



The Kimball Farms



Observer



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Rescue of Boy Becomes Rescue for Herself

In 2010, orthopedic surgeon Pier Boutin was one of the earliest responders to victims of the devastating earthquake in Haiti. Leading the first surgical team to arrive in Port-au-Prince, she witnessed horrific trauma and suffering. The suffering was so overwhelming that, seeking solace and escape, she traveled to a far off and relatively untouched part of the world.

Hiking in the high and remote Atlas Mountains of Morocco, she met 3-year-old Mohammed, sunny and smiling despite his obvious handicap. As an orthopedist, Dr. Boutin immediately identified his condition as club feet and nearly as immediately decided to help.

Walking is vital for survival in these remote mountains. With untreated club feet, this child faced a dismal future. His magnetic charm captivated her. She could not walk away.

Her recently published book, *The Little Mo Effect*, tells the story of how she brought Mo to the United States for treatment and how he in turn saved her. Remarkably, she took the further step of adopting his older sister, who, liberated from the need to take care of Mo and inspired by a free and empowered western woman, is pursuing goals of her own.

Though she no longer practices surgery, Dr. Boutin is an orthopedic physician for members of the Kimball Farms community. We will all have an opportunity to

hear her deeply personal, inspiring story when she shares *The Little Mo Effect* with us on Feb. 22 at 2:00 in the auditorium. Books will be available for signing and purchase.

Dr. Boutin writes: "I grew up in Quebec. My father, an orthopedic surgeon, influenced my decision to follow in his path. I attended the University of Ottawa medical school, then moved to the United States for

my residency. I trained at the University of Florida and was the first woman to graduate from an orthopedic surgery program in the state.

"Upon completion of a fellowship in total joint replacements and specialization in sports medicine, I joined my father's practice in

Florida, where my parents had relocated. We enjoyed a

great working and father-daughter relationship.

"Twelve years later, I moved to the Berkshires and transitioned to a non-surgical orthopedic medicine practice. My work focuses on ways to maintain and regain health so patients can avoid unnecessary surgery and remain active. I incorporate conventional medicine and offer more progressive options in the treatment of orthopedic conditions: sports injuries, arthritis, and osteoporosis. I hold regular lectures for our community".

Sharon Lazerson



Pier Boutin and her daughter



Klezmer Band Coming For February Concert

Ezekiel's Wheels Klezmer Band, which has performed in such places as Amsterdam's Het Compagnietheater, Boston's Museum of Fine Arts and Washington's Kennedy Center, is coming to Kimball Farms to give a concert Wednesday, Feb. 15, at 7 p.m. Despite their concert travels, they say they hold a special place in their hearts for downhome dance parties at local bars across the country.

Their music has been featured on television in the Netherlands and Brazil, on the Boston Jewish Music Festival's compilation album, and in a feature-length film, in addition to eight albums.

The Wheels have performed with Paula Cole, Hankus Netsky, David Broza, Albino Mbie, Jill Sobule, BETTY, and many more collaborators from the klezmer world and beyond. When they're not playing klezmer, the Wheels can be found backing up such household names as Eminem, Hugh Jackman, Weird Al Yankovic, Amanda Palmer and Chris Botti, and holding down the pit orchestras of musical theater shows across New England.

The Wheels' style was forged in the subway stations and farmers' markets of Boston, where the informal setting and ever-changing audience created an ideal environment for musical experimentation. They honed their craft with bulgars and '90s pop covers for the morning rush hour and mixed doinas and zhoks with fresh produce on the weekends. In 2012 they won both the jury-awarded City Winery Prize for best

klezmer ensemble and the Audience Pick Award at the third biennial International Jewish Music Festival in Amsterdam.

Family Art Show Spreads Over Two Galleries

The current Kimball Farms art show, which opened with a festive reception on January 15, features a wide assortment of work by staff members and residents. Along the walls of the Connector Gallery are paintings, drawings, photographs, tapestries, and even gravestone rubbings and sculpture done by residents, family members and staff from all three sections of our buildings.

