

Pyareo Home Newsletter

August – 2014

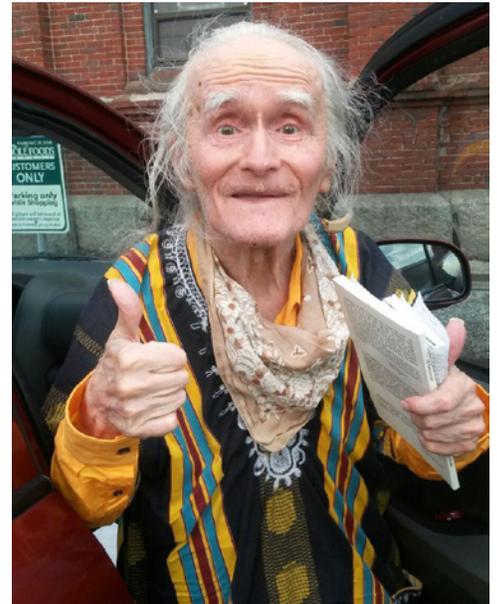
Poetry, Music and Community

BY PETER BACON

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This issue features a number of great photos of residents, staff, board, and volunteers pitching in to improve our facilities and enrich the life of the community. We are very happy that Adam and Claire introduced Bill Barnum to Pyareo and that he was happy to come and enjoy the company. One of our aides, Tanya, was willing to take Bill to a poetry reading in Boston where he was living previously. She says, "New resident Bill Barnum, 89, still gets nervous before his poetry performance. He practiced and paced his room while reciting and dramatizing his poetry before riding to the Stone Soup Poetry open mic night in Cambridge. Bill stated that 'once on stage the nervousness vanishes and the poet comes alive!'"



We also were happy that Eric and Barbara Vanbock drove from Bath, Maine to share their drumming talent and expertise. Eric is the grandson of resident Shirley Hooker. The drums – *djembe* and *dunnun* – are from West Africa, carved from one piece of solid wood which are made hollow. Melodies are in 4/4 and 6/8 time. It was a delightful presentation of the history and cultural memories being passed down to members of the remote villages of Guinea.

Be polite and courteous
with all.
Courtesy costs you nothing
but it pays rich dividends.

Kirpal Singh

I would like to express my gratitude for the all the maintenance work as well as the good company of Teri and Richard Barnaby, as well as the participation of board, staff and volunteers in the work of upgrading the walkway and improving drainage around the building. There is no doubt more to be done, but in all my years of trying to keep up with issues with the building and grounds, I have never seen the level of progress that we have witnessed in this past year.



Above: Harp music and sing-along; Josephine blows out the candles on her birthday cake; Right: Sant Bani School students bring Valentine decorations and perform



Left: Barnaby plays the piano for Teddy;

Right: Connie's birthday cake



Administrator's Corner

WENDY HOBBS

HOW TO DEDICATE YOUR LIFE TO OTHERS

You give everything with a completely happy mind, just as you would give to the friend closest to your heart or to the person who has been kindest to you in your life, like your parents, who dedicated their lives to take care of you for so many years since your consciousness was conceived in your mother's womb.

Lama Zopa Rinpoche

One of our residents, LTC Raymond Beaupre, passed away in March after a short illness. Ray was a gentle soul and we appreciated having him at Pyareo Home for his last year of life.

Several new residents have come to live at Pyareo Home since the last newsletter. One of them is Pasquale ("Pat") Giannini from Franklin, NH. He is originally from Philadelphia and moved to New Hampshire in 2010. Pat has a wonderful sense of humor and is laughing all the time with residents and staff.

Shirley Hooker is also a new resident at Pyareo Home. She used to live in Laconia. Her sister Frances Ellingwood also lived here, and Shirley had visited her sister, so she was quite comfortable moving in.

William "Bill" Barnum moved into Pyareo Home a few months ago from Boston. Bill's son Adam Barnum grew up in this area and went to the Sant Bani School so Adam knew this would be the best place for his dad to be cared for.

* * *

Pyareo Home has joined the 21st century with technology for the ordering of all medications.

In the Assisted-Living world "Nobody picks up medications anymore." A company called Northeast Pharmacy Services (NEPS) has created a solution to this problem. First, instead of bottles they put all of the medications in sealed "packages": AM, Noon and PM. With these packages it is easy for the aides to see what has to be given at a certain time and the residents can clearly see what they have to take which promotes a feeling of independence. This company also handles all the problems with insurance/doctors and the associated billing procedures.

Another advantage is that the medications are delivered to Pyareo once a week. This obviously saves the time spent driving to the pharmacy but also represents a potential saving because only weekly amounts are delivered. Currently all of these trips are to pick up monthly amounts of medications. If a doctor changes a prescription early in the month, the remainder of the pills is wasted. With this system a change of medications can at the most waste a week's worth of pills. This can result in a substantial saving in drug costs. The packages are also handy if you take your loved one on an overnight visit.

Our registered nurse, Regena, and I will be taking a tour of the Pharmacy to see how this process works and the quality control that they have in place. Northeast Pharmacy Services will also be giving our staff an in-service training session regarding this procedure.

* * *

More on Donating Financial Assets to Pyareo

We previously wrote about donating appreciated financial assets to Pyareo directly. Instead of selling stocks, bonds or mutual funds and then giving the proceeds to Pyareo, you can donate the securities directly and avoid a tax on any gains. One of our donors has now done this and reports that it only takes a little time and a couple of phone calls. He believes the tax savings make it worth the effort but advises beginning the process early — not the day after Christmas. Please talk to a financial advisor to make sure this is appropriate for your situation.

