



The Kimball Farms



Observer



Volume 35, No. 9

Relocation Fallout — Page 8

November 2025

Changes Ahead at the Top

*Sandra Shepard,
William Kittler
Gain New Posts*

**By Pat Flinn and
Charles Bonenti**

*Observer Contributor and
Observer Editor*

CHANGES in senior leadership are under way at Kimball Farms. Executive Director Sandra Shepard notified residents by letter in late September that she had accepted a newly created position as regional director of campus operations with Integritus Healthcare. Formerly Berkshire Healthcare, Integritus is a not-for-profit entity that oversees management of the two Kimball Farms campuses and 19 other post-acute care, long-term health care, and senior housing facilities in Massachusetts.

William Kittler, administrator of the nearby Kimball Farms Nursing Care Center, will take her place as executive director at Kimball.

Michael Quirk, vice president of housing for Pittsfield-based Integritus, announced both appointments in what he described



Photo by Liesl Carlson

Kimball Farms Executive Director Sandra Shepard has accepted a promotion to regional director of campus operations at Integritus Healthcare. William Kittler, administrator of the Kimball Farms Nursing Care Center, will replace her as Kimball CEO.

as “a pivotal time” to support recent housing division growth, including the East Longmeadow Skilled Nursing Center, the recently announced management of Geer Village in Canaan, Conn., and a pending collaboration with JMJ RE Holdings, owner of the vacant Berkshire Mall site in Lanesboro, to create a 420-unit senior housing community.

“I couldn’t be more pleased and excited to see Sandy and Bill forge ahead on a new career path with Integritus and Kimball Farms,” said Bill Jones, president and CEO of Integritus. “I’ve known both of them for nearly 30 years and believe this is a natural progression for each of them. For Integritus, this change will enable

Changes, continued on page 2

Changes, continued from page 1

us to continue our pursuit of building out the housing footprint while leading the collective us to a new level of performance. At the same time, they will continue to focus on strengthening Kimball Farms and maintaining its market leadership position. They are both well prepared for these new assignments and I am highly confident that they will be successful.”

The executive transition is expected to take place in early December. A search is already underway to replace Bill Kittler at the Nursing Care Center.

With Sandy’s 30-plus years of experience as an executive leader in senior living and long-term care, Quirk said, “She has become a key leader and trusted resource in our Housing Division and beyond.”

“In this new role,” Sandy explained, “I will continue to be involved in the operations and strategic planning of Kimball Farms and will be working closely with William Kittler.”

“Bill has served as a committed leader at Kimball Farms for the past 12 years,” Quirk said in his statement, adding that his “dedication, experience and intimate knowledge...will promote continuity for all involved as we navigate change into the future.”

Sandy said: “I feel confident that Bill has had the exposure and training to lead such an operation. [He] has demonstrated his leadership at the Nursing Care Center over the past 12 years and was instrumental in maintaining very high standards with his seasoned leadership team.”

Looking back at her almost 23 years with Kimball Farms, she said, “I cannot help but feel many mixed emotions. I have been incredibly fortunate to work with a team that is not only self-motivated and prideful, but true to all the values of this organization.”

Bill added: “I look forward to continuing that same spirit of excellence. I will be guided by the strong strategic plan Sandy Shepard has implemented, focusing on exceptional customer service, supporting our dedicated employees, and maintaining our reputation as a premier life care community in the greater Northeast.”

Sandy’s career started with the former Edgecomb Nursing Home on Sunset Street from 1996 to 1999, the North Adams Commons nursing home

from 1999 to 2001, and as an assistant administrator at the Willowood nursing homes in Williamstown, North Adams, and Great Barrington. She was administrator of the Mount Greylock Extended Care facility from 2000 to 2003.

In June 2003, Sandy was appointed administrator of the Kimball Farms Nursing Care Center, which in 2002 had been relocated from the main campus to the vacated Edgecomb Nursing Home on Sunset Street after renovations to increase its capacity from 41 to 74 beds. She served there for 10 years, until her appointment as Kimball’s executive director in December 2013.

Sandy earned a bachelor of science degree in health services administration from Quinnipiac University in 1991 and a master’s degree in business administration from Western New England University in 1998. She was certified in financial planning at Bay Path University in 2010.

