



Pyareo Home Newsletter

Holidays 2020



Unprecedented

Shipp Webb

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“Unprecedented” is the word often used to describe these times. In January the Board of Directors talked about how to celebrate Pyareo Home’s twentieth anniversary. We had ideas of an open house with guest speakers, residents’ families, and plenty of food. But soon the rituals of the home built up over twenty years were replaced by a closed house with only staff allowed to enter and with residents confined to the building. Daily mask wearing replaced traditional Halloween masks. Social distancing replaced gathering in groups for meals and hugging family and friends.



Resident and visitor in the time of Covid-19. The visual in-person reassurance that your loved one is doing OK has incredible worth for families

But the good news is that with all these precautions and cooperation from everyone the Home is COVID free and there have been no positive tests. Of course, the stay-at-home orders were hard for the residents but they displayed remarkable resiliency. There were other complications that were also surmounted. Two new residents arrived during this time and had to endure a ten-day quarantine in their rooms. But they cooperated and were very happy to emerge and talk with the other residents. Another resident was in the hospital and had to quarantine in her room on her return. Finally, three staff members filled the complex role of the Administrator who was on maternity leave.



Qi Gong classes have recently resumed.



As you know, the care that Pyareo provides is supported by generous donors who recognize the difficulties some seniors face in meeting the cost of the care they need. We are grateful to those who have continued their contributions in these difficult times. Please consider making a gift to Pyareo as it continues its efforts to keep residents safe and healthy in the face of rising cases of COVID.

Shipp Webb is President of Pyareo Home

Covid-19 doesn't stop us from having a little 4th of July cookout! Residents all had a blast and enjoyed their veggie burgers, little hats, and great company with each other and staff.





Expect the Unexpected or How I Became Interim Administrator

Jonathan Powell

Life is full surprises. When Sarah Anderson became pregnant after about a year as administrator of Pyareo, she had to consider her options. Clearly, she would have to take time off, but she wanted this to be a temporary leave, and we were all happy and relieved to hear that she wanted to return. Rather than search for a temporary administrator from outside, she proposed that her administrative duties be split into a team of three – myself, as the nominal Administrator (in addition to my roles as bookkeeper and maintenance caretaker); Myla Danforth, to supervise staff, scheduling and hiring; and Marie Bedard, our nurse. We did well as a management team for three months, and Sarah has just returned to take the helm again.

Our annual licensing and inspection came up in September. The state inspector usually finds various items that need to be corrected, but this year we were certified “in compliance”, without having any corrections cited for follow-up. Late summer and fall is the time when most of our systems get annual maintenance (boiler, generator, septic system, fire alarms, etc.) and this has been proceeding as normal.

We are also fortunate to have all of our rooms filled. Along with the generous support of donors and the more disciplined management of payroll instituted by Sarah, we are currently in a more sustainable and less stressful position financially than we are sometimes accustomed to. But we ask you to maintain your support, because Pyareo’s financial condition can change quickly.

Of course, the “unprecedented” event of this year has been the COVID pandemic. The state’s Department of Health and Human Services is constantly updating its recommendations, and these are passed on to long-term care facilities through weekly Zoom meetings with the COVID Alliance Senior Support Team. New Hampshire has so far been blessed with a low rate of infection, but the effects on daily life have been substantial. In the early days, residents were confined to Pyareo Home and visitors were allowed only on a limited basis. For several months we were “Stage III” reopening, which allowed for a little more visitation and some group activities, and for limited outings. (Currently, we are back to the more restrictive “Stage II” reopening, but we hope this won’t last too long.) The confinement has been stressful and residents have been thankful for some opportunities to get out a little, whether to get their hair cut or to have a drive to see the fall colors. Staff and residents alike have been working hard to maintain a harmonious environment in these difficult times.

Jonathan Powell is the maintenance caretaker and bookkeeper at Pyareo Home. He has also just completed a three-month stint as the interim administrator of the Home

KINDNESS IS THE language which deaf can hear and the blind can see.

Mark Twain

WINTER IS A TIME FOR comfort, good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.

Edith Sitwell

I NEVER CONSIDERED A difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend.

Thomas Jefferson



A Word from Sarah



In late October, I returned to Pyareo Home after my eight week maternity leave. In my absence – as Jonathan has written – the administrator’s duties were divided among Jonathan, who served as the interim administrator; Myla, who acted as human resources and outreach; and our nurse Marie, who took on additional clinical responsibilities in my absence. I am deeply grateful to have had the opportunity to be at home with my newborn son, Isaac John Anderson. But I also looked forward to returning to Pyareo and resume this job that I love.

At this time, our home has had zero cases of Covid-19. Per State guidelines, our home is back to the more restrictive Stage II, which entails:

- *Screening – 100% staff, residents, and visitors*
- *Visitations – no designated essential support visitor allowed*
- *Non-essential Personnel – none allowed*
- *Trips Outside Facility – only if medically necessary*
- *Group Activities – limited to no more than 10 persons (residents, staff and visitors)*
- *Testing – routine surveillance*
- *Communal Dining – limited*
- *Animal Policy – therapy animals only, no companion animals permitted*

Visitors will notice a sign at the front door of Pyareo Home stating which phase our facility is currently in, and what the particular phase entails. This is only one of our many efforts to maintain safety within our home, while promoting more social interaction with loved ones.

