



Pyareo Home Newsletter

❁ Summer 2019 ❁



Change is the Only Constant

Shipp Webb

Contents:

- *Change is the Only Constant* p.1
- *A perspective on Pyareo Home's Finances* p.1
- *From Our New Administrator* p.2
- *Fairy Godmother* p.3
- *Remembering Billy Barnum* p.3
- *The Magic Pill* p.4
- *Around Our Gardens & Home* p.5
- *Pyareo Home on Social Media* p.5
- *Our Newest Board Member* p.6
- *The "57 Fund" & GoFundMe* p.7
- *The Recipe* p.8

The Greek philosopher Heraclitus apparently said this 2500 years ago, but the idea feels current and is repeated in management seminars. During the last few months, Pyareo has experienced the truth of Heraclitus' words. About two months ago our Administrator and Nurse resigned due to a medical crisis with one of her children. We are fortunate that in less than two weeks, we found two qualified and dedicated people to fill these roles: Sarah Anderson is our new Administrator and Marie Bedard our new Nurse – see their short bios in this newsletter. Both have been on the job for a while and are performing excellently.



Residents and staff, with our new Administrator Sarah Anderson on the left

There are also changes in the kitchen. Longtime gourmet head cook Ann Matty is training her nephew Tobey Prescott, already a professional chef, to assume her duties. She is dreaming of winters in Tucson.

Sadly, our friend Bill Barnum, a poet and a resident for over 5 years, passed away last month – a friend of Billy's remembers him in a short article. My own wife, Judith Webb, also passed away a few weeks ago. She loved serving behind the scenes at Pyareo, and is remembered in another short article.



Our new cook, Tobey Prescott, serving lunch to residents

Extraordinary staffing demands have put pressure on the finances of Pyareo Home, and Tracy Judd, our Board Treasurer, puts this in the context of a broad national trend in elder care. A quick preview: with loving care, residents outlive their money and Medicaid reimbursement does not cover the costs of their care.

Dr. Michael Mayo-Smith writes an interesting article about the changes that exercise can bring. Caretaker Jonathan reports on efforts to reverse inevitable changes in our buildings and equipment. And finally, a new person has joined the Board of Directors. Anna Benevides brings new energy and a fresh viewpoint.

We hope you enjoy this issue of the Newsletter and will continue your support for Pyareo Home as it strives to pursue its mission of providing excellent and compassionate care for the elderly.

Shipp Webb is President of Pyareo Home

A Perspective on Pyareo Home's Finances

Tracy Judd

Not for profit senior living organizations (assisted living and nursing homes) face significant financial challenges nowadays. To survive financially, the organization needs a strong mix of private pay residents versus Medicaid residents and/or a strong donor base to fund operational deficits.

Pyareo's average expenses do not vary greatly from month to month or year to year. Staffing is the most significant cost and it does not change much with the number of residents because a minimum level of staffing must be maintained. So staffing costs will exceed revenues when resident census [number of residents] is lower. And additional staffing may be required when resident needs grow, without the commensurate increase in revenues.

THE PROBLEM WITH the world is that we draw our family circle too small.

Mother Teresa

*AND NOW HERE IS MY
secret, a very simple secret: It
is only with the heart that one
sees right; what is essential is
invisible to the eye.*

*Antoine de Saint-Exupery
The Little Prince*

*WELL, I MUST ENDURE THE
presence of a few caterpillars if
I wish to become acquainted
with the butterflies.*

*Antoine de Saint-Exupery
The Little Prince*

Revenues based upon the resident census can change significantly, depending on both the number of residents occupying the rooms as well as the “payer mix” – that is how many private or “full pay” versus Medicaid residents we have at any time. A full priced room is approximately \$5,000 a month or \$60,000 per year. If a Medicaid resident occupies the room, then we are reimbursed approximately half, or a shortfall of about \$30,000 per year for each such resident. Medicaid reimbursement has not increased in many years, and there doesn’t appear to be any significant increase in reimbursement for the foreseeable future.