Sharon Lazerson

The Kimball Farms Community Art now on display in the Connector Hall and Conference Room is the brainchild of Sharon Lazerson, our Community Outreach Coordinator. Sharon provides us with extraordinary lectures, workshops, and concerts but this art exhibit is a first. Sharon recognized the talents hidden not only in our residents, but family members and staff as well. The response to her request for submissions resulted in such an abundance of art, that we were able to fill two major display venues. The Conference Room became the major display area for residents, many of whom are art students of our esteemed art teacher, Mike Cohen, whose own show of paintings in the Conference Room recently ended. Paintings in the many different media, photographs, fabric art, and sculpture are on display. Please visit multiple times to take it all in.

Stephanie Beling, M.D



Stephanie Beling, chair of the Conference Room art committee, stands in front of two of her contributions to the current show.

A Couple's Many Steps to Kimball

We are clearly doing something right at Kimball Farms when we attract new residents like Kathie Ness and John James. If amiable, interesting, curious, and gracious are among the qualities you find appealing, look no farther than Apartment 238. Kathie and John lived in nearby Ashley Falls, Mass., before moving here in December. There were many stops on the way before what they hope is a final move.

Houston was Kathie's city of origin, but home soon became Greenwich, Conn., where her early education took place. The next move was to California with her family, and then Vassar College (then still one of the "Seven Sisters"), where she majored in French. Her reason for so doing was simply that she loved the language.

Shortly after college she moved to Brooklyn, where she became part of the "brownstone generation," a name assigned to the many people in the 60s and 70s who moved into the row houses that characterized many neighborhoods. The homes were distinctive because of their window boxes and stoops (remember that term!). Kathie loved the neighborhood's sense of community as well as her career in the publishing industry, which began at Scribner's.

After six years on staff, she decided to go freelance, a decision that connected her initially with Workman Publishing, where she worked on the original *Silver Palate*, a cookbook beloved by aspiring cooks then and now. Kathie became known in the business as a cookbook copy editor.

Let's move on to learn a little more about John, who was born in Georgia but who claims many locations since then. We need to mention only a few. When he was 16, John and his mother moved from Georgia to New York, where the idea was that he would study medicine, a decision he was okay with for a while. In order to attend City College of New York, his college

of choice, tuition-free, John had to obtain a New York Regents diploma, and that led him to a year at Rhodes Prep in Manhattan. A combination of work and study, all within a year, earned him the needed diploma.

Credentials in hand, John then matriculated at CCNY, where he enrolled in their pre-med program. As much as he enjoyed science, however, exposure to literature and the arts nudged him to follow a different course. It was a winding course that included service in the Armed Forces, work with the Department of Welfare, then with the Institute for International Education ...

and I'm only giving you a sample!

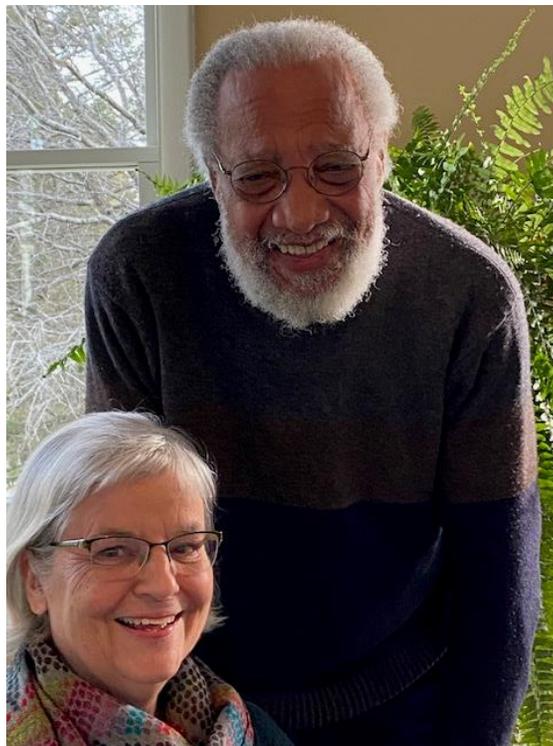
Along the way, a new interest emerged: architecture. He entered Cooper Union as a second-year student and ultimately went on to Harvard, where he earned a master's degree in Architecture. John's time at Harvard was the first instance in his life when he did not have to work while attending school.