We need volunteers to:

- go shopping for residents once a month
- take residents to their doctor's appointments
- help take care of indoor plants

Please call if you can help.

Time To Renew and Refresh

BY JIM MILLER

We are blessed that Pyareo Home has had seven wonderful residents filling the home for some time now. Everything seems to flow better when we are at full capacity and doing the things that we do best, caring for the folks who live here. It also means that our budget projections are on track and that in addition to giving loving care to our residents we also can focus on the ongoing physical needs of this unique structure. Not long ago it wasn't like this and we were only able to take care of the needs of our residents while deferring some of the needs of the home. As a result we now have a list of items that need attention of one sort or another. In addition some components of the structure are nearing the end of their useful lives. After all we've been (will have been) around for fifteen years as of February 2015.

There are also little things that need repairs/updating. We have a fantastic group of volunteers who are able to help with some of the projects and we are very lucky to have Richard Barnaby to lead the charge on these tasks. This still leaves us with the need for professional contractors and material for our projects. We have plumbing and heating systems that could be made more efficient. We also have a van that we use to take take residents to doctor visits and occasional "field trips" that is in major need of some rust repair. Mechanically it's in good shape, so we'd like to keep it on the road for awhile more. Of course to get the van out to the road during the famous New Hampshire mud season our

The important thing is this: To be able at any moment to sacrifice what we are for what we could become.

Charles du Bois



The walkway re-leveling project: work being done by board members, staff, and local volunteers. Thanks to all much was accomplished. Shown here: removing pavers, digging drainage lines, and re-edging.

driveway could use some help. There are also some exterior areas of the building that need paint, minor siding repair, etc. Overall we estimate it will take approximately \$6,000 to address these items with the help of volunteers.

We are also looking into how and where we might install a walk-in shower to make it easier for those who need it and we need to update/replace our Windows XP computers.

Looking to the future we are developing a schedule and estimates to replace systems as the needs arise.

What all this means is we need your help. Cash donations are always appreciated and you can designate a project for your gift to go to if you like. Another way to help would be if you know of any companies that might be able to donate materials and/or contractors who can provide the needed expertise.

Pyareo Home was built in the fashion of an old New England barn raising with the help of many volunteers and donations. We now need to renew our "barn" to meet the demands of change and the effects of fifteen years of age. Any contribution you can make in cash, materials or time would be greatly appreciated. As always your suggestions are also very appreciated.

Jim Miller is a friend of Pyareo Home who brings many years of experience in management and development in the non-profit sector. We are fortunate to have his help with upcoming projects.

We make a living by what we get; we make a life by what we give.

Winston Churchill



Above: footings for planned roof over north side entry

Below: tamping the retaining material



Above: re-installing edge pieces

Pyareo Home, Inc.
Board of Directors

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

Administrator
Wendy Hobbs

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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



Bill Barnum performing



The Buskers playing at lunchtime



Shirley, a local child, and Josephine work on a puzzle together.



Craig and Shirley Jaster

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 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 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

Pyareo's Fresh Air System

BY RICHARD BARNABY

I was just chatting with our snow plow contractor, Alan, telling him about Pyareo's fresh air circulation system. He commented, "I'm surprised! That technology is usually only found in much larger establishments." I smiled. The system we have installed from the beginning makes sure that there is a steady supply of fresh warm air all winter long from outside, with enough humidity levels so there are no dry lips or static shocks, and at the same not so much humidity where the windows steam up!

But the benefits don't stop there: The money spent on heating the air during the winter is not lost! As the system exhausts stale air from each room continuously, there's no annoying "whine" of the bathroom vent fans, and that same heated air heats the incoming air from outside to within 6 degrees of the normal air temperature in the room, saving heat and money as well.

How does it work? At the heart of the system is this Heat Recovery Ventilator or HRV.

We pipe in fresh air from outside, and continuously feed it into each resident's room. At the same time, stale air is being removed from the room, and vented outside.

The heat from the stale air gives up its heat to warm the incoming air, so there is no loss of comfort. The stale air never mixes with the fresh air, just the heat from the stale air warms the incoming air.

The unit has a humidity control on it as well, blending just the right amount of humidity. As the temperature drops, sometimes below zero, the ability of the air to store enough moisture in the winter is reduced. Now the residents and staff can enjoy a steady supply of fresh mountain air, adjusted for the proper humidity, and warmed to room temperature.

Thank you for all who called in after my first article a few months ago. 603-934-2300 x117. Your suggestions were very helpful. Keep them coming!



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Recipe Corner

Oat Burgers

Every other Friday has become “Burger Friday” at Pyareo Home.

Our favorite is this recipe:

2 cups whole oats
2 cups whole wheat bread crumbs
1 cup walnuts
1 cup mixed nuts & seeds: almonds, Brazil
nuts, pumpkin & sunflower seeds, etc.
½ cup cooked quinoa
¼ cup salsa or ketchup
add salt, pepper or your favorite seasoning



(Our current residents love spicy – so we use red pepper flakes, fresh parsley and tamari)

1. Mix it all up with 2 cups of hot water and let sit in refrigerator for 30 minutes.
 2. Form into patties and fry in vegetable oil.
 3. Serve with lettuce, cheese and tomato on a toasted bun.
- Yum, yum!