So as a not-for profit Assisted Living facility we navigate within tight constraints. Admitting only private pay limits our applicant pool, and encroaches on our mission to serve those in need. And we find that if private pay residents come in with some assets, they are quickly spent down at the monthly rate and then convert to Medicaid. And it is rare that a family member can provide any financial support.

Our new Administrator has trimmed staffing, and our costs will be at a sustainable level, if the recently vacated two rooms can be occupied by full pay residents. We are actively working towards this goal. With the ebb and flow of the resident census and relatively fixed costs, it is pretty difficult to achieve break-even results let alone post a profit. In hard times, we rely heavily upon our donors to help offset the operating deficiency. We are currently benefitting from a legacy donation from 2018, which is helping fund operational shortfalls due to vacancies and the current census of Medicaid residents, but this reserve won’t last long.

So we thank you for your donations small or large. The numbers just wouldn’t work without your continued support.

Tracy Judd is Vice President and Chief Financial Officer of Havenwood Heritage Heights retirement community in Concord, NH. She is also a member of the Pyareo Home Board of Directors.

From Our New Administrator



*Sarah Anderson (in
the back) and Nurse
Marie Bedard*

My name is Sarah Anderson and I reside in the beautiful community of Sanbornton, New Hampshire. I am married to a Sant Bani School alumnus, Carl Anderson Jr., and have a 6 yr. old daughter who will be a first grade student at Sant Bani School this coming year. I’ve been working in healthcare since the age of 18, and have worked at Pyareo Home for over 2½ years. I am currently a 3rd year student of Southern New Hampshire University, majoring in Healthcare Administration. With my experience, and knowledge of operations of Pyareo Home, I am excited to implement my ideas on improving our finances; increase community involvement, and to ensure the happiness and fulfillment of our residents. I am grateful for the generous support that I have received, and continue to receive, from my co-workers at Pyareo Home, my family, advisors, etc. Thank you all!

I am also looking forward to working with Marie Bedard, Pyareo’s new, and highly experienced Nurse. Marie has been a school nurse, proprietor of a home for Alzheimer residents, and has had senior supervisory roles at other facilities. Welcome Marie!

I am fortunate to have this role, and offer my gratitude by paying it forward to people who need a helping hand, or just a listening ear. In my new role, I have pledged to everyone at Pyareo that I will communicate clearly, professionally, and often, in order to thoroughly understand and to continue the progress of our organization. Together we will cultivate a sense of camaraderie in Pyareo’s atmosphere while being an efficient, skilled, and successful community. As a leader, my constant question to staff, residents, and families will always be: “How can I help?”

Fairy Godmother - in remembrance of Judith Webb

Amy Hart

Judith was our fairy godmother at Pyareo. She came at dawn and fed the wild turkey families, filled the bird feeders, stuffed peanut butter in the holes for the feeders for our several kinds of woodpeckers, cleaned and filled the bird bath.

She lined our walkway with flowering plants, stones from her travels, a sprinkling of crystals, colored marbles, and a few shells. She watered and dead-headed flowers faithfully. The path seemed to have a vibrant energy around it that led one joyfully to the front door!

Judith created a big cutting garden for us to have fresh flower bouquets on our dining room tables. In winter she found small lovely plants that flowered for us on the tables. All this (and much more I hardly know about) she did very quietly and invisibly. That is how she wanted it.

Now we stagger forth to fill in for her. It is now a group effort! The stones along the walk, half-buried from last fall and winter storms were found, washed and rearranged, with the glint of small marbles, crystals and shells. We can see the heart-shaped rocks that Judith took joy in finding everywhere. Friends have planted new plants.

In my garden at Pyareo across from my sliding glass doors, a brilliantly red Scarlet Beebalm Judith gave me a year ago, has tripled in size and attracts tiny enchanting visitors - hummingbirds.

