



Monthly Newsletter of Thamaraiikulam Elders Village

Jan 2010

Elders Voice



Thamaraiikulam Elders Village
HelpAge India, Cuddalore-2, TN

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Status

Number of Elders 70

Particulars	Male	Female
Active	15	22
Assisted	7	12
Dependent	4	10
Hospitalized	4	2
Demised in Hospital	1	1

TEV WOULD LIKE TO EXPRESS GRATITUDE WHO ALL DONATED FOR THIS MONTH

- Puducherry Sr. Citizens' Welfare Assn
- Mr. Rathinam
- Mr. Gurmit Singh
- Mr. S. Chinnappan
- Mr. Gabrielle Alex
- Ms. S. S. Subha

Donation In Kind

1. Donated Bed Spreads and Plastic Containers given by Chennai Office
 - a) Plastic Box
 - b) Bowl
 - c) Doormat,
 - d) Bedspread
 - e) Pillow Cover.
 - f) Towel
 - g) Wall clock
2. Mr. Singaravelan donated the following items
 - a) Towel
 - b) Sweets
 - c) Mixer
 - d) Biscuits
 - e) Banana
3. Mr. Viswanathan, Puducherry donated Rice
4. Ms. Rajeswari – BSNL Office distributed Sweets & Snacks
5. Mr. Ayyappan, MLA donated Sarees Shirts and Food on his 25th wedding anniversary.

Events

1.1.2010: New Year's Eve or Old Year's Night is on 31 December, the final day of the Gregorian year, and the day before New Year's Day. New Year's Eve is celebrated with parties and gatherings to celebrate the transition in to the New Year. TEV also celebrated



New Year 2010 with Mr. Mathew Cherian, Chief Executive Help Age India, residents & TEV members by bursting crackers and conducted colourful events. The celebrations started by screening of Ayirathil Oruvan MGR movie at 6 O' clock on 31st dec 09 in open air theatre(Ampi Theatre) .At 10 o clock a Folk

Dance Drama was performed by Mr. sampath & group. TEV welcomed New Year by cutting a cake and celebrated 2010.

Vadivelan, the first person who joined TEV, and enjoyed the new year celebration with all members and said that "I would like to thank Help Age India and PMO staff for arranging this type of new year celebration" Before he joined Help Age India he & his wife were alone and neglected in the society and they suffered for basic needs.



Inauguration of the Elders Helpline in the SP Office

2.2.2010: Superintendent of Police (Cuddalore) Mr. Ashwin M kotnis inaugurated the elders helpline (toll free number to inform about elders who is facing problems 1253)Jan on 2nd He said that the main motive of this helpline is to help the elders who are neglected by the

society or by their family etc and stated that police will always support an organization like Help Age India.



Mr. Mathew Cherian, Chief Executive said that in these days the traditional values are decreasing now and most of them are prefer only nuclear family and thus the Elders are facing a lot of problem as they are

neglected by their families and later by the society too.

Help Age India receiving calls through this Help Line and has helped elders who are facing problems. S.Arunachalam managing trustee Elders for Elders Foundation, Stalin, Deputy Superintendent of Police, Thayanidhi executive help age India also participated.

This help line can be contacted by any Elders who is facing various issues like tracing missing elders, elders who is suffering for basic needs, medical aid abuse etc

Diabetic Camp

4.1.2010: Owing to the fact that elders over 50years are more prone to diabetes. HI conducted a free medical camp for the elders residing HI. The Blood Sugar test was taken to all elders at TEV and out of 70 Elders, 12 Elders was diagnosed with diabetes.

Elders Meet

This is the first TEV resident elder's meet held in the year 2010. It was held at the dining hall and the elders and TEV members discussed about following year events, celebrations and activities like Campus Cleaning, formation of cultural groups for month of Jan 2010.

Exposure Training for MMU-Executives

8th to 10th : A three days training and exposure visit was arranged for the MMU executives,



most of the executives said that the community based palliative was a new & good learning experience for them and the community techniques like manpower ,finance, the concept of CBPC, Advocacy, linkages and the ESHG and its federations were an eye opener for them.

Pongal Celebrations

Pongal is a harvest festival. On this day, people thank God for a bountiful harvest. They prepare a special a dish called 'Sarkkarai Pongal' and pray for the blessings of the Sun God. One of the most popular Tamil festivals, it is celebrated on January 14th every year.



and member's pongal puja together.

TEV celebrated the 3 days of pongal joyously, on Jan 15th the Lions Club of PATALI city donated Dhotis Sarees for the Elders, Nighties were also given to the dependent Elders, sweet pongal and fruits were then distributed later. The Lions Club members, TEV Elders

Pilgrimage tour



returned back to TEV at 5PM.

The Elders of TEV decided to go for a one day pilgrim trip which was arranged by the TEV members. On 16th Jan'10 of the elderly residents along with 2 caregivers started at 6.30AM visited. Hanuman Kali temples at Panchavadi they carried their own food and later sweets were distributed by BSNL workers, They

Republic Day Celebrations

The **Republic Day of India** commemorates the date on which the Constitution of India came into force replacing the Government of India Act 1935 as the governing document of India on January 26, 1950. The date 26 January was chosen to honour the memory of the declaration of independence of 1930. TEV members and Elders proudly celebrated the republic day with lion's club members.



