



Pyareo Home Newsletter

December – 2011

Report on Pyareo Home Community Meeting

by Laurie Webster

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Greetings to all of our friends and supporters! We have recently celebrated the 11th anniversary of Pyareo Home. It was in this spirit of celebration that we found ourselves both looking forward to our future and looking back to our past, remembering those we have served.

Many of you may know that over the past seven months Pyareo has lost three of its residents to death and another resident needed greater medical intervention than we could provide. This has left four vacancies that we have not yet been able to fill, and as a result, we have had substantially reduced income during this interval. The board of directors decided to reach out to our local community of supporters and involve them by presenting an overview of our current situation and asking some vital questions about our future.

This last September, a group of about 35 friends and supporters, along with board members, met on a Sunday afternoon at Pyareo Home for a dessert buffet and discussions. The meeting started with a moment of silence, followed by a slideshow showcasing the beginnings of the mission with ground breaking and building of the structure, the building in its present day splendor and many of our past and current residents, employees and volunteers. (This slideshow is available on our website – www.pyareohome.org). The board then presented information in a series of graphs showing the lengths of stay for all residents, as well as an analysis of income and ex-



Above: An informal reception followed the meeting. At left: Peter Bacon moderates an exchange of ideas from the crowd while Laurie Webster writes them down for all to see.

penses. Over the past 11 years, we have been home to 30 residents on both a short and long term basis. While our expenses remain relatively stable, our income fluctuates with the number residents we care for, as well as the level of care these residents need. Two-thirds of the income of Pyareo Home comes from direct payments by residents, or subsidy by the State of New Hampshire; while about one third of the income comes from donations.

Given the great service that Pyareo has provided and the financial difficulties we are currently experiencing, the question was put to the group: should Pyareo Home continue to stay open as an assisted living facility? The vote in favor was nearly unanimous. What followed was a discussion about various steps we might take to keep Pyareo open for all of us who may need it in the future. Pyareo Home has started reaching out to the local community, and the wider Satsangi and vegetarian community, and the consensus was that these efforts should be redoubled. Those present came up with a variety of suggestions to improve our marketing and outreach.

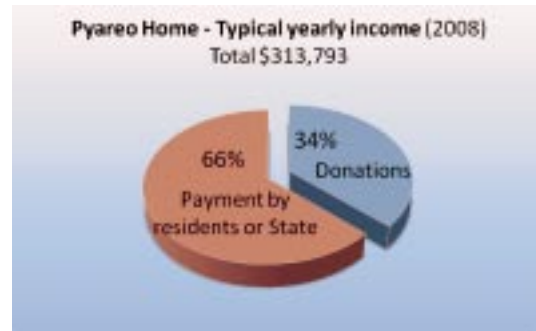
There was also a lively discussion whether Pyareo should change or add to its mission. Ideas such as senior daycare, a home for those with Alzheimers, low income community housing, and independent living for senior Satsangis were all talked about. Some of these changes would require that Pyareo Home be disbanded, and another non-profit be created.

Again, it was clear at the meeting that a substantial majority of the community wants Pyareo to continue in its current form. The meeting was upbeat, friendly and productive, with a good exchange of ideas. Major items were written down for future consideration.

Many community members expressed a willingness to roll up their sleeves and help out. A committee was formed to examine and implement marketing and outreach strategies. That group has since met several times and is moving forward with various projects. Those with computer skills have done more work to improve our on-line presence and outreach. Recently a large mailing was sent out with an appeal to our friends and supporters asking for help to get us through this rough time and help keep our doors open. The admissions committee is looking at potential incoming residents and hopefully we will see new residents in the very near future.

It has taken the love and hard work of many to keep Pyareo open to those who want a beautiful home in an idyllic location, healthful delicious vegetarian meals, personal attention and loving care in a small meditative setting. It is our hope that it remains open for many years to come. Thank you to all our supporters and friends who have sent us good will and financial help over these many years.

This graph shows that in spite of our efforts to contain costs and boost revenues costs have exceeded revenues in almost every month of 2011. Costs include the wages paid to staff and administration as well as basic needs such as fuel, electricity, and food. Revenues include both the amounts that residents pay, the subsidy from state programs, and donations from the Pyareo Community. The Board of Directors hopes that an increased number of residents, and the continued generosity of donors will reverse this situation in 2012.



What a Gem Pyareo Actually Is

by Wendy Hobbs

As I sit at home reflecting on the upcoming holiday season, I would like to wish everyone a stress free, happy season with friends and family.

Just recently, Ann Matty (our very own cook) and I attended a workshop entitled “Taking care of the caregiver.” Diet was the main focus at this workshop so we went because we were interested to hear what other people were thinking. I was hoping we would have the opportunity to highlight Pyareo Home’s positive attributes, such as our diet and environment, and do some networking with other agencies.

