

## NEWSLETTER

February 2009

PROJECT MANAGEMENT OFFICE - CUDDALORE

Edition- 14

### From the editors' desk:



*Dear Subscribers,  
Greetings from the  
Residents of Tamaraikulam.*

*February was the month of training both for elders and staff. Summer showers; though bring happiness, TEV experiences raising temperature. Elders were engaged in raising paddy crop again, with enthusiasm. Formation of Tamarai-ESHG, Elder friendly Enterprises Unit is TEV's new born babies of this month...*

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### 1st Feb: Lunch provided by SBI manager- Tirupapuliur

SBI Manager **Shri.Ramalingam** of Thirupapuliur Branch gave a feast to all the TEV elders on his child **Shri.Vinay's** birthday on 1<sup>st</sup> Feb. SBI bank officials in Cuddalore wish to celebrate their family events along with TEV elders in future. He wants to celebrate all of his family functions here and was emotionally impressed on elders' hospitality towards him.



### 3<sup>rd</sup> Feb: IIT-Madras - Rope training on banana fibre making

The rural business incubator team of IITM – TeNeT wish to link with TEV in production of banana fibre as a pilot, and the final product marketed by ropeindia.org. Totally 10 elders engaged in this production and were trained by Rope-India trainers.



### 3<sup>rd</sup> Feb: Staff Meeting:



Staff meeting was held at office campus, on 3<sup>rd</sup> February. Mr.Elango and CRC staff explained about the Bihar training and experiences learnt from there. Issues on Staff working hours, possibility of picking staff by drivers from post office, working on Saturdays, new role of Dr.Sathiyababu and Mr.Elango was discussed and elaborated by DD-F Mr.Ramalingam. All the PMO staff attended.

**4<sup>th</sup> Feb: Training to care-givers on Diabetic care for the elderly**

A special training programme was arranged for caregivers on Diabetic care to elders, by the senior caregivers. Charts were displayed in Tamil with various pictures showing diabetic retinopathy, diabetic related heart diseases etc. Different types of diabetes and its implications on elderly patients were explained in detail by the senior caregivers. All elders attended.

**5<sup>th</sup> Feb: Food sponsored by Captain. Anand – NCC, Pondicherry.**



**Captain Anand** from Pondicherry Maritime Academy sponsored full meals for TEV elders on his mothers 2<sup>nd</sup> death anniversary. He served food and sought prayers from the elders for his well being. Manager- TEV arranged this programme and DD-F, Dr.Satya attended.

**5<sup>th</sup> Feb: Chennai women's collective one day study visit:**

**The women's collective** – an active Chennai

based social organisation came to TEV for a one day study visit cum training



for all their district co-ordinators on 5<sup>th</sup> February. After TEV visit and chat with elders, village visits were arranged to

look in to ESHG functions, DLF structure, Elders for Elders concept Palliative care etc by CRCE team. They came on their own vehicle and spent full day with PMO Cuddalore. Mr.Elango arranged for this visit.

**6<sup>th</sup> Feb: TB awareness training for Care givers.**

Tuberculosis awareness training programme was arranged to TEV residents for the second time. Cuddalore health educators conducted classes and explained the symptoms of TB, its spreading nature, sputum sampling and tests, medication for TB and how elderly are susceptible to this disease. Pamphlets and folders in Tamil were distributed.

**7<sup>th</sup> Feb: Head (Sp& E), NewDelhi Birthday celebration:**

Shri.Rajeshwar, Head – SP & E wish to rejoice his birthday function at TEV with the prayers of residents, though he couldn't attend in person.



Delicious lunch was cooked and served for the elders besides a cake distribution ceremony was arranged in the evening. All the PMO staff, elders participated; wished him a longer life.

**CPCI – NSS Volunteers Meet:**

The Cuddalore Palliative care initiative and the Project Kiran team conducted awareness training to selected NSS volunteers on palliative care at GH



campus. Dr.Sathiyababu, Ms.Subha and Mr.Dhaya conducted this training and president CPCI shri.Lakshmanan made all arrangements with NSS co-ordinator of Cuddalore schools Mr.Thiruugam.

### **8<sup>th</sup> Feb: Thai poosam – festival**

**Thai poosam** festival was celebrated in TEV in a grand manner. Elders offered prayers to Lord Murugan, some did fasting and vegetarian meals with padayal were served.

### **9<sup>th</sup> Feb: Punniyadhanam – for elder Murugaiah.**

Punniyadhaanam – a function on 13<sup>th</sup> day of deceased elder was held at TEV on 9<sup>th</sup> February. All his relatives and daughters attended and special poojas/homums



were arranged. All the residents attended and were served with Food.

The Elders representative committee named “Elder Murugiah Reading room” for the reading room in remembrance of him.

### **10<sup>th</sup> Feb: Elders Meet and Religious meeting at TEV**

Elderly residents meeting was held at TEV open air theatre, where all the elders monthly plan of group activities, food menu, decision on religious meet, sale of cows, paddy cultivation – selection of variety, formation of Elder Friendly enterprises unit etc.

A religious meeting was arranged on the same day with the help of



Shri.Muralidhar swamiji devotees for elders. Mass bajan with an hour long talk on Bhagvat gita really served as a healing medicine for the residents.

