

**World Elders' Day and Ramzan Festival celebrations @ TEV.**

World Elders' Day was celebrated for a week in TEV from 30<sup>th</sup> September to 3<sup>rd</sup> of October 2008. **On 1<sup>st</sup> October**, Ln.Dr.Ganapathy, Secretary- Lions Club Central, visited TEV and addressed the residents gathering on Elders Day. Teachings of Prophet Mohammed were remembered on the occasion. The elders were distributed with books and sweets.



**On 2<sup>nd</sup> October**, as a part of advocacy event, handouts with elder friendly slogans, pinned with sweets were distributed by residents to all the visitors of silver beach, Cuddalore. The hand out reads "respect elders; don't abuse elders, respect parents" and the elders helpline number mentioned on top.

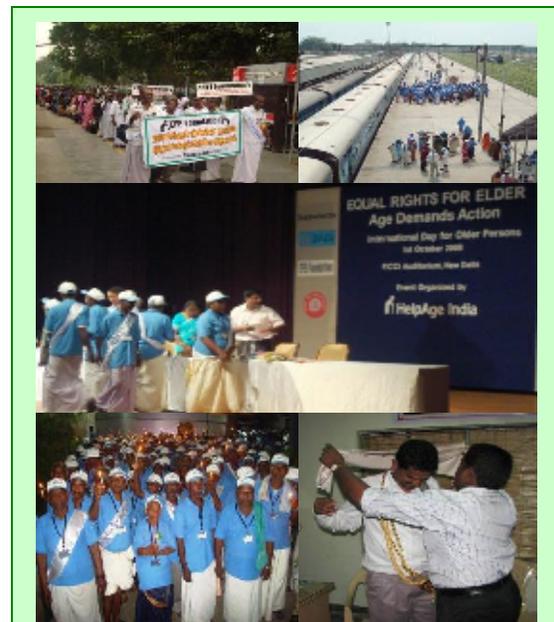


**On 3<sup>rd</sup> October**, selected school children from Periyakanganamkuppam Govt. School, St. Antony's Matriculation school and parikkalpattu (Pondy) Govt. Middle school were invited to present a speech on "granny care", "respecting of elders" and "what is geriatrics?." Head teachers of these schools attended. Mementos presented to

all the performers. Yoga master Vijaykumar demonstrated Yogasanaa's and took a class on yoga and health. All the staff members attended.

**4<sup>th</sup> October: Elders Rath returns Cuddalore after a successful trip:**

The train which carried good hopes of more than 800 elders from selected VLF to the Capital, returned back to Cuddalore successfully by 3AM on 4<sup>th</sup> October. They urged Government on forming 'National Commission for Older Persons', and submitted their 10 important demands to parliamentarians.



1. Elders marching with their demands
2. Reaching Safdarjung station, Delhi.
3. Handed demands to parliamentarians.
4. United to bring light on elders' life.
5. Mr.Elango, the energy behind this expedition was honored.

**6<sup>th</sup> Oct: Paddy transplanting by resident elders in TEV farm:**



Residents planted paddy seedlings for about one acre in the TEV farm, to produce rice for food and straw for fodder. Elders Vadivel and Govindamma initiated this project.

**9<sup>th</sup> and 10<sup>th</sup> October: Pooja Festival:**

Both Saraswathi pooja and Ayudha pooja festivals were celebrated at TEV on 9<sup>th</sup> and 10<sup>th</sup> October. All the office vehicles, kitchen utensils, furnitures, farm implements, Genset and motor pumps were cleaned, serviced, overhauled. Pooja were offered to Goddess Saraswathi and Lakshmi, prayer song was performed and traditional foods were served to all the residents.