I HAVE NOTICED THAT
even people who claim
everything is predetermined
and that we can do nothing
to change it look before they
cross the road.

Stephen Hawking

Sarah Anderson is the Administrator of Pyareo Home

All in the Family

At present, we have members of three different families on staff. All are dedicated and we are happy to have them.



David, Myla
(grandmother) & Chelsea

Antonia Rodriguez (LNA) is the mother of both Chelsea Torrez-Rodriguez (LNA) and Amanda Diaz (LNA), all three of whom have years of experience and bring loving and compassionate caregiving to their work. During Sarah’s absence, the administration team heard many positive comments from our residents regarding this wonderful family.

Myla, Myla and Myla. This unique family has three generations with the same name. Myla #1 (grandmother) works here as a companion, and takes residents to their medical appointments and on nature tours. Myla #2 (mother) has been on staff for years, just finished her responsibilities as part of the administrative team, and is now serving as a per-diem LNA staff. Myla #3 (daughter/granddaughter) has recently been hired as a part time / per-diem LNA. Our residents will soon be enjoying her caring nature.

Our nurse, Marie Bedard RN, and her daughter Taylor Tucker (companion/ resident aide) are the third staff family working at the Home. Marie took on full clinical responsibilities during Sarah’s leave and did a wonderful job. Taylor started at the Home as a volunteer, and has just completed a medication certification course to become a resident aide. She has recently taken on shifts as “aide on duty” and completed her work flawlessly and with compassion.

The above is just a shortened version of the story. For more, see our Facebook page.



Estelle & Antonia



Marie

Celebrating Our Twentieth Anniversary

Tibor Farkas



Clockwise: Concrete formwork for exterior walls is halfway up. Starting early morning, in fog, most of the roof trusses go up in a single, long day. Framing of walls and roof. Slab is being prepped. Concrete is being poured for the slab – a major effort. Siding is being installed. The courtyard interior is almost complete. The courtyard fountain and stonework is taking shape.



There was much enthusiasm for this project in the early summer of 1999, when we broke ground. Two major donations early on, and many other substantial ones somewhat later, meant that nearly half of the cost of the building was paid for by the time the doors opened. Many volunteered, and those who got paid worked hard and with dedication.

The building incorporated innovations that are now mainstream: frost protected shallow foundations (the foundations are only about 18” deep!), insulated concrete formwork for exterior walls, radiant heat in the slab.

Looking at the pictures, I see carpenters clambering on the roof and standing on tall ladders – definitely not OSHA compliant – yet we had no construction accidents. All workers, it seemed, were thoughtful and careful.

With some interruptions during the winter, it took us about 15 months to have the building ready for our first resident, Marlana Elsner. Other residents came soon after. We celebrated the opening of Pyareo Home on September 10, 2000. We were all happy to have helped manifest the idea that we can help one another and that we are our brothers’ and sisters’ keepers.



Open House in September 2000. Speeches, presentations and fun



The first Thanksgiving dinner

Thoughts on the Twentieth Anniversary

Russell Perkins

Well, it seems like yesterday that we had the Open House to mark the opening: with a big party and the unveiling of Joe Swan's great portrait of Judith, which I still love to stand and admire whenever I go back. And of course, before that, the conversations Judith and I had with Sant Ji about Pyareo, during which He expressed His approval and support; and even before that, the original inspiration from Manav Kendra, at which the old-age home was to be a very important component. (See Sat Sandesh, June 1971, pp. 20-21.) And the meetings of the original Board of Directors, on which I had the honor to serve because of the passing of my dear wife Judith, who contributed far more to the beginnings of Pyareo than I did. Many of the dear ones who were part of that Board are gone now—Bob Pearsall, Eduardo Molina, Judith Webb, among them—but well I remember the discussions and wrestling with the enormous problems involved in getting the Home off the ground and running.

Well, the Master's grace was with us; and indeed it has always been with the Home, which has served and is serving a great many people over the last twenty years, including many who were and are dear friends of mine. God bless the Home, its dedicated staff, and the wonderful people who live there. The grace of the Master is with them all.

Russell Perkins is a founding member of Pyareo Home and served on its Board of Directors



Russell is right: Judith Perkins worked hard to make Pyareo Home a reality. But Judith is also responsible for preserving the best part of the Pyareo building – its central courtyard. In 1998, when I was drawing up the plans and came up with an estimate of the extra cost for the interior courtyard with its clerestory windows and high ceilings, I was ready to give up on it, and design a much more pedestrian building. At a crucial meeting, Judith said that we should definitely go with the courtyard design. That gave me courage to follow through, even though we didn't know where the money would come from. And I'm glad we did. *Tibor Farkas*

My First Summer Job

Grace Olson

I was a skinny teenager sporting braces and bangs when I bumbled into my first summer job: a helper on a brand new construction site, just down the road. I didn't know how to handle power tools or lay tile, but I figured I could follow direction well and the project was exciting: Pyareo Home, an assisted living facility built for satsangis, or similar minded families. I knew most of the workers, and they without hesitation gave me a week off in July for the meditation retreat at Sant Bani Ashram. It was a good deal.

