



Monthly Newsletter of Thamaraiikulam Elders Village

2010

## Elders Voice



*Women Bill has come ..... When Elders Bill....???*

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## **STATUS :**

### **Number of Elders : 70**

Particulars	Male	Female
<b>Active</b>	15	23
<b>Assisted</b>	4	13
<b>Dependent</b>	4	11
<b>Hospitalised</b>	1	1
<b>Demised in Feb'10</b>	Nil	Nil

### **Health Report :**

Particulars	No. of Residents
<b>Hypertension</b>	<b>25</b>
<b>Diabetic</b>	<b>13</b>
<b>Cardiac</b>	<b>10</b>
<b>CVA</b>	<b>3</b>
<b>Epileptic</b>	<b>1</b>
<b>Psychiatric</b>	<b>4</b>
<b>Parkinson</b>	<b>1</b>

## ***Social benefit Report :***

<b><i>Particulars</i></b>	<b><i>No. of Residents</i></b>
<b><i>OAP Beneficiaries</i></b>	<b><i>32</i></b>
<b><i>OAP in Pipeline</i></b>	<b><i>19</i></b>

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

### ***Donation in Cash***

- ARR Charities, Chennai
- Thaivasigamani, Cuddalore.
- Captain Ananth (Indian Navy) , Puducherry.
- Mrs. Malligai , Cuddalore
- Mr. Vivek Mehrotra, IAS, New Delhi.
- Indian Medical Association, Cuddalore.
- Mr.Madavan, Cuddalore
- Mr. Swaroop Chand Jain, Cuddalore
- Mr. Sivakozhundu , Cuddalore
- Mr. Saju.S.S , Trivandrum

### ***Donation In Kind***

- 1, Medicines donated by (IMA) Indian Medical Association
2. Rotary club (Cuddalore) donated the sample medicines (Vitamins tablets, Analgesics, Syrups)

## Events

### **Top Officials of Social Welfare Dept, Bihar visits TEV**

**3.2.2010:** High officials from Social Welfare Department of Bihar visited TEV with team of Social Welfare Department, Tamil Nadu on



3<sup>rd</sup> February 2010. The team consists of Mr. V.K. Varma, Principle Secretary, Social Welfare Department, Government of Bihar and Mr. Bharat Jothi, Director, Social Security, Bihar, said that this visit was very useful and meaningful. They would create such Model in Bihar too for the benefit of Sr. Citizens. Our special thanks to Mr. Debadra Ghose who

made them to visit TEV.

### **Orientation Workshop for Paramedical Students from GH.**

**5.2.2010:** On a special request from JD, Government Hospital, one day orientation



workshop for Paramedical Students from GH was arranged in TEV. More than 50 students attended the workshop and learned the concept of Palliative care . Finally they agreed to work as a volunteer in their area after completion of the course. Ms. Rajalakhmi, Executive - Advocacy and Thayanidhi Executive-Helpline with the help of palliative care team has

taken the session.

## Captian Anand's contribution in third consecutive year

**06.02. 2010** Captain Anand, Indian Navy is a kind hearted person. He is sponsoring food to



TEV in the memory of his mother every year. This is the third year. He said that he was more affectionate with his mother. Whenever he comes to TEV his heart is filled with joy like seeing her mother. He came with his family and served food to TEV Elders. He has also had food with elders and enjoyed having fun.. He interacted with elders and elders shared their

views with Captain Family.

## Training and Exposure visit by MMU Executives – North and East

07-02-2010 : A three day training and exposure visit was arranged for the MMU executives (7<sup>th</sup> -9<sup>th</sup>),



the workshop was started in a traditional way of lighting the lamp. Head – PMO has given the introductory address and Georgy briefed the difference between MMU , MMU+ and MMU ++. Dr. Sathyababu has taken care of three days training programme. Field visit was arranged to villages by Elango to have exposure in federations meetings and home care visits. They said that the community based palliative was a new & good learning experience for them .This

meeting is special for all participants and they raised a lot of questions, doubts and suggestion for future development. This will mould the executives to do their work actively in the community palliative care services in the society. The workshop was concluded by our Head (SP & E) with his special note of his personal experience in the difficulties in the field and how to over come them. He has also given the motivation talk to the executives.

## Elders Meet.

**09.02.2010** This was the special meet for elders as elders interacted with Head (SP & E)



from New Delhi about happenings of TEV. They have discussed various issues and find solutions for the same. They put forth two requests in front of him, one is ID Card for all elders and other is pilgrim Tour to Rameshwaram Temple besides local tour. They said that visit of Rameshwaram temple will be a life time memory and their life will be completed

meaningfully. It was explained that since all their names are included in the State Government Health Scheme, Health Card Will be provided to all elders. This can be used as ID Cards at present and Permanent Card , ID Cards from HelpAge India for elders will be worked out with consultation of Head Office. Train ticket for Rameshwaram is booked in advance ,date of journey is 23<sup>rd</sup> March 2010 .

