



# Pyareo Home Newsletter



December 2018



## Another Year of Changes

*Denise Haddocks, RN*

### Contents:

- *Another Year of Changes* p.1
- *Our Second Auction* p.2
- *Articles Wanted!* p.3
- *A Most Amazing Accomplishment of Modern Society* p.4
- *Transforming the Landscape* p.5
- *Maintaining the Safety of Residents* p.6
- *The Best Medicine* p.7
- *The Recipe* p.8

*WHEN YOU WILL WISH others to be blessed, you will begin to speed on your way back to God.*

*Kirpal Singh*

*A SINGLE SUNBEAM is enough to drive away many shadows.*

*Francis of Assisi*

*FAITH IS NOT a belief.*

*Faith is what is left when your beliefs have all been blown to hell.*

*Ram Dass*

Greetings from Pyareo Home! It seems like this year has flown by in the blink of an eye. If you are like me, this time of year always brings a renewed sense of hope, the possibility of promise. There has never been such momentum building as now in Pyareo.

Over the past year we have experienced many changes. Early in the year, we created goals for Pyareo to improve our living environment. These goals were met with the installation of our heat pump unit for cooling our home in the summer, and with the installation of new carpet in hallways that eliminated fall hazards from the uneven old carpet. We maintained full occupancy for eight consecutive months and fiscal stability for this year. We have had a large room become available, with multiple applicants inquiring from near and far about becoming residents. Interviews and the search for the right resident have been underway for over a month and we are getting closer to filling our vacant room. More updates in our next newsletter...

As I review our year, I would like to reflect with you on some happenings around Pyareo. Our residents have maintained health and happiness and safety throughout 2018. Pyareo staff has participated in organized trainings throughout the year. Pyareo has assisted in the LNA certification completion for one of our valued staff members. As a result, the knowledge gained enhances the care we provide while assisting our newly certified Licensed Nursing Assistant to advance her professional goals. We strived for staff schedules to provide a work / home balance that covers all resident needs but also the needs of the staff, which creates a relaxed atmosphere. Most afternoons you may enter to find residents playing cards with the caregivers, reading poetry in the main common area, or simply sitting together watching a movie. At dinner, our caregivers sit and engage in dinnertime discussions and frequently discuss interesting facts from time frames of years ago. Our goals for 2019 are currently in the making, but I can assure you that good health, happiness and comfort are on the top of our list. Taking care of one another is what we strive to do – this is our home. We are grateful because without your support, none of this would be possible. We look forward to 2019.

As we close 2018 please take time to reflect on everything in our newsletter; your donations make all this possible. I thank you and wish you a Healthy Happy Holiday season and a very Happy New Year.

Denise Haddocks is the Nurse/Administrator of Pyareo Home



*The landscaper and supervisor*



*Preparing the Christmas tree*



*Halloween visitors*

## Our Second Auction – Fun Was Had by All!

*Shipp Webb*

As many of you know, we held our second auction at the end of October. While we did not achieve our most optimistic goal, we consider it a success. A large crowd enjoyed seeing friends, buying unique pieces, and snacking on delicious food. The funds generated will be used to continue activities for the residents, such as Qi Gong and chair yoga with experienced leaders. These twice weekly classes are popular with the residents and a boost to their well-being.



Crafts and services were available to bid on



On reflecting on the auction I think it is a microcosm of all the effort that goes into running a vegetarian assisted living facility. Both require a huge amount of work from the paid staff and the many volunteers. It is truly a community effort. Our previous administrator, Amelya Colby, managed all aspects of the auction: she contacted over 600 businesses asking for donations of their products or services, set up the auction items on the auction site, planned the auction day's events and ensured that everything was beautifully laid out and fun. Amelya and many volunteers spent a full day organizing the display of the auction items. People dropped in without being asked to assist with, for example, the arrangement of art work. Sant Bani School lent extra tables and chairs. Others brought produce from their gardens or delicious dishes they had made.

All of this work and more is reflected in the daily work at Pyareo. Helping residents keep themselves and their room clean, and preparing vegetarian meals are only the basics. Much care also goes into the dispensing of medications, helping residents with their daily activities, taking them to doctors' appointments, providing companionship, and enjoying projects and games with them. And the work continues all day every day, with an aide being present and awake at night.



