



The Kimball Farms



Observer



Volume 31, No 9 A World of Nurses, P. 9 November, 2022

Fiber Offers New Perspective on Art

Our next show in the Connector Gallery opens with a reception in the Pine Hill Art Studio on November 20 from 2:00 to 4:00. Departing from our usual two-dimensional offerings of photography and painting, this show promises to delight with an array of mixed fiber arts including work by two of Kimball's own artists, Alice Bomer and Kate Pincus.

Also included will be rugs by Liz Marino and works by some of Liz's students, as well as by Connie Cameron. There will be stunning clothing by Nancy Bronstein and Janet McKinstry, and unique needlepoint tapestries by Mark Olshansky. The show will let viewers see and appreciate how traditional craft and home decor has become fine art.

**New Conference Room show
featuring work of art teacher
Michael Cohen, Page 2.**

Mark Olshansky, 93, whom I recently visited in his home in Great Barrington, has a lifetime of interesting stories, including one about his path to the art of needlepoint. As a young contractor and adjuster, he was invited to a party celebrating the reconstruction and repair of a large mansion where he had supervised the improvements, made necessary by a fire and lightning strike. The hostess, herself a needlepointer, passed out supplies along with cocktails and canapés. Though the other guests took the needle and yarn as a funny ice breaker, Mark was hooked.

In the next decade he made large rugs and hangings that sold to private collectors. He worked with

feverish pleasure until he and his wife went into the wine import business. Frequent travels to Europe precluded productivity in his art, so he dropped it for many years, to take it up again when he retired 22 years ago.

Mark loves music has a huge collection of CDs and often works accompanied by his favorites, Mozart, Schubert, and Brahms. Sometimes (as when I visited) he listens to his younger brother, concert pianist Ludwig Olshansky. He stresses the importance of paying careful attention to the dynamics, the pauses, the colors in the music.



Fiber art by Mark Olshansky

These dynamics can be seen in his work, particularly the abstracts with their patterns that recur and balance one another in interesting ways. He begins without a sketch or a predetermined plan, preferring to let a piece evolve and reveal itself. His finished pieces are compositions in wool, sometimes with two strands of different colors twisted together for just the right effect. Mark enjoys doing landscapes and portraits as well as abstracts, and some of his favorite

pieces are a triptych or other series.

I hope you will visit and enjoy this interesting exhibit, timed to bring the warmth of fiber arts into our home at Kimball Farms. And don't miss Ann Getsinger's gallery talk on November 9!

Sharon Lazerson

President's Comments: Show Your Appreciation

Recently a letter was sent to all Kimball Farms residents announcing the Staff Appreciation Fund drive. This, along with the Spring Fund drive, is one of two times we as residents are asked to support worthwhile programs and entities. The Staff Appreciation fund drive is our opportunity to show the 300 or so employees at the Kimball Farms complex, excluding the administration personnel, how much we appreciate all that they do for us during the year. We have a no-tipping rule, so the staff is very appreciative of receiving a check from us, especially just before the holidays.

The money is distributed by dividing the funds collected by the total hours worked by the staff to derive a dollars-per-hour figure. That rate is then multiplied by the hours worked by each employee. Checks are distributed to each employee at a special gathering in December for staff members, their families and the residents. A fun time for all.

The separate Spring Fund drive has a twofold objective as it provides funding for entities outside of Kimball Farms and also funds some in-house activities. This fund drive usually collects about \$13,000 and these funds, augmented by the Corner Store profits, comprise funding for the Residents Association account.

The Residents Association then funds the various entities as stated in the following: The Staff Education Grant committee reviews applications submitted by the staff who are attending schools and selects recipients for a \$1,000 scholarship each. This past year seven scholarships were given out. The Kimball Gives committee selects Berkshire nonprofits to receive donations. In addition, several Lenox High School students are selected to receive scholarships. A family in the area receives a check through the Adopt a Family program. In Lenox, the library, fire department, police department and the ambulance squad all receive donations.

All the recipients mentioned appreciate the donations. Your generosity is what makes the giving

meaningful. Please support the ongoing Staff Appreciation Fund drive. Your giving is greatly appreciated.

