



Monthly Newsletter of Thamaraiikulam Elders Village

March 2010

Elders Voice


Foundation Stone laid on 18th May 2006



**The Fifth foundation day will be
celebrated with 75 elders +.....**

Thamaraiikulam Elders Village
HelpAge India, Cuddalore-2, TN

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IPL - 20: 80 - Young Vs Experience
80 won the match by the experience
How?..Let's see last page for "Fun Competition".....

Number of Elders: 75

Particulars	Male	Female
Active	15	27
Assisted	4	13
Dependent	4	12
Total	23	52



Health Report:

Particulars	No. of Residents
Hypertension	27
Diabetic	13
Cardiac	10
CVA	3
Epileptic	1
Psychiatric	4
Parkinson	1



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

Mr. M. Ramachandran, Cuddalore.

Mr. Thananjayan, Cuddalore.

Mr. Vibushanan, Puducherry.

Ms. S. S. Subha, Trivandrum.

M/s. Elders for Elders Foundation, Cuddalore.

Mr. V. Karthikeyan, Cuddalore.

Mr. Srinivasan, Cuddalore.

Mr. Sridharan, Puducherry.

Donation in Kind

- Donated Dining table (1) and chairs (4) by Mr. Narayanan Gopinathan through Chennai Office
- Donated dining table (1) and chairs (3) by Mr. Ramani, Principal, Krishnasamy College, Cuddalore
- Donated one grinder and mixer grinder by Vijayaganapathi Stores, Pondy.



Events

01.03.2010: Kumba Mela in North, Massi Maham in South....

Maham comes in the month of Maasi – Tamil Month and the images of gods and goddesses



are taken out to the sea for a holy dip. In areas away from the coast, the rivers or tanks are the centres for this float festival. Among the many Valipaaduhals (worships) to the – “**God as Siva**” – coming in each month of a year, and observed by the Tamil Saivites in Tamil Nadu and elsewhere, the one which falls in the Tamil month of Maasi is the “**Maasi Maham**”, which is sacred to God Siva. So, our elders wanted to worship

God Siva on the day and they went to Cuddalore Silver Beach. Normally, the festival will start around 7 am. Our elders reached the place around 9am by our office vehicle. It was celebrated at Cuddalore silver beach. From our Tamaraikulam Elders Village (TEV), there were 22 elders attended the festival along with 4 care givers. They worshiped and enjoyed the festival.

02.03.2010: Consulate General of Japan officials visit TEV.

Ms. Ai Suganuma, Development Consultant, Grant Assistance for Grassroots Project (GCP) and Ms. Amrita Rao had visited Tamaraikulam Elders Village for look over their vehicle (Bolero- 9583). Presentation was made on all our activities. They were very happy about our activities and their vehicle is being used for the said purpose and also informed that they are supporting construction of training centre and livelihood activities for which they will send revised guidelines to Chennai Office. Finally, they checked Log Book and said it is being maintained perfectly.

2 nd March 2010	Ai Suganma	Thank you for kindness for our visit. I'm so impressed your activities. I hope your activities will continue to successfully.
2 nd March '10	Ammita Rao	Thank you for the time and effort taken to show us the working of TEV. The whole environment is very impressive. I find the organization really fantastic.

03.03.2010: Step to Healthy life:

On the day, PMO staff team has attended one week Yoga programme at TEV training hall which was thought by Mr. Narasimman who is working as a yoga master in Sathyanadha Yoga/ Bihar Yoga. This institution was established in 1963 by Swami Sanyanandha in Munger, Bihar. The programme was arranged by Dr. Elanthirayan who learned yoga from this institution, taking yoga classes for residents – TEV every Saturday at free of cost. These one week programmes include the following yogas,



- Asana- Basic exercises- to balance the body and mind through the physical body.
- Pranayama- Basic exercises-(breathing exercises)- to work on the energy body.
- Relaxation exercises with mediation- to clam and focus the mind.

It was very useful session and the programme was arranged by PMO head.

04.03.2010 : Birthday feast at TEV



Mr. Iyyappan, who is a cuddalore Member of Legislative Assembly, is very much concerned about our elders from the initial days of Tsunami project. When the supporters wanted to celebrate his birthday, he insisted them to celebrate with

elders. He has been helping the elders through providing Old Age Pension and by attending various elders' programmes. He has sponsored lunch to our elders and he said that I am very much happy to celebrate my birthday with my grandmothers and grandfathers. Before that, Mr. Ramachandran, Nellai General Store (Cuddalore) has sponsored breakfast to our residents.



05.03.2010: Elders governance council meet

Governance council meet held in TEV on 5th March 2010. The purpose of the meeting was discussing about planning for the upcoming month and planning to avoid Snakes come to the residents' house



from nearby Paddy field. In this meeting, there were 6 Panchayath leaders and one Senior Care Giver and one Care Giver were participated in that meeting. At the end of the meeting, they have taken decision to plant "Sriyanagai" in front of their house which takes away snakes from the village. Mr. Vadivel Pachayath leader and TEV resident said that we are happy; because this meeting remembered as that we are living in a democratic nation.

