



The Kimball Farms Observer



Volume 36, No. 3

Why Walking Works — Page 8

March 2026

Mission Accomplished

New Faces at the Top

Kittler aims to maintain Kimball as a top-ranked senior-care community

By Charles Bonenti
Observer Editor

TRANSITION was in the air early in February with long-awaited senior leadership changes taking place. Kimball Executive Director Sandra Shepard was feted at a farewell party on February 2nd as she moved on to her new post as regional director of campus operations with Integritus Healthcare. William Kittler, administrator of the Kimball Farms Nursing Care Center, assumed Sandy's position at Kimball and Rob Straznitskas, administrator of Charlene Manor extended care facility in Greenfield, stepped into Bill's role at the nursing care center.

Bill said his goal will be to support all that Sandy has done over 12 years to build and maintain Kimball Farms as a top-ranked senior care community. That means, he explained, meeting the expectations of those seeking to move here and providing services and amenities that residents want and appreciate.



Photo by Liesl Carlson

Bill Kittler now occupies the director's office at Kimball Farms.

On the latter, he said he senses excitement among residents about plans to install new furniture in the public areas and to reopen the woodworking shop for resident use. He also reported that staff turnover in all departments has stabilized at healthy levels.

Asked to compare his new role with the old, Bill said "It's bittersweet, as I loved being the administrator at Sunset

Transition, continued on page 2

Administrator Now on Board at "Sunset"

By Pat Flinn
Observer Contributor

ROB STRAZNITSKAS is the new administrator at the Kimball Farms Nursing Care Center, located on Sunset Avenue and referred to simply as "Sunset" by Kimball residents.

Born and brought up in Connecticut, Rob graduated from the University of Connecticut in 1991 with a double major in economics and sociology. By the late

Rob, continued on page 2



Photo by Charles Bonenti
Rob Straznitskas

Transition, continued from page 1

Avenue for 12 years, but the opportunity to lead this beautiful community with this great leadership team and fascinating residents is something I look forward to.”

On Kimball’s relationship with Integritus, he explained that Integritus provides management services to Kimball Farms such as payroll and accounting, legal advice, and technological expertise.

Kimball was the first life-care community established in Berkshire County.* The Berkshire Housing Development Corporation proposed creating a retirement community in 1982, found widespread support among the region’s businesses and institutions, and established a nonprofit corporation, Berkshire Retirement Community, to oversee the project. In 1986, Berkshire Retirement Community, in need of professional expertise to operate a life-care community, affiliated with Berkshire Health Care Systems

(BHCS) and entered into a management contract with Berkshire Health Systems (BHS). In 1989 the first resident arrived at Kimball Farms.

In 2022, the *Berkshire Eagle* reported BHCS changed its name to Integritus Healthcare following the mutually agreed upon implementation of the management contract.

Integritus is the largest not-for-profit, post-acute operator in the state, according to President and CEO William Jones in a December 2025 *Berkshire Eagle* interview. It operates 15 skilled nursing centers and four senior housing communities that combine independent and assisted living units; two hospice agencies; and homecare, pharmacy, and staffing companies. It employs 2,850 people. Revenues totaled \$301 million in 2024, according to the *Eagle*.

*SOURCE: *Kimball Farms: The First Ten Years*, by Betty Spears, 1999.

Rob, continued from page 1

1990s he was working as an account rep for the Omnicare institutional long-term-care pharmacy in Cheshire, Conn., covering the state.

In 2005, a friend who was a nursing home administrator suggested Rob might be “a good fit” for administrator work. After 53 weeks of an Administrator in Training (AIT) internship, he started working for a large for-profit company, Genesis Healthcare, headquartered in Pennsylvania.

His first assignment for Genesis was at a Center for Medicare Studies (CMS) Special Focus Facility in Farmington, Maine. Rob explained that the federal government oversees those types of facilities because of their number of deficiencies.

“After about four years,” he says, “I wanted to see more of the country, so I took long-term temporary positions within the company in four New England states, Texas, and New Mexico. Each of the facilities was challenged in different ways.”

Seeing the country and experiencing different cultures was invaluable for Rob. He considers his time in Gallup, N.M., “my best life experience.” There, among the predominantly Native American residents, he was in the minority. “Now I understand what that feels like.”

In 2023, wanting to call someplace “home,” Rob

returned to New England and worked for a small Maine company, North Country Associates.