**15<sup>th</sup> Oct: CRC organizes Bankers Meet @ TEV:**



Representatives from about 10 banks from Cuddalore attended the **Bankers meet** conducted by the Coastal Resource Centre for the Elderly (CRC) and Elders for Elders Foundation (EfE) at TEV on 15<sup>th</sup> October. All the DLF members of Cuddalore District participated. Bankers explained their programmes suitable for the elders and ESHG federations. DLF representatives raised questions on Loan, and Micro-credit facilities to federations. SBI, IDBI, Co-op, IOB and CUB banks gave presentations. Shri.Purushothoman EfE Trustee welcomes the bankers and other EfE office bearers and presented mementos. Mr.Elango, Technical Specialist and Ms.Rajalakshmi, CRC arranged this meet.

**16<sup>th</sup> October: Palliative Care Patients Review Meet**

Dr.Sathyababu and Ms.Subha organized the palliative care patient's review on 16<sup>th</sup> October. Dr.Mala, Ms.Vidya and Nursing (home care) staff, MMU staff explained their weekly activities



Timings & days for visiting TEV elders were fixed. It was decided to supply medicine through Ms.Anbu, the pharmacist for all the Palliative care patients. Mr.Ramalingam DD (F) attended this meeting, and was held at Infirmery building.

**20<sup>th</sup> Oct: Elders attended school science exhibition:**



As a part of socializing with the local community, TEV has a strong linkage with nearby schools and Panchayats. The school authorities of Pondicherry Government Middle School, invited all the TEV elders to look into the *science exhibits* of their wards on 20<sup>th</sup> October. All the elders walked in, chat with the school children and enjoyed the day out. In the afternoon a special session addressed to the Mothers' of adolescent school girls were attended by TEV staff Ms.Subha and Ms.Kalaivani, care giver.



**24<sup>th</sup> October: Diwali sweets distributed to PMO staff**

All staff of PMO was distributed with sweets/ snacks for Diwali festival on 24<sup>th</sup> October. Mr.Ramalingam DD(F) and Dr.Mathew, (IPM Calicut) issued gift packs to all the PMO staff members, including casual staff, maintenance and cooking staff.



**24<sup>th</sup> Oct: EfE Foundation donated Diwali dress materials for TEV resident elders**



The *Elders for Elders Foundation* donated Rs.20,000 worth dress materials including dhotis, sarees, shirtbits, bed spreads, towel etc., to all the 65 elderly residents for Diwali festival. Shri.Arunachalam, Shri.Purushothaman, Mr.Ramalingam and Mr.Elango felicitated. Mr.Siddick, Manager-TEV thanked the EfE's initiative on caring the welfare of TEV residents. Shri.Srinivasan from State Bank of India addressed the elders group.

**26<sup>th</sup> October: Dress materials donated to residents by Lions club, Cuddalore**

The Lions club of Cuddalore central, cosmopolitan and Town donated dress

materials like Tshirts for men, inskirts / blouse bits for women



residents and nighties for the dependent elders. All the elderly residents attended. Ms.Subha organized and participated in this programme.

## 27<sup>th</sup> Oct: Diwali celebrations at TEV



### **Lions Patali City, Cuddalore -Big heart(s) and a tasty treat:**

On 27<sup>th</sup> October, Diwali day, the elders did the holy bath, prayed and enjoyed the fire works. The lions club Patali city came to TEV by 10AM, issued dhotis and sarees, sweets and snacks and spend their time with elders. Special Lunch was served in the noon.

### **23<sup>rd</sup> October: District Collector visits TEV with his family members:**



**Shri.Rajendra Ratnoo, DC** visited TEV with his family members on 23<sup>rd</sup> evening. He

enquired about the elders ration, purchase of provisions, electricity charges and maintenance of the campus. When informed about the Gas cylinders,

he immediately called upon DSO / IOL officials and recommended for the supply of cylinders at a subsidized price under special quota. He also suggested for having separate electricity meters at each house in the elders village, to reduce the cost which might increase according to the TN Govt. new policy on electricity supply.



