



# Pyareo Home Newsletter

Holidays 2021



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## Still Unsettled, but Getting Better

*Tibor Farkas*

Looking back at old newsletters, it is still surprising how many lead articles have been about change: its inevitability and its challenges. For the last two years, the big one has been Covid-19, and its wear and tear on all of us. We are all adjusting to a new normal, in which we have to work harder for our physical and mental health, and where we are more mindful and respectful of the needs of those around us. It's a work in progress.



Sarah Anderson, our administrator for the last two years, has left to spend more time with her young family. We thank her for her service and wish her well in this new chapter of her life.

We have been fortunate to have Jennifer Wright, one of our own LNA staff, step into the role of administrator. She is dedicated, has common sense and a gentle touch. Jenn introduces herself on the next page.

After a service of 13 years, Tracy Judd has resigned from the Board of Directors. As the CFO of a large retirement community in Concord, NH, Tracy used her broad financial and organizational experience to ground our deliberations. We have been fortunate to have her on the Board. Luckily, Tracy will stay on as an informal advisor. Thank you, Tracy!

As Jenn and Beverly Swan have written on the following pages, staffing shortages have been a major problem this year. The pandemic has made staffing shortages worse, and facilities like ours have been competing for workers by raising staff pay and benefits. We researched staff pay rates in the region, and have had many discussions on how to cover the deficit as we raise staff pay. In October, we increased staff pay by 15 – 20% and have immediately noticed a change in staff availability and performance. We all respond to being appreciated!

With improved staff efficiencies, we hope to keep the impact of payroll increases to under 12% of total payroll. Beverly Swan is spearheading our initiative to cover the financial shortfall. Please consider helping out with this essential fundraising effort.

Those of us who are involved in the daily working of the Home marvel at the continued generosity of so many friends and neighbors through the years. When there's work to be done, people with the right skills show up. Others give quietly behind the scenes. Still others, take time in their busy lives to drive a resident to an outing or appointment. Amazing!

Happy Holidays and a Peaceful New Year!

*Tibor Farkas is president of the Pyareo Home Board of Directors*

**F**OR I WAS HUNGRY AND  
 you gave me food,  
 I was thirsty and you gave me  
 something to drink,  
 I was a stranger and you  
 welcomed me,  
 I was naked and you gave me  
 clothing,  
 I was sick and you took care of  
 me,  
 I was in prison and you visited  
 me...  
 Truly I tell you, just as you did  
 it to one of the least of these  
 who are members of my  
 family, you did it to me.

Matthew 25:35-40



## News from Our New Administrator

*Jennifer Wright*



Three members of the administrative team, left to right: Marie (nurse), Sarah (outgoing administrator) and Jenn (new administrator)

Hello everyone! My name is Jennifer Wright, and I am Pyareo Home's new administrator. I started my nursing career over 20 years ago, and have spent most of that in geriatric nursing. I've been working here as an LNA (Licensed Nursing Assistant) since 2019. I've been promoted from the ranks, so to speak, and I am beyond grateful for the opportunity.

I thank Sarah Anderson, our recent administrator, for helping with the transition. The picture to the left shows us going over the complicated record-keeping and paperwork required by the State. Marie Bedard, our nurse, is (thankfully) staying on.

When I'm not working, I enjoy spending time with my family. We have three children and a granddaughter. And dogs. And cats.

My husband and I have recently bought our first home. So now I can have the donkey I've always wanted! Really.

I'd like to welcome Bill Myers, our newest resident, who moved back to New Hampshire from Idaho. He is excited and thankful to be here. His first words when walking through the doors were "I'm home". He's our rainbow man.

After many months of struggle, the staffing situation has improved, thanks largely to the increased pay that we've instituted recently. This was a financially daunting, but necessary improvement. I welcome our newest LNAs, aides, resident companions and part-time housekeeper.

We are still in need of a part-time cook. Tobey Prescott, who is a professional chef, is returning to help out in the meantime.