Wanting to be closer to his family in Connecticut, Rob became administrator at Charlene Manor in Greenfield on January 1, 2025. Like Kimball, it is managed by Integritus.

“When my mother was planning to move to northern Connecticut near the Massachusetts border last summer, it seemed like a great fit to pursue the nursing care administrator opportunity at Kimball.” He applied in October but had to wait during the search for his replacement at Charlene Manor. Rob’s official “on board” was Monday, February 9.

On the personal side...Rob is 56, never married, and has a 17-year-old female shelter cat named Cricket. He unabashedly admits “I love my cat.” His own nickname is “Straz” and he recently purchased a house in Dalton.

For 20 years Rob participated in major triathlons, such as the one in Hawaii, where he swam 2.4 miles, biked 112 miles, and then ended the day with running a marathon (26 miles!).

An observation Rob made pretty much sums things up for him: “When I was young, I only cared for and about myself. But I turned that around, and now I care for and about others.”

President's Letter*Winter Winds Down;
March Events Await*

FEBRUARY is winding down and we can all taste the end of winter! Thanks go to our outdoor staff for keeping us safe and our cars accessible during the very cold, snowy days.

Bill Kittler is now here as executive director and is eager to hear from you. Be sure to stop by and say hello. Kudos to Mike Paglier and the dining staff for their wonderful Super Bowl spread. Although the game disappointed many, the food was excellent and we were well served by Nick and Donna.

Another highlight of February was the Valentine's sing-along with John Cheney and his Kimball Farms Singers. Those of us in the back were enthusiastic if out of tune.

February also included another successful Recycling Fair. Carloads of plastic bags, textiles, batteries, electronics and other hard-to-toss items were taken away for proper recycling. Keep up the good work, Dave, Nancy and their enthusiastic team.

Folks traveled to the Clark Art Institute, the Titanic exhibit in Schenectady, N.Y., and dinner out at Frankie's. We enjoyed several musical and dance presentations, thanks to Sharon Lazerson.

March should bring lots of exciting events. Barrington Stage is starting its season with 10x10. The Mahaiwe continues its excellent opera series. Trips are in the works to the Norman Rockwell Museum, Ioka Farm for maple sugaring, the Worcester Museum, and the Culinary Institute of America.

March is the month for our big Spring Fund Drive. Your contributions support scholarships to our dedicated staff who are seeking higher education as well as to local high school students. We also give donations to the Lenox police and fire departments and to the Lenox Library. Our annual budget for the Residents' Association is also supported by this drive.

It is almost time to sign up for garden beds. Start planning your gardens now and get in touch with Ann Trabulsi. Think Spring!!

— Pat Steele, President,
Kimball Farms Residents' Association

Tax-Return Aid Offered

Appointments for free AARP assistance with federal and state income tax returns at Lenox Community Center, were largely booked by the end of January, according to Liz Maturevich, senior services coordinator. She encouraged those seeking help to contact her anyway at (413) 637-5535, as openings often occur.

Otherwise, she said, the Volunteer Income Tax Assistance program (VITA) was still accepting clients for free preparation for those living or working in Massachusetts with a gross income of \$69,000 or less. Priority will be given to seniors, people with disabilities, and limited English-speaking/reading community members.

In-person VITA tax preparation in South and Central Berkshire County may be booked by appointment only. Call (413) 418-3668 or (413) 418-3685.

OBSERVER MISSION

The Kimball Farms Observer is written by and for the residents of Kimball Farms. Our mission is to enlighten, connect, and entertain Kimball residents. Submissions that advocate, complain, or otherwise conflict with that mission will be referred to the administration.

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A Story I Didn't Want to Write

By Dorothea Nelson
Observer Contributor

THERE ARE many things I'd be happy to write about Susan and Edmund "Ned" Dana, who came to Kimball Farms in 2013, except what they're doing next, which is leaving us.

True, there are many positives to moving to Charlotte, N.C. They'll be near daughter Elizabeth and her husband Mark; granddaughter Louise and her husband Andy; and one-month-old great grandson Ira Hindal Acer.

What's positive for the Danas, however, is negative for those of us who will miss them. While I believe no one is irreplaceable, it was easier to believe that before I met Susan and Ned.

For several years Ned was chair of the Arts in the Hall Committee. During his tenure, he made a complete inventory of the many paintings loaned by residents or owned by Kimball Farms; categorized them; and maintained accurate records; that had been not been done before. His tenor voice was welcomed by John Cheney and the Kimball Singers. He became photographer for the Kimball Farms Observer and wrote for it as well.