Many agencies in the area have not heard about Pyareo Home or don’t have a real sense about a vegetarian diet. Our peaceful environment can help reduce stress, as well as improve diseases such as diabetes. Pyareo can manage such conditions with the right diet and exercise. At the end of the day Ann and I agreed what a gem Pyareo actually is, and as we made our “grateful list” together we thought of all the folks we have helped in so many ways.

Joie Bourisseau is one; she has just moved to be closer with her daughter and family in St. Louis. Joie wanted a big change in her life, and that’s what drew her to Pyareo Home 3 years ago. She has done so well mentally and physically that she was able to move out and try another larger facility with more activity. We all wish her much happiness and good health.

On the other hand, we have a new lady who moved in the day after Joie moved out. Connie St. Cyr came to Pyareo through Gina Weyant, and the family is very appreciative for Pyareo Home. Connie stated it is like “living at a spa.” She has moved in with her cat, King Oliver, who is still hiding under her bed. We look forward to all his antics that we have heard about.

All of us at Pyareo Home (staff, volunteers, Board members and I) hope that we can continue to help many more live a peaceful, independent and dignified life in the community that is Pyareo Home.



Friends of Cristina Martinez (second from right) met to remember her son, Eduardo Molina, who passed away at Pyareo Home four years ago.

“By love serve one another” should be your rule in life.

Kirpal Singh

For true love is inexhaustible;
the more you give, the more you have.
And if you go to draw at the true fountainhead, the more water you draw, the more abundant is its flow.

Antoine de Saint-Exupery

Those who bring sunshine into the lives of others cannot keep it from themselves.

James Barrie

We Still Need Volunteers to:

- go to the town recycling center once a week
- go shopping for residents once a month
- take residents to their doctor’s appointments
- help build a carport for the van

Please call if you can help.

From our Newest Resident

by Connie St. Cyr

I came for a visit to see if Pyareo may be a place for me to live as I do need more help with my medications and meals.

It is a beautiful place in the country, one like I have never seen before. I was invited for lunch which was enjoyed very much.

The staff are most kind, knocking on my door and asking: "Do you mind if I vacuum your room? Would you like to have your bathroom floor washed? I can do your laundry if you want; just let me know."

My family is very impressed with Pyareo Home and I have my own patio to put my bird feeders and watch all the birds.

All the conveniences of home! One could not ask for more: I have my TV, telephone, my car and my ragdoll cat, King Oliver!



*Hmmm . . . Is that the right piece?
Connie St. Cyr solves a puzzle
with help from her young friends.*



Friends of Helen Downing, who passed away in May 2011, joined Dennis Downing and his wife Linda for a memorial service at the end of June. The recollections were funny and poignant. One of the highlights was a rendition of one of Helen's favorite songs by Faye Miller, an aide at Pyareo Home.

Meet Frances S. Colburn Ellingwood

I was born in 1922 and grew up in New Boston, NH. My father, Luther Colburn, was a dairy farmer and my mother, Alice Colburn, was a stay-at-home mom and a foster mother. In later years she worked at the school hot lunch program. I had four sisters and two brothers, the youngest of which died shortly after birth.

When I was a child I became deaf. Being deaf was difficult but I learned how to lip read and years later was thrilled to have my first hearing aid. After high school I went to NH School of Accounting and Finance to learn how to be a bookkeeper. I worked as a bookkeeper for a trucking company. In 1960 a handsome truck driver named John "Jack" P. Ellingwood began flirting with me. We got married in March 1961.



Staff member Janice Filter stands next to Frances, who has just finished a complicated jigsaw puzzle.

I found the study of people and places was a lot of fun. I became an avid genealogist. My book about the descendants of Nathaniel Colburn has just been printed. Tracing family trees is like a giant detective search. Finding the "right" connection is like solving the case. I have helped many people do genealogical research.

After my husband died in 1992 I moved up to Laconia, NH to be closer to my sisters. I also began making quilts and tote bags for Baby Threads of NH. I became the first treasurer of Baby Threads. I also spent many hours in helping put together the layette bags for new babies, sorting and folding clothing, making and filling Christmas gift bags, and filling up backpacks with supplies to help children in need.

As I have advanced in years, I found living alone too lonely and worrisome. I decided I didn't want to spend another winter alone. My niece Bonnie helped me look into alternate living situations. The thought of going into a nursing home was pretty scary. We came to the Pyareo Home for lunch and a tour. It felt like a good fit for me. In May I moved in with my large collection of Eeyores and house plants. I love looking out at my flowers. Growing tomatoes in my planter and sharing them with other residents this summer was fun even though my "crop" was pretty small. The staff has been very kind and helpful to me. It certainly has been a lot better than living alone!

The ideals which have lighted my way,
and time after time have given me
courage to face life cheerfully, have
been kindness, beauty and truth...

Albert Einstein

It is possible to give away and
become richer!

