



The Kimball Farms Observer



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Meet Ozzie, page 12

October 2021

Four Honored for Going the Extra Step for Us

Each quarter Berkshire Healthcare honors employees who exemplify its core values. The Profiles in Care individuals are chosen by a wide range of persons in management and supervisory positions, families of patients, fellow employees ... the list is long. A careful screening process determines winners of these quarterly awards. It is not enough to simply say he/she was always on time, always cooperative. Those traits are assumed for all employees. Specific instances of actions and behaviors that go far beyond normal responsibilities are cited in letters sent to those tasked to select each quarter's honorees.

This year we are enormously pleased that four Kimball Farms staff have been chosen: Lisa Cabrera-Rizzo, Sandy Shepard's Executive Assistant; Colleen McDonough, kitchen staff; Mary Verzi, activities associate in Pine Hill; and Heather Kirsimagi, activities associate in LEP. Conversations with each of these women quickly confirmed that each could claim integrity as their watchword and industry their guide. Each exemplifies the core values Berkshire Healthcare claims: Integrity, Compassion, Excellence and Teamwork.

Lisa Cabrera-Rizzo

Lisa needs no introduction to Kimball residents. Her "home" is a tiny office next to Sandy Shepard's where she somehow maintains order with grace, this in spite of phones ringing, people lined up to see her, and a desktop full of work waiting for her attention. During the months I've served as president, there have been many occasions when I have relied on her support. Not only is she capable but every task is accompanied by "Is there anything else I can do?" and a smile to warm the heart.

She's been at Kimball four years this month. In response to my question, "What do you like best about your job," the reply was instantaneous: "interaction with the residents." This sentiment was

repeated by the three other honorees with whom I spoke.



Lisa went on to reveal that the staff for her is a second family; they form a partnership that embraces both their professional and personal lives. As a single parent, this support is vital to Lisa. Some of you may be aware that her husband passed away at an early age, leaving Lisa with two children. Born with

a congenital liver disease that even a transplant could not eradicate, Tom eventually succumbed to the disease. He was an ardent sportsman, and Lisa expressed gratitude to Sheila Smith and Lily Wayne for including some of his baseball memorabilia in the current display case.

Lisa's closing comments to me bear repeating and remembering: "I believe that happiness and achievement are related."

Colleen McDonough

Colleen McDonough is one of the longest-serving Kimball Farms employees. For 26 years she has worked in the kitchen, performing a multitude of tasks. "It's a good place to work; my colleagues are really a second family." We residents see her with only some of her hats on: she takes our orders; serves and clears our tables; accepts our foibles with a smile.

What we may not be aware of is all the extra things she does. Some of those extras will appear soon when she and her colleagues transform our dining
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room into a witches' den, replete with all things spooky and evil. Masks, strange sounds and squeaks, skeletons, nasty bugs will be the order of the day.

Colleen is clever with a needle and has made costumes for herself and other waitstaff. I wondered if she'd studied design, but she credits her skills to a high school fashion design course and her own interest in varieties of crafts. The fact that five of her six children are girls may have something to do with it as well!



We talked about the impact the pandemic has had on running the kitchen. She had nothing but praise for the "leadership of Mike and Lori." Everyone, she says, pitches in, working where and when they're needed.

That kind of cooperation goes way back, according to Colleen. I mentioned that she had six children. She worked here part-time at first, able to do so because supervisors were so accommodating about her work schedule. There was always a constant sense of everyone pulling together, a system reinforced under Mike and Lori's direction.

Despite her busy schedule at Kimball, she finds time for her very large family, which now includes 21 (!) grandchildren. It's not easy to host a family dinner but on rare occasions a place large enough to accommodate them is found.

As our conversation delved from her professional to her personal interests, it became clear that in all aspects of her life Colleen lives out the values Berkshire Healthcare espouses. Colleen claims she has no idea who nominated her for a "Profile in Care," but it's not hard to understand why she was chosen. This is a woman with cooperation and consideration running in her blood stream; mixed in that blood stream is a great sense of humor and a genuine interest in other people. Aren't we all lucky to have her on Kimball's staff!

Mary Verzi

She's been at Kimball Farms for only six years but the list of her accomplishments and activities could easily fill more than so few calendar years. Education equipped her with a B.A. in English Education with a specialty in high school English and remedial reading; further study earned her an M.S. in Education.

For several years Mary worked in LEP. Her instinctive ability to relate to each individual at his/her level was a gift to residents and to Mary as well. Residents were defined not by limitations but by possibilities.

When Mary transferred to Pine Hill, she discovered even more room for resident participation. I wish you could hear her own descriptions of some of the projects she's organized. One that intrigued me was a full-blown study of presidential wives. The men and women who live here are "very bright, very accomplished," Mary believes, and it is her task to help them become "engaged and better informed."