Susan was the only person to serve as president of the Residents Association not once, but twice. During her second term, Ann Trabulsi was her very capable co-president. Susan also found time to fulfill a host of other duties, including functioning as a councilor. and, like Ned, writing for the *Observer*.

One of her favorite involvements was with the Staff Education Committee, particularly the Julia Smith scholarship. The idea of supporting continuing education for young people mattered enormously to her.

Both of the Danas say they will miss the cultural scene unique to Lenox. They've been active participants in the many offerings of Tanglewood and the several theaters in our area.

As Susan and I talked about her years here, she expressed great appreciation for opportunities to meet interesting people — and staff who "know what you want before you tell them."

She hopes newcomers will always be welcomed and helped to find new friends with whom they will "click." Arranging dinners; taking "newbies" to events, both at Kimball and nearby;

explaining the mysteries of the trash room...are only some of the ways she's found to promote happiness here.

We also considered aspects of aging as our conversation wound down. We'd both read David Brooks's last regular column in *The New York Times* in which he observed that "all life is a series of daring explorations from a secure base."

Susan believes that Kimball Farms offers its residents such a base. She and Ned have dared to open their hearts and minds to embrace a new, always-changing world. They will do the same in Charlotte, taking with them our warmest wishes for their continued happiness and health.



Courtesy photo

Susan and Ned Dana

Both of the Danas say they will miss the cultural scene unique to Lenox.

Open Mic*Moving: Places & Phases*

By Doug Cannon
Observer Contributor

MOVING DAY has always been traumatic for me. When I was five, we moved from Chicago to Chillicothe, a town of 5,000 near Peoria, Ill. I no longer saw my grandparents every day and hardly understood what had happened. Somehow my stuffed bunny got lost in the move. I mourned Bunny for years. Plus, I had no vote in that move.

Eleven years later, in the spring of my high school junior year, I learned we were again moving, this time to Louisville, Ky. I was adamantly opposed. Not that I had a vote in this move either. I went into serious denial. The *For Sale* sign went up in the front yard. I had close friends, whom I'd known for 11 years. I didn't tell them. I breathed not a word.

I spent most of that summer in Chicago helping my grandparents, as I had in previous years. I enrolled in a couple of summer courses. I had to do something with myself and I was too young to get a job.

*It's like Groundhog Day
all over again.*

When summer ended, I returned to Chillicothe just as the movers were loading the van and then we drove to Kentucky. A big, big negative was that the family of my crush, Janet Guigler, had bought the house. She was going to be living in my house, probably in my bedroom. Oh, the agony.

I realized I could put on a new persona when starting my senior year at Eastern High. I had tried this routine twice before in the summer school sessions in Chicago: New classmates, new me. One

benefit: no longer would I have to live under the shadow of my older brother. And now I had grown five inches and in Kentucky, no one would remember me as the shortest and least athletic kid in the class.

So, life repeats itself. I go off to college: new me. I transfer colleges, shed some aspects of the old me that seem best put aside. It's like Groundhog Day all over again. Thank you Yogi.

I start a new job as a cub prosecutor back in Chicago: new colleagues, new me. After six years, I have tried them all, the murders, the rapes, robberies, burglaries, drug trafficking and frauds.

Then I move to North Carolina and start all over yet again. But now, I have more experience trying serious cases than anyone in the new office. And a few decades roll on.

I start a new job in Massachusetts, 800 miles away. But now I actually *am* a new me. I've been around. I don't talk funny as do these New Englanders. I've become a little bit of a Southern boy. And I'm a grizzled old hand in the courtroom.

Amazingly, the judges, my opponents, co-workers, now esteem me for my experience, my wisdom, my white hair. I get more deference from the courts than I ever have in the past. There's an old saying: "When I was young, I lost some cases I should have won. When I got older, I won some cases I should have lost. So, in the end, justice was done."

Then we all retire and move into elderly housing. Now everything that has defined you professionally is insignificant — *passé*. You are no longer a kid's coach, a teacher, a principal, a banker, a captain of industry, a stock broker, a health-care professional, a hot-shot trial combatant. And you start a new life, a new you — your final you.

Epilogue: I never did find Bunny. I suspect my parents chucked him during the move, thinking I needed a change.