## Medical Camp, IMA Meeting and Family Meet – “The CARNIVAL”.

14-02-2010 Indian Medical Association Cuddalore chapter has arranged “The Carnival” on 14<sup>th</sup> evening in TEV on three parts. First was Medical Camp for TEV residents which is started at 1.00 PM. , second was IMA Annual Meeting , HelpAge India took part in the meeting and presented Palliative Care and third was family Meet. Medical Camp was organised with specialists like psychiatrist, general physician, cardiologist, neurologist etc; All the elders underwent a sugar test & urine analysis and it was found that 2 elders have problems. And after the Spiro meter analysis,





it was found that 12 elders have asthma problems and also have severe restrictions. The special thing is the follow up treatments for elders will be done in their clinics at free of cost. Dr Ilandiriyar and Dr. Kannan have initiated this camp and done professionally and successfully.

In the second event, IMA meeting Dr. Sathyababu made presentation on Palliative Care with the help of Dr. Ravindaran from IPM. It was started just like presentation but concluded as a training session because of their involvement. Due to time constraint, we restricted our session but doctors wanted to know more on palliative care, they assured to give time in their next meeting.

Third was family get-together. Each doctors family adopted elders as their parents and enjoyed the evening time by sports and family games. Grand Dinner was arranged and they had food with elders.

IMA donated Rs. 5000/- for organising “The Carnival” in TEV and Sample Medicines worth of Rs. 8000/- to TEV.

We appealed IMA Cuddalore for free treatments for TEV elders, regular visit to TEV on periodical basis and Special discount for Sr. Citizens in their fees and tests in Cuddalore. For the first two they have agreed immediately and modalities will be worked out for systematic operation. For the third one they said candidly that since the main part of their income is from Sr. Citizens, it will be circulated to all members in advance and obtain their opinion before taking final decision by IMA.





## Top officials(Corpus Donor) from Government of India visits TEV .

14.02.2010 Mr. Vivek Mehrotra, IAS , Secretary , Ministry of Minorities and Mrs. Firoza, IAS ,



Member, Planning Commission have donated Rs.6 lakhs to TEV as corpus fund, visited TEV and interacted with residents. They visited all the places in TEV and appreciated the work done by HelpAge India. They had a good time at TEV,



visiting the elders, seeing the development and the elders were also happy and shared incidents about their lives to the visitors.

## Pilgrim Tour



21.02.2010 Residents have decided to go for a religious visit in their weekly meeting and it was arranged by the TEV Members. 25 elders and 2 care givers visited 3 different temples in near by villages. They visited Tirumanikozhi Shiva Temple, Vilangaalpet Murugan Temple, Maduveerpattu Amman Temple and Tiruvendipuram Perumal Temple. They all enjoyed visiting different temples.

## Picnic to Silver beach.

26.02.2010 Elders of TEV wish to take holy bath at sea on Friday and to pray sea Goddess while performing pooja to sun God. Residents were taken before the dawn to Devanampattinam sea side (Silver Beach) and did the rituals to Nature Gods and also they enjoyed their evenings.



## Adding to the family



Mrs. Pattu – 80 years.



Mr. Karupaiah- 72  
Years



Mrs. Vairathammal – 70 Years,

## Special News

### Income Generation Programme

TEV members already given training to elders on IGP like making detergent powder, bathi, making



pen stand with ice cream sticks, etc; This month they had a different training programme, that is plastic flower making and the training was given by senior Care Giver Ms. Maria . This is elder friendly and also demand in the Market. Residents have also shown interest to learn flower making. These types of activities helps the elders to make money and learn new things and also give them confidence. The TEV members want the elders to learn many things like

others. Next month they are planning to teach Gel Candle preparation.

## Face of the Month

### Personal Profile.

Mrs. Krishnammal, 72 years , She lost her husband 30 years back and no children. She was doing Idli Shop in the morning time and used to go to field as daily labour. She joined in Elders Self help Group and recommended by Nanamedu VLF.

She is very active and unbelievable hard worker at this age when compare with other elders. She used to wake up at 5.00 AM . She will start cleaning the campus after prayer 6.30 AM. Till 9.00 She makes campus beautiful. She will not speak to any body in day



time.

After breakfast , Krishnammal will collect grass for Cows. Her argument is if we put more green grass for cow, cow will give more milk. In the meeting also she used to argue, if anybody need more tea, please come for Green Grass collection.