Dramatic ventures are explored. Mary and a colleague perform shadow plays in full costume and with props! Right now, they are working on an abridged production of Othello to perform in the Pine Hill Activities Room. Residents are not required to memorize roles, but Mary reviews and discusses the play with them.

She's organized watercolor classes, incorporating into them stories of well-known artists such as Degas and O'Keeffe. Often, she brings in samples of their work, talks about their lives, and shows YouTube presentations.

When Covid hit and made group sessions more difficult, Mary found ways to meet with small groups. Many residents love to sing, a big no-no during pandemic restrictions. Mary demonstrated that a person could still sing with a mask on.



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Her positive “can do” attitude is infectious.

You can’t be with Mary and not know how vital each of the residents is to her. It is her idea to stop by each room each morning, to greet each new day with each resident. What a gift she is giving, a simple acknowledgement that the day begins with warm recognition. I asked Mary what in her own background guided her caring convictions. This is what she told me: her father, a hard-working man who’d never had a chance to pursue an education, stressed to his family, “always help.” He never turned down a stranger’s appeal. Another powerful influence came from author Henry James. “Three things are important in life,” he said. “The first is, be kind; the second is, be kind; the third is, be kind.”

Mary is kind. I close with one of her comments: “The residents ... they’re my life. I find something in each and every one of them ... we eat lunch together ... I get to know their families.” Thank you, Mary, for helping us to get to know you.!

Heather Kirsimagi

Heather Kirsimagi has enriched Kimball’s Life Enrichment Program for three and a half years. “Activities, which covers everything,” is her designated job description.

Training for this position came in an atypical way, one that demanded developing skills in time management, teamwork and crafts in a fluid setting with frequent changes in personnel. Heather acquired these skills while she home-schooled her four children, and found them transferable to her work in LEP.



Consider a game of balloon ball, something many of us have played with our children. But we didn’t do it with Covid restrictions that eliminated using our hands. Heather found the solution: she gave each resident drumsticks. I would love to watch one of their games or, better yet, play in one.

Since most of the residents are mobile, physical activities are a plus. She organizes teams for games of Bocce Ball and Kick Ball. The important thing is “to keep everyone engaged.” Sometimes a game of Bingo does the trick. Heather’s challenge is to anticipate the mood and respond to it.

One way to do this is through special monthly programs to promote variety. Dancing around a spring Maypole in the courtyard stimulated physical activity and dexterity. Another popular event was Circus Day. Imagine being visited by a belly dancer, a snake charmer and even clowns, one of whom threw a pie in Heather’s face!

It’s helpful, indeed mandatory, to think “outside the box,” a carryover for Heather from her home-schooling days. That helps in planning pickle- and pie-eating contests for residents, encouraging them to make masks for Hallowe’en and creating teams to build scarecrows.

Despite heroic efforts it’s sometimes impossible to satisfy a resident’s longing to be busy, always busy. Heather’s found what has to be one of the most unusual ways for fingers to have constant work: braiding work. Say what you will, to me this is one more indication of her dedication to meeting each resident where she/he is and working from there.

LEP staff enjoy a special relationship as they support one another in their mission to care for the 24 residents in their care. Heather describes them as a “unique community, one that becomes an extended family.” She truly enjoys older people and “I’ve learned so much from them.”

There is an inescapable sadness in her work when residents pass on or transition to the Nursing Center. It is not only the resident she misses, but family members who have been frequent visitors. There is little time to grieve when energy must be focused on greeting each newcomer with compassion and concern.

NOTE: I am grateful and humbled by the opportunity to have met these four honorees. My words cannot adequately express the contributions each of them makes for Kimball residents.

Dorothea Nelson

President's Comments: Remember the Staff!

Late in September as I write this column, pale green leaves are reminders that summer's lush growth is over and will soon give way to the radiance of fall ... which will, alas, give way to the cold and snow of a Berkshire winter. Drivers: if you haven't done so already, please remember to leave a spare car key at the front desk so that maintenance crews will be able to move your car and remove snow under and around it!

And here's another reminder for all Kimball residents. It's time to acknowledge our wonderfully supportive staff with our annual Staff Appreciation Fund collection. You've all received notification from the committee chairperson, Susan Wojtasik (7255), requesting that your confidential gift be submitted by November 15, 2021. The pandemic has placed increased responsibilities and burdens on all our staff; it would be wonderful if the November Observer would reveal that each resident contributed to this Fund.