Meeting to Discuss Memory Loss

By Linda Griffin
Observer Contributor

A KIMBALL-SPONSORED “Families Helping Families” memory-care event on March 20 will bring together residents and outside visitors who are caring for someone with memory loss. It is the second such event sponsored by the marketing department to introduce audiences to Kimball’s Life Enrichment Program (LEP), its support services, and its expert LEP team.

As a caregiver who took part last year, I benefited greatly by gaining a sense of community, appreciating that I was not alone, and learning that I was experiencing common dilemmas and feelings. Despite having dealt with friends and family members suffering from memory loss, I found that I needed this information.

It has been difficult to stop viewing my husband’s memory loss purely from my perspective and to grasp that his world has become complex and confusing. His reality is not always my reality, which can be painful for both of us. The panel dispelled some misconceptions I had and provided me with coping mechanisms to make life easier for us.

For example, I, like many people, saw placement as a last resort, a surrender and personal failure. After hearing our experts speak, I now understand that placement with trained professionals, when and if it comes, will be a positive move. Most of us who are living with someone with memory loss, no matter what the cause, come to see the value of calm, consistent, and predictable routines, all of which are keystones of the LEP.

The program will enable the audience, both residents and nonresidents, to learn about what the LEP is, what support and services are available, and to meet the LEP team. Topics will include the typical stages of Alzheimer’s disease, ideas to help manage sleep and sundowning problems, home safety tips,



Photo by Susan Smith

Jenna Bertolozzi, LPN, right, program director of Kimball’s Life Enrichment program, and Kristyn Cobb, LPN, nursing supervisor, will lead a “Families Helping Families” memory-care panel on March 20 open to residents and nonresidents.

suggestions on choosing activities, and ways to cope with grief, loss, and caregiver guilt. Additionally, there will be some discussion on the difficult dilemma of knowing when it is the right time to seek placement.

The panel includes Jenna Bertolozzi, LPN, program director of the LEP; Kristyn Cobb, LPN, LEP nursing supervisor; Ohinene Asilijoe, activities director; and Jackie Tripicco, LCSW, community social worker.

Registration for the March 20th program, which will be held in the auditorium from 2:00 to 3:00 p.m., is required by March 16. Call (413) 637-7005.

The next related program that may be of interest is on May 28, when an Alzheimer’s Association official will speak about the latest developments in Alzheimer’s research.

A Welcoming Class in Poetry

By Peggy Braun

Observer Contributor

DON BARKIN, who has been teaching a weekly poetry class at Kimball Farms for three to four years, says he always leaves in a good mood and with a lighter heart—which is not his default mode.

“It’s because,” he said, “I feel welcomed and the students are eager to understand and know things. They go to the class for the pleasure of it and to experience something genuine from the world of poetry. A teacher doesn’t always get that.”

So Don is delighted to research the poems he chooses, offering aspects of the poet’s life and how a poem is made. He welcomes students’ comments, sometimes seeing things he hadn’t seen before. He experiences our aging as a special period, unlike the social negativity often visited on the old.*

Don appears to be a very relational and curious man. His background reflects that. He was born in Boston in 1952 and lived there until he was five. Then the family moved to southern New Hampshire. He attended Harvard where he studied philosophy. He said it was because of his older brother, whom he described as his best teacher, one who embodied insight, clarity, beauty, patience. “He was the smartest and best athlete of the family, like a prince,” Don said, “but he was also schizophrenic.”

Considering Harvard’s approach to philosophy was too rigid, Don transferred to Cambridge in England and got a degree in English literature. He met his first wife there and, on his return, worked an internship at the *Washington Post*, before joining the *Middletown Press* in Connecticut for seven years.

“The newspaper was a great place,” he said, “with youthful, funny, idealistic people.” He liked

writing every day.

At this point, he and his wife parted and he became depressed and out of steam.

“We were very young,” he said, “and I was amazed that anyone could love me.”

He went on to work at a progressive private school with kids who had failed in public schools.

“It felt like a tonic,” he said. “The students felt fresh-peeled, but serious” and he loved them.

Don grew up reading poetry in Manchester, N.H., next to Derry where Robert Frost lived from 1900 to 1911 and wrote numbers of his best-known poems.

“I always loved it. I felt like I had to be the poem,” he said. “I knew it embodied wisdom and music as if it were a body. Then it occurred to me to make the thing myself.”