Garry Roosma

Art Show Focuses On Teacher's Work

We are in for a treat. Our esteemed art teacher Michael Cohen will be showing many of his own paintings in oil and gouache. In a Conference Room show curated by Molly Pomerance, there will be landscapes and a cubist abstract. The exhibit will be available for viewing for several months. Of course, there will be a reception at a date to be announced – look for it.

Mike has been an art teacher for over 20 years, 12 of these at Kimball Farms. His philosophy is to find out where his students are leaning in their work and then guide further development. That is why his students produce such a variety of art – portraits, collage, landscapes, animals and birds, still life, abstract and doodles (yes, this is also art). This is an opportunity to see many of Mike's paintings together, and we of the committee hope to see many of you enjoying this work.

Stephanie Beling

Birthday Wishes to our residents!

Nineteen residents celebrate birthdays in November. There is a 30-year spread between the youngest and oldest celebrant.

November birthdays belong to: Joyce Coffey, Suzanne Bach, Barbara Liebert, Betsey McKearnan, Cynthia "Jo" Burke, Barbara Cohen-Hobbs, Elske Smith, Barbara France, Marilé Lynch, Karen Carmean, Lois Neumann, Dolores Pieropan, Maryellen Tremblay, Robert O'Brien, Rosemary Graves, Ellen O'Brien, Lavon Frye, Barbara Sterner and Virginia Rocheleau.

Happy Birthday to each of you!!

Heidi and the Oma Experience

Marketing Director Heidi Cornwell announced her intention to retire at the end of the summer, surprising us all. Even Heidi herself was surprised! At a going-away party on September 23, Heidi told a moving story about her time at Kimball Farms and her decision to retire that touched responsive chords in many in her audience. Here, we've tried to reconstruct the talk from an interview with Heidi, patching together the words and feelings that flowed from her that afternoon.

"I've always been proud of my roles as mother as well as provider for my children," Heidi began. "I made sure they understood that I worked to give them the fun things they loved to do, but while I always made sure they got to their games and practices, I wasn't always able to stay. It was hard to not be able to supply all the emotional support they needed at just the right time. My parents both worked at demanding jobs – my Mom was a nurse with very long hours, and I was often cared for by my grandmother while she worked.

"Mom made it clear to us that she had to work to give us the 'fun' things but she didn't get to the games and the practices. One of the most fun things was a cottage at Point Judith, R.I., where my siblings and I (I was the youngest) spent many happy summers. And then my mother and my grandmother both died when I was quite young, so my children never had the special relationship with a grandmother that I had. To be a grandmother became my goal."

Heidi came to Kimball Farms about a year and a half before the Covid pandemic.

"When I took the job," she remembered, "I had no idea how much it would enrich my life and how many people could touch my heart." Being in a place where she was surrounded by grandparents, Heidi found what life could have been. Heidi brought her

concern for emotional well-being with her to Kimball Farms, enabling her to establish relationships with existing and potential residents. Being here reminded her every day of her goal to be a grandmother.

Earlier this year, her fiancé retired and began a second career as a logger. He was thriving in the new role and loved being outdoors in the woods. One day, he said, "What would you think if you never had to go back to work and could be a full-time grandmother?"



Sandy Shepard sends Heidi off with a bouquet at the retirement party.

Heidi was bowled over by the suggestion. She had never even thought of it. It took a couple of months to process the idea, which was so different from her previous direction. The reasons not to do it quickly fell away as the reasons in favor piled up.

Her fiancé's retirement benefit package would include her. And things were happening in her family that spurred her on.

Her son, who had been in the Air Force for 11 years and deployed twice, once to Afghanistan and then to Kuwait, had been selected to go to Officers Training School in Alabama for nine weeks next March or April. He and his wife had just had a second daughter, Sydney, who joined older sister Ensley. While he is in school, his wife and the children will move on to Tyndall AFB in Panama City, Fla., between Tallahassee and Pensacola, where he will join them to continue his training.