A massive amount of work was put in by our dedicated cooks: Tina Nagel, Pamela Prescott, Ann Matty and Janice Filter



The auction also reflected the efficacy of the building's design. Residents choose to come into the large courtyard for some social time or choose to stay in their rooms and enjoy their privacy. This was



also true during the auction which invaded their “living room.” Residents could browse the auction and mix with the guests or go into their rooms when they wanted.



Announcing winning raffle ticket numbers

Not everyone involved with Pyareo Home follows a vegetarian diet at home but all subscribe to the larger vision of Pyareo which is to provide a caring environment for the elderly with some financial assistance if needed. Some people who had never been to Pyareo bid on some items, but were so impressed that they also made an extra donation. Pyareo endures because so many find something to contribute. We ask that in this season of giving you consider assisting in the furtherance of its mission.

Shipp Webb is president of Pyareo Home



Bidders and raffle prize winners



## Articles wanted !

Long time readers of this newsletter may have noticed that many articles are written by the same people, year after year. (Michael Mayo-Smith’s article is a breath of fresh air). We'd like to hear from some new voices. Almost any topic somewhat related to our work here is fine: observations on invasive plants, benefits of a vegetarian diet, recipes, background stories on residents past and present, information on the natural world--especially birds; or more serious articles about when and how to decide you or a loved one is ready for assisted living, thoughts on aging, and so on. There is plenty of time to prepare – the next issue will probably come out in July. Please send articles or ideas for articles to [denise@pyareohome.org](mailto:denise@pyareohome.org). Get published!

## Interested in living at Pyareo Home ?

*If you, or someone you love, is interested in becoming a resident sometime soon or somewhere down the road, reach out to us for information. The application process for assisted living involves multiple steps and ideally the process should begin as early as possible. And yes, couples are welcome.*

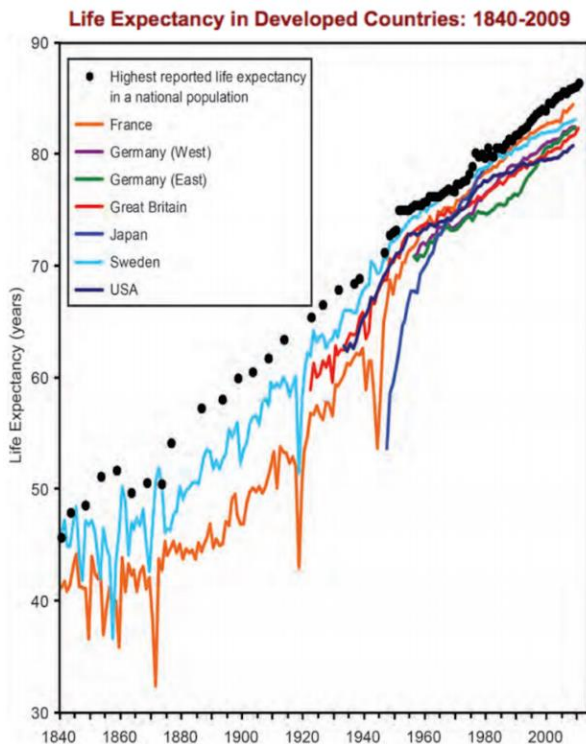
*Call or email Denise to schedule a visit or request an informational packet.*

## A Most Amazing Accomplishment of Modern Society

Dr. Michael Mayo-Smith

As an assisted living facility, Pyareo Home is one strand in the growing support system for older people. An important piece of background on this growth is an amazing success story about modern society.

Life expectancy is a good measure of overall health of a population. In brief, it averages the length of life for all the people born into that group or society. It provides an answer to “How long do people in this society live?” Going back into pre-history, the average lifespan was 25-30 years. Many infants and children died young, but once a person lived to age 20, they would likely live to age 50 before dying. Fast forward many years to Rome and Greece, and the life expectancy was unchanged; 25-30 years. Fast forward a couple more thousand years to 18<sup>th</sup> century Europe, and the life expectancy was exactly the same: 25-30 years.



In the mid-19<sup>th</sup> century, with the arrival of the industrial revolution, life expectancy began to change and change dramatically. This continued through the twentieth century. In 1900 the world average life expectancy was still only 31 years. In 2014 it was 72 years, and in the country with the highest life expectancy, Japan, it was 85. The adjacent graph shows the increase in life expectancy since 1840.

Over the last 150 years, every week human life expectancy has increased by a day! Every day, life expectancy has increased by 5 1/2 hours!

