



Pyareo Home Newsletter



December 2019



As We See the Year Out

Sarah Anderson

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every day in providing care and comfort for our residents.

Over the past few months here at Pyareo, I have been acclimating to my new position and I am still learning every day. Making necessary changes in order to be an exemplary caring home for residents, and to be also a stable business, has been a challenge. We have accomplished many things over the past few months, some small, and some large. I am thankful to every employee of Pyareo Home for fully supporting our drive to become more efficient, and I'm proud of the work they do

In recent months, Pyareo Home has had to say goodbye to two dear residents. The death of a resident affects everyone in our close-knit circle of residents, staff, families, and the local community. Because of the intimate setting, a close bond and a sense of deep respect is formed among coworkers, and in staff/resident relationships.

Even though staff often form close connections with residents and resident families, it is sometimes assumed that healthcare providers are immune to grief. Many assume that grief reactions diminish as we witness more deaths because it is just "part of the job", or that repeated death becomes routine and it doesn't affect health care providers. However, studies have shown that the effects of grief add up, rather than lessen, with each accumulated loss. This is why it is crucial for employers to provide staff with education and support in managing work-related grief. It is with much sincerity that VNA hospice

services provide grief counseling sessions for employees and residents affected by a resident's passing. I plan to do my part in providing support to staff and residents when we lose a resident, and providing opportunities for counselling for the grief that is carried due to that loss.

On a more cheerful note, many other things have happened over the past few months. Two employees who worked for Pyareo years ago, have decided to venture back. We have welcomed Amy Macdowell and Vanessa Bouchard back with open arms and kind hearts. Our residents are already making close bonds with our newly re-hired aides.

Your donations make all our work possible. We thank you and wish you a Healthy and Happy Holiday season, and a very Happy New Year.

Sarah Anderson is the Administrator of Pyareo Home



Above: our staff at a "Resident Assessment" training



Right: Staff gathered for a staff meeting

IT IS ONE OF THE most beautiful compensations of this life that no man can sincerely try to help another without helping himself.

Ralph Waldo Emerson



Many friends donated their unused stuff for our successful yard sale this fall



Our Summer and Fall in Words and Pictures



Pam, one of our cooks, is a master of simplicity. She makes the simplest meals taste the absolute best!

Above: Resident Amy in our field and on an outing on a glorious October day



Some of the best medicine is made with curly fur!



Tina Nagel, both cook and artist, created a spider piñata for our quaint Halloween celebration. Children young and old gave their best whack at the piñata. A very fun evening for all the dinosaurs, witches and butterflies!



Our community Thanksgiving celebration was a last minute affair. A pot-luck meal was organized on a moment's notice, and there were 27 guests. There was plenty of delicious food made with loving hearts and hands.

Celebrating the life of Billy Barnum

Adam Barnum

ONE KIND WORD can warm three winter months.

Japanese proverb



At the end of August, family and friends of Bill Barnum came together to celebrate his life. Billy's grandchildren performed poetry, and a song written in honor of their grandfather. Many stories were shared from resident, Amy Hart, Billy's family, Lynn Chong (Janice read aloud), etc. Karen Turner also performed a sing-along song that she sang with Billy. It was a lovely service.

BE POLITE AND courteous with all. Courtesy costs you nothing but it pays rich dividends.

Kirpal Singh

No person young or old wants to leave their home. My father was no exception. For the first year at Pyareo Home my father would routinely call me up and remind me that he could easily hitch hike back to Boston at any time. Meanwhile he was getting the best vegetarian meals three times a day and around the clock loving care at the push of a button (literally). Gradually "home" became Pyareo Home for my father.

The last five years of his life was chock full of friends, poetry, great food, Chi gong and Olaf (his clown friend of many years). Members of the community and the local school, Sant Bani, gave their time and attention to visiting the residents of Pyareo Home. My father had close friendships and enriching experiences this way. The wonderful people of Pyareo Home became his family who supported him in all of his endeavors and respected my father for who he was.

My wish is that everyone gets the opportunity to enjoy the last years of their lives like my father did.

Adam Barnum is Bill's son and a longtime supporter of Pyareo Home

KIND WORDS can be short and easy to speak, but their echoes are endless.

Mother Teresa



Social Support Can Add Years to Your Life

Dr. Michael Mayo-Smith

“Shared joy is a double joy; shared sorrow is half a sorrow.” — Swedish Proverb

In past newsletters we covered the breath-taking increase in human life expectancy over the past 150 years, and the impact this has had on the need for long term care, such as that provided by Pyareo Home. In the last issue we began to cover things that we can do as individuals that can both “add years to our lives and life to our years.” In this issue I would like to take a look at the impact that social support has on health and well-being. We all know about how factors such as diet, smoking and medical treatment may affect health. However, there is increasing recognition how much impact social factors have on health.

One such factor is social support. Social support is a term covering the breadth and depth of relationships one has with others. It is the degree to which one is cared for, has assistance from other people, and is part of supportive social networks. Support can come from many sources, including family, friends, pets, neighbors, coworkers, and formal organizational groups such as churches, fraternal organizations and sports groups.

Overall strong social support can reduce one’s risk of death by as much as 50% compared to those without good social support. This is as large an effect as medical risk factors such as smoking, cholesterol or high blood pressure. It has a positive impact on mental health, but also reduces the risk of heart disease and cancer. Indeed, it has been found that good social support lowers the risk of inflammation, blood pressure and obesity. Those with good social support are also more likely to obtain medical care and share good health habits.



It is also interesting to note that giving support has as great or greater impact than receiving support. “A man is one who lives for others” is a well-known spiritual saying.