It became obvious that this was the opportunity to provide the emotional support Heidi had longed for. The defining moment occurred when Heidi was with her son's family, currently stationed at Hanscom AFB in Bedford, Mass., caring for Ensley when the baby was born. "We were making zucchini bread," Heidi remembered, "and we were having such a good time. Ensley was enchanted with everything

(Continued on page 4)

(Heidi, Continued from page 3)

about the process, especially not having to peel the zucchini, and she stood there with a spot of flour on her nose, and a big grin, and I thought yes! This is the Oma (the German word for Grandmother) experience I've been waiting for."

Covid challenges

After the party honoring Heidi, she shared some of the challenges she and assistant Jodi Manzolini dealt with during the Covid pandemic.

When the pandemic hit, everything was focused on keeping residents safe. Heidi's aptitude for establishing relationships of trust was put to the test. Emails and phone calls to prospective residents relayed the advice and the safety precautions Kimball Farms was taking to keep everyone safe.

"Of course, we couldn't bring prospects into the building from March to May. It was just too risky," Heidi recalled. "We had to keep them away from residents for fear of introducing 'foreigners' into our 'bubble.' But there were some people who had committed to move in, and who had sold their houses, so with very strong precautions, they could come to see their apartments. We used the sliding glass doors in apartments a lot. We picked up one person in a thoroughly sanitized van and drove straight to an apartment on the ground level. She came in through the sliding glass doors to see the apartment and could peer into the corridor through the front door, looking both ways up and down the hall, but not entering any corridors or public spaces. Housekeeping cleaned the apartment before and after the visit, as well as the van.

"There were 13 move-ins during the siege, though. Several of the people never saw their apartments or anything other than their apartments before they moved in. Our relationships with them were even more trust-based than usual, because nothing was the same as usual. And, of course, when they finally got moved in, they had to be in quarantine to be sure no Covid came with them."

Those new residents are doing just fine, Heidi said. They share an unusual bond and have discovered

that we're here to support one another through their transition to Kimball Farms.

Susan Dana

Then and Now

(In memory of Gwen Sears)

THEN

My firstborn was on the verge
of her first steps.
Her efforts to stand were
unending, unyielding,
yearning as all have done
to stand alone, to walk,
to be.

Reaching out,
her tiny fingers wrapped
tightly in mine.
She stands on tippy toes,
One step, two, three,
Letting go, she pauses, wobbles,
steps alone;
one, two, three,
Free to be.

My first born is grown;
a strong woman standing sure
on steady feet.
Strong hands hold little ones,
time to let go
One step, two, three
to stand alone
free to be.

NOW

My first born,
Watches my steps;
tenuous, unsteady, yearning,
My fingers wrap around her hands
It must be someday soon
time to let go,
One step, two, three
into a new being
eternity,
Free to be.

Gwen Sears

Sisters Find You Can Go Home Again

In a world where most of us have had so many moves, from state to state and even country to country, it is a pleasure to welcome sisters Rosemary Graves and June Ann Mason, who spent much of their lives in the family home on Northumberland Road in Pittsfield, Mass. The house, owned by their parents, is where they grew up, surrounded by friends and long-time neighbors, and where they returned after the changes that their lives brought.

They attended the same schools and the same church and were both active with the Girl Scouts.

They graduated from Pittsfield High School, with Rosemary an outstanding honor roll student and June Ann the good writer, excelling in English and writing. Sports did not play a big role in their lives, and their days were taken up with school, homework and, as they grew older, babysitting jobs. Church was important for them. They remember fondly their camping trips to Mt. Greylock, sleeping in tents, and attending summer camp on Richmond Pond. There were Saturday afternoon movies and growing up with Frank Sinatra and all the actors on whom they had “crushes.”

ROSEMARY, the older sister, at age 10 was so impressed by the nursing care she received after an appendectomy that she decided to make nursing her life’s work. With money saved from babysitting jobs, she was able to graduate from St. Francis School of Nursing in Hartford, Conn. As an RN, she worked in the intensive care unit until she was recruited by the Massachusetts Department of Public Health to become a Nursing Home Inspector, a career she followed all her life. She met her husband in Hartford, had a son and was divorced, returning to live in the family home and continuing her job as an Inspector until retirement, with time now for favorite crossword puzzles.