Sandy and her husband, Todd, live in Pittsfield. They have two sons. Tyler did technical help here at Kimball for half a year, followed by his younger brother, Tanner, Kimball’s current technical whiz.

Bill Kittler earned his bachelor’s degree from Siena College in 1986, followed by his master’s degree in business administration from Western New England University in 1993. That same year he received his Nursing Home Administrator license, and in 1994 he started training at the Nursing Care Center of Kimball Farms (then located here on the main campus in what is now LEP). He was administrator there from 1995 to 1997.

During the next 25 years, Bill did administration work outside of Berkshire County, mostly in East Longmeadow. In 2013, he returned and followed Sandy as administrator of the Kimball Farms Nursing Care Center on Sunset Street.

Bill says of his 12 years at Sunset: “I am incredibly proud of what our team has accomplished at the Nursing Care Center. Together we have strengthened our person-centered approach, ensuring that every resident, especially those from our Life Care Community, receives care that reflects their individuality, dignity, and preferences.”

Bill was born and raised in Adams. He and his wife, Maureen, live in Pittsfield. They have three grown daughters.

President's Letter

Multiple Changes Due in November

THIS WILL BE a month of big changes for us here at Kimball Farms. First, Sandy Shepard is stepping down, or actually moving up, from serving as the executive director here. She has been a day-to-day presence for the past 12 years, and we will all miss seeing her on a regular basis. Sandy will still be a frequent visitor in her new role as regional director of campus operations for Integritus.

Taking her place will be the familiar face of Bill Kittler. Many of us know Bill from his work as the administrator of the Kimball Farms Nursing Care Center for the past 12 years. He has run that unit with skill and dedication and is very approachable. We expect this transition will occur around December 1.

Other changes are coming as well. There will be new procedures for trips in the van, and a new way to get transportation to train stations and airports in Albany, Springfield, Hartford, Hudson, and Wassauc. Hopefully there will also be an option for van trips some Saturdays.

We continue to have new residents moving in and we are just about at capacity, with a sizable waiting list. There will be a Newcomers Brunch on November 5 for everyone who has arrived since March 1, a total of 14 people.

The Staff Appreciation Drive has been underway throughout October. If you have not yet contributed, please do so right away. This event recognizes our wonderful hourly staff with holiday bonuses, replacing the need for tips. We would like to see 100% participation!!

(Not incidentally, many thanks to our nursing staff, who kept us healthy during the recent Covid outbreak.)

The upcoming Residents Association meeting (Monday, November 3rd) will include a report from the Nominating Committee, proposing a slate of officers and counselors for next year. The first draft of next year's budget will be displayed. Committee assignments, which begin in January, have been handed in and will be processed in November.

The holidays are fast approaching. The association will contribute to the Thanksgiving Angels, who provide food at Thanksgiving to needy area residents. We also encourage everyone to visit the Corner Store gifts and decorations!

Pat Steele, *President, Residents Association*

Editor's Desk

A Vacation Trip Ends with News

WE WERE AWAY most of September, returning just in time to learn that our executive director, Sandy Shepard, will be leaving her Kimball post.

Our story, leading today's issue, became a collaboration with Sandy's administrative assistant, Liesl Carlson, serving as our channel for information gathering and photographer, while *Observer* contributor Pat Flinn assembled statements from Sandy and Bill, a press release from Integritus, and other background information gathered online to write the article. We will continue to follow developments for the December issue.

Other features this month include a profile on a world-roaming wait-staffer, three new resident interviews, and an essay by Peggy Braun on the fallout from downsizing.

—Charles Bonenti

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

EDITOR

Charles Bonenti

**ASSOCIATE
EDITOR**

Katherine Ness

COLUMNISTS

Stephanie Beling, Mary Misch

PHOTOGRAPHERS

Lily Wayne, Charles Bonenti

PRODUCTION

Page design: Tivy Design, Brookline
Printing: Lenox Print & Mercantile

CONTRIBUTORS THIS ISSUE

Peggy Braun, Pat Flinn, Ellen Kanner, Cecele Kraus,
Dorothea Nelson, Jean Rousseau, Pat Steele

Email: KFObserver235@gmail.com

Phone: [413 637-7179](tel:4136377179)

Sharing a Love of Farming

By Cecele Kraus
Observer Contributor

ONE OF THE FIRST THINGS that stands out about Blake and Felicity McClenachan's apartment (number 175) is its proximity to the Commons area at Kimball Farms. The short walk to dining and community activities makes it easy for them to take part in events and enjoy shared meals with neighbors. Concerned about health and vision issues, the couple moved to Kimball Farms in August, but they have kept their home in Lenox.