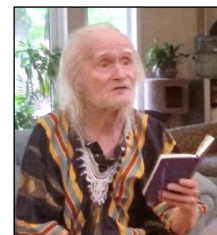
Many things contributed to this increase. The main factors were improved sanitation, better nutrition as well as decreased infant and maternal deaths. Public health measures, such as vaccination, as well as decreased accidents and violence and improved medical care, also contributed.

This improvement has led to a large increase in the number of older persons. Statisticians currently consider “over 85” as the “old-old”, although there is much talk nowadays that “90 is the new 85”. In 1900 there were only 100,000 persons over the age of 85. Today there are 4.5 million. In 2060 it is projected there will be 20 million. This brings us back to issue of assisted living. While people are living longer, some will continue to experience need for assistance, commonly towards the end of their life. It is wonderful that Pyareo Home is helping meet this increasing need. Even more wonderful, it is doing so with love and compassion.

Do you sometimes feel discouraged about where the world is going? Well, as this brief article indicates, there is a lot of good news as well, which doesn’t get much press. There are some engaging books which point out the surprising progress that is being made in society. Here are a few if you are interested in further reading.

- Factfulness: *10 Reasons We Are Wrong About The World and Why Things Are Better Than You Think*, Hans Rosling
- Getting Better: *Why Global Development is Succeeding and How We Can Improve the World Even More*, Charles Kenny
- Enlightenment Now: *The Case for Reason, Science, Humanism and Progress*, Steven Pinker

Michael Mayo-Smith MD, MPH is a long-time supporter of Pyareo Home. He will be contributing articles looking at medical issues that might be of interest to our community. Michael recently retired after a career with the Veterans Affairs Health Care System. He is Board certified in Internal Medicine and Geriatrics, and has served on the faculty of Dartmouth and Harvard Medical Schools. In his last position, he had a regular blog which would get over 20,000 views annually. We hope you enjoy these articles and Michael welcomes any comments, feedback or suggestions on future topics at [mfmayosmith@gmail.com](mailto:mfmayosmith@gmail.com).



Resident Bill Barnum reads his poetry



## Transforming the Landscape

*Jonathan Powell*

When I took the job of caretaker at Pyareo Home, I didn't have a clear idea of where it would lead me, but developing the landscape has become a major focus. I came without much experience, but there were areas that seemed overgrown and uninviting. I would start by working in one area, and that would lead me to another, and bit by bit more and more has been added. I have been learning as I go along, with much encouragement and appreciative comments from others. The main goals that have emerged are to create a diverse environment for pollinators and birds and an attractive and pleasant space, with walkways, for residents and visitors.



I have taken a shotgun approach, trying this or that, realizing that not everything would work but that a lot of it would. Every little bit helps. Weeding has been important – 'micro' weeding in flower and vegetable garden, and 'macro' weeding removing invasive shrubs from fields and border areas. At the same time, plants have been added to fill up the newly available space. It is great to see perennials come back after a cold winter. Hard-to-mow areas have been turned into colorful flower gardens. In addition to the existing raised beds for vegetables, more vegetable garden space has been developed as well as an asparagus bed. Fruit trees and native shrubs have been added to the landscape and hopefully will have long-term impact.

There is always something more to do and new challenges. Weeds are always a problem, and my gardens look a little unkempt, but a few good weeding sessions make a lot of difference and allow desirable plants to gain a foothold. And even with the invasives, persistent effort results in progress.

All of this creates a rich environment for birds and insects. Any fruits and vegetables we get are an added bonus – if we can keep the deer from getting them first!



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Tibor Farkas, vice president  
Tracy Judd, treasurer  
Jim Miller  
Grace Olson  
Laurie Webster, secretary

*Administrator & Nurse*  
Denise Haddocks, R.N.

*Advisors*  
Peter Bacon  
Judith Webb

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*Web site:*  
<http://www.pyareohome.org>

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.

