



Pyareo Home Newsletter



December 2016



The View from Here

Serena Clairmont & Amelya Colby

Yesterday was probably the last warm, beautiful day of the year. The first snow is predicted this week.

Those of you who live on the West Coast or our local friends who haven't visited recently, haven't seen our latest big developments on the property. The woodshed around back was built by Peter Bacon and Shipp Webb, with inspiration from our much loved resident Charles, a talented woodworker.

The bees were adopted at the start of season and Jonathan has been working hard as their keeper. Their hive is set up down the hill with a solar powered electric fence surrounding it to keep out the bears!

And finally, our beautiful greenhouse, built of materials donated by Tim Gallagher of Windswept Farms and Larry Matty, and built by Peter and Shipp. The greenhouse is ready to grow fresh veggies and fruits for our residents, but we won't see much progress with that until spring.

The effort, energy and love of many people has gone into the planning and building of these new structures. Thank you for your energy and support! Your contribution to Pyareo Home allows us to continue to

provide a safe and loving home to all those we are blessed to care for. We hope to continue to improve and strengthen with the combined efforts of many. THANK YOU, and best wishes to all for Christmas and the New Year!

Interested in being a part of our work? Want to find out what you can do to help? Contact Serena to discuss becoming a volunteer.

Serena Clairmont is Interim Administrator, and Amelya Colby is Outreach Coordinator for Pyareo Home



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SIMPLIFY, SYMPLIFY & SIMPLIFY.

To be simple in all aspects of life is to accept life.

Kirpal Singh



A Time for Reflection

Peter Bacon

BLESSED ARE the peacemakers: for they shall be called the children of God.

Matthew 5:9

NON-VIOLENCE IS NOT the way of the timid or the cowardly. It is the way of the brave ready to face death.

M. K. Gandhi

THE ESSENCE of true religious teaching is that one should serve and befriend all. It is easy enough to be friendly to one's friends. But to befriend the one who regards himself as your enemy is the quintessence of true religion.

M. K. Gandhi

A THIRD REASON why we should love our enemies is that love is the only force capable of transforming an enemy into a friend. We never get rid of an enemy by meeting hate with hate; we get rid of the enemy by getting rid of enmity. By its very nature, hate destroys and tears down; by its very nature, love creates and builds up. Love transforms with redemptive power.

Martin Luther King, Jr.

In recent days, I have found it helpful to look back to remember what were the intentions, the motivations, the thoughts and the impetus that brought Pyareo into being, starting with the organizing and planning that began now nearly twenty years ago. I am not particularly good at keeping records, but thankfully people have kept copies of the early newsletters. The first newsletter, dated fall 1998, refers to two years of discussions and planning among the early organizers before the building was ready. The board has recently talked about writing a historical narrative of the founding and construction and early days and I hope that will happen this coming year. We may also be able to have the early newsletters made available in newer formats. What strikes me from these early reports, and gives me a sense of optimism for the future, is that in many ways the principles and the inspiration by which we operate remain the same even as the more or less predictable difficulties have also not changed so much.

The core of our mission is stated in the fall 1998 newsletter. "Pyareo Home is created to provide a loving and dignified living environment for the elderly and disabled members of our community. We emphasize harmony and tolerance and encourage a simple, contemplative spiritual lifestyle. At essence, we see one another – residents, staff and volunteers as part of the same whole. We provide support to residents to maintain their health, participate in activities and generally maintain full lives. We recognize residents' right to make their own health-care and financial decisions and we promote their autonomy."

The intention in founding Pyareo and the efforts we all make to maintain it and help it thrive are in concert with the ideals set before us by the great spiritual teachers of the past and the present. We do not espouse any organized religion or rigid philosophy but try to live and work by the ideals of all spiritual teachers. Many of the founders of the Home had the good fortune to meet Sant Kirpal Singh or Sant Ajaib Singh, both of whom gave out a universal message of truth, and advice to those who seek the highest ideals in life. They taught in part:

- *Love and reverence for all creation from highest to the lowest.*
- *Non-injury to anyone's feelings by thoughts, words, symbols, and by deed.*
- *Kindly treatment toward all.*
- *Truthfulness.*
- *Cheery temperament.*
- *Faith in the innate goodness in man.*

Over the years, we have helped about 45 people from many different backgrounds and life stories, in the later stages in their lives or at times that some assistance was most helpful. Most of those came and stayed and their last years were peaceful and dignified, and they were supported by the love and dedication of the staff. I look forward to reflecting together on our shared history and continuing to help put our principles and ideals into practice.

Peter Bacon is President of the Board of Directors

Our Financial Situation

Jim Miller

THANK YOU GOD for the opportunity for each of us to contribute our rich and colorful thread to the tapestry of each other's lives.