In closing, I'd like to express my appreciation for the amazing staff, supportive Board members and a good group of residents.

## Our Current Funding Initiative

*Beverly Swan*

As the final days of 2021 are slowly winding down, we reflect back on a year filled with joy, hurdles, faith, love, struggles, laughter, determination, and a boatload of grace. We are so grateful for the generous support from our friends and community, helping us to continue offering a peaceful and loving space for our elders ... The Home could not exist without you!

**Our current initiative: Increase in staff pay and benefits.** Help us care for our dedicated staff members as they do for our residents! We are making strides toward increasing our compensation packages in an effort to hire new employees in this difficult/competitive labor market and to help keep those who are currently with us from leaving for better paying jobs. We estimate we will need to raise an extra \$25,000/year to make this possible. Would you help us with this important goal and consider a 5-year commitment to ensure it will continue on into the future?

**Or, donate toward our ongoing need: Support a resident.** Over the years, Pyareo has accepted residents who are unable to cover the full cost of living at the Home. We offer them space with open arms, but in turn, need to raise the funds to make up the difference. Help us make it possible to welcome residents, whether or not they can afford it, to be part of our Pyareo community.

**Please consider making a monthly donation. This makes such a difference!**

~ A little kindness goes a long way at Pyareo. ~

*Beverly Swan is a member of the Board of Directors*



Some of our kitchen staff working and planning



*LIFE IS NOT A PROBLEM to be solved, it's a mystery to be lived.*

*Gandhi*



## Never a Shortage of Work

Jonathan Powell

The end of the year is a time to take stock of what we have done over the past year and looking forward to what comes next. This wasn't a year for big maintenance projects at Pyareo, but many smaller things were accomplished in addition to normal routine chores.

- As our last newsletter noted, we had a work day early in the summer, and much clearing was done at the borders of fields and woods. This gave a boost to the on-going work of clearing away invasive species (buckthorn, Russian olive, barberry, and especially bittersweet), and we have made the woods a lot more open.
- We have moved away from gas-powered equipment, and now our lawn mower, string trimmer, leaf blower and snow blower are all battery powered. Simpler to use, no noxious fumes and more reliable.
- We continue to expand our flower garden areas, concentrating on native plants and pollinators, attractive to birds, bees and butterflies.
- The brick walkway around the building has had many uneven spots that I have been noticing for some time, and I finally tackled it. It wasn't as daunting as I had imagined, and was actually kind of fun, but I'll have to re-do some of it next year. You can see pictures of this on the next page.
- On the next page, you can also read the story of the broken window, and how we managed (finally!) to get the replacement glass installed.
- The kitchen surfaces are starting to need attention. Shipp and Tibor replaced one of the kitchen sinks and resurfaced the countertop around it. Thanks also to Steve Garcia for doing the demo work.
- A new phone system is in the works and we may be able to install solar panels next year to provide our electricity.

These were the main projects this year. Looking ahead, our building is over twenty years old now and will be in need of improvements and upgrades in the near future.

We thank all the donors whose support makes it possible to accomplish all of these projects without worry!

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Jonathan Powell is the maintenance caretaker and bookkeeper at Pyareo Home

## There's Somethin' Good Even When It Seems There Ain't

Shipp Webb

*The peaceful setting of Pyareo Home amidst fields of diverse plants and woods of mixed hard and soft trees result in residents, staff, and board members becoming more involved and knowledgeable of the natural world so close at hand.*

*I have been volunteering at the home for over ten years and only recently learned about a Witch Hazel plant that had been growing there for longer than that. I read about this plant in a (highly recommended) book Braiding Sweetgrass by Robin Wall Kimmerer, who is a poet, PhD Botanist, and active Indigenous American. She writes of following a bee on a cold winter day to a Witch Hazel shrub which has among its bare branches yellow flowers, "a ragged affair: five long petals each like a scrap of fading yellow cloth that snagged on a branch, torn strips that wave in the breeze. But, oh are they welcome, a spot of color when months of gray lie ahead".*