Felicity and Blake met for a hike up Mount Greylock in 2002 after responding to a newspaper "personals" ad—a precursor to online dating. They married in 2008 at St. Ann's Catholic Church in Lenox. It was a second marriage for both.

Felicity's roots are in Geneseo, N.Y. She met her first husband while she was working in Boston as a



Photo by Charles Bonenti

Felicity and Blake McClenachan

Besides homesteading, Blake worked as an accountant and also managed the nearby Images Theater in Williamstown.

teacher and he was studying pharmacy in college. Once married, they moved to Pittsfield and then to Lenox in 1972, where they raised four children, who attended local schools. One daughter still lives in Lenox and teaches at the Morris Elementary School. Two sons and another daughter live in the West.

Felicity trained in the LPN program at the

Taconic High School and began her nursing career at Berkshire Medical Center, working with newborns during the 1980s. She said that although she cherished her relationships with patients, she shifted her focus to elder services and, in her final working years, cared for private-duty patients.

Blake, originally from Philadelphia, grew up in New Jersey before settling in Stamford, Vt., to establish a homestead and raise blueberry bushes, fruit trees, and poultry. He has two daughters and a son by his previous marriage. One daughter lives in Vancouver, B.C., and teaches marine life viability. His other daughter teaches coastal restoration at Stony Brook University on Long Island. His son is an arborist and lives with his own family on Blake's former farm in Stamford.

Besides homesteading, Blake worked as an accountant and also managed the nearby Images Theater in Williamstown from 1974 to 1981. He recalls the now-outdated process of showing films during that era: Movies arrived in two cans, each containing two or three reels holding about 20 minutes of film. A typical movie required five or six reels and two projectors to ensure a seamless viewing experience. Timing was essential, as reels needed to be changed promptly to avoid interruptions.

Blake plans to continue his agricultural pursuits at their Lenox home while Felicity hopes to volunteer at the Potting Shed at Kimball.

Felicity is interested in meeting hiking companions at Kimball Farms and exploring local trails. She plans to continue to work at the Lenox Library book sale, a longtime interest. Blake is an avid bicyclist. They both look forward to their future here.

Eager for a Berkshire Winter

By Ellen Kanner
Observer Contributor

THERE'S A LARGE SIGN that reads "The Black Dog" on Joan Barrett's door, and a large black Labrador retriever was lying peacefully on the sofa when I visited recently. Littlebear seemed as calm as he is large, and Joan's living room, stylish in tones of dark gray and dark wood, was serene as well—with not a hint of her recent move in sight.

The interview, which began in the traditional way with questions for Joan about her life's journey, ended in a lively four-way conversation with Joan's children, Lisa and Bart, who made an unexpected appearance at her patio door.

But let's begin at the beginning: Joan was born in a peaceful suburb on the north shore of Chicago. She came east for the first time to attend Skidmore College in Saratoga Springs, N.Y., where she met Dan, a bright student at nearby Union College. When Dan was accepted at the University of Illinois to pursue a PhD in physics, the couple decided to marry and moved to Champaign-Urbana.

After completing her undergraduate degree in English literature at the University of Illinois, Joan accepted a position as a social worker in rural Illinois. Many of her clients were victims of abuse on family farms, an experience that gave Joan "a real insight into human nature."

A career move for Dan brought Joan the opportunity to pursue a master's in social work in Denver. From there the couple moved to St. Louis, where Lisa and Bart were born, and then on to California in "the early days of Silicon Valley."

After Joan and Dan divorced, Joan married Tom Barrett, a golf course developer, and together with the four children of their blended family, they lived

variously in Washington state, California, Arizona, and Nevada. Both Joan and Tom were avid skiers and golf enthusiasts. Sadly, Tom died after a long illness in 2021.

When I asked Joan, "How did you wind up at Kimball Farms?" she answered without hesitation: "Because my daughter Lisa's here in Lenox."