Let us find comfort in our similarities, strength in the diversity of our experiences, and clarity in both a shared and individual spiritual journey.

*In Your Name We Pray,
Amen*

Anthony DeMello

One of the greatest features of Pyareo Home is its small size. With five single rooms and two that can accommodate couples the maximum occupancy here is nine residents. This means that residents are truly like family members to the staff, volunteers and even the board of directors. Meals are like family occasions with lovingly prepared vegetarian meals that would win awards anywhere. Residents arrive on their terms when they are ready, but usually have no control over when they leave. It's a natural progression over which none of us can predict.

For that reason, the lack of predictability can be one of the most difficult features of Pyareo Home. We typically base financial projections on seven as a maximum number of residents. As the number of residents changes through the year we can make certain adjustments to make ends meet down to about five residents. Once our occupancy gets below that point we have little left to adjust financially. Fixed costs remain the same with four, or nine residents. Other costs can be adjusted to a point, while still maintaining the highest quality of care.

Another factor that impacts finances is the fact the Pyareo Home accepts Medicaid recipients. Medicaid only covers a fraction of actual costs, but we are able to accept those residents because of a very generous extended family of wonderful people who recognize and support our mission.

At this point our financial balancing act is off-kilter. We have been down to three residents for several months this year. Each month that our census is so low creates significant losses. **For this reason we are asking those of you who have supported Pyareo Home in the past – please consider an extra contribution this year.**

Jim Miller is a member of the Board of Directors



WATCHING A SPIDER WORK

I vow with all beings

To cherish the web of the universe:

Touch one point, and everything moves.

Robert Aitken

Serena Clairmont is our new interim administrator

Because of family commitments, our intrepid administrator Amelya Colby stepped down in September. She is now our Outreach Coordinator, which will take less of her time but utilize many of her talents. We are very fortunate to have our nurse, Serena Clairmont, take over as both Administrator and Nurse for Pyareo. Her skills will be well utilized.

Our first annual Silent Auction was a great success!

With over fifty items and services donated by dozens of donors, we raised over \$13,000!!

These funds have allowed us to purchase a new van and also support our operating expenses! Thank you to our friends and neighbors, and the local businesses who participated in this event! Your donations allow us to continue our mission: to provide loving, individualized care for every resident regardless of their personal financial situation.

THANK YOU!

We do plan to make this an annual event! If you are interested in making a tax-deductible contribution in the form of an item to be auctioned in 2017, please print out the form we will soon be putting up on our website.



Craig Jaster and his Buskers (above) provided live music



Amelya Colby (far left) kept track of bidders with help from Judith Webb



Serena Clairmont (below right) kept track of the money



Door prize winners Shawna Garcia (above) with her cuddly stuffed chicken and Susan Sleeper (left) with her bat-house



Steve Olson (above) and grandson enjoyed the show



Mid-Winter get-together on Saturday, February 18, 2017 !



We'll ward off the winter blues, meet new and old friends, learn something, and eat good food.

Look for announcements on our website, in your email or your mailbox.



Nature Notes

Jonathan Powell



As I am writing, it is mid-November. We had a dry late summer and fall, enough to classify as drought in some parts of the state, but we have had rains recently, and the brook that had dried up is now running again as it should. A month ago we were enjoying the yellows of the heliopsis, black-eyed susans and goldenrods, the purples of asters, Echinacea, phlox, and rose-of-sharon, and the red bee balms. As these died off, the most persistent flowers were

the bright orange marigolds and some magenta foxgloves. The bees and other insects have retired. Leaves are off the trees, but there is still greenery, and along with the green, orange, yellow and browns are the dominant colors, as the plants leave behind their skeletons.

We have been putting out some bird feeders all summer, bringing them in dutifully at night so as not to tempt bears. This has been much appreciated by small birds like chickadees, juncos and finches, as well as the squirrels; after dark a skunk comes by to feed on the sunflower seed droppings.



Among the more notable recent visitors are cardinals and a flock of about 20 turkeys. We are about to set up the winter feeding system in earnest.



Much work has been done on the grounds this year.

Areas overgrown by brambles, wild roses, and bittersweet have been cleared and reclaimed to make room for more desirable flowers attractive to people as well as to bees and other wildlife. We are establishing perennials which should pay dividends in future years, notably, with the aid of a generous donation, some native species. A lower walkway has been created to provide more access. Blueberry plants that were out in the field, overgrown and somewhat neglected, have been moved closer to the building where they can get more attention.

Another donation, supporting the auction, was a greenhouse. Tim Gallagher and Larry Matty donated the materials, and they, along with Shipp Webb and Peter Bacon set it up. It is too late to do much with this year (although we're trying out a few seeds) but should be a big addition to vegetable gardening next year. Our gardens this year were for a time providing a reliable source of lettuce, and from time to time items like squash, tomatoes and beans.