He was studying how poems were created and fell in love with poets like serial monogamy. He would try to sound like them until

he began to sound like himself.

He met and married his second wife, Maggie. When she became pregnant—they have a daughter, Eve, who is 31—he needed a job and so he taught at a prep school in New Hampshire which, he felt, was pompous.

“They thought of themselves as a junior Yale,” he said. He also worked as an adjunct at Yale and taught at a public high school.

Don and his wife vacationed in the Berkshires for 22 years. They now live here full time. He came to work at Kimball Farms by way of the Osher Lifelong Learning Institute.

It is clear from his enjoyment of his classes, and his students’ enjoyment of and commitment to him, that a happy and deep relationship has evolved. Our class is a poem of its own.

*The author is a student in Barkin’s class.



Photo by Peggy Braun

Don Barkin teaches poetry at Kimball.

Why Walking Works

By **Stephanie Beling, MD**
Observer Columnist

WALKING is one of the most powerful and sustainable activities for supporting long-term health and vitality. It is available on demand, indoors or out, with no cost and no special equipment needed. Walking is a natural weight-bearing movement that engages multiple organ systems simultaneously, producing benefits that extend far beyond basic fitness.

From a cardiovascular perspective, walking improves circulation by enhancing blood vessel function and flexibility. Regular walking lowers resting blood pressure, improves heart rate variability (a stress indicator), and reduces sympathetic nervous system overactivity (the “fight or flight” response), all of which decrease the risk of heart disease and stroke. Because walking is rhythmic and moderate in intensity, it strengthens the heart without imposing excessive strain, making it especially suitable for those with chronic conditions.

Walking also plays a critical role in muscle, bone, and joint health. The repetitive weight of the body on the bones helps maintain bone density and reduces fracture risk, while the gentle movement keeps joints lubricated, nourished, and mechanically balanced. Movement supports healing and function of joint cartilage. This is why regular walking, range-of-motion exercises, and slow, controlled movements, especially those of tai chi walking,* are often more effective for long-term joint health than aggressive stretching or high-impact activity. Muscles of the legs, hips, and core move in a coordinated manner when we walk, supporting posture, balance, and gait. Over time, this lowers fall risk and helps counteract age-related loss of strength and stability.

Walking is a potent regulator of metabolic func-

tion. Muscle contractions during walking increase insulin sensitivity, helping glucose to leave the bloodstream and enter the muscles more efficiently. Even short walks after meals significantly lower blood sugar spikes. Regular walking also helps to lower blood triglyceride levels and increase high-density lipoprotein (HDL) cholesterol, “the good kind.”

At the cellular level, walking enhances mitochondrial function and metabolic flexibility. Inside each cell, organelles called mitochondria transform nutrients from our food into energy for all body functions. Walking increases mitochondrial number, efficiency, and the body’s ability to switch between carbohydrate and fat as fuel sources, thus quietly but powerfully supporting energy levels, glucose control, and long-term health. These adaptations reduce the risk of metabolic disorders such as type 2 diabetes.

Walking also exerts powerful effects on the brain and nervous system. Increased cerebral blood flow supports cognition, memory, and the decision-making function of the prefrontal cortex.

Inflammation is reduced and immune regulation is enhanced by the rhythmic movement of walking. Psychologically, walking lowers stress hormones such as cortisol and stimulates the “feel-good” endorphins and serotonin, improving mood, sleep quality, and emotional resilience.

At moderate intensity, walking promotes fat burning and supports healthy body composition while increasing lean muscle mass. But walking’s greatest strength lies in its accessibility and sustainability. It carries a minimal risk of injury and integrates seamlessly into normal life. By regularly engaging the cardiovascular, musculoskeletal, metabolic, and nervous systems, walking is a fundamental practice for increasing our lifespan as well as our health span.

**Many useful tutorials are available online.*



Photo by Charles Bonenti

PineHill residents Bob Hawboldt, left, and Frank Pringle regularly walk Kimball’s corridors.

Three Sleuths Solve Three Murders

By Mary Misch
Observer Columnist

ROBERT THOROGOOD made his home town, Marlow, in Buckinghamshire, England, the setting for this mystery novel, *The Marlow Murder Club*. Landscapes and buildings affectionately described here are among those seen on recent PBS *Masterpiece* productions. This book provides much more information about the three lead characters and how they operate.