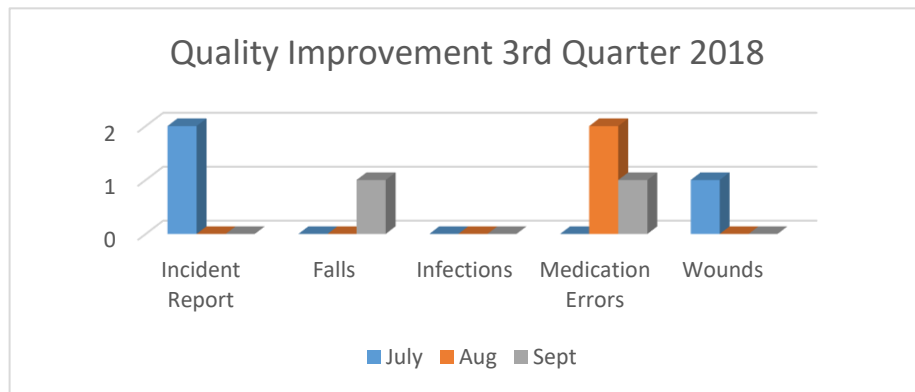
So call us up, or email us with your current email and post office address.

## Monitoring the Safety of Residents

*Denise Haddocks*

We are proud to announce for the second year in a row we have obtained a deficiency-free state survey and passed all necessary components for our re-licensing criteria. This includes unannounced inspectors from the state who come and evaluate our processes, life safety, staffing ratios, and compliance with all rules set forth by the state for providing safe and effective care and living conditions. We could not do this without our staff, board, and donor support and we are very proud of this second year accomplishment.

Each month, and more often if necessary, the entire staff reviews the standards which impact the care and safety of our residents. These results are reported quarterly to the Board of Directors. As the RN Administrator, I analyze these focus areas every day and address promptly anything which impacts the care and services that our residents receive. The intervention may be as simple as a minor adjustments in medication times to a complete removal and replacement of carpets in the main walkways of Pyareo Home. The five core areas which we currently monitor are: Falls, Infections, Medication Errors, Wounds, and Hospitalizations. The attached graph shows our rates for each item noted above. We strive for zeros in each category; meaning no occurrences.



Denise Haddocks is nurse administrator of Pyareo Home



**BEST WISHES TO ALL FOR THE HOLIDAY SEASON !**



## 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 \$ \_\_\_\_\_ 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 this will be charged on or about the 2nd 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 Best Medicine

*Danielle Deveau*



I'm happy to say that the residents now get more individual attention from additional staff. When I started working at Pyareo Home two years ago, there were three residents and five caregivers. We managed, but when we again had a full house with seven residents five caregivers were too few. Due to the generosity of our donors, we have increased the number of aides to seven. The shifts are scheduled so that they overlap for some of the time. This allows us to spend quality one-on-one time with residents doing what they love: playing rummy, piecing together puzzles, coloring or decorating, watching "Squirrel TV,"\* sitting as a group at the dining room table and chatting during meals, playing trivia, or reading "this day in history." We are often able to sit as a group and have a movie night with popcorn or watch Monday Night Football. Before we had enough staff to overlap the shifts, the only time we could spend quality time with individual residents was when we were assisting with medications or serving meals.

While some residents have family who live close by and often visit, others either have no close family or families who live far away. With the ability to spend time with individual residents, we become the faces they see, the faces that make them laugh, the faces that make them smile and that make them happy; without that interaction they would be sad and lonely. In turn, the residents are grateful and appreciative of our care and company. In my opinion, happiness is truly the best medicine and if our residents are happy then they shall be with us for a very long time.



\_\_\_\_\_  
Danielle Deveau is an aide at Pyareo Home

\* "Squirrel TV" is watching squirrels attempting to gain access to bird feeders hung from a long wire across our front lawn



*Pyareo Home*

333 Brook Road  
Sanbornton, NH 03269

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*What lies behind us and what lies before us are  
tiny matters compared to what lies within us.*

*Ralph Waldo Emerson*

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*Ann's Recipes*



2½ pounds of red potatoes  
1 bruised garlic clove  
6 tbsp of butter, cut up  
1½ tsp salt,    ½ tsp pepper  
9 large kale leaves (ribs removed),  
    or equivalent smaller ones  
2/3 cup grated cheddar or similar cheese  
4 tbsp heavy cream

## *Kale & Cheddar Red Potato Gratin*

Slice potatoes as thin as possible and set aside.

Rub a 3 qt loaf pan with garlic, pinch of salt, 1 tbsp butter.

Place a layer of potatoes in pan, sprinkle with salt and pepper, dot with 1½ tbsp of butter and top with 1/3 of kale leaves.

Sprinkle 1/3 cheese over kale. Repeat above process with two more layers, ending with the cheese.

Dot with remaining 1½ tbsp butter, spread cream over top and cover.

Preheat oven to 350 degrees. Bake 75 minutes or until potatoes are tender.

*Makes 4 – 6 servings*