*I asked Jonathan, Pyareo's caretaker, if he knew of any Witch Hazels on the property. "Oh yes," he said, "there are two." He showed me one on the east side of the building that I had walked past many times. The leaves were gone, but on the bare branches there were several scraggly yellow flowers. I later showed them to a resident who knew that there were several species with orange, red, or purple flowers from all over the world. We also saw the two part seed capsule, each of which holds a shiny black seed. This opens in the autumn "explosively," sending the seeds as far as 30 feet. The flowers last through the winter.*

*Native Americans used parts of the plant for ailments on their skin. "Hazel Water" or Hamamelis is currently distilled from the parts of the plant and is regulated by the FDA for topical use. They also crack down on manufacturers who make extravagant claims.*

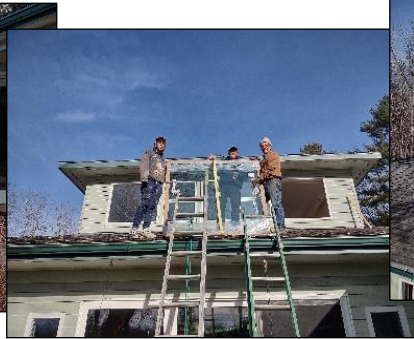
*An elderly herbalist in Braiding Sweetgrass says that Witch Hazel is "not just good for you outside but inside too. Land sakes, flowers in November. The Good Lord gave us Witch Hazel to remind us that there's always somethin' good even when it seems there ain't. It just lightens your heavy heart, is what it does."*



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Shipp Webb is vice-president of the Board of Directors of Pyareo Home

## Projects – Planned and Unplanned



Clockwise: Temporary glazing for damaged window; lifting the new double glazing and making it fit



Resetting the walkway pavers



Cleaning the fan blades

building. To coin a phrase – it was “gone with the wind”! Luckily, no one was hurt. We ordered a replacement glass, but it was damaged in the factory, and then our order was lost. We reordered, and finally, the glass arrived and we installed it a day before the first winter storm! The glass was slightly larger than we had ordered, so we had to make adjustments to the window frame. Larry Matty directed the installation, which – as you can see from the pictures – was quite involved.

Since Larry had his lift on site, he cleaned the fan blades of the two ceiling fans in the courtyard that are hard to get to.

Some sections of the walkways that surround the building had subsided, and during the summer, Jonathan picked up the pavers, built up and re-compacted the sand base, and reinstalled the pavers. The walkways are much better looking and safer!

We have also replaced a section of the kitchen counter that had deteriorated, and installed a large two-bowl sink to replace a smaller one. Volunteers did the installation of the countertop, tilework with epoxy grout, wood trim, etc. Everyone’s happy with the clean new look and spacious sink.



Above: New countertop and sink ready to go. Right: Shipp (left) and Jonathan (center) are working hard (!) with Wayne Fuchs, our phone specialist.



We have had our current phone system for about ten years, and during that time the system has gone from state-of-the-art to antiquated, with replacement parts no longer available, and callers complaining of dropped calls. So we have been working with a phone system specialist to replace it with a new-cloud-based system. It looks like our total monthly costs with the new system will be no higher than what we are paying now.



## A Perfect Stop

Claire Frechette

*Bill Myers is my husband, Adam Barnum's stepfather. Some of you in the community may know Bill from his directorship for 20 years at the Montessori House of Children in Lochmere and then in Sanbornton. After his wife Janet's death, we found a place for him to live in similar surroundings, near Claire's family in Northern Idaho.*

*While Bill loved being surrounded by nature in Sandpoint ID, it became clear to us that living alone was detracting from his quality of life. At the four year mark, Bill and we came to the conclusion that for his continued health, and to maintain and support longevity, it was time to find an assisted living facility. We knew there was only one choice, and that was Pyareo Home. Though Bill had been to Pyareo Home to visit Adam's father, Bill Barnum, he had trouble remembering it. What he was excited about, however, was that he would be surrounded by nature, be able to maintain his vegetarian diet and attend spiritual meetings.*