Judith Potts, married at 26 and widowed at 27, has since lived alone in Marlow for about 50 years in a slightly crumbling Arts and Crafts mansion on a narrow stretch of the River Thames. An Oxford background prepared her to create crossword puzzles for newspapers. That part-time work keeps her analytic skills alive, though aided, in her opinion, by small but steady doses of scotch whisky.

Judith lives among fine furnishings casually kept: “The messier her bedroom, the more she felt cocooned and safe.” She has a gray cape that also cocoons her when she rides her bicycle or goes to skinny-dip in the Thames. It is during an evening swim that she hears, on the opposite bank, an angry voice, a gunshot, then silence. The speaker was Stefan Dunwoody, a man she knew but slightly. Rushing home, she calls the regional police. The next day, Judith poles her ancient punt to the place, and she finds, in shallow water, Stefan’s body with a bullet hole in the head.

Differences of opinion with Detective Sergeant Tanika Malik lead Judith to start her own investigation. She learns that Stefan had an adversary who may have been rehearsing with a church choir the previous night. That line of inquiry brings Judith to the local vicar’s wife, Becks (for Rebecca) Starling.

Becks, forever on duty, shows Judith camera footage of the choir with the suspect, Elliot, looking oddly smug. There is the matter of a recess between singing sessions, making Elliot’s temporary absence a possibility. Becks hesitates: “I serve tea and biscuits, raise my kids, and help my husband... I couldn’t possibly get involved.”

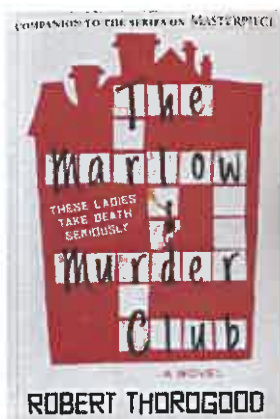
A second murder in Marlow keeps Judith in investigative mode. A taxi driver named Iqbal Kasam is found in bed with a bullet through the head. Visiting his neighborhood, Judith meets Suzie Harris, dog walker and friend to Iqbal. DS Malik, on the scene, asks Suzie to take charge of the victim’s dog. In a way, Suzie takes charge of Judith as well, sometimes questioning her past to an uncomfortable degree. Nevertheless, Judith brings both Suzie and Becks into her confidence, and into many sessions of speculation and scotch imbibing in her home.

Before long, DS Malik makes use of this threesome to help her investigations. She lets out certain information, including that an antique German Luger was the weapon in both cases.

A third murder brings things over the top. Liz Bishop, a former Olympic silver medalist in rowing, is shot with that same weapon. Judith senses that her involvement has now put her in real danger. Circumstances lead her to face a Luger and confront a killer, using all her ingenuity, until help arrives.

Thorogood treats his lead characters with an amazing level of empathy. At one point, he reveals Judith looking at a photo of her young self: “As she’d got older, her beauty had retreated from her skin and become part of what she thought of as her soul. But she couldn’t help looking at the woman in the photo and noting how very glossy her hair was ...and how bloody thin she’d been.”

Our library has a softcover copy of this book.



Sounds of Irish Voices

By Ruth Heuberger

Observer Contributor

The sound of the name is where we might look
for the voice of the people in many a book
As well, what they mean, be it goodly or witchy,
in the telling of tales by Maeve and Dan Binchy...

There's... Dennis O'Sullivan Anya and Emma
Farrell and Finbar and Gemma
Flannery Slattery Connelly Cassidy
Gallagher Patty and Brenna

Fitzgerald Fitzpatrick Rafferty Donovan
Deirdre and Fintan Maureen
Maira and Foddy both Ryans and Aphra
O'Shaughnessy Seamus Coleen

Feeney and Sweeny O'Dea and O'Leary
Mullany McGuire Moran
O'Conner O'Donnell Kelly and Paddy
Nula and Sheehan Whelan

Molly Malloney O'Shea Orla Seana
Rowan and Kieran and Quinn
Declan Finn Katy Brian O'Mally



Carroll Pat Fergus and Flynn...

Be they...

*"Vigilant Rough Bright-headed Dark
A Chariot rider A bard"*

*"Watchful Church server Strong as a wolf
Arrogant Voice of a lark"*

*"Plunderer Valorous Son of the smith
A wanderer Noble or Generous"*

*"Peaceful A traveller Daughter of poet
Cloud maker Fruitful Impetuous"*

*"Fierce as a hound Learned Chaste Strong
Father of nations A man"*

*"Lover of drink Curly-haired Wise
Lustful The son of McMahan"*

*"Clergyman Seafarer Hound of the sea
Ruddy complexioned Fair Black"*

...And Granddads and Fathers gave meaning to many
Whose names begin O' or with Mac!