There are still delays in securing both new equipment and new staff. This is true not only for Kimball Farms but all over the country. But we're certainly making headway on repairs. Walkways in Parking Lot B have been redone, all the potholes filled in, and fresh new blacktop is in place. For several weeks now residents have enjoyed eating on the Patio adjacent to the dining room. One enterprising group, undeterred by a sudden evening rainfall, promptly stood up, moved their table underneath a nearby eave and continued their dinner!

It is time to think about election of officers and councilors for 2022. Names of Nominating Committee members are posted in two places: Mail Room and bulletin board near the Potting Shed. You are encouraged to indicate your own desire to serve in one of these offices or to recommend the name of another resident (please check her/his willingness before submitting any names). The Nominating Committee is charged with ultimate responsibility for individuals selected.

Marilé Lynch and Lorraine Roman have posted information regarding Kimball committees. Each resident is encouraged to sign up for committees of interest. Committee chairpersons will determine size

of each committee and make an effort to include new residents. Especially during the pandemic, when we continue to live with restrictions, becoming involved with committees is a great way to mix and mingle with other residents.

And we do have several new residents, with more due before October's end. Look out for them; include them in your dinner/lunch plans; suggest a walk while the weather is still mild and the trees begin to shine with scarlet and gold.

Among the many remembrances in the media acknowledging the horror of 9/11 and the heroism of so many ordinary citizens, a clip of JFK's inaugural address appeared on my screen. He was thinking globally but the words apply locally as well. Every one of us and the way we choose to live our lives in this place makes a difference: "Ask not what Kimball can do for you; ask what you can do for Kimball." It is up to each of us to make this the home we want.

Dorothea Nelson

Birthdays!

24 residents celebrate birthdays in October. There is a 34-year spread between the youngest and oldest celebrant.

October birthdays belong to: Howard Brandston, Ann Trabulsi, Daniel Kaplan, Marvin Seline, Albert Segal, Gale Crane, Jean Rousseau, Barbara Ryan, John Moynahan, Jane Gilligan, Helen McCarthy, Janet Johnson, Rita Weinberg, Melanie Brandston, Audley Green, Betty Jones, Nancy Curme, Lorraine Roman, Patricia Curd, Suzette Lemieux, Arlene Potler, Nelda McGraw, Nora O'Brien and Judith Pierson

Happy Birthday to each of you!!

A White Door

No stickers, no table, no mementoes.

Just a number.

But the person who lived there

Is quite alive in our memories.

Jane Braus

Transplant Aide Transplants Self to Kimball

Although the new resident of apartment 270 is known professionally as Cynthia Burke, she's been called "Jo" since infancy. If you immediately think of spunky Jo March from "Little Women," you'd be right about the spunky part, but not the name. As a small child, Jo had blond curly hair that reminded her father of the cartoon character Joe Palooka, a heavy-weight boxing champion with a heart of gold. Although the golden curls are gone, the nickname has persisted.

Jo grew up in Lansing, Michigan, and then moved to Ann Arbor, where she earned a bachelor's degree in nursing at the University of Michigan. She went to work at the one thousand-bed university hospital, where she became the head nurse in a 50-bed "men's medical unit" as wards were called then. The hospital established a new Clinical Research unit which took only patients with specific problems, kidneys in this case. Organ transplantation was a developing specialty there, and Jo was sent to the Peter Bent Brigham Hospital, in Boston and then to the National Institutes of Health in Bethesda, Maryland, to learn about the new techniques. The first kidney transplant in Michigan took place at the University Hospital between a pair of twins. Jo prizes a photo of herself with the twins, who have lived long and healthy lives since their surgery more than 55 years ago.



Another milestone event took place in 1955 while Jo was a senior at the University of Michigan: The School of Public Health was the scene of the announcement by Dr. Jonas Salk himself of the development of the Salk polio vaccine. Jo and her classmates served as ushers for the program. "The reception of that announcement was joyous. Polio was such a terrible disease and being able to prevent it was amazing to everyone. There was no controversy over accepting the vaccine then," she remembers, contrasting that innovation with the politicization of the Covid-19 vaccine.

Jo met her husband, Dan, when he was visiting a patient with kidney failure in Jo's unit. Dan grew up in Grosse Pointe, Michigan. He graduated from Ohio Wesleyan and then went to Episcopal Theological School in Cambridge, Massachusetts. (ETS is now a part of Union Theological Seminary in New York City.) He was a new curate in a downtown Ann Arbor church when they met. Dan also taught Medical Ethics to all students at the University of Michigan Medical School and even ran a coffeehouse, but eventually decided he should become a parish priest. He was called to St. Martin's Episcopal Church in Providence, Rhode Island, where he served for 18 years. After he retired, he served for four years at St. Andrew's by the Sea, a summer parish in Little Compton, Rhode Island.