Her son grew up in the home, the third generation on Northumberland Road, and followed the tradition of Pittsfield High School and Scouting, with many

neighborhood friends and playmates. He graduated from college in Maine and did graduate work in Vermont, specializing in environmental studies. He lives in Seattle with his wife and two children, employed by the City of Seattle’s Parks and Recreation Department.

JUNE ANN, when growing up, was a Girl Scout leader with her own troop. She decided on an out-of-town college and graduated from Mount Aloysius Junior College in Cresson, Penn., with a concentration on secretarial studies. Upon graduation she joined a high school classmate already living in New York City in a fifth-floor walk-up apartment in a brownstone building. They took advantage of all the city had to offer with visits to the theater, museums, restaurants and – one of the highlights – attending the World’s Fair.



Sisters June Ann Mason, left, and Rosemary Graves

She found a job with Vogue Magazine and stayed for nine years until her father’s death, when she returned home to care for her mother, who eventually was diagnosed with dementia. And so June Ann, too, was back on Northumberland Road. A new publisher had moved to Pittsfield and she found a job on a magazine dealing with American cities until it ceased publication. In retirement she has been much involved in volunteer work with the Hillcrest nursing education center, the Eleanor Sonsini Animal Shelter and her lifelong church activities.

Their home on Northumberland Road is a duplex and each sister had her own six-room part. They got together after their evening meal, a custom they now continue with dinner in the dining room at Kimball Farms – Rosemary from Apartment 128 and June Ann soon to be next door in Apartment 130.

The house which had seen so much of the family history was put on the market and has now been sold.

Margot Yondorf

Newcomer Joins Other ex-Pittsfield Folk

Judith (Judy) Burbank is one of the new residents who has expanded our numbers at Kimball this fall. She comes to us from Pittsfield and has already renewed relationships with several other residents who once lived in that city.

Except for two years in Boston when she attended Wheelock College, Judy has always lived in the Berkshires. Incidentally, did you know that until quite recently Wheelock was incorporated as an independent liberal arts college with a focus on early education? It was only in 2018 that it became part of Boston University's School of Education.

Judy's interest in early childhood education attracted her to Wheelock but, as is often the case, plans changed. Marriage and children occupied her time for several years as she raised two sons and a daughter.

The family lived in Richmond while the children were in school.

Judy threw herself into school and community activities. She served on the School Committee and learned to listen to the diverse concerns of many citizens, even "when they were tearing me apart." Junior League, with its mission to support educational and cultural aspects of the area, was another activity to which she devoted many hours.

Varieties of sports were high on Judy's list of accomplishments. She was an ace tennis player and an accomplished golfer. For a long time, she served as chairperson of golf invitationals literally around the globe – places like Australia, New Zealand, France and Scotland, just to name a few.

All these "hobbies" still left time for her to pursue a successful career in real estate, something she enjoyed for several years.

Another plus for Judy was, and remains, the great variety of cultural activities that abound here, even in the winter months. She's looking forward to accompanying her new neighbors on excursions to

concerts and theatre as well as taking advantage of organized trips

Also on her "to do" list is participating in tai chi and yoga, as well as Lynn's exercise classes. At one time she described herself as a "gym rat." I was mightily impressed when she revealed that she once practiced spinning, an intense personalized stationary biking program that can be extremely demanding: great cardio exercise, to say nothing of building up muscles in the calves. Her athleticism wasn't only in the gym; golf and cross-country skiing were part of her routine as well.



Judy's three adult children are scattered about the country. Daughter Kimberly is based in Chicago; son Spencer makes his home in Arizona; son Mark is relatively nearby in Vermont. The entire family, including five grandchildren, gathers each summer in South Wellfleet on the Cape ... and they've been doing

that for 60 years! This summer retreat suits them for its privacy and simplicity, with its small individual cottages.

Until recently there were communal women's and, separately, men's baths. Group bathing didn't faze Judy a bit, though she did express pleasure that private bathrooms were recently installed in each cottage. The family loves the beauty and safety that surround them, and Judy commented that "It's such a wonderful place where the kids can walk out the door and we don't have to worry about them." Sounds like a place many of us would like to be.

You can enjoy your own conversation with Judy by calling her at 7218. You'll be glad you did!