Her first reason for liking life at Kimball Farms was "the MERF guys," a tribute to the team that secured her bookcase to the living room wall exactly as Lisa had assembled it. She also appreciates the freedom of independent living, the variety of indoor activities, and the system for seating in the dining room that makes it easy to get to know new people.

When the conversation shifted to sports, Joan told me she'd like to connect with fellow golfers and was especially eager for winter in the Berkshires. Skiing is "a big part of who I am," she



Photo by Charles Bonenti

Joan Barrett with Littlebear

Both Joan and Tom were avid skiers and golf enthusiasts.

said. "I hope to find people who say 'Let's go skiing!' when the first snowstorm hits."

At that very moment there was a knock on the patio door and Joan's kids joined the conversation. Bart, a hedge fund manager from California, and Lisa, a bank compliance officer, were happy to show me pictures of their mother and their beautiful families and to talk about sports. It seems everyone in the family, including Joan's seven grandchildren, is a serious athlete.

What a delightful way to get to know Joan and her crew!

A Life Led by Learning

By Dorothea Nelson
Observer Contributor

NOT LONG AGO, I commented in an interview that a lot could be learned about a resident by examining their apartment door. I realized again the truth of that observation when I visited Karen Rhinehart recently in Apartment 164. Her entryway has interesting items: whimsical poetry; an intricate pen and ink drawing gifted by a friend; a watercolor by a Hudson Valley artist.

Entering the apartment, Mochi, Karen's beloved cat, is there to greet you. Sleek, elegant, and extremely cordial, Mochi likes to examine each visitor with care. The apartment's interior is tastefully decorated with an array of greenery, all looking amazingly real although it is definitely not, in deference to Mochi.

Karen spent her early years in New Jersey. She remained there during the 1½ years she spent at Rutgers University in Newark, after which she left with Jack—her “practice” husband, as she refers to him. They had two children, Heather and David. An army officer, Jack had many deployments. When they were living at West Point, Karen returned to school at Orange County Community College. After earning an associate's degree, she obtained her bachelor's degree in geology and geography at SUNY New Paltz.

Their marriage ended and Karen found employment at a law office in New Paltz. While she was working there, the firm shared its printer with a nearby title abstract business that lacked that equipment. It wasn't long before it became clear that the business owner, Lee Rhinehart, had more on his mind than the use of the law firm's copier!

Karen and Lee's friendship blossomed and grew until they married, a union that lasted happily until he passed away in 2020.

By her own admission, Karen is “good at solving problems and motivating people.” Collaboration is one of her strengths, too; all of these were assets in her legal and volunteer work. Her hunger for learning led her in several directions. She worked as a paralegal, developed computer skills, and used her facility with numbers to work on fund-raising for a local library and other nonprofits. She also did the bookkeeping for Lee's business.

The couple found time for travel and enjoyed many cruises: Alaska's Inside Passage, the Panama Canal, and several in the Caribbean. Other special trips found them touring national parks. A favorite for Karen was Zion in

Utah. Whether it was a wine tour in California's Napa Valley, a motor trip around Ireland, or a transatlantic cruise to Portugal, Karen was up for it all! Now she's looking for a cruise around Iceland. Could a Kimball resident offer advice?

I've met people who've lived at Kimball for years and have yet to turn on their ovens. Not so with Karen. She popped in a quiche to bake during my visit. She loves to cook and sew. When daughter Heather was younger, Karen made all her clothes. What truly amazed me, though, was to learn that she made a polyester suit for Lee!

Happy to be at Kimball, Karen's checking out our committees and activities. She has identified several that pique her interest: Recycling, Education Committee, Staff Appreciation. With her skills, her outgoing nature, and her contagious enthusiasm, she will be a real asset to the *entire* Kimball community.



Photo by Lily Wayne

Karen Rhinehart

By her own admission, Karen is “good at solving problems and motivating people.”

Boy with a Dream Sees the World

By Jean Rousseau
Observer Contributor

MICHAEL CLEARY was born in Port Arlington, Ireland, in 1950. His father died when he was five, leaving the family in very modest circumstances. His older brother was a travel agent who sent postcards home from everywhere, inspiring Michael. An indifferent student, he attended Rockwell College, Tipperary, at age 15, where he combined high school with college for three years.