By the time of the family's move east, the two Burke children, Justin and Alexandra, had arrived, so Jo stayed home for a while with them before going to work in a Providence medical practice which focused on allergy and asthma. She was the study coordinator for the many clinical trials the physicians in the practice conducted, traveling all over the country showing doctors how to do pre-release studies for new medications and enroll appropriate patients in the studies.

Dan Burke developed Alzheimer's disease and died in 2015. Jo stayed on in Little Compton, busy with work on the boards of organizations related to Visiting Nurses. In 2018 she visited Kimball Farms with son Justin, who had become Director of Marketing and Communications of the Berkshire Taconic Community Foundation, based in Sheffield, Massachusetts. (Peter Taylor, son of Kimball Farms resident Mary Taylor, is the President of the Foundation.) She took the paperwork home, but decided she wasn't ready to leave Little Compton.

But then came Covid-19 and the pandemic.

Jo remembers becoming worried about being alone, and she also discovered that she "was in the housing market of all time." She remembered where she had filed the Kimball Farms materials, and on a Friday afternoon in 2021, she phoned Marketing Director Heidi Cornwell. Heidi remembered Jo's previous visit, and by a happy coincidence had just the right apartment available. "It was a done deal right then," Jo remembers.

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Jo never saw the apartment until she moved in, since Justin handled all the details. He even sent paint colors superimposed on pictures of her furniture so Jo could see the effect. The apartment is all she hoped for, with good light and views into the trees.

Her daughter Alexandra, a long-time Managing Director of Wells Fargo Bank, also came to Kimball Farms to help with the move. She and her husband Chris live in Brookline, Massachusetts, and are owners of a 36-foot sailboat.

Jo is amused by the irony: “Both of the children took sailing lessons, and claim to have hated them, but right now Alex and Chris are sailing in Canada, around the Bay of Fundy between Nova Scotia and New Brunswick provinces and up the St Johns River, with their black standard poodle, Bill. When they get back, they’re going to prepare to sail around the world!”

Now that she’s here, Jo participates in all the exercise classes and is becoming familiar with her new community, subscribing to local newspapers and enrolling in OLLI classes for the next semester. She’s also a great reader and has a reputation as a fabulous cook and baker. Be sure to ask her about Thanksgiving dinner with Julia Child!

Susan Dana

From Pediatric Nursing To Kimball’s Care

“I really don’t have anything to say,” was Barbara France’s response to my request that we meet for an Observer interview. But I assured her we’d find things to talk about ... and we absolutely did.

Born in Kingston, Mass., a small town near Plymouth, she moved to Boston as a young woman and studied nursing. Her career in pediatric nursing began at Boston’s famous Children’s Hospital in Brookline, where her first child, Jan, was born. The small apartment that was home became even smaller and the young family bought their first home and moved to Walpole. Two more children, both girls, joined the family

“Peripatetic” describes the young family well. They packed up again, this time to head for Dover, Del.; next it was off to England for a couple of years, long enough for Barbara to form a lasting bond with the beauties of the Cotswolds. Then it was across the

Atlantic again, this time to Westport, Conn., and on to Monroe, Conn..

Throughout all these moves, Barbara’s children, Jan, Dana and Lise, attended local schools, absorbed cultural differences and became inquisitive and competent travelers. Son Jan, after studying at SUNY Plattsburgh and becoming a registered nurse, ultimately settled in Springfield, Vt., where he lives now with his two sons nearby. Daughter Dana, who works at Albany Med as a respiratory therapist, has also developed considerable skill as a photographer, with a specialty in all things equine. And Lise, a



Barbara

graduate of the Culinary Institute of America, has transferred her interest in food to growing it, not cooking it! She operates an organic farm in New Milford, Conn. Interestingly, her daughter Melissa has a similar inclination. She and her husband Andy own The Hidden Penny Organic Farm in Port Angeles, Wash. Check out their website; it’s a delight!

While her three children were studying and considering their career options, Barbara returned to her passion, pediatric nursing, and joined the Pediatric Unit at nearby Norwalk Hospital. A full time and demanding career still left this energetic woman to pursue other passions, gardening and reading among them. One of her first questions to me was, “Does Kimball have a readers group?” Readers: call Barbara at 7244!

Sadly, Barbara’s husband died in 1995. For some time she remained in Connecticut, but often visited her daughter Dana in Stockbridge. The Berkshires soon became a vital part of Barbara’s life and, with encouragement from her children, she moved to Lenox, where she purchased a home on Housatonic Street. She loved it and maintained a lovely garden there. But alas, what happened to many residents happened to Barbara: the garden demanded more physical strength than she had. It was sad for Barbara to give up her lovely home, but lucky for us the decision to do so meant moving to Kimball.