Dorothea Nelson

Helene Eichholz: A Life Amid Art

Helene Eichholz is well on the way to making apartment 223 into an eclectic art museum. At the time we met, though she'd been at Kimball only a few days, there were already several paintings hung and many others neatly stacked and ready to be put in place. Also in place is Diego, her charming bird companion, great at providing background music. I'll leave it to our readers to guess his last name.

Let me introduce you now to our newest art lover. Helene grew up in the Bronx, an area still dear to her. As a teenager she enrolled at Hunter College, then and now an academically stringent institution. The big difference in Hunter when Helene matriculated and the Hunter of today is that she paid the extraordinary sum of \$15.00 for tuition ... and that included her books!

Education went on hold for some time when she married at age 19. Initially she and her husband, Dave, remained in the Bronx, but they relocated to Long Island as their family expanded, at first with one girl and one boy and then a bonus: twins, a boy and a girl! As an adult Helene was determined to continue her disrupted education. This time she enrolled at Long Island University and majored in her great love, art history. Upon graduation she created her own service as an art historian, taking groups, both large and small, to exhibitions and galleries, a career she maintained for 15 years. This was continuing education at its best and Helene loved it.

In addition to her professional artwork, her awareness and appreciation of art and artists were enhanced by the extensive travel that she and her husband enjoyed. Because Dave was employed in the educational system, he was able to take several sabbatical leaves. One that Helene especially enjoyed was their year in Barcelona. They loved it so

much they returned a second time. Memories of that special place remain near at hand, thanks to a lovely painting depicting that area in a prominent space on her bedroom wall.

Another travel experience special for Helene was participation in "home exchanges" all over the world. They felt part of a community whether they were living in a South African home or one in Toronto.



Helene and Diego

Closer to home, journeys also attracted Helene's interest, whether it was biking or cross-country. This is a woman who wanted to experiment, to see the world, to absorb different styles and cultures. She became involved in Hofstra University's peer program, offering "personal enrichment in retirement."

Not surprisingly for high-energy Helene, she loved to entertain and did a lot of it. Cooking and baking were strengths that her family and hosts of friends treasured.

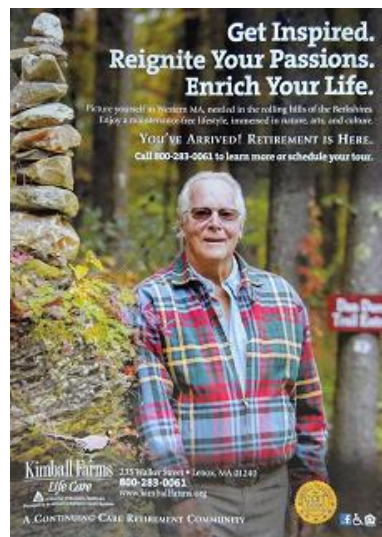
Alas, as is true with many of us, macular degeneration began to affect her eyesight. Reading is now difficult; working with a computer is even harder. But that doesn't deflect from her spontaneity and determination to enjoy the world around her. She let me know, "I love my apartment and I'm glad to be part of Kimball." I'm glad she's here, too, as you will be when you call 7223 to arrange a meeting.

Dorothea Nelson

A Modest Poster Boy, And Many Like Him

What factors impelled the choice of Kimball Farms as your home? Was it familiarity with the Berkshires, or maybe family in the area? Was the idea of Continuing Life Care an issue in the choice? Did an ad seen at the Mahaiwe or a cinema, perhaps, spark an interest, or how about a full-page color ad in the New Yorker featuring an affable-looking guy with a welcoming smile?

That “guy” is our own Dave Vacheron, reluctant to agree to an article about his New Yorker appearance because “I didn’t do anything.” As a Kimball resident grateful to call him a friend, I believe Dave has done a whole lot to make Kimball a great place to live. That welcoming smile in the picture is there, no matter how many favors are asked of him.



Dave (and one of his cairns) in
The New Yorker.

Whatever prompted your choice to come to Kimball, I believe we can all agree that it’s great to have someone here who considers it “nothing” to beautify our grounds with cairns, handsome rock formations that have withstood wind and snow, even a microburst. And what about a friendly neighbor offering to relieve your ailing back when it’s time to till your garden soil? Are you one of the many who have welcomed support lifting heavy packages? Or maybe you’re among the vertically challenged whose microwave and kitchen cupboards are too tall for you to reach. These are only a sampling of the requests that Dave fulfills. You can count on him for more than this brief recognition will include.