Bill Myers (second from left) with the Barnum/Frechette family

*Once there was an opening at PH, our adventure was swift. Bill had few possessions that he wanted to take with him. Our task was mostly to sell and donate. Bill is a man of action! If you say "task" he says "done." We were a great team. Every day during the week of the move, we would start the day at a coffee shop, an espresso for me and a hot chocolate for him. It was our way of planning for the day, celebrating our time together, and keeping a fun ritual to calm the stress of moving. When we left for the airport, we both were stunned at what we had gotten done and the finality of it all. Bill was ready. Excitement was in the air!*

*When we walked into Pyareo Home after roughly 15 hours of travel, we were warmly greeted by Jonathan Powell, Jenn Wright (the new Administrator), Amaya (the night aide), and Mary Swan, who was working in the kitchen. It felt familiar and cozy. Bill was then given a tour of the facility.*

*It's been five weeks since he's moved in, and he reports being grateful and happy to be there. He loves going for a hot chocolate and a drive to a lake, both of which we did a day after he moved in. We are deeply grateful that Bill is safe and can maintain the active lifestyle he was used to in Idaho; he loves walking and doing chores to help the community.*

*Bill has made it very clear throughout the process, that Pyareo Home was "his last stop." And a perfect "last stop" it is.*

Claire Frechette and Adam Barnum are long-time supporters of Pyareo Home

## Halloween in the Time of Covid

Grace Olson

It could have been a disappointing Halloween for kids—Covid on the rise and lots of uncertainty about trick-or-treating for the second year in a row. But for a hearty group of locals, it was everything a traditional Halloween should be. There were scraggly trees silhouetted against the moon, oak leaves swirling in the wind, and neighbors' houses offering treats to anyone in costume.

There was also Pyareo Home, with a masked Jon Powell appearing with a giant bowl of vegetarian candy for anyone who knocked. The children stayed outside, but waved through the window to a cozy scene of residents gathered around the dining table, smiling at the young ghouls and witches collecting their sweets.

Next year, kids can look forward to the traditional piñata indoors with the residents, but this year Pyareo Home pulled through and delivered that sense of community it is known for—one that spans the generations.

Grace Olson is a long-time supporter and a soon to be returning member of the Pyareo Home Board of Directors



Jonathan Powell, greeting young trick-or-treaters



Pyareo Home, Inc.  
Board of Directors

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Shipp Webb, vice-president  
Beverly Swan, secretary  
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See us also on Facebook.

Pyareo Home, Inc. is registered as a nonprofit public charity organization with the State of New Hampshire. All contributions are tax-deductible – our IRS tax identification number is 04-3347981.



We hope you enjoy this issue and that the pictures and words give you a sense of recent events at Pyareo Home. As always, contact us with your ideas and suggestions!



Please help us keep your email address up to date. That way, we can send you the full-color electronic version of our newsletter instead of, or in addition to, the printed version.

We would especially like to update emails for our Canadian and overseas subscribers, because of increased mailing costs to those areas.

So call us up, or email us with your current email and post office address.

## Drumming of the Woodpecker

Amy Hart



The pileated woodpecker

In the Native American tradition, the woodpecker's drumming is connected to the heartbeat of the earth. Its drumming announces changes and new rhythms coming into our life. In the European folk tradition, the red head signifies the waking of new mental faculties.

Recent months have asked a lot of all of us, and the woodpeckers showed up precisely on time to give us a hint that more will be asked of us in these hard times.

The woodpecker drummer quickens his pace with an urgent call. Can we respond?

Amy Hart is a resident of Pyareo Home

One morning in early October, I stepped out the sliding doors into the deep silence of early dawn. Suddenly, the stillness was broken by a clear, commanding bird call. Following the sound up into the highest branches of a tall dead tree, I saw the unmistakable silhouette of a pileated woodpecker. Again he called out and from the air another pileated woodpecker dropped onto a whitened branch nearby. For years, I had been looking for, and hoping to see one of these birds up here – the largest of all the North American woodpeckers. Now suddenly there were two of them!