Dorothea Nelson

What Is Gould Farm? What Do I Do There?

Dorothea surprised me when she asked me to write an article about the other farm in my life, Gould Farm. When I asked why, she replied that as a Kimball Farms resident who is still a working professional, where I work may be of interest to the community. I'm Gould Farm's Development Director, a profession I've been told is one step above a bad used car salesman.

Gould Farm is a 114-year-old, 700-acre working farm and protected forest located in Monterey, just east of Great Barrington. Founded by Will and

Agnes Gould, it is the first residential therapeutic community in the USA dedicated to individuals who suffer from the most severe mental illnesses — schizophrenia, schizoaffective disorder, bipolar disorder, and major depression and anxiety.

Gould Farm is an 85-person community of fulltime staff and their children, volunteers, and most importantly, our 35 guests (Gould Farm's term for patients) who all live at Gould Farm. We have over 47 structures! That's a story for another time.

Many guests come to Gould Farm after hospitalizations several times for psychotic episodes. The hospital has stabilized their condition with medications and confinement in a hospital room. Once they are released, they are often returning to the same environment that triggered their mental illness. Those who choose to come to Gould Farm experience their recovery journey with the Farm's approach of combining meaningful work, community living, and clinical care.

What is meaningful work? It is a vital part of a guest's recovery as it gives them purpose and being of value to others. When I drive onto campus, I see guests working alongside staff on work teams that grow the vegetables, care for the cows and pigs,

prepare three meals a day for all residents, bake bread, and make cheese, yogurt, granola, baked desserts, and ice cream. They tap maple trees to collect sap that becomes 100-plus gallons of maple syrup annually.

Those of you who knew Kimball resident Moe England may remember him sharing his memories of eating our famous pancakes at our public restaurant/

work program, Roadside Store and Café. Roadside is our transition work program for guests ready to begin creating a life outside of Gould Farm.

It is through daily work that the guests discover that they contribute

in a meaningful way and can do more than they think they can, and that things are possible even when they are difficult. The guests feel a sense of accomplishment as well as a sense of responsibility to and for others. The guests learn new skills, develop relationships with others — both two-legged and four-legged — and experience physical exercise that also is essential to recovery because of the side effects of their medications.

Our 10-person clinical care staff works one-on-one 24/7 with guests in psychiatric counseling, medications management, and oversight of their general health and well-being. The clinical team helps identify the best medication options, monitor side effects, and make dosage adjustments. Most importantly, guests learn to accept and appreciate how medications are essential for their recovery and long-term way of life.

If there is one word to that describes Gould Farm it is "community." Community is in our DNA. Community is so strong because we are not an institution. Being in a rural setting makes it easier, but it's the collective caring of everyone by everyone that happens here.



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Guests have their own bedroom and share bathrooms, but many experiences are with others. Infants to septuagenarians eat together three meals a day in the dining room or outside. There are the guests, the staff and their young families (right now there are 13 children under age 14), the off-site staff (like me), and volunteers. All holidays and special events are open to the entire community. There are daily and weekly all-community meetings and smaller residence and work program gatherings.

I challenge any visitor to identify which people are guests vs. a staff person at any group gathering, and that's the point: the stigma of mental illness does not exist here. Guests are welcomed, admired, and respected. They are talented artists, musicians, poets, stockbrokers, even crossword puzzle creators. They may be spouses and parents.

I'll close with a former guest's message to his friends on his recent Gould Farm 5K fundraising page:

"I have epilepsy and bipolar disorder. About 10 years ago, I was sleeping 20 hours a day. I had no life. My family felt helpless, and I could see the daily strife I caused them. Then they learned about Gould Farm, a 501(c)3 nonprofit whose sole purpose is to help individuals suffering from crippling mental health issues like me become productive and positive contributors to society.

"I was at Gould Farm from 2010-2011. In that time, I went from the impossibility of getting out of bed to working full-time at our Roadside Café. I became psychologically and emotionally more secure in who I was and what I could do. I also knew I could return to Gould Farm if I ever needed help again.

"I am proud that I work at the Post Office and would not know where I would be today without the program and residential staff, my social worker, psychiatrist, and the community that is Gould Farm."

I welcome any questions! I live with Howard and our dog, Tillie, in Apt. 101, but it is best to email me at mmbrandston@gmail.com. Or invite us to dinner or lunch!

P.S.—Gould Farm has not had one case of COVID-19.

Melanie Brandston

An Impostor Prowls The Dining Room

Diner, beware. An impostor is waiting on tables in the Dining Room. He first appeared when he waited on Table No. 4 on Friday, Sept. 3. He was wearing a white jacket and he signed the menu, "I'll be your waiter tonight. Mike." But he has used other disguises since, including standard waitstaff black.