After several odd jobs, Michael spent a summer as an assistant chef and waiter at a resort hotel on Jersey, in the English Channel. With that experience, in 1969 he found employment as a waiter with the legendary Peninsular and Orient Cruises company and his dream came true.

Peninsular ships took passengers everywhere. Michael went with them. From Southampton to the Caribbean; through the Panama Canal and north to Vancouver, Canada; then back with many stops; across the Pacific via Fiji, Tonga,

Peninsular ships took passengers everywhere. Michael went with them.

and Tahiti to Australia. Then it was north to the Philippines, Hong Kong, and Japan and homeward through Durban and beautiful (his description) Cape Town, South Africa; to Lisbon, Madeira, and Southampton; then Scandinavia, the British Isles, and home again.

After three years of travel, meeting and greeting celebrities—and girls—on board, Michael left Peninsula to exercise his culinary skills on shore. He

hired on as chef for a succession of country inn hotels in the counties around Greater London. Very satisfactory, but by 1973 it was time for a visit with Mom. While staying with her in Port Arlington, he was asked to cater a large party for one of her friends. There he fortuitously met an American lady who was impressed by his skills and arranged for him to meet a friend in New York who owned several Irish pub restaurants. So, off to the U.S.A. with a suitcase, \$200, his passport, and dubious entry papers. The latter fortunately got sorted out on arrival, and he was hired. The family of pubs grew to eight. It operated on a modest profit-sharing plan that enabled Michael, in time, to buy a spacious apartment in a grubby West Side neighborhood. Gentrification worked its wonders and Michael prospered in real estate, too.

Always a slender lad, Michael enjoyed running. Disliking the subway system, he walked or ran to and from work every day—some 12 miles when he moved to popular Wall Street restaurants. Running became the fashion in New York in the 1970s and Michael joined it. He ran on weekends with a few friends, occasionally circumnavigating Manhattan. He naturally became a marathoner and ran in the first five-borough New York marathon in 1976. In 1980, he was the first finisher of the New York Roadrunners Club contingent, which earned him a place as the U.S. representative in the Sea of Galilee marathon in Israel in 1981.

That wasn't all. In 1978 Michael met fellow runner Kathleen Bulger, a Columbia University graduate student, running in Central Park. He says she was as impressed by his now fashionable apartment as by his wiry good looks. They married in 1981.

By 1986, with two young sons, Michael and Kathleen decided to give up Manhattan life and come to the Berkshires. They purchased the Cork 'N

Dream, continued on page 10

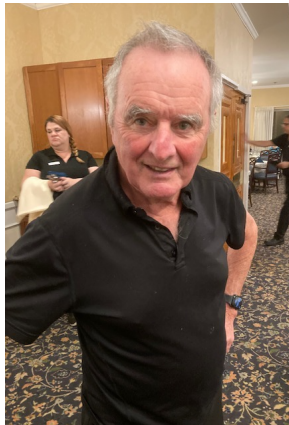


Photo by Charles Bonenti

*Michael Cleary on
the job at Kimball.*

Deciding What to Jettison

By Peggy Braun
Observer Contributor

WE WOULDN'T BE HERE if we hadn't moved, so everyone has had some experience of it. There is nothing that puts your nose up against your acquisitive needs more than moving. It asks that you examine every candlestick, spice jar, scarf, pair of shoes, underpants, and book that you once desired and you now live with all of them.

You have to evaluate your clothes, especially the ones you no longer wear and the surprises—clothes that still have price tags on them. At one time we thought they would make us desirable, handsome, or beautiful, so it's hard to send them to the strangers who frequent Goodwill.

Have your feet grown? Some of my shoes now fit like Cinderella's slippers (I could only wear them if I sliced off my toes). Then there are the books you bought at the library book sale and were sure you would read—10 years ago. They still lie there unread, a little moldy from betrayed good intentions, along with the ones you think you want to read again.

When I was little, we often went to cafeterias and my mother would say: "Your eyes are bigger than your stomach." She was right, but it wasn't so much about food as about *things*—all those things that I had unconscious fantasies about, imagining they would make my life better in some major or minor way. When I got them home, however, they were just things, and once they became real and I lived with them every day, they rarely changed my life a whit. They just took up space, making it harder to figure out where to put the next "magical" thing.