Each evening, when a few of us go past Shipp and Judith's house and garden up to the Ashram, and again on our return down to Pyareo at dusk, I look to see the large expanse of the weaving colors of that very large garden of hers. The colors vibrate and shimmer. They are exactly the same colors that the Dalai Lama wears! In the latest copy of the National Geographic, there's a long, poignant article about him. He is wearing the colors of Judith's garden, and his face is joyful and serene. He meditates for long hours before dawn, as Judith did, and his presence radiates just like this garden, a living signature and celebration of her, our beloved, caring fairy godmother!

Amy Hart is a resident of Pyareo Home

Remembering Billy Barnum

Lynn Chong

Now we have lost Billy Barnum, age 94, to his next life. His time at Pyareo Home had a steady creative streak to it. When he first arrived and could go to the railings at the main room's side, he'd do some ballet exercises there, or get up after his lunch and briskly walk to his room. He brought his special inky pens to the table at lunch and wrote napkin poems.

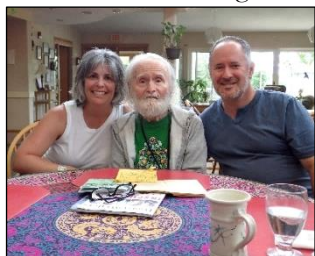
In his room, his walls of books were a kind of workshop for him. He steadily read. He had the best books. For a man who, as he liked to say, "never graduated from anywhere," he had the books of a literature major or a theater major or a philosophy major. He kept his room's TV tuned to classical music or watched old movies.

If he died in daytime, which I believe he did on July 21st, his closing lines of a "Dorothy Sonnet" show the energy of his life: *"We scrabble fling on board / and fly into a night we wrought."*

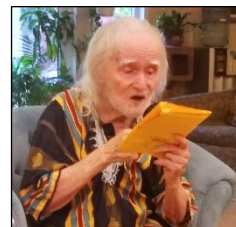
Lynn Chong is a volunteer at Pyareo Home and a long-time friend of Bill Barnum



Billy Barnum and Lynn Chong read poetry



Billy Barnum with son Adam and Adam's wife Claire



GROWN-UPS NEVER understand anything by themselves, and it is tiresome for children to be always and forever explaining things to them.

Antoine de Saint-Exupery
The Little Prince

The Magic Pill

Dr. Michael Mayo-Smith

In the last Pyareo Newsletter we reviewed the remarkable increase in life expectancy in modern times. It is one of the greatest accomplishments of human society. While much of that increase has been due to public health improvements and better living standards, there are many things that we can do as individuals to add both years to our lives and life to our years. I hope to cover some of these in the next several issues.

The first item is nothing short of miraculous. Imagine if you had a pill – or an ancient Chinese herbal tea – that provided the following benefits:

- Lower risk of death from heart disease, heart attack, high blood pressure or stroke, or unhealthy cholesterol
- Lower risk of diabetes
- Lower risk of cancers of the bladder, breast, bowel, uterus, esophagus, kidney, lung, pancreas, and stomach
- Improved cognition and memory
- Reduced risk of dementia (including Alzheimer disease)
- Reduced anxiety and risk of depression
- Improved sleep
- Healthier pregnancy
- Less weight gain with aging
- Weight loss, particularly when combined with reduced calorie intake, and prevention of weight regain after initial weight loss
- Improved bone health
- Lower risk of falls and fall-related injuries (older adults)
- For people with various chronic medical conditions, reduced risk of death, improved physical function, and improved quality of life

Wow! Pretty amazing. And what is this miraculous medicine? It's EXERCISE. Yes, exercise has been shown by medical research to provide all these benefits.

There are three main types of exercise:

- **Aerobic exercise** involves exertion such as walking, running, or swimming, which increases the flow of blood through the heart.
- **Resistance training** is exercise designed to increase muscle strength and includes lifting weights and such exercises as push-ups and sit ups.
- **Stretching and balance** exercises are movements designed to improve flexibility, balance and agility. Yoga and Tai Chi are classic examples.