He didn't fool us one bit. If Mike Paglier was waiting tables – actually, only our table of four that first night – who was the chef back in the kitchen? He let the cat out of the bag when we complimented him on the soy sake salmon. "I'll tell the chef," he said, with a furtive glance over his shoulder toward the kitchen.



Meanwhile, waiters and waitresses in black came and went bearing trays just like they always do. They weren't back in the kitchen whipping up steaks and fries while this so-called Mike hustled to and fro to keep food in front of us at every moment. It's been the same at other dinners since.

What staff shortage?

Fake Mike was eavesdropping on us. How did we like the veggies? How was the pie? Not enough salt? Too much cream? Straight to the higher-ups he was going to tattle. Complainers would note a strange increase in their monthly bill. Pay up or never again order soup to go.

As we said our thanks and good nights, the pretender lifted his mask – literally. The secret was out: this fake has a mustache.

Diner, beware. Our Mike hasn't escaped the kitchen. An impostor is at large.

Whistle Blower

Some Enjoyable Reading About Earth in Crisis

How can we be entertained, even amused, by a book about our earth's vanishing species and resources? We just need to follow Pulitzer-winning author and Berkshire resident Elizabeth Kolbert. Her latest book, now in our library, is *Under a White Sky: The Nature of the Future*. It is a serious work, very well documented, but with a light touch.

Those of us who have read parts of this book in *The New Yorker*, where Kolbert is on staff, will know how she brings in quotations from Mark Twain, Henry Thoreau and many others at appropriate places. Also, she does not hesitate to fault some of Rachel Carson's theories. But what makes it rewarding for any reader is Kolbert's way of bringing in gentle irony and down-home comparisons to offset serious situations. And she is present, right beside research scientists, in those situations.

The first of three sections, "Down the River," finds the author on a pleasure boat with Friends of the Chicago River, observing the polluted waters where the city's sewage is dumped. Their goal is to study an area where electrical charges in the water are designed to prevent invasive fish, including Asian carp, from reaching the Great Lakes. Along the way, Kolbert notices "Six great blue herons, hoping for an easy dinner ... like students waiting on line in a cafeteria." Such humanizing descriptions of other species, large to microscopic, continue throughout the book.

Kolbert moves on to vivid descriptions of biologists and fishermen pulling carp from a small lake, for animal and human food. In the thick of it herself, "My clothes and also my notebook and tape recorder were spattered with blood and slime." She follows this with a quote from Thoreau: "Who hears the fishes when they cry?" From there, she goes to a description of bighead carp: "They have bulging brows and look as if they were nursing a grudge." The chapter ends with a description of Asian carp in "fish cakes that resembled giant meatballs ... They were, indeed, quite tasty."

A chapter covering the southern tip of Louisiana and the New Orleans area presents more problems than solutions. Kolbert rides in a small plane over Plaquemines Parish, "among the fastest-disappearing

places on earth." She states, "Thousands of miles of levees, flood walls and revetments have been erected to manage the Mississippi. ... This vast system ... is the very reason the region is disintegrating, coming apart like an old shoe."

New Orleans itself continues to fall below sea level at a rapid rate. Kolbert mentions its 24 pumping stations, and reports, "The more water that's pumped, the faster the city sinks." Dredging projects are seen as stopgap measures. Erosion is taking away small communities. Kolbert concludes in this section, " ... there's no simple way to talk about the tangle we've created."

"Into the Wild" deals with exotic endangered species: desert fish in the Mojave, coral reefs and toxic toads in Australia. Describing a census of the inch-long pupfish found in Devils Hole in Death Valley, Kolbert reports a total of 195, or 60 more than the last count. But she gives her own interpretation: "Altogether, the pupfish at Devils Hole weighed in at about a hundred grams. This is slightly less than the weight of a McDonald's Filet-O-Fish sandwich."

A coral formation is not just one endangered species; it is a host to multitudes of others; that is why its preservation is critical. Even as the world's coral reefs die off, some scientists are committed, not only to restoring them, but to strengthening coral varieties. Kolbert describes a visit to the National Sea Simulator in Australia, where graduate students and their mentors practiced "assisted evolution" during the once-a-year spawning event of coral populations in a laboratory setting. To conclude a colorful accounting, Kolbert states, "This went on late into the night, until every lonely coral had found a mate."

