
LIVING WELL INTO THE FUTURE

Living Well Into The Future is an hour long podcast that engages people of all generations in discussions of their lived experience and their contributions to issues important to the future of all us; food, housing, climate health. Its aim is to promote further discussion by the listeners and encourage listeners to work toward solutions.

*All eleven episodes of **Living Well Into The Future** are available on WTBRFM.com. Also find them on Apple Podcasts, Google Play, and wherever else you get your podcasts. Ask your smart speakers to play **Living Well Into The Future** podcast. If you're not a regular podcast listener, put the words "**Living Well Into The Future Podcast**" into the search engine on your computer and you will find many options to listen to it right from your computer.*



Episode 1: Food Production

Where does our food come from? Host *Julie B Adler*, a lawyer, non-profit executive, radio producer, writer and artist, discusses where we get our food, how it's produced. and the future of healthy food for all of us with author *Mark Bittman* and local farmers *Elizabeth Smith*, *Molly Comstock*, and former director of the Williamstown Rural Land Trust, *Leslie Reed Evans*.



Episode 2 :Food Is Medicine

Host *Julie B Adler* discusses the consequences of and solutions to having too little food or too much food that is unhealthy with guests; *Dr. Hilary Seligman*, Professor at the University of California San Francisco with appointments in the Departments of Medicine and of Epidemiology and Biostatistics, Senior Medical Director for Feeding America, and founder of Vouchers for Veggies, *Dr. Deborah Frank*, Professor of Pediatrics Boston University School of Medicine, founding director, Grow Clinic for Children at Boston Medical Center; and founder and principal investigator of Children's Health Watch, ;and *Jennifer Muñoz* , anchor of the Community Garden Program in the Northern Berkshires.



Episode 3: Good Food: Food You Enjoy and Food That Is Good for You.

Host *Julie B Adler* reaches across generations to speak with food lover, cook book writer, and food historian, *Elizabeth Rozin*, and *Peter Alvarez*, and *Homero Toro* about the flavors and enjoyment of food from various cultures, and forward thinking *Dr. Stephanie Beling* and *Jennifer Muñoz* about nutritious foods and diets tailored to the individual.



Episode 4: Food, Health, and Body Weight.

Host *Julie B Adler* reaches across generations to speak with *Dr. Lisa Nelson*, family physician, who runs a group called Healthy Living, Healthy Eating, *Dr. Hilary Seligman*, an expert on food insecurity, *Dr. Stephanie Beling*, author of Power Foods: Good food, Good Health with Phytochemicals, Nature's Own. Energy Boosters and *Diane Barth*, psychotherapist, psychoanalyst and prolific writer about body image among other topics.



Episode 5: Good Design for a Healthy Future

Host *Julie B Adler*, speaks with *Ted Flato*, FAIA, principal and founder with David Lake of the award winning architectural firm LAKE/FLATO, 67, and LAKE/FLATO Project Architect *Evan Morris*, AIA, LEED AP BD +C, 33, about the considerations that go into homes whether single family homes, apartments, or dormitories that are grounded in landscape, weather, and sustainability. This episode delves into the tools they use, choices and decisions about materials and building methods, and what goes into designing and building structures with future generations and uses in mind.



Episode 6: Housing and Climate

Host *Julie B Adler* speaks with *William Moomaw*, Professor of International Environmental Policy Emeritus, Fletcher School, Tufts University, and lead author of 5 Intergovernmental Panel On Climate Change Reports, including the one that won the Nobel Peace Prize for Climate Change in 2007, and *Margot Moomaw*, his wife and partner in building a Net. Zero House in the Northern Berkshires in Massachusetts completed in 2008. Margo is an expert in renovating and retrofitting homes and buildings to sustainable standards. Their discussion provides insights into choosing a site, siting the house, building a

design team, and the many considerations on materials and systems used outside and inside that go into making a home that is healthy for its inhabitants and healthy for the climate. Bill discusses action being taken to combat climate change. Both Bill and Margot provide ideas for discussion among the generations and recommended actions for living well into the future.



Episode 7: Sustainable and Resilient Housing

Host Julie B Adler speaks with *Anita Ledbetter* of Build San Antonio Green, a city wide organization, *Emily Jones* of LISC-Boston, a statewide organization, and *Stephen Colley*, president of Earthen Construction Initiative. Though of different generations and of different places, they all work to create sustainable and resilient housing for all. They'll discuss why we need to act now, what the elements of sustainable and resilient housing are, and what we can do to create it. All fodder for further discussion and action. necessary to live well into the future.



Episode 8: Housing Options: Housing that fits your needs

Host Julie B Adler speaks with *Leilah Powell*, Executive LISC San Antonio about why now is the time to explore alternate modes of housing; *Mary Kraus*, architect and facilitator of co-housing communities throughout North America, a resident of Pioneer Valley Co-Housing, about the characteristics and benefits of a co-housing community; and *Barney Stein*, real estate broker with Lance Vermulean Real Estate, in Great Barrington, MA, a member of an group exploring co-housing and *Colin Murphy*-builder/developer in North Adams, MA planning co-housing about the considerations that go into establishing an intentional community.



Episode 9: Affordable Housing: Who Needs It?

Host *Julie B Adler* speaks to practitioners from the Berkshires and across of the country who are working on innovative and far-reaching solutions to the affordable housing gap affecting larger and larger sectors of the population. *Barney Stein*, realtor with Lance Vermulean Realtors, *June Wolfe*, Housing Director for Construct in the Berkshires, *Leilah Powell*, Executive Director of LISC-San Antonio, and businessman and developer *Victor Miramontes*, Managing Director of CM. Properties, whose adaptive reuse of a former seminary won the Jack Kemp, chairman's award from the Urban Land Institute, share their

experience. Their insights reveal practices that invite further exploration and discussion of ways to increase affordable housing locally.



Episode 10: Homeless, Unhoused, Unhomed

Julie B Adler discusses homelessness with guests who work with the homeless, were homeless, or run programs to house the homeless. Their openness about the issue. leaves us with a greater understanding of the circumstances and needs of the unhoused as well as the multiple ways that people can be reached, housed, and aided. As always our guests contribute to the solutions and present avenues for further discussion with the aim toward living well into the future.



Episode 11: Innovative Housing Techniques

Learn what it's like to have a robot as a team member. Host *Julie B Adler*, a lawyer, non-profit executive, radio producer, writer and artist, speaks with Lake Flato engineer *Heather Holdridge* about biomimicry and biophilia in design and construction, *Stephen Colley* , architect, founder of the Earthen Construction Initiative, and Lake Flato architect *Lewis McNeel* the lead architect on 3D printed House Zero.

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