At 72, she is in good health – No Hypertension, No Diabetic. She used to say if we work hard, physical work, no disease will come near. It is true in her lifestyle, She is getting pension every month. Out of Rs.400/- , she keeps Rs.100.00 for her pocket expense and the balance she gives to her grand daughters for their education.

She is a Non Vegetarian, no strict diet, balanced diet . She used to advice others that the life is to work not for sitting ideally.

Project Management Office has honoured Krishnammal in the last Independence Day .Celebration. She hosted the National Flag.

## Health

### Yoga

Yoga refers to traditional physical and mental disciplines originating in India. The word is associated with meditative practices in Hinduism, Buddhism and Jainism. In Hinduism, it also refers to one of the six orthodox (āstika) schools of Hindu philosophy, and to the goal toward which that school directs its practices. In Jainism it refers to the sum total of all activities—mental, verbal and physical.

- *In Bhagavad Gita ('Song of the Lord') uses the term yoga extensively in a variety of ways. In addition to an entire chapter (ch. 6) dedicated to traditional yoga practice, including meditation, it introduces three prominent types of yoga Karma yoga: The yoga of action, Bhakti yoga: The yoga of devotion, Gnana yoga: The yoga of knowledge.*
- Asana – To balance the body and mind through the physical body.
- Pranayama – (breathing exercises) - to work on the energy body.
- Relaxation Exercises with Meditation – to calm and focus the mind.

Free yoga training for TEV elders on Saturdays for an hour by Dr.Elandiriyam, Pediatrics Surgeon , Cuddalore who is also a yoga specialist. He teaches the elders only easy asana. The elders welcomed this type of training and they are eagerly learning the asana.

## Recipe from TEV

Pongal is South Indian speciality. This is a much liked item as breakfast or during festivals. Given below are Ingredients and Method of Preparation of this Pongal Recipe.

**Serves:** 4 persons  
**Cooking time:** 40 minutes  
**Preparation Time:** 10 minutes

### Ingredients

- 1 cup white rice

- ½ cup yellow moong dhal/mung dal (split moong dhal)
- 1 teaspoon finely chopped ginger
- 1 teaspoon whole pepper corns
- 1 teaspoon cumin seeds
- 1 teaspoon black pepper powder
- 4-5 curry chopped leaves (when chopped releases extra flavour)
- 2 tablespoons halved cashew nuts
- 2 tablespoons ghee
- 2 tablespoons oil
- Salt to taste

## Method

Heat a pan on medium heat and roast the yellow moong dhal until a lightly roasted aroma is released. Don't let it turn brown.

Wash rice and mix with the roasted dhal. Add 4 cups of water and salt to taste. Cook using the pressure cooker method or in a pot.

Place a small pan on medium heat; add the oil and roast the peppercorns for a few seconds. Add cumin seeds, ginger, curry leaves, and pepper powder, for a few more seconds. Turn off heat and set aside.

Now heat ½ teaspoon of ghee in a small pan and roast the cashew nuts until golden and crisp.

Once the rice-dhal mixture is cooked; add the roasted spices and the cashew nuts to the rice-dhal mixture. Add the remaining ghee and mix till the spices have blended well into the rice.

Ghee enhances the flavour of this dish. Serve hot with ghee and Sambar.

## Preparation of Sambar

This Sambar recipe is one of the most loved dishes in South Indian cuisine. It accompanies most every meal. In South India, there are variations to this sambar recipe,

### Ingredients:

- 1/2 lime sized ball Tamarind
- 1 cup Toor Dhal (or red lentils)
- 1/2 teaspoon Turmeric Powder

- 2 teaspoons oil
- Salt to taste
- 5 small dry red chilies (or to taste)
- 8 Curry Leaves
- 1 medium onion (shallots are preferable)
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon fenugreek seeds
- 1 large tomato
- 2 tablespoons sambar powder
- 1/4 cup chopped cilantro leaves (also known as coriander leaves)
- 1 cup of a vegetable of your choice like green beans, chopped carrot

## Method

Soak the tamarind in 1 cup water for 20 minutes. Squeeze it out, adding water little by little to prepare 1 cup of juice.

Choose a heavy cooking pot. Wash and clean the dhal. Boil 2 cups of water and add the dhal, turmeric powder and 1 teaspoon of oil. As the dhal boils, skim off the foam and discard. Boil until the dhal is soft and then mash it coarsely. If needed, add more water as it is boiling but do not let it get too watery. If you use a pressure cooker it will take about 5 minutes.

## Gallery

Mr. Madhav Naik , architect visited TEV.



Dexterity in TEV



International Team of Rotary Club visited TEV.



Colourful Evening in TEV



Wow ... Women Bill Passed in RS.

Elders Bill will also come...

