

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

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

THURSDAY

02

FRIDAY

03

SATURDAY

04

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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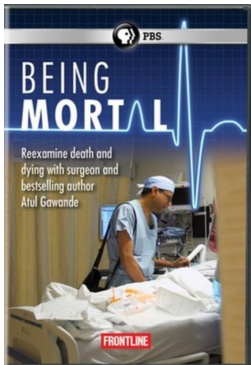
July - 2026

SUNDAY

12

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

13

TUESDAY

14

- *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**d

Be Considera **T**e

The Lang **U**age We Use

Lessons Lea **R**ned

What's **N**ext?

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

16

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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SUNDAY

19

- *The problem with death is absence.*
- *The only reason I wanted 'Making Toast' as the title is that it is a simple gesture of moving on. Every morning there's the bread and you make the toast and you start the day.* *
- *One of the very important things that have to be learned around the time dying becomes a real prospect is to recognize those occasions when we have been useful in the world.*
- *Friends are lights in winter; the older the friend, the brighter the light.*
- *Never miss an opportunity to do nothing.*
- *A library should be like a pair of open arms.* Roger Rosenblatt
- * The title of my book would be "Making Coffee." (ELP)

Spain



Argentina



World Cup Final

MONDAY

20

TUESDAY

21

- *You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.*
 - *We are all special cases.*
 - *It is not your paintings I like, it is your painting.*
 - *Autumn is a second spring when every leaf is a flower.* Albert Camus
-
- *One sometimes finds what one is not looking for.*
 - *The unprepared mind cannot see the outstretched hand of opportunity.*
 - *For the birth of something new, there has to be a happening. Newton saw an apple fall; James Watt watched a kettle boil; Roentgen fogged some photographic plates. And these people knew enough to translate ordinary happenings into something new.*

Alexander Fleming

If I knew where the good songs came from, I'd go there more often.

Leonard Cohen

WEDNESDAY

22

THURSDAY

23

- *... there isn't enough of anything as long as we live. But at intervals a sweetness appears and, given a chance, prevails.*
- *You've got to work with your mistakes until they look intended. Understand?*
- *I'm always learning something. Learning never ends.*
- *Woke up this morning with a terrific urge to lie in bed all day and read.*
- *Ralph also took some classes in philosophy and literature and felt himself on the brink of some kind of huge discovery about himself. But it never came.*
- *There is no answer. It's okay. But even if it wasn't okay, what am I supposed to do?* Raymond Carver

He who has no wish to be happier is the happiest of men.

William R. Alger

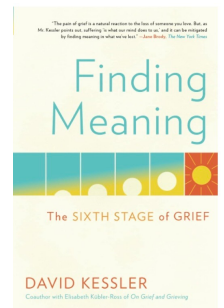
FRIDAY

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Participated in a luncheon meeting that included Mary Fridley and folks connected with LiveWell.

SATURDAY

25



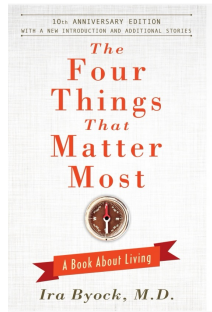
I am currently reading this extremely thought-provoking book by David Kessler. I'll include one quote from his website and update my Book of Quotes document on my blog:

