The genius of each day

Using your camera to make memories during COVID-19

UW Medicine MEMORY & BRAIN

WELLNESS CENTER

Tom Grabowski

Part 1 After Mom passed Iowa, 2004



Pressed Flowers And Leaves "Framed Invitations a Speciality"

Jane Grabonski Holland, Ohio 43528 (419) 865–4925







Sharon Center Johnson County Iowa

1.98 Acres, "More or Less"



November 2004









I set out to know the seasons that visited us,

to recognize the moments they are composed of.

to find and picture the genius of each day,

the seasonal moment that only occurs today.



















Phenology

The study of cyclic and seasonal natural phenomena, especially in relation to climate and plant and animal life.







Celebrating a corner of an ordinary lowa county, and dedicated to the idea that each place and each day has a genius of its own





Part 2 Covid-19 Washington, 2020

North Seattle

























My genre: candid nature photography

catching nature being herself

exploring the world in the light of the moment

Good for brain health !

practicing openness to the moment

expecting to find genius in the day a habit of optimism

maintaining a record of your narrative

making the photo is problem-solving

Just start! no specific expectations every time and place, at every scale, has genius





Your camera is not as important as your subject and approach









The light is subtle and passing. Learn to recognize and appreciate it.



A good picture is one to which you have an emotional reaction





Choose your "keepers" well. They become the narrative.