The first week on the job they had me hop into the cab of a neighbor's truck and drive to the house on the corner to fill up a water tank. I parked, climbed into the back, and as I sat there with the hose running I looked around and smiled. Birds sang, squirrels chattered at each other in the tree tops, and butterflies dotted the field across which I could see the new building almost complete. Laughter and whistling echoed across the meadow, mixing with the gurgling of water from my garden hose. I felt completely at peace.

Now, observed as a neighbor and former board member, that feeling of peace has settled into the roots of Pyareo and permeated every aspect of its being. The birds still sing, the butterflies still add their cheer, and residents and their families report that feeling of restfulness—a true home. Should I ever become unsupported in my old age with no family to turn to, I would hope to find a place like this to help me—a place in harmony with surrounding wildlife, where a hot vegetarian meal is always waiting and friendly staff smile genuinely to welcome me home.

Grace Olson is a long-time supporter and former member of the Pyareo Home Board of Directors



Twenty years ago: Grace on the right, with Catherine Gilb (middle) and Sam Colt, creating the beautiful stucco-like wall finishes



Grace with son Ben. Picture taken by her 5-year old son, Zack.

Pyareo Home, Inc.
Board of Directors

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

Administrator
Sarah Anderson

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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.



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.

Beverly Swan, our newest Board member



Hello dear friends of Pyareo Home, I want to introduce myself as the newest member of the board of trustees and share a bit about how I made my way to become part of the lovely community which supports Pyareo Home.

Many of you may already know me through my connection with Sant Bani Ashram and Sant Bani School. My family moved to the area here in New Hampshire back in the 70s to be closer to the Ashram. I was lucky enough to attend Sant Bani School in its earliest years and have connections to many in this community.

My relationship with the Pyareo Home began many years ago, as my mother was involved in its inception and served many roles, including as board-member, caregiver and volunteer. I have followed its growth and story over the past two decades and have visited from time to time as friends of my family became residents. I have even enjoyed participating in their many fund raisers over the years, offering my support from afar.

I was moved by the invitation and opportunity to be able to serve such a worthy organization. The Pyareo Home exhibits a warm, homey and inviting atmosphere to those who need a place of comfort in their final years and I hope to be part of making it possible for this wonderful place of solace for elderly souls to continue on into the future.

I am thrilled that the Pyareo Home is celebrating its 20th anniversary this year. I will be making a donation in honor of this big milestone and I encourage each of you, our friends and community members, to do the same. Your gift will make a big difference in helping to continue this great work for another 20 years!

Beverly Swan is the newest member of the Pyareo Home Board of Directors



October cookout at the Dymont & Lokey home. Even with masks and social distancing, fun was had by all. The music and good food helped.



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 \$20 \$50 \$100 \$200 Other \$ _____ (choose method below)

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



New kitchen range

Our old kitchen range, which we bought used many years ago, needed to be replaced, and we have just bought a basic but rugged 36 inch wide, 6-burner stainless steel unit for \$2,376. It has electronic spark start, rather than pilots, which will save a lot of gas. Our cooks (picture of Erin on the left) are enjoying the new cooking range.

We are paying for this from our operating budget. Please consider a contribution towards this purchase, to reduce its impact on our operating budget. Thank you!



❄️ BEST WISHES TO ALL FOR CHRISTMAS AND THE NEW YEAR! ❄️



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Sanbornton, NH 03269

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Jerónimo's recipe



Ingredients:

- 1 - 9 inch pie crust
(frozen or make your own)
- 1 - 12 oz bottle of "Just Egg"
(an egg replacer)
- Chopped onion or scallions
- Olive oil
- 7 oz Miyoko vegan cheese

Just Quiche!

Directions:

There is a product called "Just Egg", kind of like liquid tofu, that resembles eggs in texture, but without the chicken and without the cholesterol!

Like Julie and Erin, I like making food that will bring comfort to the dear ones so this should bring back memories of taste that other ways we don't find at Pyareo Home. And it's very simple!

- Bake pie crust – use a frozen crust or make your own – 400° until it turns golden, and put it aside.
- Finely chop onion or scallions, and sauté with olive oil in a non-stick pan. When they turn golden, add a whole bottle of "Just Egg". Stir constantly to mix. Remove from heat when it looks cooked. Grate vegan cheese or other favorite cheese and mix with the scramble.
- Pour the mix into the pie crust and bake at 400° for 45 minutes or until it turns golden. Let it cool.

Cut a piece and taste. It's amazing! Serve it to your friends and wait to see what happens!