There has been a heavy crop of acorns this year. People say that this is the sign of a hard winter to come. Can trees predict the weather? We'll see!



Jonathan Powell is caretaker at Pyareo Home

Pyareo Home, Inc.
Board of Directors

Peter Bacon, president
Tibor Farkas, vice-president
Tracy Judd, treasurer
Jim Miller
Judith Webb
Laurie Webster, secretary

Administrator & Nurse
Serena Clairmont, R.N.

Outreach Coordinator
Amelya Colby

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<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.



Billy & Lynn dressed for the Pow-Wow

BILLY BARNUM & the POW-WOW

Lynn Chong

Billy Barnum went to the Sanbornton Pow-Wow with his friend Lynn. As they readied to leave, staff member Sue tucked a macaw feather into his hat band. At the gate, to pay their entry fee, the gentleman said, “Two seniors!” Billy quipped, “He thinks I’m a senior! He doesn’t know I’m only twelve!” He had a twinkle in his eye, making his joke.

The camping ground was much populated and had wares for sale, Native American garb and crafts. Good smells of food, and corn-fed fires. Nice smoke. Families sat at their fires, talking. At the dancing area, a circular, shingle-roofed affair, benches all around, with an open-to-the-sky center – and magnificent tall tree at the center – Billy and Lynn sat and watched. Quickly Billy was ready to join the clockwise walk-step around the tree to the loud and steady beat of drums and full-voiced singing by the singers.

Billy liked the colorful regalia around them, with bells at ankles or up and down pant-legs. Feathers, and conchos, and beading, and ribbons, and calico and leather and head-gear. In hands were spread-feathers of bird tails, or ribboned staffs or single feathers held up to the sky. Women and girls twirled their fringed shawls of bright colors, stepping high. All ages of people.

Billy went to the tree. He laid his hand on it and cried tears of good emotion. A drummer saw and came to Billy, appreciating Billy’s tears, and told him about the tree. Tall and towering, it was planted only in the early 1960s. Billy said that his father was part Comanche. Billy loved the tree. Lynn brought a chair to the tree for Billy to sit.

As dancers came by, they paused at Billy, taking his hand, an elder among them. Billy shed more good tears. For some minutes, Billy added his howling voice to the community of singing males. He wanted to step-walk again, barefoot. A woman named Donna, lovely in her dance shawl, walked on one side of Billy, and Lynn on the other. They did a full circle of the tree, slowly, slowly. A small boy grinning and copying his father’s high-steps and dips and turns made Billy smile. Back at the chair, Billy sat again. The announcer’s booth asked for info about Billy, and Lynn wrote it out, then it was announced and Billy was thoroughly welcomed at the Pow-Wow. Billy was given a gift of an arrow head on a cord.

Bill Barnum is a resident of Pyareo Home and Lynn Chong is a friend who comes often to spend time with him. The Pow-Wow is a native American get together for singing and dancing, held twice a year on a beautiful site up the road from Pyareo Home.



Our newest resident

David Ravens was born in Norwood, Mass. His family later moved to Falmouth. He first started coming to Sant Bani Ashram in 1980 and has been coming for retreats ever since. In the early days, sometimes he would make the journey “by thumb”. These days, he is happy to be residing at Pyareo and now has many friends in the area.



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 Road, Sanbornton, NH 03269

A credit card (for monthly pledges this will be charged 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 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.

Donate from Your IRA to Pyareo Home Tax-Free

IRA holders who reach age 70 ½ have to make a “Required Minimum Distribution” (RMD), an amount calculated under IRS regulations by the end of each year. The RMD is added to your income and taxed. But by sending the RMD directly to Pyareo Home from your financial institution the tax is avoided. It is called a “Qualified Charitable Distribution” and is deductible as a charitable gift. It is also possible to send a portion of the RMD to Pyareo and a portion to the account holder. Consult the IRS website or your tax advisor for more information.

A supporter of Pyareo recently did this and reports that it was very easy.

We still have space for a resident 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 the process should begin as early as possible. And yes, couples are welcome.

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



Pyareo Home

333 Brook Road
Sanbornton, NH 03269

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BEST WISHES TO ALL FOR THE HOLIDAY SEASON!



- 1 cup rye flour
- 2 tsp baking powder
- ½ tsp ground cinnamon
- ¼ tsp salt
- ½ cup water
- 2 tbsp honey
- 2 tbsp canola oil
- ½ cup raisins

Raisin Rye Muffins

Gluten and milk-free - great for people with food allergies!

In a large bowl, combine the flour, baking powder, cinnamon and salt. Combine the water, honey and oil; stir into dry ingredients just until moistened. Fold in raisins.

Fill six muffin cups coated with cooking spray two-thirds full. Bake at 400° for 15-20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. Will yield 6 muffins.

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