

Meeting with NLC – CGS:

Manager of TEV and Administrator attended a meeting with Chief General Superintendent of NLC Medical Hospital on 5th April. Issuing medicines to TEV elders, donation of mosquito nets, slippers, sarees, cupboards etc were discussed during the meeting. Dr.Nirmala attended the meeting. It was decided that 1.NLC Doctors will be attending once in a month to TEV with specialists 2. Medicines required by TEV will be sent by NLC on request. Similarly a request letter should be made for steel cupboards, mosquito nets etc.

NLC Medical camp @ TEV on 10th April 2008.



NLC Specialist Doctors conducted a medical camp at TEV with an ophthalmologist, Cardiologist and a gynecologist. 43 residents attended the camp. 5 were referred for eye operation and 9 were recommended for glasses. 3 residents were identified as cardiac patients and given medicine.

Chittirai festival Celebration @ TEV campus on 13th April – 2008.

Tamil New year was celebrated as Chittirai festival at TEV. The elders offered prayer and a special lunch with sweets were arranged. The elders were distributed with new sarees and dhotis.

Eye Camp at Cuddalore on 16th April 2008.

On invitation, TEV elders attended a free eye camp conducted by Aravind Eye Hospital and Bell Book House at Jeyaram Engineering College, Cuddalore. 3 of the elders were short listed for operation and 7 of them were recommended for glasses. The elders were taken to Aravind Eye Hospital on the same day for operation.



Elders Pilgrimage Trip

TEV elders were taken for a one day pilgrimage trip to Chidambaram, Velanganni, Nagoor & Thirukadaiyur on 22nd April 2008. 20 residents were taken this trip in a Minibus and the cost of transport was bared by Abi constructions. Elders offered prayers and poojas at all the 3 places and returned back to TEV campus on the same day night.

Chidambaram



Velankanni



Elders for Elder Foundation meeting at TEV








The Coastal Resource Centre for the Elderly organized the second EfE Meeting at TEV camps on 14th April. Shri.Arunachalam, Mrs.Sheelu Francis and other EfE members representing Cuddalore, Nagapatnam, Vedaranyam Kollam were attended. The Kollam EfE representatives Mr.Dharmarajan and Mrs.Beatrice stayed in TEV campus. The DLF Kollam took back 5 of the residents for sorting out the Kollam AAG schemes.



Resident Representative Group – Meeting at TEV

Elderly residents were organized themselves as groups in executing various activities of TEV such as Crop Production wing, Dairy livestock wing, Stores and Kitchen group, Food serving, Lawn maintenance, Campus clean, Building Maintenance and Complaints management group. TEV Manager, staff, Mr.Ramalingam APM attended. Elders elaborate their role, difficulties and needs for proper functioning of their groups.

Elders accommodated @ TEV during April 2008

	Rathinam - 66, Entry date: 21.04.08 Elder from Vedaranyam, lost his properties, neglected by his son. Recommended by PLF Vedaranyam.
	Danalakshmi - 69, entry date: 20.04.08 Widower, neglected by her son and in-laws, from Kandakadu village, recommended by VLF Cuddalore.
	Gnanasundari - 60 Entry Date: 23.4.08 wish to live in TEV with her husband Rathinam, neglected by her son. She is from PR Puram, recommended by PLF, Vedaranyam.
	Dhanabackyam - 65, Entry Date: 29/04/08 Destitute elder, left alone by her sons and daughters, affected by severe bronchitis, Starving for food, approached Palliative Care team and arrived here with VLF letter.
	Bagyalakshmi – 61 Entry Date:30/04/08 Widower, lived alone with her sister in Vedaranyam, wish to live in TEV arrived here with VLF letter.
	Subbiah – 67 Entry Date: 29/04/08 Destitute elder, affected by tsunami, incontinence patient brought here by Palliative care team with VLF letter.
	Irusappan - 60 Entry Date:30/04/08 Paralytic elder from sothikuppam, incontinent who was neglected by his family members, brought down here by Palliative care team.

Yoga / Meditation for TEV elders

Yoga / Meditation program was arranged for TEV elders from 25th April. Master Mr.Vijayakumar, who is a Guinness Record maker and well known yoga master in Cuddalore taught elders the importance of meditation and yogasanas. It was decided to have yoga classes on every Friday morning.



The elders were taught simple breathing exercises, standing exercise, heel walks, toe walks, knee exercises, utkat asana, Ekapathasan, sitting asanas like seethalai thandasan, arthabadmasan, parvadasan, makrasana, shantiasana, kapalapathi pranayamam and shoulder excercises.



Architect – Mr.Madhav Naik visit to TEV

Architect shri. Madavnaik visited TEV on 25th April. He verified, measured in to all the blocks, commented on rectification works, met all the contractors and clarified some of the pending construction works.



Training Programme to CG's

Following training programmes were conducted to Care givers during April:

- ☞ Medical care to elders who are diabetic and Hypertensive.
- ☞ Types of fever affecting elders – treatment, food to serve and caring.
- ☞ Conducting yoga / meditation classes to elders.

Agricultural Activities:

The crops planted during January and February rotted due to severe rain. Raddish we got an yield of 240 kgs and onion only 80 kgs whereas we aimed for 450 kgs. Brinjal crop though suffered, gets rectified and giving yield. Up to March we got approximately 200 kgs harvested. 40 seedlings of Mother plant nursery affected severely, rotten and were replaced.

May 2008 - Programme schedule

1. 02/05/08: Training Programme for Caregivers on caring for Alzhiemer and Dementia affected elders.
2. 03/05/08: Cultural Programme for elders – PC team.
3. 05/05/08: Urology free camp at Cuddalore – Kannan Hospital.
4. 07/05/08: Cultural night by TEV elders.
5. 09/05/08; 16/05; 23/05; 30/05/08 Yoga/ Meditation class for elders.
6. 14.05.08: NLC specialist Medical camp.
7. 16.05.08: Manakkular Temple visit to Pondicherry.
8. 20.05.08: Awareness program on Tuberculosis.
9. 25.05.08: Resident Elders sports meet.
10. 28.05.08: Religious talk by Paster.Charles.
11. 30.05.08: Homeopathy Medical camp at Cuddalore.