I have to disagree with Dave’s perception that he “didn’t do anything.” He does something every single day by being a helpful friend, a constant reminder of what living in a community of caring people can mean.

And the best thing is that he’s not the only one. Let this be a generic thank-you to everyone here who offers a shoulder to lean on, a helping hand, a listening ear.

Dorothea Nelson

November Trips

Saturday Nov 5th - Bus at 12:15p

Met Opera- Mahaiwe – 1p

Wednesday Nov 9th - Bus at 9a

Historic Deerfield

Wednesday Nov 16th - Bus at 9:30a

Smith College Museum &
Chrysanthemum Show

Let’s Eat Out

Date and Time - TBD

*The Kimball Farms Observer is written and published
by and for the residents of Kimball Farms*

EDITOR

Andy Pincus

PRODUCTION

Lisa Cabrera Rizzo

Michelle Rosier

EDITORIAL STAFF

Stephanie Beling, Susan Dana, Dorothea Nelson,
Janet Tivy, Margot Yondorf

PHOTOGRAPHS

Ned Dana (pages 1, 3 and 5), Lily Wayne (pages 6
and 7), Nadine Gill (page 12), Barbara France
(page 12)

CONTRIBUTORS

Sharon Lazerson, Mary Misch, Garry Roosma

Whatever the Need, a Nurse Is There

Now, more than ever, choosing a career in nursing is a wonderful option for a young person just starting out and also a good choice for a person in midlife considering a change. Nurses are distinct from other healthcare providers in that they have many options for types of practice and levels of training that suit most budgets. Nursing is gratifying in that it is a healthcare profession that focuses on the care of individuals and their families to help them recover from illness and maintain optimal health and quality of life. Nurses continuously develop skills, clinical knowledge and expertise throughout their careers.

There is a general lack of understanding about the vast variety of specialties and credentials available for nurses in practice, research and education. The very basic role is responsibility for the ongoing care of sick individuals and need to assess their health status and help them throughout the process to recovery. Additional roles may include:

- Care for the disabled and physically/mentally ill people
- Engage in healthcare teaching
- Supervise training and education of nurses
- Assist in healthcare research

Nurses advocate for the best interests of the patients at all times and focus on holistic health, which encompasses the physical, social, emotional and spiritual needs of the patient. They are also involved in the treatment and decision-making process to represent the patient's situation and make recommendations, if required.

There are various types of nurses, according to the level of education and role in the healthcare team. These include Nursing Assistant (CNA), Licensed Practical Nurse (LPN), Registered Nurse (RN), Nurse Practitioner (NP), Nurse Midwife (CNM), Nurse Anesthetist (CRNA) and Nursing Instructor. Additionally, a registered nurse may practice in a particular field with a specialization. There are many different types of specializations, including

addiction, cardiovascular, mental health and oncology nursing. In order to become specialized in a certain field, additional study and a certification exam are usually required.

Florence Nightingale, the founder of modern nursing, was known as the "Lady with the Lamp," because of her habit of attending to the nighttime needs of the wounded and sick by walking the wards with a lamp during the Crimean war. She is reputed to have said, "I use the word 'nursing' for want of a better. It has been limited to signify little more than the administration of medicines and the application of poultices. It ought to signify the proper use of fresh air, light, warmth, cleanliness, quiet, and the proper selection and administration of diet—all at the least expense of vital power to the patient."



She understood the scope of care and conditions needed for healing. Today's nurses, as noted above, do so much more than administer medications and apply poultices. Their responsibilities can range from making acute care decisions in emergency rooms and intensive care units to performing physical exams, taking health histories, providing health promotion, counseling and education, and coordinating care in collaboration with families and other health care professionals.

According to Melody Black, RN, our Kimball Farms Director of Health Services, the role of our Community Nurse, Chris Furey, LPN, is that of a Case Manager Resident Advocate. That means making sure that our needs are met. Are we taking medications appropriately, showing up for meals, having the necessary exercise, and the necessary aftercare after an emergency room or hospital visit? Do we need help in referrals to specialists or outside agencies?