Moving feels to me like an analogy to the Pas-

sion Play (I hope this doesn't offend anyone), but my cross holds pots and pans, scarves, Christmas decorations, and Mayan figurines. The latter felt so precious at the time that I lugged them from buses to trains to planes for weeks until they could cross

*I haven't used any of my pots
and pans for two years.*

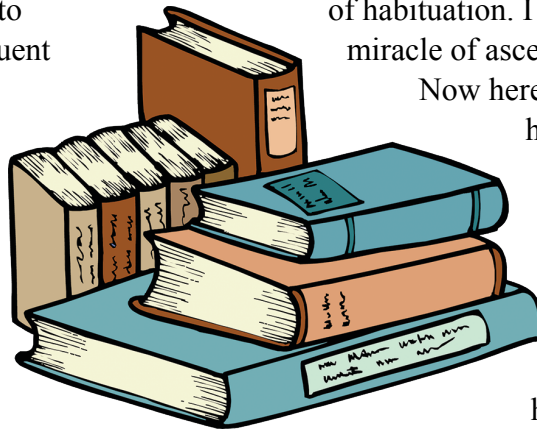
the threshold of their new American home and be placed carefully on the bookshelf to be newly appreciated. Months later they tumbled into the void of habituation. I have not yet experienced the miracle of ascension.

Now here I am and here you are. I

haven't used any of my pots and pans for two years. My books are all shouting: "Read me; read me." Sorry, I'm busy with Louise Penny; I'll get around to you eventually.

When I moved here, I had been a photographer and a printmaker, so my shelves are full of inks and brayers and paints. I haven't taken a single picture or printed a single print. My bedroom shelves are evidence of that person I used to be, but she no longer exists. I didn't decide to give her up. She just walked off on her own. So I need to make more decisions about what specifically to jettison and where it should go.

My psyche can't answer any of these questions, so I will return to my Louise Penny mystery while my possessions close their eyes in despair, feeling neglected, unseen, and uncared for. I will pause for a moment and tell them: "I want to see you and use you, but there are so many of you that it's overwhelming and I have to ignore you to survive. I deeply apologize."



The Pancreas: Small but Mighty

By Stephanie Beling, M.D.

Observer Columnist

THE PANCREAS is a small yet powerful gland found deep within the abdomen, nestled behind the stomach. It plays a dual role in the body: first, as part of the digestive system, it produces enzymes that help break down fats, proteins, and carbohydrates; second, as part of the endocrine system, it secretes vital hormones like insulin and glucagon, which regulate blood sugar levels. Without a properly functioning pancreas, digestion falters and metabolic balance is disrupted, making this organ essential for basic health.

In recent years, however, the pancreas has made headlines for a more troubling reason: the alarming increase in cases of pancreatic cancer. Often called a “silent killer,” pancreatic cancer is difficult to detect early. As it is tucked deep in the abdomen, early tumors rarely cause symptoms. By the time weight loss, jaundice, or abdominal pain appears, the cancer is often advanced. This makes pancreatic cancer unusually deadly. According to global cancer statistics, it ranks among the top causes of cancer-related deaths, despite being less common than other cancers such as breast or colon cancer. The survival rate remains low, primarily due to late diagnosis. By the time symptoms appear, the disease is usually advanced and has already spread. Pancreatic cancer is notoriously aggressive and, unfortunately, on the rise.

Age is a major risk factor, with most cases occurring in individuals over age 60. Smoking, obesity, chronic alcohol use, diets high in processed meats and low in fruits and vegetables, all increase the risk. Diabetes and chronic pancreatitis (inflammation of the pancreas) are also linked to higher rates.

Genetics account for a smaller percentage, but individuals with a family history of pancreatic, breast, or ovarian cancer may carry inherited mutations such as BRCA1 or BRCA2 that predispose them to pancreatic malignancy.