Studies now completed, John moved to Washington, D.C., where he taught at Howard University for three years, the final year also including an appointment at Columbia

University in New York. The next move took him back to the New York City area, where he continued with teaching Architecture and historic preservation at Columbia and joined the architectural firm of Bond Ryder, soon to become Bond Ryder James.

Now for more divergence ... astute readers will recall my caution earlier in this piece to "remember the stoops." John chose to live in Brooklyn. One day as he was sitting on the stoop of his friend's house, talking with the neighbors, he noticed a young woman passing by who turned out to be Kathie Ness ... and the rest is history.

(Continued on page 4)



(Many Steps, continued from page 3)

Kathie's employment in the publishing industry had continued, as had her satisfaction with life in a brownstone. The couple wanted something more, though, and purchased a "little house in Sheffield, Mass." After nine years of weekendng in the country, they made a joint decision to choose one or the other: city or country. Sheffield won, the little house was renovated and expanded, and John established an architectural practice there.

Eventually Kathie and John purchased a much larger place — an old inn in Ashley Falls — to make their home. That, too, was the site for extensive renovations. Finally, in 2004, they took on one more project — what became their "just right" home. So, it was with sighs of both nostalgia and anticipation that the final papers on its sale were signed on January 13, 2023.

The busy years I've encapsulated here don't even touch upon John's daughter and four granddaughters, one of whom is still in college while the other three live and work in Manhattan and Westchester.

Somehow Kathie and John have always found time to include them in their projects and plans. Nor does this account include the travels each enjoys, both in the U.S. and abroad. Their mutual love of music and dance has found satisfaction in the Berkshires. These omissions will give you plenty to pursue when you meet this congenial pair, something I urge you to do soon!

Dorothea Nelson

President's Comments: "Who's Playing Anyway?"

Here it is February and the football playoffs have begun, much to the dismay of many who are not football aficionados and see the TV and the couch taken over Saturdays and Sundays. This all began, of course, back in August when the preseason games started, leading into the regular season games.

Many changes have been made to the regular season schedule as TV and high player salaries demanded more and more football games being aired. The former National Football League (NFL) and the American Football League (AFL) combined to form

one league with two conferences, the National Football Conference (NFC) and the American Football Conference (AFC).

Confused? Wait, there's more. This facilitated creation of the Super Bowl so the best team in each conference could play the other and declare a pro football champion. Along with this, the playoff series came about, adding more headaches to the non-football fans in the family.

Pizza became a mainstay meal on football game days. For the avid fans, nothing was to stand in the way of the game or games on some days.

In January the playoffs begin, pitting the seven best teams of sixteen in each conference against one another to see who will be in the Super Bowl. Each conference has four divisions, and each division has four teams. Based on wins, the top team in a division has a first-round bye and the other three play three "wildcard" teams for a total of six games for the Wild Card Weekend.

The three winners in the respective conferences are sorted out, one to play the team with the bye and the remaining two to play one another for the next weekend, known as the Division Playoffs. The two winners in each conference then play the following weekend for the conference championship.

As a result, the conference champions go to the Super Bowl and the media hype begins. Super Bowl parties are planned. Non-football fans get caught up in the frenzy with party planning and the pregame hype. Who is playing? Some respond with "I don't know but I watch just to see the TV ads" and so on. Here at Kimball Farms, we join in with a Super Bowl party in the auditorium. The food is good, the conversations are lively, and "oh yes, the game, who is playing anyway?"

Garry Roosma

In Memoriam

Charlotte Finn

December 2, 1929 to January 6, 2023

Bills Player's Collapse: a Lesson in Heart's Electricity

While millions watched, on January 2, 2023, Buffalo Bills safety Damar Hamlin collapsed during the Monday Night Football game against the Cincinnati Bengals. Hamlin, 24 years old and in good health, suffered his injury early in the first quarter when he tackled the Bengals wide receiver and received a blow to the chest. He quickly popped back up, then suddenly fell to the ground. Medical personnel raced to the field and immediately administered CPR and oxygen and used a defibrillator to restore his pulse before the ambulance took him to the hospital. The next day it was confirmed that he had suffered cardiac arrest during the episode.