(Continued on page 10)

(Nurses, Continued from page 9)

Occasionally there may be a need for emergency intervention and our community nurse is there for that. She is also able to check vital signs like blood pressure and weight and can perform basic first aid and even CPR if necessary. Our nurse, however, is restricted from giving medications or injections, and that is because of regulations imposed by the Executive Office of Elder Affairs, the regulatory agency for continuing care.

Nurses' contribution to healthcare outcomes is well documented. According to a World Health Organization report in 2020, there are almost 28 million nurses globally, accounting for nearly 60% of the healthcare workforce and delivering approximately 90% of primary healthcare services. In the United States there are over 4 million registered nurses. There are millions more nurses in other categories, but there still remains a worldwide shortage.

A final word about the increasing role for nurse practitioners (NPs) in our healthcare system. NPs are nurses who complete graduate education and clinical training beyond their registered nurse (RN) training. Typically, they'll need to earn a Master of Science in Nursing (MSN) – Family Nurse Practitioner (FNP) with a specific population focus, such as pediatrics, family medicine or gerontology, or specialization such as cardiology, dermatology, neurology or many others. They must also pass a national certification exam before applying for state licensure.

They are found in just about every facet of healthcare, from private practice and hospitals to home healthcare and skilled care facilities. NPs are needed in academia as nurse educators, and can even be involved in policy work. Anywhere healthcare decisions are being made, nurse practitioners have an important role. The advanced skills that a nurse practitioner brings to the U.S. healthcare system are so in demand that, as of 2022, 27 states including Massachusetts allow nurse practitioners to practice independently, according to the American Association of Nurse Practitioners (AANP).

This means NPs can run their own healthcare practice without the need for a collaborating physician in those states. That autonomy helps many communities to have access to convenient, affordable healthcare. While nurse practitioners can work in virtually any area of medicine or healthcare, their role often emphasizes disease prevention and health management in caring for their patients. Most people find that a visit with a Nurse Practitioner to be extremely satisfactory and rewarding.

Stephanie Beling, M.D.

Beware the Bozone Layer

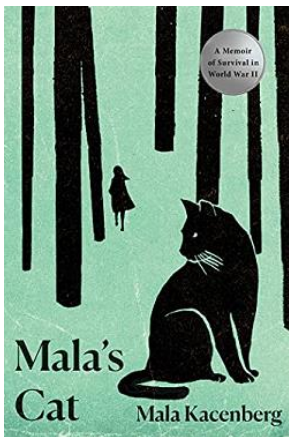
From The Washington Post's Style Invitational, which asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition, the winners included:

- Bozone (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.
- Cashtration (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period.
- Sarchasm (n): The gulf between the author of sarcastic wit and the person who doesn't get it.
- Inoculate (v): To take coffee intravenously when you are running late.
- Osteopornosis (n): A degenerate disease. (This one got extra credit.)
- Karmageddon (n): It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.
- Glibido (v): All talk and no action.
- Arachnoleptic fit (n.): The frantic dance performed just after you've accidentally walked through a spider web.
- Caterpallor (n.): The color you turn after finding half a grub in the fruit you're eating

“Mala’s Cat” Is Not a Pretty Story

A new title in our library, *Mala’s Cat*, by Mala Kacenberg, may look like a children’s book. It is not. Its subtitle is *A Memoir of Survival in World War II*. One reviewer did recommend this book for teenagers. Your reviewer suggests that any readers, but especially younger ones, be prepared to follow Mala’s story all the way. It begins with vivid portrayals of an often-angry adolescent surviving repeated hardships and dangers in Poland and Germany during the war years. By the end of the story Mala is a wife, mother and grandmother, with a serene lifestyle in the United Kingdom.

First published in the 1990s, the book was reissued this year to coincide with the anniversary observation of the beginning of the Holocaust in Europe. In the publishing process, members of Mala’s family have come forward to report that the incidents described in the book were told many times by Mala to her children.



