Williams

FRIDAY

19

SATURDAY

20

A Week in Images and Quotes

June - 2026

SUNDAY

21

- *Questions can be so tricky, he [Wooly] said, like forks in the road. You can be having such a nice conversation and someone will raise a question, and the next thing you know you're headed off in a whole new direction. In all probability, this new road will lead you to places that are perfectly agreeable, but sometimes you just want to go in the direction you were already headed. p. 362*
- *Wouldn't it be wonderful, thought Wooly, if everybody's life was like a piece in a jigsaw puzzle. Then no one person's life would ever be an inconvenience to anyone else's. It would just fit snugly in its very own, specially designed spot, and in so doing would enable the whole intricate picture to become complete. p. 500 Amor Towles, *The Lincoln Highway**
- *You must plan to be spontaneous.*
- *As you get older, it gets a bit harder to keep the spontaneity in you, but I work at it. David Hockney*

MONDAY

22

TUESDAY

23

- *Everyone is flailing through this life without an owner's manual, with whatever modicum of grace and good humor we can manage.*
 - *If the present is really all we have, then the present lasts forever.*
 - *Perfectionism is the voice of the oppressor. Anne Lamott*
-
- *People in Tibet have an expression. When you reach a certain degree of venerableness and age, and people ask, "How are you?," there is an expression that people use that means, "just barely not dead." Some people might be frightened by it but I think it's quite funny.*
 - *I am daily making myself what I am.*

Robert Thurman

Grief does not come in clean stages: It is more like the current of a river sweeping us into new emotional terrain, twisting and turning unexpectedly. Valerie Kaur

WEDNESDAY

24

THURSDAY

25

- *The books that help you most are those which make you think the most. The hardest way of learning is that of easy reading; but a great book that comes from a great thinker is a ship of thought, deep freighted with truth and beauty.*
- *If you should ask me where I've been all this time, I have to say, "Things happen."*
- *In the end, everyone is aware of this: nobody keeps any of what he has, and life is only a borrowing of bones.*
- *It's well known that he who returns never left.*
- *All paths lead to the same goal: to convey to others what we are.*
- *We are dust and to dust return. In the end we're neither air nor fire, nor water, just dirt, neither more nor less, just dirt, and maybe some yellow flowers.*
- *Two things make a story. The net and the air that falls through the net.*
- *Poetry arrived in search of me. I don't know, I don't know where it came from, from winter or a river. I don't know how or when.*
- *Is 4 the same 4 for everybody? Are all sevens equal? When the convict ponders the light is it the same light that shines on you?*

Pablo Neruda

FRIDAY

26

SATURDAY

27

A Week in Images and Quotes

June - 2026

SUNDAY

28

MONDAY

29

TUESDAY

30



The Dylan Corner of my living room



The best thing about being 80 is that you outlive the clocks that have been chasing you. It's freedom from that lie that anything was ever under control. You don't chase the parade anymore. You're an old king from some vanished country. You're harder to program. You're not rushing to become anything and you're not haunted by things that you did. You're haunted by how little of it really mattered in the way you thought it would. (as quoted in the NY Times on June 14th and attributed to Bob Dylan)

From *A Wrinkle in Time* by Madeleine L'Engle

- I don't understand it any more than you do, but one thing I've learned is that you don't have to understand things for them to be. (Mrs. Murray)*
- Life, with its rules, its obligations, and its freedoms, is like a sonnet: You're given the form, but you have to write the sonnet yourself. (Mrs. Whatsit)*

A Week in Images and Quotes

June - 2026

Delights on Each Day in June

- 1) Reviewing "Truths" document and substituting "Perceptions" for "Truths"
- 2) Breakfast with George and Pat at Hebron restaurant
- 3) CBS Sunday Morning segments
- 4) Natyra begins her extended weekend visit
- 5) *Bookish* on PBS
- 6) Ceremony to dedicate the Outdoor Living Space at LiveWell in Southington accompanied by Natyra, Nadya, Randy & Leo
- 7) Beginning Charles Dickens jigsaw puzzle
- 8) Knicks-Spurs NBA Game 3 won by Spurs
- 9) Last few segments of *A Gentleman in Moscow* – second reading with audio
- 10) A monumental, come-from-behind win by the New York Knicks in the 4th game of the NBA playoff – although I was rooting for the Spurs
- 11) Reading about/viewing two YouTube presentations of the life of Duane Michals, whose obituary appeared in today's NY Times
- 12) Finishing touches on this week's journal entries
- 13) Speakers' Bureau contribution after several edits
- 14) The daylilies have begun to bloom in the backyard – one of Marsha's favorite flowers
- 15) Getting adjusted to solving NY Times Sudoku on the Puzzles app – very convenient
- 16) Looking forward to next trip to North Carolina & purchased plane reservations
- 17) Although I did have a root canal today, there was no pain after the numbness wore off!
- 18) Making good headway on both *Lincoln Highway* book and the Charles Dickens jigsaw puzzle
- 19) USA wins 2nd World Cup game: USA 2 - Australia 0
- 20) Wrote a comment to Parker Palmer's Substack message regarding a quote by Wendell Berry
- 21) Phone calls from two wonderful daughters on this proud Father's Day / also watched *A Wrinkle in Time* movie
- 22) Viewed Argentina's victory in their World Cup match
- 23) In the wee hours of the morning, completed both the medium and hard versions of the NY Times Sudoku
- 24) Completed reading and listening to Amor Towles' *The Lincoln Highway*
- 25) Renewed my Tai Chi practice via Mansfield Community Center
- 26) Reading Parker Palmer's Substack entry about the value of making connections throughout our lifetime / Viewing *The Sheep Detectives*
- 27) Started David Kessler's book *Finding Meaning*
- 28) Enjoyed the Red Sox 4-game sweep of the Yankees
- 29) Listening to Leo's radio show from TCNJ
- 30) What It Is – title of Todd Snider's tribute to John Prine: *We haven't figured out what it is. It is what it is.*



It's our memory that keeps the ones we love alive. The Sheep Detectives