Cardiac arrest, the most severe of heart rhythm abnormalities, is the abrupt loss of heart function, resulting from a problem with the heart's electrical system. This disrupts the heart's pumping action and stops blood flow through the body. It is often fatal if proper steps aren't taken immediately. CPR can improve the chances of survival by maintaining blood flow until emergency medical assistance arrives.

More than 356,000 cardiac arrests occur outside a hospital in the United States each year, according to The American Heart Association. Fortunately, Hamlin received immediate and optimal emergency treatment and so far, he is doing well in his recovery.

Most cardiologists believe that this event is something called "commotio cordis" a rare rhythm abnormality caused by a powerful blow right over the heart occurring just 2 milliseconds before a beat – a tiny fraction of the heartbeat cycle. It is very rare in football, but there have been several documented cases in healthy young baseball players who have been struck in the chest by an errant baseball. This potentially catastrophic event has prompted high

schools and colleges with athletic programs to re-evaluate their emergency preparedness and have appropriate personnel and equipment available for just such an emergency.

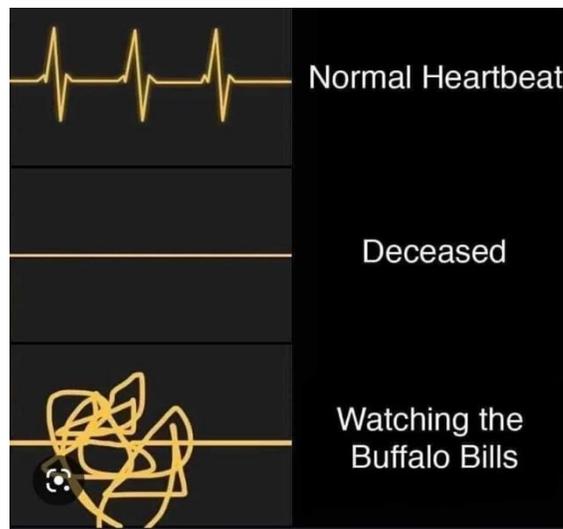
Irregularities in heart rate or rhythm are known as arrhythmias. They are caused when the electrical signaling in the heart is disrupted, as in the extreme example above. Arrhythmias often occur in people with underlying heart disease; however, even healthy hearts can occasionally experience an abnormal rate or rhythm. Some arrhythmias are life-threatening,

while others are not directly life-threatening, but can increase the likelihood of a stroke. Arrhythmias can be classified by whether they slow or speed the heart rate, and which area of the heart is affected. There are many kinds of arrhythmias, and they can each require different treatments.

A resting heart rate is approximately 60-100 beats per minute, with evidence suggesting that a heart rate at rest over 80 beats per minute may be cause for

possible concern for underlying heart disease. A slow heart rate is known as bradycardia, a rapid heart rate is called tachycardia. However, context is always important. For example, sometimes during sleep the heart rate can slow down to 40 beats per minute, while during exercise it is often over 100. The electrical impulses are generated due to the movement of electrolytes (minerals) through passages called "ion channels" present in the heart cells. Sodium, potassium, calcium, and magnesium are the main minerals required for generating electric impulses. Inadequate levels prevent the proper formation of impulses, and/or their normal conduction, resulting in the development of arrhythmias.

(Continued on page 6)



Buffalo and its football team have had their ups and downs

(Bills Player, continued from page 5)

The heart consists of four muscular chambers that contract and relax in a regular sequence programmed by the electrically generated heartbeat. The upper two are called atria (singular-atrium), the lower two called ventricles. A heartbeat originates as the electrical impulses pass through a pre-determined pathway — first through a small mass of specialized tissue located in the right atrium, known as the sino-atrial node. It is also known as the heart's pacemaker as it sends electrical signals telling the upper and lower heart chambers the timing of when to pump blood through the body.

Risk factors for arrhythmias include coronary artery disease, congestive heart failure, high blood pressure, obesity, smoking and alcohol abuse, stress, diabetes, thyroid dysfunction, and stimulants such as coffee and certain medications. Some people with arrhythmias don't experience any symptoms, but for those who do, symptoms may include racing or pounding heart, chest pain, shortness of breath, dizziness, lightheadedness or fainting, anxiety, and a reduced capacity for exercise. Treatment options will vary depending on the type of arrhythmia.

Stephanie Beling, M.D.