Current recommendations are that people exercise at least 30 minutes a day, on 5 or more days of the week. These thirty minutes can be all at once or in shorter sessions e.g. 10 minutes 3 or 4 times a day. Only 19% of women and 26% of men currently meet these targets. A mixture of all three types of exercise appears to work best.



Exercise and health is an area of very active medical research right now. There is much to learn. A recent study is an interesting example. Many people use their phones to count steps, with a typical goal of doing at least 10,000 steps a day. Where did this target come from? Medical research? No, it turns out it came from an advertising campaign from an early Japanese manufacturer of pedometers, probably because it was an easy target to remember.

Recently, researchers studied the relationship of steps per day and health among 18,000 older women. Risk for death decreased as number of steps increased up to about 7500 per day, then leveled off. So you don't have to run marathons – even moderate activity will yield great benefit.

It is a common occurrence that as people get older medical problems limit their ability to exercise. Nevertheless, some activity is better than none. At Pyareo Home twice weekly Qi Gong classes and twice weekly chair yoga classes are offered and very popular. Other residents have enjoyed regular walking in the beautiful surrounding countryside, and a few even bicycling, sometimes with adult tricycles for better balance. These are examples of Pyareo Home working to support its residents in a holistic approach – body, mind and spirit.



A Qi Gong session

Michael Mayo-Smith MD, MPH is a long-time supporter of Pyareo Home. 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. Michael will be contributing articles looking at medical issues that might be of interest to our community. He welcomes comments or suggestions on future topics at mfmayosmith@gmail.com

Around our Gardens and Home

Jonathan Powell

After a long cold spring, summer is finally here in full bloom! Unfortunately, we lost our bees in an unusually severe and sudden November cold snap, but the new ones are very busy with our flowers. Flower gardens are thriving with colorful yellows, reds and purples, in spite of not getting enough weeding. We've had to put up fencing to protect vegetables from deer and woodchucks – it seems to be working, but the deer are active, and have eaten elderberry bushes and the tops of coneflowers. But I have missed seeing the skunks this year!



We have a couple of big projects this summer. We are in the process of replacing our 18 year old generator. Power failures are a normal fact of life in New Hampshire and can last a few hours or several days. The current generator has worked well, but is old and needed an essential expensive repair, and it was set up to run only certain electrical circuits. The new generator will power the whole building – including the resident rooms, which were not previously powered during blackouts.

We are also planning a facelift to the front of the building – repairing some damaged siding, thorough cleaning to remove mold, and some painting. And if we get through these, we have a list of other projects – there's always something to do!

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



Pyareo Home on Social Media

Grace Olson

Amid the onslaught of spring break selfies and lifestyle influencers, social media can sometimes lack a vibe that's...wholesome? Enter, Pyareo Home. We now take our compassionate care for the elderly and showcase it on the 'Gram (and Facebook), creating a refreshing contrast even millennials might enjoy.

Pics or it didn't happen? "Like" Pyareo Home on Facebook or follow [@pyareohome](#) on Instagram to see the trend-worthy quality of life generated at our small-town assisted living facility. *#NoFilter*.



Foodies will delight in full-frame images of Chefs Ann and Tobey's vegetarian cuisine, now Insta-famous for reversing symptoms of diabetes in several of our residents. Fitness gurus can rejoice in lively videos of our Qi Gong classes, or like images of their favorite residents attempting the latest chair yoga poses.

You can even keep track of the *#PetsOfPyareo*, whether you favor crazy cats and their accompanying ladies, guinea pigs, or visiting miniature horses.

And because snail-mail can be so last-century, following us online keeps you up-to-date with the latest events and fundraisers happening at 333 Brook Road. Click "interested" or "going" to get your friends talking about our next silent auction, lecture, farm-to-table dinner or even our latest GoFundMe campaign.



These insights into the simple, yet beautifully full lives of our residents might jockey for space with mom-bloggers and political memes...but it might be just the thing your newsfeed needs right now. Maybe you'll even help us go viral.