### **12<sup>th</sup> Feb: Free Medical camp - ‘varumun kaappom’ at kanganam kuppam village**

A government and Panchayat initiated Free Medical Camp was organised in Periyakanganamkuppam village by the Government hospital and local Panchayat. As a part of community TEV participated and about 12 elders were taken free ECG, blood/urine/sputum tests, 6 elders for eye tests and 2 for cardiac opinion. TEV Manager, Panchayat President. **Maran**, and Student volunteers from Pondicherry University made arrangements for the camp.

### **14<sup>th</sup> Feb: Phenol / soap oil making – training program for residents**

A training programme was arranged for Phenol and soap oil making for interested TEV residents on 14<sup>th</sup> February.



Ms.Anandhavalli caregiver and trainer along with seniors arranged this training programme. Among the four pairs trained, two pairs of elders were selected in future production. Since Phenol and other disinfectants are daily requirements at TEV, residents can prepare and supply to TEV.

### **17<sup>th</sup> Feb: Washing powder making – training program to residents**

TEV has two washing units with semi automatic washing machines, drier etc. Washing powder preparation is not a tedious process and hence the Elders

Enterprises unit decided to take up the task. A training programme was arranged on washing powder making on 17<sup>th</sup> February with a Pondicherry NGO at free of cost. 14 volunteer residents were given training. With a minimum investment of Rs.120, 3 kgs of good quality washing powder could be made. 6 of the trainees initiated the production now.

**17<sup>th</sup> Feb: Elders Representative Council Meet:**

The Resident Representative Council meet was held on 17<sup>th</sup> February. Following decisions/ resolutions were taken:

1. The elders willing to take medical check/ private physician advice should get prior permission from the manager.
2. The long absentee resident should not be considered for readmission
3. The residents availing OAP assistance should not be provided with toiletries items like soap, oil, mosquito coils etc.
4. Women elders request for inskirts and stitching of blouses should be considered favourably.
5. temple visit to Rameshwaram should be arranged at the earliest.
6. HI-PMO should consider providing a loan amount of Rs.5000 to Tamarai ESHG to start up IGP activities.

**19<sup>th</sup> Feb: Incense stick- sambirani making training program.**

Using of Incense sticks became the part and parcel of religious observances of elders and residents showed interest on getting trained with computer incense sambirani. A training programme was

arranged by Ms.Vijayalakshmi, senior caregiver on this and about 12 women elderly residents came forward. Preparation of computer incense sticks fetches a good market price ranging Rs.15 – 20/ box with an investment of Rs.6/ box. Since the raw materials are natural products, it's an elder friendly enterprise.

**21<sup>st</sup> Feb: Elder Friendly Enterprises – Tamarai ESHG meeting at TEV campus.**

The residents formed a new 20 member ESHG in TEV and its first meeting was held at community hall on 21<sup>st</sup> February. Following members were elected as office bearers:

President: Shri.Vadivel

Vice-President: Shri.Nagaratnam

Secretary: Smt.Govindamma

Treasurer: Shri.Murugiah pillai.

The resolution on getting advice with Elders for Elders Foundation on joining the federation, opening a new account in the SBI, seeking assistance from the VLF/ DLF for marketing IGP products were taken and the minutes were recorded. Manager-TEV attended.

**24<sup>th</sup> Feb: Free Medical Camp @ TEV**

The Lioness club- Cuddalore in link with Arupadai veedu medical college (AVMC), Pondicherry, organised a free medical camp especially for elders from HelpAge India project villages. Specialist Doctors from Ortho, Neurology, Skin, Dentists and general medicine attended. Lioness club secretary Mrs.kalyani veeraragavan, Treasurer Mrs.Ramamani organised this camp. Mr.Siddick, Manager – TEV welcomed the gathering. Dean, AVMC who is the chief guest get impressed on the elders' gathering at TEV from

different villages and assured that, he will arrange similar camps in the near future and free treatments for HI referred cases. Nine elders were taken to the Hospital for neurologist opinion and for necessary tests.

### **Field Animators Training – CRCE**

A staff meeting cum training programme was arranged to all the Field animators by the Cuddalore District Advocacy Executive Ms.Raji.



### **DLF- Cuddalore Meeting:**



### **Palliative Care – Village Sensitisation Programme at Rasapettai**



### **PMO STAFF REVIEW MEET:**



### **Proposed Activities for the month of March 2009:**

**1<sup>st</sup> March: St.Mary's Home Visit by TEV residents**

**2<sup>nd</sup> March: AVRMC – Free medical tests:**

**3<sup>rd</sup> March: Elders Meeting at TEV**

**4<sup>th</sup> March: Case Presentation by the Care givers.**

**5<sup>th</sup> March: First Aid training for caregivers**

**6<sup>th</sup> March: TEV Staff meeting**

**14<sup>th</sup> & 15<sup>th</sup> Mar: Rameshwaram Temple**

**16<sup>th</sup> March: Blood sugar checking**

**17<sup>th</sup> March: Elders Meet / Case presentation by elders on new comers**

**17<sup>th</sup> March: Livelihood Workshop – Advocacy programme - CRCE**

**19<sup>th</sup> March: Head- HR visit to TEV**

**20<sup>th</sup> March: Cultural event by TEV residents**

**24<sup>th</sup> March: World TB day –  
Awareness campaign**

**24<sup>th</sup> March - 26<sup>th</sup> March – Workshop  
for elders representative – organised  
at Chennai in link with Women's  
Collective.**

**27<sup>th</sup> March: Telegu New Year Day**

**29<sup>th</sup> March: Elders Meet**