It is also possible to hold on too tightly
and lose everything.

Yes, the liberal man shall be rich!

By watering others, he waters himself.

Proverbs 11:24-25

It is very important to generate
a good attitude, a good heart,
as much as possible.

From this, happiness in both
the short term and the long term
for both yourself
and others will come.

The Dalai Lama

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Board of Directors

Peter Bacon, president
Tibor Farkas, vice-president
Tracy Judd, treasurer
Toland Sand
Shipp Webb, secretary
Laurie Webster

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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.

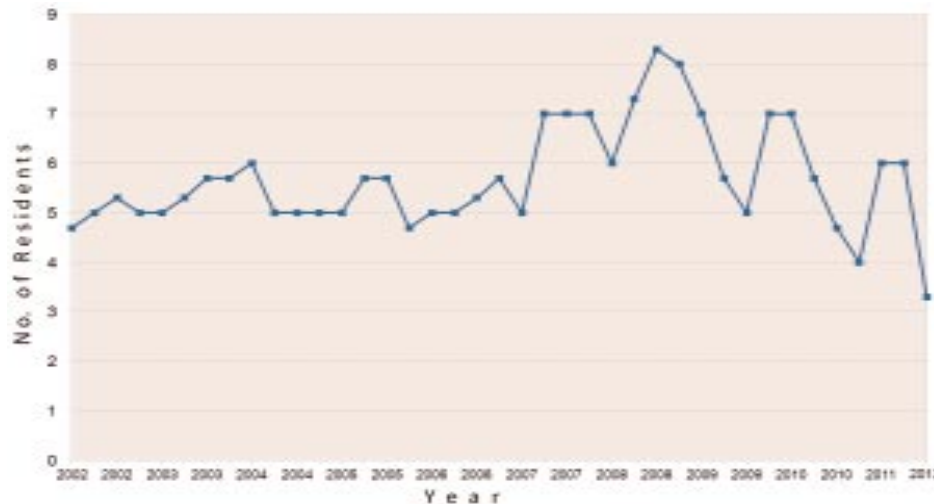
see us also on Facebook

We have recently updated the Pyareo Home website. There are more pictures and the narrative is more interesting. The home page also has a great slide show of Pyareo Home. Check it out.

You can also join us on Facebook — search “Pyareo Home.”

Facts about Pyareo Home:

- Salaries make up 63% of total yearly expenses. With a requirement of staff availability around the clock, this is expected.
- 66% of yearly income is from direct payments by residents or State assistance. The other 34% comes from donations.
- Average resident stay is 2.5 years. Several residents have stayed over 9 years.
- Average occupancy, not counting the initial start-up year, has been 5.8 residents, or nearly 83%. Actual occupancy has fluctuated between 100% (in 2008) and 73% (in 2011).
- On the average for the past 11 years, about 60% of residents were full pay.



This graph shows the variability in the number of residents at the Home. Less than whole numbers appear because of averaging the number of residents per quarter.

Once again we have space for residents at Pyareo Home!

Rooms are now available for occupancy.
If you know someone who may benefit from the services of Pyareo Home, please let them know about this opportunity.

We will be happy to send them an information kit and discuss details.

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

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 wish my donations to go to (if you check more than one, please specify amounts)

where needed most Financial Reserve Fund Debt Reduction Fund

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 Rd., Sanbornton, NH 03269

A credit card (for monthly pledges this will be done on or about the 5th 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 receipts will be sent at the end of the year.





Pyareo Home
333 Brook Road
Sanbornton NH 03269

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Recipe Corner

Another favorite recipe at Pyareo Home

Thai Red Curry Green Beans and Eggplant

Adapted from a Vegetarian Times recipe
(Serves 4)

2 Tbs. peanut oil	2 Tbs. dark brown sugar
3 small Japanese eggplant, sliced or regular eggplant, peeled	1 Tbs. low-sodium soy sauce
1 13.5 oz. can of light coconut milk	1 lb. thin green beans, trimmed
3 cloves garlic, minced (1 Tbs.)	1 large red onion, cut into 1/2-inch wedges
1 Tbs. minced fresh ginger	1/2 cup packed Thai or sweet basil leaves
1 Tbs. prepared red curry paste	2 tsp. lime juice

Instructions:

- ♥ Heat wok over medium high heat. Add oil and eggplant, and stir-fry 3 minutes, or until eggplant begins to brown. Transfer to plate.
- ♥ Spoon 3 to 4 Tbs. coconut cream from top of can into wok. (The coconut cream at the top of can of coconut milk thickens this curry, so be careful not to shake the can before you open it.) Add garlic, ginger, and curry paste, and stir-fry 1 minute. Stir in remaining coconut milk, brown sugar, and soy sauce. Add green beans, onions and eggplant; cover, and simmer 8 minutes, or until vegetables are tender. Stir in basil and lime juice.