

A Week in Images and Quotes

July - 2026

- At night, when the curtains are drawn and the fire flickers, my books attain a collective dignity.
- One always tends to overpraise a long book, because one has got through it.
- Death destroys a man, but the idea of death saves him.
- The only books that influence us are those for which we are ready, and which have gone a little farther down our particular path than we have yet got ourselves.
- Life is easy to chronicle, but bewildering to practice.

E. M. Forster

Your loss is not a test, a lesson, something to handle, a gift or a blessing. Loss is simply what happens to you in life. Meaning is what you make happen. David Kessler, *Finding Meaning*, p. 7

The nature of good fiction is that it dwells in ambiguity. E. L. Doctorow

No book or poem is ever finished, merely abandoned. Dan Simmons

The greatest gift that you can give to others and to yourself is time. Embrace the gift of time whether you give it or receive it. Philip Zimbardo

WEDNESDAY

01

THURSDAY

02

FRIDAY

03

SATURDAY

04

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 opinions? And do we have enough resolve in our hearts to act courageously, relentlessly, without giving up--ever--trusting our fellow citizens to join with us in our determined pursuit of a living democracy? Terry Tempest Williams

I recently spent time noting the wit and wisdom of Terry Pratchett.

- *Nothing I can say or devise, and nothing anybody else can say or devise, is going to be perfect.*
- *Dickens, as you know, never got round to starting his home page.*
- *It occurred to me that at one point it was like I had two diseases – one was Alzheimer's, and the other was knowing I had Alzheimer's.*
- *The only superstition I have is that I must start a new book on the same day that I finish the last one, even if it's just a few notes in a file. I dread not having work in progress.*
- *Knowing that you are going to die is, I suspect, the beginning of wisdom.*
- *I think the best thing I ever did with my life was stand up and say I've got Alzheimer's.*
- *There is a rumour going around that I have found God. I think this is unlikely because I have enough difficulty finding my keys and there is empirical evidence that they exist.*
- *You have to have really wide reading habits and pay attention to the news and just everything that's going on in the world: you need to. If you get this right, then the writing is a piece of cake.*
- *I'll be more enthusiastic about encouraging thinking outside the box when there's evidence of any thinking going on inside it.*
- *In the beginning there was nothing, which exploded.*
- *It is often said that before you die your life passes before your eyes. It is in fact true, it's called living.*
- *In ancient times cats were worshipped as gods: they have not forgotten this.*

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05	06	07	08	09	10	11
The Following Quotes Brought to You by the Miller Families <i>In expanding the field of knowledge, we but increase the horizon of ignorance.</i> <i>Every moment is a golden one for him who has the vision to recognize it as such.</i> <i>One's destination is never a place but rather a new way of looking at things.</i> <i>All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience.</i> <i>The moment one gives close attention to anything, even a blade of grass it becomes a mysterious, awesome, indescribably magnificent world in itself.</i> Henry Miller <i>It is rare for people to be asked the question which puts them squarely in front of themselves.</i> <i>Why am I trying to become what I don't want to be . . . When all I want is out there waiting for me the minute I say I know who I am.</i> <i>Everything we are is at every moment alive in us.</i> Arthur Miller				And staying with the Miller theme: <i>Chiron had said once that nations were the most foolish of mortal inventions. 'No man is worth more than another, wherever he is from.'</i> Madeline Miller <i>If I had my life to live over . . . I wouldn't have time.</i> Roger Miller <i>The tale is done. God save all who are here!</i> <i>The Miller's Tale</i> by Chaucer <i>I'm very proud of my dad.</i> Steve Miller <i>I have always written only for myself - to clarify things, to clarify things with myself, to understand in an inner way what is actually happening.</i> Herta Müller <i>I'm not suggesting that I have all the answers or that I have experienced everything someone else has. I'm a firm believer that everyone's life/spiritual journey is unique and personal, and I'm in no place to tell you what you have or have not experienced. However, I CAN tell you what I have experienced and learned, and I hope it is of use to someone out there.</i> Ryan Miller <i>Two wrongs may not make a right, but a thousand wrongs make a writer.</i> Dennis Miller <i>I'm fascinated by what makes up a self, how one becomes a self, how much is it an answer to others and how much is it an essence of self.</i> Jennifer Miller		
I found this to be an interesting activity beginning with a quote by Henry Miller.						

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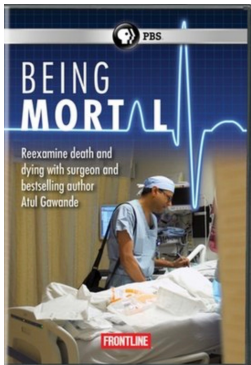
July - 2026

SUNDAY

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My work is with words, ideas and relationships. But as night comes on, I find it helpful to look back on my day, give thanks for all that was life-giving about it, and wonder what I might do to make tomorrow even more so.

Parker Palmer



Just finished viewing this superb segment from FrontLine (2015) featuring the work of Dr. Atul Gawande. I had heard reference to his book of the same title and

moved it higher in my reading queue. His probing insights bring respect and dignity to the end-of-life process.

- *In the end, people don't view their life as merely the average of all its moments—which, after all, is mostly nothing much plus some sleep. For human beings, life is meaningful because it is a story.*

MONDAY

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TUESDAY

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- *Our ultimate goal, after all, is not a good death but a good life to the very end.*
- *Death, of course, is not a failure. Death is normal. Death may be the enemy, but it is also the natural order of things.*
- *The lesson seems almost Zen: you live longer only when you stop trying to live longer.*

WEDNESDAY

15

I included this visual as a handout during a luncheon talk at the Cromwell Senior Citizen's Center as part of my participation in the LiveWell Speaker's Bureau. The script of this presentation can be found in my blog: pancsofarblog.org.

It was, and still is, an

Marsh **A**

Dementia

Li **V**ed Experience

Be **G**entle

Be Ki **N**d

Be Considera **T**e

The Lang **U**age We Use

Lessons Lea **R**ned

What's N **E**xt?

I like the “dementia positive” representation of the care partner experience as an adventure as coined by members of the Empowering Partnership Network at LiveWell.

THURSDAY

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FRIDAY

17

I submitted the follow comment to an Opinion article in the New York Times earlier this week. The writer was addressing grade inflation at the college level and how a limited number of students should obtain an “A” in a course.

Using the bell-shaped curve, originating in agriculture, to achievement is archaic and, instead of measuring learning, bases a grade on competition among students. No one, not even the professor, knows an absolute 100% of the content in a specific subject area. So why are we deducting points from this mythical, unattainable criteria. Instead, it makes much more sense to begin each student's level of achievement at zero points. The syllabus should then identify a point value for all assignments. If a rubric is provided for each assignment, both the student and professor share the standard for acquiring the maximum points for that assignment. Assignments can be resubmitted. Let's reward achievement and learning. The ultimate solution: do away with grades!

SATURDAY

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