Poisonous cane toads, a nuisance import to Australia, are featured in a lengthy discussion of gene editing. Kolbert accompanies a genetic engineer into an extremely secure quarantine area. There they observe a batch of genetically detoxified young toads that must remain confined because of stringent government standards. The engineer considers an alternative strategy: "to fiddle with the genes that

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produce the gel coat on the toads' eggs in such a way that the eggs would be impossible to fertilize." Other forms of gene manipulation, the author learns, may someday bring back the passenger pigeon and the American chestnut. She brings up an argument against such intervention: "The reasoning behind 'genetic rescue' is the sort responsible for many a world-altering screwup."

"Up in the Air" confronts the serious, interlinked issues of climate change and air quality. In this final section the stakes are higher and the humor is darker. Kolbert interviews both entrepreneurs and academics, reporting on various works in progress. In Iceland she visits an installation that removes carbon dioxide from the atmosphere and mineralizes it underground. At Arizona State University she sees a device using water treatment materials to create negative carbon emissions. In Switzerland she visits a greenhouse that uses captured carbon dioxide, noting that when the produce is eaten the carbon dioxide liberated is again ... "totally cool or totally crazy?"

Solar radiation management research is based on the principle, Kolbert says, "that if volcanoes can cool the world, people can, too." If this "geoengineering" should go forward, it could involve seeding earth's atmosphere with such differing substances as diamond dust and sulfur dioxide. Side effects would be numerous and often severe; a relatively mild one would be the "whiter skies" on which this book's title is based.

Mary Misch

Memorial Fund Launched

The Bridge Courtyard demonstration project is finished!

Several dead trees and undesirable, overgrown shrubs have been removed by Grounds Supervisor Derek Powell and his crew. Five handsome new trees (four Dogwood "Cornus kousa" and a 20-year old-maple Acer rubrum "Red Sunset") have been planted by Windy Hill Farm of Great Barrington.

It's time to move on to a more permanent approach to the nurturing and enhancement of the treescape at Kimball Farms.

Introducing The "Trees of Life" Memorial Fund

The Kimball Farms Residents Association has announced the establishment of the Fund as a fitting way for families and friends to remember residents they have loved. Resident Gwen Sears has written in the prologue to the Fund brochure: "In recent years, as we have begun to learn more about the life of trees and their meaning in our lives, we realize that we cannot continue to consider trees as simply inanimate things, but must regard them as integral parts of our life on earth."

Routine maintenance of the landscape is, of course, the responsibility of Kimball Farms, but often residents and their families have asked that new, special trees be planted on the campus in memory of cherished relatives and neighbors. The Memorial Fund has been established to support the purchase of significant trees to be planted in visible locations, in memory of lives well-lived, and to be enjoyed by everyone.

The Kimball Farms Grounds Supervisor will maintain a list of locations and suggestions of appropriate trees for donors to consider. Dorothea Nelson is the current contact for the Fund. Donations of any size are welcome. Donations may be pooled for larger trees.

Brochures about the Fund and the procedures for donations will be available soon.

Susan Dana



Field of Goldenrods, Arrowhead MA,
a 30x40" acrylic by Caroline Medina,
was donated to the Berkshire Historical Society
Museum by Moe England shortly before his death
on August 3. Curator Erin Hunt accepted on
behalf of the museum.

Enjoying Active Aging With Physical Therapy

Sometimes as we get older our activities become limited, possibly because of discomfort or even pain when attempting to move. This can occur when walking, getting up from a chair or getting in and out of a car. We become more sedentary with secondary muscle loss and weakness setting up a vicious cycle of discomfort, pain and loss of function. After a medical evaluation to determine if an acute illness needs attention, a physician may recommend treatment with a physical therapist. In Massachusetts a patient may self-refer to a physical therapist; however, insurance reimbursement is often dependent on a doctor's prescription.

According to the American Physical Therapy Association (APTA), a physical therapist is "a trained and licensed medical professional with experience in diagnosing physical abnormalities, restoring physical function and mobility, maintaining physical function, and promoting physical activity and proper function." The word "function" appears three times in this definition, and that is a key concept in maintaining "active aging" — finding and treating abnormal physical function. Abnormal function can arise from injury, disease or a chronic condition.

Training to be a physical therapist is rigorous. A six-year course of study includes biology, anatomy, cellular histology, physiology, exercise physiology, biomechanics, kinesiology, neuroscience, pharmacology, pathology, behavioral sciences, and cardiovascular, pulmonary, endocrine, metabolic and musculoskeletal studies. Whew!! Then to quantitate all this learning, national and state exams must be passed before licensure. I do believe that a licensed physical therapist is a highly qualified professional.

According to the World Confederation for Physical Therapy, restoring function and decreasing pain through the many modalities of physical therapy benefits not only the physical body but is also maximizes quality of life and movement potential..