Conductor John Cheney and accompanist Nancy King tune up for the Valentine's Day concert to be given by the Kimball Singers on Feb. 14 at 10:30 a.m. in the Auditorium. They'll perform love songs old and new.

Activities in February

Sunday Feb 12th – Superbowl Party in the Auditorium – Time TBD

Monday Feb 13th –Improv w/Andrew Joffe – 2p

Tuesday Feb 14th – Valentine's Day Party w/ John Cheney & the Kimball Farms Singers – 10:30a

Wednesday Feb 15th – Ezekiels Concert –7p

Thursday Feb 23rd – Marc Lendler Lecture – 4p

Tuesday Feb 28th – Doug Schmolze concert – 7p

February Trips

Wednesday February 8th Bus at 9:30a
Berkshire Eagle Tour & lunch at Panda House

Saturday February 18th Bus at 1:15p
Barrington Stage Co.
10x10 New Play Festival

Wednesday February 22nd Bus at 9:30a
Ozzies for breakfast & ride
To Williamsburg General Store

Date & Time TBD
Let's Eat Out - Rescheduled
John Andrew's Restaurant
South Egremont

Birthday Wishes to our residents!

Nineteen residents celebrate birthdays in February. There is an 18-year spread between the youngest and oldest celebrant.

December birthdays belong to: Bridget Connolly, Edward Mordia, Bruce Bernstein, Nelli Van Batavia, Ruth Bemak, Alan Hoffman, Eugene Leibowitz, Dorothy Mandel, Gloria Pixley, Betty Simmons, Rita Kaplan, Max Silver, Joanna Strauss, Reed Hand, June Ann Mason, Peter Strauss and Lita Moses.

Happy Birthday to each of you!!

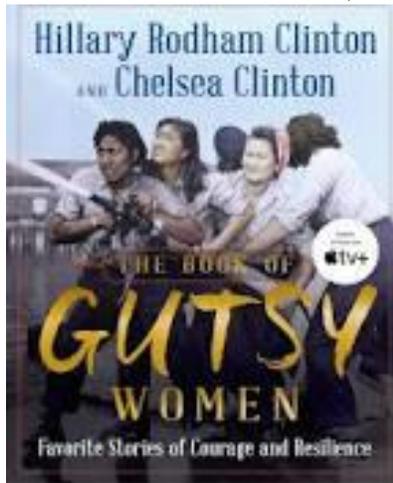
Clinton Women Keep Making History

Of continued interest in our library is this 2019 title, *THE BOOK OF GUTSY WOMEN: Favorite Stories of Courage and Resilience*, by Hilary Rodham Clinton and Chelsea Clinton. Written after the 2016 presidential election and before the 2020 onset of COVID, it is something of a time capsule. Of the 105 women described, it can be no surprise that the largest number is found in the section called “Advocates and Activists.”

Along with Eleanor Roosevelt and Coretta Scott King are less familiar names, with their stories. In a chapter called “The Peacemakers,” Hillary Clinton recalls meeting several women in Belfast, Northern Ireland, who worked toward the Good Friday Agreement of 1998. She moves on to describe the work of two women who earned the Nobel Peace Prize for nonviolent activities: Leymah Gbowee from Liberia and Tawakkol Karman from Yemen. The chapter closes with quotations from Secretary of State Madeleine Albright, including, “There’s a special place in hell for women who don’t help each other.”

Hillary and Chelsea Clinton, they compare Maria Montessori’s establishment of schools, using her revolutionary methods, with Joan Ganz Cooney’s development of *Sesame Street* for public television. Hillary concludes with “Both Maria and Joan had to fight for the chance to follow their passion into higher education and a meaningful career.”

The “Earth Defenders” section has many predictable names, including Rachel Carson and Jane Goodall, plus an early glimpse of Greta Thunberg. “Explorers and Inventors” has some of the most fascinating personalities, including Ada Lovelace, the daughter of Lord Byron, who helped to develop rudimentary calculators and predicted that they could generate music. Actress Hedy Lamarr is credited by Chelsea for working on a frequency-hopping system that “paved the way for modern-day cell phones, Wi-Fi, and GPS.”