Inauguration of Age Care in Puducherry

Age care Puducherry Project was launched on 27th January 2010 at No: 17, Thiyagaraja Street, Puducherry – 1 Mr. Hage Kojeen, I. A. S, Secretary, and Chairman of Poncare



Inaugurated the Elders' Helpline. He said that he will extend all support to Help Age India (HI) activities in Puducherry. After the inauguration HI team went to Ms. Parvathy's house aged 106 the senior most resident in puducherry. At this age she still reads 'THE

HINDU' Newspaper daily and all her daily activities are taken care of by her-self. The HI team gave her a special memento to honour for her will power.

Wedding anniversary celebrations are usually celebrated by people either to go to temple dining at restaurants etc. But Mr. Ayappan and his wife chose to do something different and meaningful for their 25th wedding anniversary. He and his family member celebrated their 25th anniversary celebration with Elders at TEV . He distributed clothes for elders worth Rs 15000.



Adding to the family



Mrs. Kamalam - 70, Entry date: 18/01/10



Mrs. Sulochana- 68
Entry Date: 30/12/2010



Mrs. Amaravathi - 65, entry date: 12/01/10

Special News

Lakshmi Ammal able to hear

From her childhood she has a profound hearing problem, HelpAge India helped her by providing her with a hearing aid and right now she is using it. After providing her a hearing aid, she fainted on the floor by over excitement. After 68 years she is able to hear the various sounds and had thanked HI and she is feeling this out of world.



Face of the Month



He is one of the few who still follows the traditional way of living even at the age of 72. He gets up at 4.30 AM and goes for walking. After that he goes to the cow shed cleans the area and even though TEV has a special person to take milk from cow Natarajan voluntarily goes to the shed and does everything. He also helps out during the mornings by giving RAGI MALT to every one, and even serves the elders for lunch and dinner. He has been doing all this for past 2 years on his own interest.

Though he has an asthma problem, he gets up early and does his work. He does not worry about his health, but the care takers are worry and tell him to take rest but he is does not listen to them and insist on following his way of life.

Health – Physiotherapy by L.A.Vimal

India is graying. Estimates say the number of people who are 60 years old, or more, in India will increase to 100 million in 2013. And, a sizeable portion would be people above 80 years of age. A stark side of this reality is that along with this growing number of elders, the need for care and

support also grows exponentially. Medical care alone would not suffice. This means a support mechanism should be in place, physiotherapy care that uses touch-and-heal factors and modern medical equipment is the cost-effective answer to this burning issue

Physiotherapy is a branch of medical science that deals with the treatment of diseases and disorders by means of physical modalities like heat, cold, sound, etc., and therapeutic exercises

It was noticed that the elders of TEV and other villages of Cuddalore was also suffering from neuro-musculo-skeletal problems like pain and difficulty in performing activities of daily living.

The general problems faced by the elders are:

- a. knee pain
- b. shoulder pain
- c. muscle weakness
- d. difficulty in walking
- e. difficulty in eating
- f. difficulty in dressing
- g. difficulty in doing all ADL
- h. joint problems
- i. neck and back pain
- j. deformities
- k. paralysis

APPROCHES IN PHYSIOTHERAPY

+ GROUP THERAPY

- To enable the elders to have a feeling of togetherness
- To integrate the weak elders with stronger elders

+ DANCE APPROACH

- To make the elders to do the exercises with ease
- To encourage a mode of entertaining physiotherapy

+ CARE GIVER TRAINING

+ ANIMATOR TRAINING

+ TRAINING FOR PATIENTS

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True Story

Rahmandulla, Viji, Maria, and Shiva rescued an elder (Savithri) from Cuddalore post office near the bus stand. Savithri 65 years old is a widow and she does not have relatives. She used to stay in workshop and it is like her house.



She met with an accident and was lying near post office for 2 whole days without any treatment until, the HI team rescued her and gave her first aid and admitted her to the hospital. Her left hand is fractured and once she recovers the HI team will send her off to where she wants to go or if she is interested to stay in TEV, the team is ready to take

care of her.

Recipe from TEV

Idlly is a South Indian Delicious food, normally eaten as Breakfast along with Chutney or Sambhar. It is made by steaming batter especially made from pulses. Idly is commonly available anywhere. Kamashi cook at TEV tells how to prepare idly and coconut chutney.

Preparation of Idly as follows

Ingredients:

2 cups Rice

1 cup Urad Daal (white)

1 1/2 tbsps Salt

A pinch of Baking Soda

Ghee or oil for greasing

* Pick, wash and soak the dhal overnight or for 8 hours.

* Pick, wash and drain the rice. Grind it coarsely in a blender.

* Grind the dhal into a smooth and frothy paste.

- * Now mix the grinded rice and dhal together into a batter.
- * Mix salt and set aside in a warm place for 8-9 hours or overnight for fermenting.
- * Idly's ready to be cooked when the batter is well fermented.
- * Grease the idle holder or pan well and fill each of them with 3/4th full of batter.
- * Steam cook idly's on medium flame for about 10 minutes or until done.
- * Use a butter knife to remove the idly's

Preparation of coconut chutney

Ingredients

Coconut - 1/2 cup

Fried gram dhal - 1/2 cup

Green chilies - 5

Salt - to taste

Mustard seeds - 1tsp

Curry leaves - 1 sprig

Oil -2tsps

Add all the above ingredients on a blender and grind well and Heat a pan. Add the oil. Add the mustard seeds and curry leaves until it splatter and finally mix well.

Obituary

- Sundaram passed away on 4th Jan'10. He was living with his wife Lakshmi.
- Kupamma Patti passed away on 27th Jan'10. She was popularly called as "Rasapettai Patti".

TEV elders and members conducted all the necessary rituals for their funeral and praying for their souls.