A physical therapist helps take care of patients in all phases of healing, from initial diagnosis through recovery and rehabilitation. Physical therapy may be a stand-alone option, or it may support other treatments. When you consult a physical therapist

you can expect to have a physical exam, a health history and certain testing procedures, including evaluation of posture, movement and flexibility, and muscle and joint motion and performance. You will then receive a clinical diagnosis, prognosis, plan of care and short- and long-term goals. Finally you will receive physical therapy treatment and intervention based on the therapist's diagnosis and evaluation, as well self-management recommendations. Patients often train with a physical therapist in exercises that they can do at home.

Physical therapists can specialize in fields such as cardiovascular and pulmonary health, neurology, orthopedics, pediatrics, geriatrics, sports physical therapy, and women's health. A wide variety of medical conditions can be treated depending on the specialty of the therapist. Some conditions that can benefit are: cardiopulmonary conditions, such as chronic obstructive pulmonary disease (COPD), cystic fibrosis (CF) and post-myocardial infarction (MI); hand therapy for conditions such as carpal tunnel syndrome and trigger finger; musculoskeletal dysfunction such as back pain and rotator cuff tears; neurological conditions such as stroke, spinal cord injuries, Parkinson's disease, multiple sclerosis, vestibular dysfunction and traumatic brain injuries; pediatric conditions such as developmental delays, cerebral palsy and muscular dystrophy; sports-related injuries; women's health and pelvic floor dysfunction.

By increasing circulation, burns, wounds, and diabetic ulcers may benefit.

Depending on the reason for treatment, the benefits of physical therapy include: pain management with reduced need for drugs; avoiding surgery; improved mobility and movement; recovery from injury or trauma; recovery from stroke or paralysis; fall prevention and improved balance.

Physical therapists use many different techniques to accomplish the goals of treatment. They include one or more of the following: physical manipulation, strength training, stretching, ultrasound, electrical stimulation, compression, heat, cold, even light therapy, and gait, balance and posture improvement. These modalities will be described more fully in a future article.

Stephanie Beling, M.D.

In the Food Truck Kitchen with Ozzie

Early in the morning, the truck loads up with food Kimball Farms folks have ordered. It then drives here, prepares the lobster and starts cooking the other dishes. All the cooking – every hamburger and shrimp – is prepared here in time to begin the first of two servings for hungry residents at 11:30 a.m.

That's how Al and Tracey Lussier describe the Ozzie's Food Truck operation that has been serving 100 to 120 lunches to Kimball residents and staff members for the last three years. Al presides over the operation in the kitchen in the back of the truck.

Your orders come to you from a busy staff at truck windows.

Ozzie's Food Truck is an offshoot of Ozzie's Steak & Eggs, a Hinsdale restaurant

serving breakfast and lunch and specializing in "homemade scratch cooked food served in real portions at a fair price." Together, the couple have been running the restaurant since 2003. They added the food truck in 2016. It's a family show. She's in charge of the restaurant, he runs the truck.

"It sounds like a pretty big operation," I suggest to Tracey over the phone, actually knowing nothing about restaurant operation. She's busy but proudly replies, "We're pretty good at it!"

The lobster rolls are most popular Kimball item, Al says. The fish and chips and the fried shrimp are not far behind. The restaurant boasts such specialties as Strawberry or Raspberry Stuffed French Toast and Homemade Corned Beef Hash. It also offers catering service.

"2020 was our first time using Ozzie's for residents," Michelle Rosier recalls, "and it was a way to try to add something a little different to take a break from the routine of in-apartment meal delivery that residents had grown accustomed to as a result of

Covid." This year there were two visits for staff and four for residents. One more resident visit is in the works for late October or November, Michelle says, "and the menu will include more fall/winter-type items since we'll be past the lobster season; menu suggestions are welcomed."

It was from dining at the restaurant that Michelle thought of inviting the Lussiers to bring the truck to Kimball. She lives in Lanesboro now but was then living in Dalton, and with a friend would frequently go to Ozzie's, their favorite spot, for breakfast and an occasional dinner. Also, her husband for 20-plus years has played in a local rock band, "and when we were younger and there was more night life in Berkshire County, they would sometimes play at the Hinsdale Home Club. After the gig we would all go to Ozzie's for a late night breakfast." Even before that, the band would play at The Dalton Depot, a bar-restaurant Al used to run.

Ozzie's is Al's third restaurant. He started with the now closed Dalton Depot and went on to The Dalton Restaurant, now run by their son. Rather than being hurt by the pandemic, Tracey says, "if anything, that made the food truck more popular. People wanted the grab and go option." The restaurant also offers outdoor deck dining in season.

Still, that leaves the question: who is Ozzie? His partner tells: Al's middle name is Oswald.

Andy Pincus



"Ozzie" next to his truck

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