“Healers” covers the expected Florence Nightingale and Clara Barton, and the more surprising Betty Ford. Chelsea has written most of the oddly prescient chapter called “Vaccinators,” in which she says, “In many countries, that work is done primarily by women, often in dangerous circumstances.” She goes on to discuss various concerns and protests vaccination, and states, “... as one of my favorite sayings goes, ‘Vaccines cause adults.’”

“Elected Leaders” is a section written primarily by Hillary. She describes her personal connections with Bella Abzug, Ann Richards, Geraldine Ferraro, Barbara Jordan and Barbara Mikulski in U.S. government; Wilma Mankiller, Chief of the Cherokee Nation; Ellen Johnson Sirleaf, President of Liberia; and Michelle Bachelet, President of Chile. Chelsea covers most of the story of Danica Roem of Virginia, “the first openly transgender person elected to a state legislature.”

“Groundbreakers” is an absorbing chapter with information not so widely known about important women, including Frances Perkins, Secretary of Labor under President Franklin Roosevelt; Katherine Graham, publisher of the *Washington Post*; Constance Baker Motley, NAACP attorney described by Hillary as “likely becoming the first black woman to argue before the Supreme Court in modern times”; Edie Windsor, who took her case for same-sex marriage equality to the U.S. Supreme Court; Temple Grandin, advocate for animal welfare and autism awareness; and Maya Lin, designer of the Vietnam Veterans Memorial in Washington, D.C.

A final section, “Women’s Rights Champions,” ranges from early Suffragettes to more contemporary defenders of women, including Fraidy Reiss opposing child marriage in the U.S.; Manal al-Sharif “daring to drive” in Saudi Arabia; and Nadia Murad working against human trafficking in Iraq.

Above are highlights from a book about women in public life, presented by two women who have devoted a great deal to public service. *Mary Misch*

Strictly Personal...

Kissing Not Allowed

The year was 1952 and I was 18. Had a date with a good-looking gal. Borrowed my dad's car and picked her up in Yonkers. We were driving to NY on the Hutchinson River Pkwy.

As we passed the Cloisters exit on the left, I noticed a scenic lookout on the right. It was built towards the Hudson River so you could enjoy the view. I said let's get out. She said OK. Luckily there was a space for my car. I pulled in and we got out.

We walked to the outer edge and looked out. Washington Bridge was lit, and the moon was 3/4. Though dark you could see Palisades and river, all spectacular.

We turned towards each and as our lips touched, a policeman strode up, flashlight in hand. Bright light in our faces, he said you must leave. Kissing is not allowed! Follow me and we did. Escorted us to my car, we got in and drove away.

Was love ruled out? *BD Miller, M.D*

Mikado and Butterfly: Love unto Death, Alas

I named him Mikado – an ordinary-looking, medium-sized pet turtle that I found in the lobby of my apartment building, evidently abandoned. I assumed he was a male. I took him home and bought an aquarium and turtle food, and he settled in, acknowledging my presence as the source of all good things by coming to the edge of his home whenever he saw my shadow.

But as it is said in the Good Book, it is not good for a turtle to be alone, so to the pet store I went to find a suitable companion for my lonely bachelor. I acquired a succession of ladylike turtles, but Mikado managed to do each one in. Apparently, he was so frightening that one poor candidate escaped from the aquarium. I found her dehydrated remains behind a radiator.

One final attempt at matchmaking, and in came Butterfly, a pretty, petite little creature. She was tough and took no nonsense from the big male. I

watched her hitting him repeatedly, with no response from him. How and why, it happened I do not know.

But suddenly, I found my next bride-to-be, little Butterfly, residing on the back of big Mikado, where she spent most of her time, a picture of connubial bliss. They lived together happily until quite unexpectedly Butterfly died. Mikado was in denial, crossing their home repeatedly in a futile attempt to find his Butterfly. He stopped eating, no longer greeted me and before long he too was gone.

And so, ends the love story of turtles Mikado and Butterfly. *Margot Yondorf*

The New Language

If she is they
And he is they,
Can yes be no
On another day?

If sis is cis
And I am cis,
And Ms. becomes mx
We're all in a fix.

When sex becomes gender
Meaning goes into a blender.
When was gender ever a measure
Of fabled, forbidden pleasure? *Poet Nauseate II*

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

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