Early in her story, young Mala and her brother, Yechiel, are shot at by SS officers. She plays dead, then finds that “He had been hit and killed outright, not even having had time to moan.” This event leads to Mala’s decision to live in the forest, returning to her family only when she has food

for them, acquired by begging. For a time, she takes her sister Bella’s place as a farm worker. With Mala on many of her adventures is her pet cat. She states: “I nicknamed her Malach, which means ‘angel’ in Hebrew, and I imagined she was a real angel watching over me.”

Time after time, Mala successfully confronts the opposition. When she refuses to continue washing cars in freezing weather, a high-ranking Gestapo officer sends her away with gifts of food. She faces up to policemen and other officials, often with the cat Malach nearby. She retains her Orthodox faith, despite wishing to kill the enemy.

Sometime after her family and all her Jewish neighbors have been decimated, Mala opts for a move to Germany with a group of Christian youth workers. Obtaining a false identity card, she becomes known as Stefania. Malach makes the journey with her, but appears less prominently after “Stefin” becomes more sure of herself.

For over two years, she is an unpaid helper in a German guest house, secretly learning the language and observing that the Allies are close to winning the war. Approaching the age of 18 when Germany surrenders, Mala takes her own name back. She makes a short return to Poland, followed by time in an Allied camp for war survivors, then placement in England as a refugee. She finds some relatives living there, and soon meets her future husband. She reports, “At about the time of my wedding, my beloved cat Malach, who had stayed by my side during my most desperate situations for six awful years, vanished.”

Above, in brief, is Mala’s memoir. It deserves to be read in full.

Mary Misch

In Memoriam

Louise Cianflone

January 5, 1933 to September 17, 2022

Dietrich Meyerhofer

September 19, 1931 to October 1, 2022

Donald Richter

June 2, 1946 to October 5, 2022

Harriet O’Neal

August 6, 1926 to October 6, 2022

Gardner Museum Welcomes Kimball Farmers

In late September, a group of Kimball Farmers rode our trusty van all the way to Boston, to visit the Isabella Stewart Gardner Museum. This was the longest ride our Trips Committee had been able to arrange in more than two years.

We were greeted by Jane Jackson, a seasoned Teacher Guide, who took full command and ushered us directly to the famous four-story Courtyard. There, while we admired the lush plantings and lofty palm trees, Ms. Jackson told us about all the daily care they required. As she described the annual springtime cascade of nasturtium flowers from the high balconies, there were murmurs of recollection from some of us.



Barbara France couldn't resist a photo of the Courtyard.

While paying due respect to a great Flamenco painting by John Singer Sargent, we heard about Mrs. Gardner's vast collections of art and artifacts, and her legally binding stipulation that nothing in the Museum is ever to be moved or changed. Next, we had the

distinct privilege of riding in Isabella's original elevator before viewing her portrait by Sargent.

In the Dutch Room, our leader quickly drew us away from the empty frames, where masterpieces had been stolen, and toward an early Rembrandt self-portrait that had been spared. While duly admiring it, one of us Berkshirites noted that it resembled the young Arlo Guthrie.

Our guide wrapped up the tour by steering us toward the Museum Store and recommending the purchase of a tote bag with the Museum's symbol, an oversized nasturtium (pictured here). She then



At the Museum Store, Mary couldn't resist a tote bag with the Museum's symbol, an oversized nasturtium, on the front. She also picked up books to go in it.

headed east to her home on Cape Cod, and we soon headed west to Lenox after a very satisfactory visit. Some comments follow:

Dave Vacheron: "Fascinating. Enjoyable. Maybe the best museum experience I've ever had!"

Jeanette Liemer: "A perfect day out! The comfortable trip, thanks to Keith. The easy box lunch from Subway, thanks to Michelle. The excellent docent who guided us through the Museum. The irresistible gift shop, thanks to Dave. And home in time for dinner at Kimball Farms."

Barbara France: "The Courtyard called for a photo. The lighting was perfect, the landscaping very special. Imagine it being watered four times a day!"

Ursula Ehret-Dichter: "Loved the building and the Courtyard. Mosaic alone is worth the visit."

Ann Cashen: "Trips are a great way to learn about the community, visit historical and cultural places, and get to know fellow residents. Come join us!"

Mary Misch