One of the greatest challenges in combating pancreatic cancer is early detection. Unlike breast or colon cancer, no widespread screening program currently exists for the general population. However,

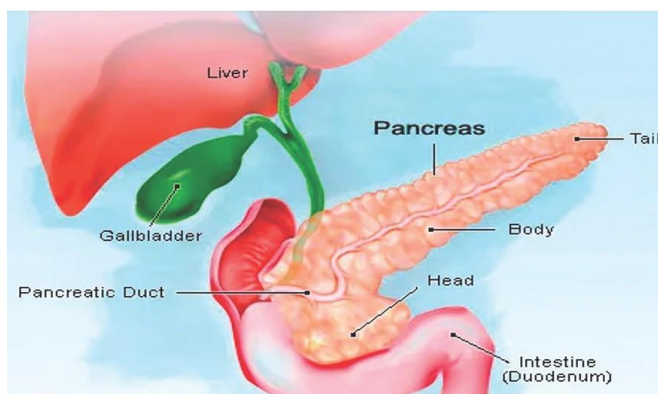
several diagnostic tools are available for high-risk individuals or those presenting with warning signs such as jaundice, unexplained weight loss, abdominal pain, or new-onset diabetes.

Imaging tests play a central role. A CT scan or MRI of the abdomen can reveal masses or abnormal changes in the pancreas. Endoscopic

ultrasound (EUS), where a small ultrasound probe is inserted via the digestive tract, allows for high-resolution imaging and biopsy sampling. Blood markers are also being studied. The most used marker today is CA 19-9, a protein that may be elevated in pancreatic cancer. While not accurate enough for screening on its own, it is helpful in monitoring treatment response or detecting recurrence.

For those with a strong family history or genetic predispositions, specialized surveillance programs are available at major cancer centers. These may involve annual MRIs or EUS evaluations to catch early abnormalities before invasive cancer develops.

Awareness and vigilance are crucial. Maintaining a healthy lifestyle, managing weight and blood sugar, limiting alcohol and smoking, and seeking prompt evaluation for suspicious symptoms can all contribute to prevention and earlier detection. As research progresses, the hope is that pancreatic cancer will one day lose its “silent” reputation and become a disease that can be stopped in its earliest stages.



How Did a Shapeless Book Take Shape?

By Mary Misch
Observer Columnist

THE BRITISH NOVELIST Samantha Harvey released in 2020 what is classified as a memoir, titled *THE SHAPELESS UNEASE: A Year of Not Sleeping*. Our library has the American paperback edition, of just 175 pages. It is not quick or easy reading. Perhaps because it came out in the thick of a world pandemic, it has taken hold, with insomnia as its prevailing theme.

Your reviewer, expecting clearly defined diary entries, found instead something literally shapeless. There is no author's commentary. There are no chapters. Only slim divider lines or delicate symbols subdivide the full year 2018 as the time of the author's sleep-deprived anxiety, expressed in various forms. One clue to the book's content, on the back of the title page, is an acknowledgment of the use of lyrics from "The Windmills of Your Mind." These include: "...never ending or beginning in an ever-spinning reel."

While much of this book relates to insomnia and all its problems, there is a good deal about creative writing and its artistic rewards. In opposition, there

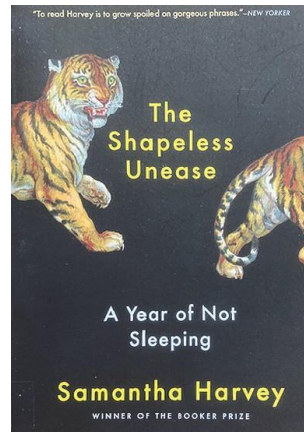
is a recurring sort of waking dream about a man who plans, executes, and regrets the theft of an ATM machine's total contents. Among many lists, there is one of "Great British" titles, including "Bridges" and "Bake Offs." The author does not, however, foresee the Great British Lockdown about to come.

With grateful thanks to *The New Yorker* and its reviewer Katy Waldman, we learned that Samantha Harvey had done postgraduate study in philosophy. This gives your reviewer, and potential readers, an excuse to skim over the heavier passages, including discussions of William James, and ten tedious pages about the language of a primitive Brazilian Amazonian tribe. We also count as

too heavy much of the material about ailing family members and a pet or two. However, we bow to Waldman's judgment: "To read Harvey is to grow spoiled on gorgeous phrases."

One simple phrase both we and

Waldman agree on, close to the end of the book, is: "no things are fixed." Somehow, at that point, Samantha Harvey has gotten past her year of insomnia. As we know from other sources, her next book will be *Orbital*, and it will win her the 2024 Booker Prize.



Your reviewer, expecting clearly defined diary entries, found instead something literally shapeless.

Dream, continued from page 7

Hearth restaurant building in then-still-somewhat-grubby Lee and experienced the benefits of gentrification again.