Winter of the Mind

By Laird White

Observer Contributor

Cold silence numbs the humming of the blood.
The soul is wrapped in mothballs.
The brain is flat as mud.

This is when I seek a warming corner in the room.
tuning like a bird for worms.
Seeking sounds of garden swings
creak across the grass,
stirred by children's skipping feet.

Of course, I have TV...
which concentrates on chilling news.

Throughout the day, I flip it on and off,
but with its constant, constant noise
it ices up the brain.

Oh, good!
My puppy in the kitchen
is barking out his need for
attention! attention! –
coming from a pat and
warm, loving noise.

March Trips

| | |
|---|------------------------|
| Sunday, March 1 Barrington Stage 10 x10 Festival | Bus at 1:15 pm |
| Friday, March 6 Berkshire Symphony Williams College | Bus at 6:15 pm |
| Saturday, March 7 Ioka Valley Farm, Hancock Breakfast & Sugar House Tour | Bus at 9:45 am |
| Tuesday, March 10 Norman Rockwell Museum | Bus at 9:30 am |
| Friday, March 13 Hevreh in Great Barrington | Bus at 5:15 pm |
| Wednesday, March 18 Titanic An Immersive Voyage Armory Studios, Schenectady, NY | Bus at 12:30 pm |
| Sunday, March 22 Mahaiwe – Met Opera Live in HD Wagner's <i>Tristan und Isolde</i> | Bus at 11:15 am |
| Monday, March 23 Smith College Bulb Show | Time TBD |

Birthday Wishes

Twenty residents celebrate birthdays in March.
There is a 25-year spread between the youngest and oldest celebrants.

March birthdays belong to: Julie Jadow, Adelene Quigley, Gary Goldsmith, Mark Coleman, Virginia Giddens, Lily Wayne, Elizabeth Myers, Katherine Kraft, Jeanette Liemer, Sharon Salit, Edward LaPointe, Bernice Halpern, Patti Cusson, Shawn Lampiasi, Magda Gabor-Hotchkiss, Marilyn Wightman, Stephanie Beling, Nancy Duvall, Martha Stewart and Marie Erwin.

In Memoriam

June Mufatti

June 18, 1930 to December 22, 2025

John Fiorillo

January 20, 1943 to December 23, 2025

Andy Matthews

February 24, 1938 to December 26, 2025

Janet Hodos

March 27, 1940 to January 28, 2026

Henry Jadow

March 3, 1933 to February 18, 2026

March Events

| | | |
|---|--|---|
| Monday, March 2 • 7 pm Speaker Series Auditorium | Tuesday, March 17 • 10:30 am St. Patrick's Day Party w/KF Chorus Auditorium | Friday, March 20 • 2 pm Families Helping Families <i>(Sign-up required)</i> Memory Care Support Event Auditorium |
| Tuesday, March 10 • 7 pm Virginia Eskin, pianist Auditorium | Tuesday, March 17 • 7 pm Scoil Rince Breifne O Ruairc Irish Dancers Auditorium | Friday, March 20 • 7 pm Ian Spencer Bell, Dance Auditorium |
| Wednesday, March 11 4 – 5:30 pm Student Art Show Reception PH Art Room | Wednesday, March 18 • 6 pm Berkshire Camera Club PH Art Room | Wednesday, March 25 • 7 pm Karin Tchougourian, pianist with Samantha Talora, vocalist Auditorium |
| Thursday, March 12 • 7 pm Afghan Student Relief Presentation Auditorium | Thursday, March 19 • 7 pm Trio Sefardi Auditorium | |

Observer Spotlight



Photo by Charles Bonenti

Michelle Rosier, director of residential services, unpacks a delivery to the Pinnacle Store.



Photo by Charles Bonenti

John Cheney, director of the Kimball Farms Singers, strikes a pose before the start of the Valentine's Day Concert.



Photo by Leslie Curtis

Saturday Social in The Pub drew a lively crowd on a midwinter afternoon.



Photos by Lily Wayne

Wearable art creator Deborah Carter, above center, offered a sewing workshop February 11 that drew needlewomen Susan Dana, far left, and Ann Hutchinson, above, among others.