Amy Hart, with the newly-arrived hand puppet of the pileated woodpecker, crafted in Hungary. The artist who created it tells us that in that part of the world the pileated woodpecker is looked upon as a healer, a doctor of birds

### Interested in working at Pyareo Home ?

We are always looking for reliable and caring individuals to join our staff, and look after the safety and wellbeing of our beloved residents. A flexible work schedule is important. An LNA license is preferred, but we are willing to train the right person.

We are also looking for cooks experienced in preparing vegetarian food.

Regarding Covid-19 precautions, we strongly encourage staff and residents to be vaccinated. Vaccination may soon be a requirement for staff at Assisted Living facilities who accept residents on Medicaid. To date, we have had no Covid-19 cases among residents at Pyareo Home.

If you are interested in joining our staff and becoming a part of our caring Pyareo environment, please send an email, along with your resume to Jennifer at [admin@pyareohome.org](mailto:admin@pyareohome.org).







## Friends of Pyareo Home



*I wish to support the mission of Pyareo Home*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

I wish to receive this newsletter by  email only  postal mail only  both

I pledge to give each month:  \$10  \$20  \$50  \$100  \$200  Other \$ \_\_\_\_\_

Or, I wish to give a one-time donation of  \$20  \$50  \$100  \$200  Other \$ \_\_\_\_\_ (choose method below)

My pledge or one-time donation form of payment is:

A CHECK MADE PAYABLE TO Pyareo Home, 333 Brook Road, Sanbornton, NH 03269

A credit card (for monthly pledges, charges will be made on the 2th of the month). MC/Visa/Discover

Card No. \_\_\_\_\_ 3 digit code \_\_\_\_\_ Expiration \_\_\_\_\_

Signature: \_\_\_\_\_

List the billing address for credit card if different than the address noted above.

*Thank you for your donation. All donations are tax-exempt and formal acknowledgment will be sent at the end of the year.*

Pyareo Home can now accept donations of stocks and/or bonds, which, if donated directly, may eliminate capital gains tax to the donor. Please consult your tax adviser.

*Donations can also be made through the Pyareo Home website at [www.pyareohome.org](http://www.pyareohome.org)*



### The Small Things



A beautiful stream meanders through the property and there is a path for residents to walk down to it. During these difficult times, we have appreciated being able to take refuge in nature at our doorstep.

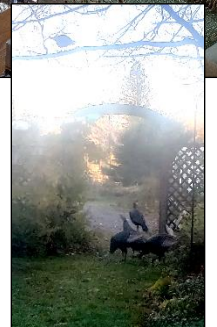
Mr. Monte Lacy offers skilled instruction in Qi Gong – or just simple stretching – twice a week. It's good to move.



Every now and then, we are visited by flocks of wild turkeys. The picture to the right, taken through the sliding glass door, is not very good, but everyone enjoyed seeing the birds up close.

Winter is settling in. It's cold, the air is crisp and there is a stark beauty to the landscape.

Timmy the cat is friendly and distant at the same time. He's got a warm place to nap, good food and can go wherever he wants. Why should he worry?





*Pyareo Home*

333 Brook Road  
Sanbornton, NH 03269

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Mary's recipe



## *Applesauce Cake*

### Ingredients:

- 1/2 cup butter or Earth Balance
- 1/2 cup brown sugar
- 1/2 cup light raw sugar
- 2 cups unsweetened applesauce
- 1/2 cup raisins
- 1/2 cup chopped walnuts
- 2 cups whole wheat pastry flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon

### Directions:

Cream butter and sugar. Heat applesauce; beat well. Stir in dry ingredients. Add nuts and raisins. Spoon into an 8 x 8 square pan and bake at 325 for one hour. Best served warm.

*(Adapted from a recipe in the 'Cooking with Light' cookbook)*