They had a third boy in 1987.

Michael ran the Cork 'N Hearth until 1997, sold it, and became chef/manager at Berkshire Life Insurance Company for a time before retiring. But finding retirement not stressful enough, he bought the Lamplighter lighting fixtures business in Great

Barrington in 2000 and ran it for 15 years.

Raising three fine young men and traveling a lot was still not demanding enough, so Michael reverted to his original occupation and became a part-time and much-appreciated waiter at Kimball Farms. You will find him either in the PineHill dining room or in the main dining room. Not running anymore, but still wiry, good looking, and quite agreeable. Mind you, he's Irish, so you may be able to coax a snippet of his adventurous tale from him.

November Trips

Friday, November 7 Berkshire Symphony Concert Williams College	Bus at 6:15 pm
Saturday, November 8 Academy of Music Theatre, Northampton, Gilbert & Sullivan's <i>H.M.S. Pinafore</i>	Bus at 12:30 pm
Sunday, November 9 Met Opera at the Mahaiwe Puccini's <i>La Bohème</i>	Bus at 12:15 pm
Tuesday, November 18 "Let's Eat Out" FireFly	Bus at 6:15 pm
Friday, November 21 Hevreh in Great Barrington	Bus at 5:15 pm
Saturday, November 22 Met Opera at the Mahaiwe Strauss's <i>Arabella</i>	Bus at 12:15 pm

November Events

- Sunday, November 2 • 7:00 pm**
Yevgeny Kutik, violin
- Sunday, November 9 • 7:00 pm**
Noah Palmer and Philip Lima
Schubert's *Winterreise*
- Wednesday, November 12 • 4:00 pm**
Bernard Drew Talk on African American
history |of the Berkshires
- Wednesday, November 19 • 7:00 pm** Steve
Poppel Trio

In Memoriam

Molly King

May 1, 1930 to October 8, 2025

Dan Kaplan

October 5, 1932 to October 12, 2025

Bernie Handler

August 9, 1924 to October 14, 2025

Pair Testing Interest to Games of Charades

You might have played charades at camp or school as a youngster, but the game can be much more fun among adults playing in teams.

Nancy Duvall and Karen Carmean have organized trial runs of charades in the Kimball Farms auditorium on November 1 and 15 at 11 a.m. If enough interest is shown, future games will be scheduled twice a month.

Charades is an interactive guessing game in which players try to silently act out for their teammates the words or phrases on cards given or chosen in advance.

Teammates shout out their guesses. Time limits of one to three minutes are set for each round to keep the game moving. Points are scored for correct guesses within the time limit until the cards are used up or a predetermined score is reached.

For more information, contact Nancy Duvall (7232) or Karen Carmean (7149).

Birthday Wishes

Twenty-two residents celebrate birthdays in November.

There is an 18-year spread between the youngest and oldest celebrants.

November birthdays belong to: Joyce Coffey, Majorie Laufer, Gilbert Schrank, Patricia Steele, Betsey McKearnan, Walter Creer, Elske Smith, Judith Stelling, Barbara France, Thomas Kadin, Brian Lowery, Marile Lynch, Ellen Kanner, Cecele Kraus, Karen Carmean, Lois Neumann, Diane Vogt, Rosemary Graves, Rose Pocock, Betsy Selkowitz, Linda Love, and Nancy Goldberg

Happy Birthday to each of you!!

OBSERVER PHONE number is 7179. We check it frequently. Office is next to elevator E on the second floor.

Observer Spotlight



Arlene Potler, with granddaughter Hannah Espie, celebrated her 100th birthday at a reception October 25.



Jeanne Fenn, above left, gazes at photo of her young self, upper right, in Conference Room exhibit to guess names of residents as tots. Eileen Henle, left, with co-curator Carolyn Vandervort, scored highest by guessing 21 entries out of a total 56.



Courtesy Photo

Kimball residents lunched at the Mount Anthony Country Club on October 22 after visiting the Magic Realism exhibition at the Bennington Museum, where Jeanette Liemer questioned curator Jamie Franklin.



Recycling Committee volunteers sorted disposables that 33 residents brought to Oct. 18 recycling event, while Herb Hodos, below, examined the information table.



Photos by Charles Bonenti