Grace Olson is a member of the Pyareo Home Board of Directors

Pyareo Home, Inc.
Board of Directors

Shipp Webb, president
Tibor Farkas, vice-president
Tracy Judd, treasurer
Laurie Webster, secretary
Anna Benevides
Jim Miller
Grace Olson

Administrator
Sarah Anderson

Contact Information:

Pyareo Home
333 Brook Road
Sanbornton NH 03269

Phone: 603-934-2300

Fax: 603-934-7009

E-mail:

sarah@pyareohome.org

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.

Anna Benevides - our newest Board member

I was honored when Grace and Shipp asked me to join the Pyareo Home board of directors.

My family and I greatly respect the mission of the Pyareo Home commitment to a vegetarian diet and reverence for all living things. During the few times I've visited Pyareo Home I felt that it was a happy, cozy, and loving place. I'm so happy to be part of the family now. Some of you may know my mom, Connie Brown, who was a part of the Sant Bani Ashram and School community for many, many years before moving to Florida. Her dedication to service for others continues to inspire me, and I hope I can support the Pyareo Home as a new board member.



I went to Sant Bani School from Kindergarten through 12th grade. I graduated from UNH in 1998 with a B.A. in art, and no idea where to go next. So, I moved home, as many young adults do, and tried to make my way in the world. Of course, the world made its way with me and after meeting my husband Eric, marrying and having a child, through divine intervention and a lot of unhappy jobs, I finally landed where I am as a happy educator.



Anna, with daughter Zoey and husband Eric (not in picture – their cat, Eevee)

I have been to two board meetings and already feel welcome and part of the team. It was only a little bit surreal collaborating as an adult with my former middle school math teacher Jonathan Powell, who wrote me my one and only demerit, about a week before graduating, for climbing out the window of a classroom, and put up with my sarcastic silliness; as well with Grace Olson, whose birth I awaited along with her older sister Sarah with such intense excitement that we decided to make her and my younger brother a garden of their own behind her house on Knox Mountain Road. Naturally, as eight year olds, Sarah and I dug up about four shovelfuls of earth before moving on to snacks, lunch and other magical adventures.

The physical area surrounding Pyareo holds many good memories for me. What a great location for a very special place!

Anna Benevides in the newest member of the Pyareo Home Board of Directors





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



The "57 Fund" and GoFundMe

Tibor Farkas

Earlier this year, as two of our residents transitioned from full pay to Medicaid, we saw the need for additional donations. We sent out an appeal letter in May, explaining that on the average, each resident on Medicaid results in a shortfall of \$57 per day. In response to our "57 Fund" drive, we received over \$7,000 in donations, and we are grateful for this.

Now that two resident rooms are empty, staffing and other costs have been pared down, but we rely even more on your active support until these rooms are occupied.

Jonathan Powell has written that we are replacing our old back-up generator. Winter outages are common, and the existing generator is no longer reliable. All the building trades are busy here, and after much effort, Jonathan has received a reasonable quote for the new unit, which will now also be able to power all of the facility, not just certain circuits, as with the current one. We have started a GoFundMe campaign to help us fund the new generator. You can find more information on our Facebook page, and can donate on GoFundMe.com.

On behalf of everyone living & working at Pyareo Home, and those managing it, we thank you for your continued support.

Tibor Farkas is a member of the Board of Directors at Pyareo Home





Pyareo Home

333 Brook Road
Sanbornton, NH 03269

ADDRESS SERVICE REQUESTED

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
PERMIT NO. 10
SANBORNTON, NH



Ingredients:

2c all purpose gluten-free flour
¾c almond meal
¼c coconut flour
1½ tsp baking soda
1 Tbsp baking powder
1 tsp salt
1½ sticks Earth Balance
1c turbinado sugar
2 small to medium oranges
¼c almond or other non-dairy milk

Orange Cake

vegan and gluten-free

Directions:

Blend oranges and milk in blender.
Add to creamed Earth Balance and sugar.
Add all dry ingredients and beat 1 to 2 minutes until smooth. Do not over beat.
Pour into oiled 12 cup bundt pan. Bake at 350°F for 40-45 minutes.