pancsofarblog.org

As I look back, if I had to choose one thing that is most healing in grief, it would be writing.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
26	27	28	29	30	31	
I am sometimes intrigued by the question, “<i>Why does God permit a condition like dementia to exist?</i>” I haven’t arrived at a suitable answer, but I do appreciate the wisdom in the following attempts: Tom Waits: <i>God’s away on business!</i> Iris DeMent sings: <i>Let the mystery be.</i> Roger Rosenblatt: <i>If you’re going to believe in God, if you’re going to take that leap of faith, as I do, then the God that seems the most comprehensible to me would be the God who set us spinning and said, ‘Good luck.’</i> Bob Dylan: <i>The answer, my friend, is blowin’ in the wind.</i> Ernie Pancsofar: <i>If I can’t even think three moves ahead in chess, how am I going to contemplate the moves God makes or intends.</i> <i>Maybe our grip on reality should be a little lighter... enabling us to see what is in front of us rather than only what we think we see.</i> Carol Bove		• I have taken a bit, when I find the time, to the odd television binge. Because television has improved so much, it's worth binging. • You are unique. There is only one you. And that is you there, right here, for better or worse. Except that there is no better, and there is no worse. It's just you. Sam Neill • Science and literature give me answers. And they ask me questions I will never be able to answer. • No one wants to know how clever you are. They don’t want an insight into your mind, thrilling as it might be. They want an insight into their own. • Reading is a conversation. All books talk. But a good book listens as well. • I’ve come to realize that most good ideas are precisely the ones you can’t describe. • I’m really interested in the extraordinary found in the normal. Hopefully my books don’t take you to an entirely different place but make you look at things around you. Mark Haddon		Ted Danson’s Tips on Aging Well: 1. Embrace your age at every stage. 2. Stay curious and creative. 3. Nurture your relationships. 4. Keep evolving. ... as viewed on a recent episode of CBS <i>Sunday Morning.</i>		<i>When you least expect it, someone may actually listen to what you have to say.</i> Maggie Kuhn <i>Neutrality in a situation of oppression always supports the status quo.</i> Walter Wink
						 Please forgive me. I forgive you. Thank you. I love you. From my own personal experiences as a care partner with Marsha, I couldn’t agree more with Dr. Byock’s recommendation!

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Delights on Each Day in July

- 1) USA World Cup Team moves on to the Round of 16
 - 2) Arrival of Nadya, Randy and Leo for July 4th weekend
 - 3) Lemonade Tasting Challenge
 - 4) *I knew the days would arrive*
 - 5) *When delights would not be here*
 - 6) *So I write this brief poem instead*
 - 7) *To alert you my readers dear*
 - 8) *Not to be alarmed or take fright*
 - 9) *For the Red Sox and on a hot streak*
 - 10) *And I needed to urge them on each night.*
 - 11) *So, fear not, I will be more faithful, but*
 - 12) *The World Cup also has me in its sights*
 - 13) *Even though USA went down to defeat*
 - 14) *Each day continues to bring me delights!*
 - 15) I wrote a comment to a NY Times Opinion article about grade inflation in colleges
 - 16) Motta's eggplant and mushroom pizza and a chocolate éclair
 - 17) Luncheon presentation at the Cromwell Senior Citizen Center as a Speaker's Bureau member and Argentina's victory against England in the semifinals of the World Cup
 - 18) Tai Chi Practice
 - 19) Positive (good) results from visit to Urologist regarding blood work
 - 20) Red Sox win 12 games in a row
 - 21) Spain wins 1-0 in World Cup final but Spain's dominance in the game is not reflected in the score.
 - 22) Finished first draft of document – *A Legacy in Verse*
 - 23) Reflected on some quotes by Mark Haddon after reading a substack interview with him by Austin Kleon
 - 24) Many little jobs that have been on my “to-do” list for weeks were completed
 - 25) Tai Chi Practice
 - 26) Conversations with Mary Fridley and individuals connected with LiveWell
 - 27) I found the “lost” piece to my jigsaw puzzle, or should I say the “lost” puzzle piece found me.
 - 28) Developing a version 3 of Speaker's Bureau talk
 - 29) Developing a version 4 of Speaker's Bureau talk
 - 30) A day of edits and rewrites to current documents
 - 31) Final edits to draft 2 of Legacy of Verse document / Viewed Inspector Ellis Season 2 on Acorn
 - 32) Tai Chi wisdom: “It's not that you're doing it wrong. It's that you can do it better.” I like this thinking!
 - 33) On YouTube, listening to Glen Hansard, Lisa Hannigan and John Smith sing *The Night They Drove Ol' Dixie Down* by The Band
-
- Glen Hansard died last week. I enjoyed listening to his music and watching the movie *Once*:
- The muse holds no appointments. You can never call on it. I don't understand people who get up at 9 o'clock in the morning, put on the coffee and sit down to write.* Glen Hansard