The effects of social support begin in youth and affect people at all ages. However, they are particularly important as one gets older. As people age, they may lose spouses and friends. They may no longer have the social network of work. Disability may make it harder to participate in many activities that one did in younger days. Thus, one of the invaluable benefits of places like Pyareo Home is that they can provide a loving, friendly and supportive environment, allowing those no longer able to live on their own to remain healthy, stay positive and feel safe.

“Having someone wonder where you are when you don't come home at night is a very old human need.” — Margaret Mead

Michael Mayo-Smith MD, MPH is a long-time supporter of Pyareo Home. He has been 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. We hope you enjoy these articles and Michael welcomes any comments, feedback or suggestions on future topics at mfmayosmith@gmail.com.



Seasons Turning

Jonathan Powell

As I am writing this, we are in the midst of our first significant snowfall of the year, and I'm happy that it turned out lighter than the predictions! We know that there will be more.



The summer projects we outlined in the last newsletter have been successfully completed. The building needed a face lift, so the entryway has been repainted, the building has been washed with oxy-bleach, damaged siding has been replaced, and, where needed, trim has been touched up with paint. Shipp and Tibor helped to get this project off the ground.

At any rate, it is quite a change from the summer. Our flower gardens, though unruly, were flourishing and colorful, and provided a lot of environment and nourishment for birds and pollinating insects. I always enjoyed the fact that as I walked along our brick walkway I would be disturbing birds who were hidden in the vegetation. As well as visiting our feeders, the winter birds – chickadees, nuthatches, juncos, even cardinals – make use of the shrubs and plant stalks that are left standing. We are still seeing bluebirds who come through and alight on a rose bush.



After a long search for a suitable vendor, we contracted for a generator that would not only replace the old one with a failed part, but also allowed us to expand the power to the whole building, especially the resident rooms. Many people helped in the process. Carl Anderson, Sarah's husband, helped to dig the trench for the propane line (very rocky NH soil!), Tibor helped me break through the concrete sidewalk (first experience of a jackhammer for both of us), and Randy Budington brought his tractor and engineering expertise to move a large boulder and the old generator. Anna Benevides set up a Go Fund Me campaign on line, and the generous response to this raised \$5,000 – almost half the total cost of the project.

The generator got tested several times in October, with one outage lasting 24 hours. The only way we knew the power was out was that the generator was running! Thanks to everybody!

Jonathan Powell tends the grounds and is jack-of-all-trades at Pyareo Home (including its bookkeeper)



Out with the old,
in with the new



Peaches from
our own tree!

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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.



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.



Remembering Charles

Peter Bacon



Our long-time resident Charles Thibodeau passed away last month after a short illness.

I remember very well the day that Charles and I went to his house to collect some of the tools from his basement workshop. He had a pretty nice collection of tools for his various woodworking projects. In the past he had been making walking sticks as well as planters and shelves for the people at Pyareo where he was a frequent visitor. Now the time had come that he was to move in himself. Maybe there was a little regret in leaving his home but also some things to look forward to. We had made a point to build a shop building where some of his tools could reside in case he was still inclined to continue his woodworking. He was also bringing his canoe and bike which came in handy the first few years his stay. I was glad we made the transition easier. And I am grateful for all the happiness he brought and memories he made for all the Pyareo community.

Peter Bacon is a former president of Pyareo Home

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 should begin as early as possible. And yes, couples are welcome.

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



We are making some baked goods for the season. Come on down to Pyareo and enjoy a slice of our fluffy vegan berry banana bread, or purchase a full loaf for you and your loved ones to enjoy.



Resident Bette, with grandson Mark, who was also the sweater winner! More Ugly Sweater pictures on the next page

UGLY SWEATER PARTY!

We have just hosted an Ugly Sweater Party for our residents and their families. We came together, celebrating, and enjoying a fun evening with our loved ones. The cost of admission for this party for the family members was **One Ugly Sweater!**



On Christmas eve, we will be having guest carolers to sing Christmas carols for our residents. Call for the times and join us!



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 \$57 "All-In-Club" \$100 \$200 Other \$_____

Or, I wish to give a one-time donation of \$57 "One-Day Club" or \$399 "One-Week Club"

or \$1,710 "One-Month Club" or \$_____

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 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



A Snapshot of Our Current Finances

Jonathan Powell



A look at our monthly expenses and revenues earlier this year showed that we were on an unsustainable track. We have made progress in remedying this situation, but the challenges remain.

The revenue side is a challenge. Within the last half year, two of our elderly residents passed away, and for several months we have had three empty rooms. We'll have a new resident starting in January, and we hope to fill the other two rooms as soon as possible so that our revenues can get us above the break-even point on a regular basis.

But we have good news also. Our new administrator, Sarah Anderson, came in with a mission of reducing our payroll expenses through reduction of staff and better management of schedules, and she has been very successful with this, saving us well over \$2,000 a month. In addition, we are about to make the final payment on our mortgage. We have also received generous support of donors, who also provided \$5,000 toward the cost of our generator replacement.

We thank for your continued support. Pyareo Home is a wonderful place and we hope that it can provide service for many years to come!



Jonathan Powell maintains the building & grounds, and is bookkeeper at Pyareo Home



Pyareo Home

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🎄 BEST WISHES TO ALL FOR THE HOLIDAY SEASON! 🎄

Pam's Recipes



- 14 oz. firm tofu
- 1 Tbsp lemon juice
- 2 Tbsp nutritional yeast
- 1 tsp shiro miso
- 1 tsp tahini
- 1 tsp each basil & oregano

Vegan Ricotta

Place all ingredients in food processor and pulse a few seconds to combine.

This is a flexible recipe, and can be flavored with any herbs and spices to taste.