### **24<sup>th</sup>Oct- 25<sup>th</sup> Oct: CPCI conducted Palliative Care training to Healthcare Professionals of Cuddalore District**



The newly established CPCI Society (Cuddalore Palliative Care

Initiative) under the guidance of HI-Project Kiran, organized its first 2 days training programme on Palliative Care to health care professionals of the Cuddalore District. Trainers from Institute of Palliative Medicine- Calicut, IAPC and Project Kiran- Cuddalore conducted classes, group discussions and presentations. The participants include Doctors, Nurses, ANMs and Health assistants. District Health Officials attended.

### **24<sup>th</sup>- 25<sup>th</sup> Oct: Training of Trainers on Palliative Care:**

A two days training programme for the Palliative Care trainers were conducted at TEV campus with IPM Doctors as resource persons. Individual presentations and group discussions were held. Dr.Sathyababu and his team organized this training programme.

## Elders Arrived during October 2008

	<p><b>Moorthy- 60</b> Entry Date: 04.10.08 Destitute elder from Velipalayam, orphan, recommended by Nagapattinam DLF to TEV.</p>
	<p><b>Lakshmi - 68,</b> Entry Date: 04.10.08 Assisted, Destitute elder, left her drunk husband, no children and wish to make TEV as her final destination, recommended by Kandakadu VLF.</p>
	<p><b>Vengalakshmi- 74</b> Entry Date:10.10.08 Widow, depressed, assisted elder, neglected by her children recommended by Uppalavadi VLF/DLF.</p>
	<p><b>Natarajan K.S – 64</b> Entry Date: 10.10.08 Destitute elder from Thalanguda, ESHG member wished to live in TEV. Active elder recommended by</p>
	<p><b>Ramasamy- 70</b> Entry Date: 11.10.08 Destitute elder from Gundu Uppalavadi village, recommended by DLF Cuddalore.</p>
	<p><b>Natarajan.M – 63</b> Entry Date:12.10.08 Assisted elder, neglected by his family members, partly paralytic from Gundu salai, recommended by EfE and VLF Nanamedu.</p>

### Did you know?

- **Geriatrics**

*Geriatrics is the branch of Medicine that focuses on health promotion and prevention and treatment of disease and disability in aged people.*

### Programmes scheduled for the Month of November 2008:

**1<sup>st</sup> November:** HelpLine inauguration, DLF Cuddalore meeting

**2<sup>nd</sup> November:** Morning breakfast sponsored by Jain Jewellery, Cuddalore.

**4<sup>th</sup> November:** TEV Elders Meeting with District Collector and Social welfare Department officials. Venue: Sevai Illam

**5<sup>th</sup> November:** **CPCI-** Cuddalore Palliative Care Initiative society registration.

**5<sup>th</sup> November:** Elders meeting at TEV

**7<sup>th</sup> November:** NLC Medical camp – Specialists –Ortho, Skin and General.

**10<sup>th</sup> November:** Sonee Computers – sponsoring Fruits and Snacks.

**11<sup>th</sup> November:** Training programme for caregivers on COPD.

**11<sup>th</sup> November:** Lunch/ Fruits Sponsored by TEV staff Ms.Veni, Elders Meeting.

**12<sup>th</sup> 14<sup>th</sup> November:**

**15<sup>th</sup> November:** Stock check – local inspection at TEV.

**15<sup>th</sup> November:** Elders Trip to Thiruvanthipuram Temple

**17<sup>th</sup> November:** Elders for Elders Foundation- **General Body Meeting.**

**17<sup>th</sup> November:** Inauguration of Elders Candle making unit at TEV.

**18<sup>th</sup> November:** Sowing of bhendi seeds at Farm by elders.

**20<sup>th</sup> – 22<sup>nd</sup> November:** Training to CREED NGO Chidambaram on **Elders Home Management.**

**25<sup>th</sup> November:** Training programme on **Managing Hypertension and Diabetes in elderly people.**

**25<sup>th</sup> November:** Elders Meeting

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