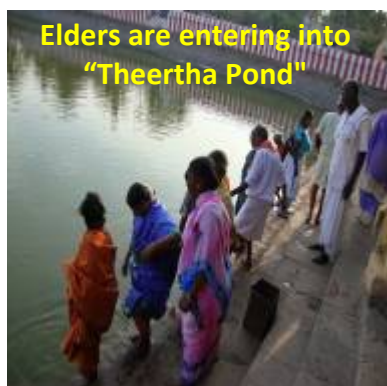
11.03.2010 : Blessings become true...



On the event of S.Rajalakshmi (Jiji)'s birthday, on 7th October 2009, celebrated at TEV, TEV elders blessed Jiji and Subha for their early marriage. It becomes true in their life. Subha's betrothal and Jiji's marriage got over. Let's see below., Marriage is bondage of life and it has fixed by "God". Ms. Rajalakshmi who is working as an Executive-Social Protection at Cuddalore, got married on 11th March 2010. There were 75 elders from our project area and TEV residents attended the function at Salem. Mr. Muniyappan, DLF president, said that

“we are happy to be here, to attend our granddaughter’s marriage function and our blessings will be there for her life time”.

23.03.2010: Elders’ footsteps towards “Mooksha”:



There is a general thought of every Hindu that they should visit Kasi (U.P) and Rameshwaram (TN) in their life time to attain “Mooksha”. Our TEV residents were thinking about the same way to go Rameshwaram and expressed their desire to Mr. Rajeshwar, Head (SP & E) in his last visit to TEV. They also got permission and went to Rameshwaram on 24th March 2010. There is a procedure to worship God, like first they have to take their bath at Agni Theertham which is close to temple. After the bath, they have to take bath around 21 “Theertha Well” which is inside the temple. Then, they will take dharashan. Accordingly, our elders followed and had their “Dharshan”. While coming back to the TEV, they have also visited the following places:

- Bamnan Bridge
- Ramar Baatham (Rama’s Foot Step)
- Ramar Theertham
- Seethai Theertham
- Dhanushkodi

In addition to that Lord Rama worshiped Lord Siva in Rameshwaram after returning from Lanka war. TEV elders went and worshiped on “Rama Navami”. They were happy because they have also visited Dr. A.P.J. Abdul Kalam’s home at Rameshwaram. It was added special to the TEV Elders.



28.03.2010: Better solution for elders through Physiotherapy:

Physiotherapy screening camp was jointly organized with Pondicherry senior citizens



welfare Association on 28.3.2010 at St, Patrik Hr Secondary school, Saradambal Nagar of Puducherry, The programme was chaired by Thiru. R. Viswanathan, Member of Legislative Assembly (M.L.A), Puducherry,. Pondicherry Senior Citizen Welfare Association (PSCWA) members and PONCARE - association representatives, GREDS – NGO Secretary, TEV

Elders were participated in this inauguration function. The president of PSCWA welcomed the gathering. Further he gratitude the staff of Help age India for their unstinted support and help. Mr. Elango Rajarathinam, Sr. Manager, Project Management Office, briefed about the project and gave vision about the activities of HelpAge India. Ms, Andal, Physiotherapist detailed the scope of the program and role of the elders in physiotherapy centre. Mr. Thayanidhi- Help Line Executive, Cuddalore presented the structure and functions of Help Line services. Thiru R.Viswanathan- M.L.A has inaugurated the camp and complimented the work done by the association and Help Age India for the excellent work for elderly. More than 150 elders were screened by the team of Puducherry Agecare and Palliative care Physiotherapists. Mr. Vai Kumar- , GREDS NGO of Thiruandar koil has supplied More than 200 - food packets to the elders and others who were present at the camp. Mr. N. Udaya Bhaskran ,Vice President of PSCWA proposed vote of thanks.

17.03.2010: Visitors to the TEV:



Mr. Mark Gorman, Governing Body Member, had visited to the TEV on 17th March 2010 who was inaugurated TEV on 17th December 2007 with other distinguished guests. He had a meeting along with our residents and care Givers. He was very much impressed by our elders and TEV activities. At the end of the meeting, he has promised our elder that he will bring this

model village all over the world through HelpAge International.

Ms. Julie Love from CORDAID has also had a visit on 19th March 2010 to TEV and had a chat with our residents.

Mr. P. M. Balachandran, Secretary from PONCARE had participated in our monthly review meeting and explained about the purpose of PONCARE activities for the elderly.



Adding to the family



Mrs. Krishnammal- 75,
Entry Date: 06/03/2010



Mrs. Elizabeth -62 , Entry
date: 19/03/10



Mrs. Thaiyammal-94, Entry
Date: 25/03/10



Mrs. Krishnaveni- 91, Entry
date: 30/03/10

Special News

Steps to Sustainability



Income security and health are the two important aspects of the elders. In India, the participation of elderly in working force from unorganised sector is high in percentage level. There is no retirement in this sector which brings more attention in the future because most of the working elders in India are becoming aged and unable to work hard. In this juncture, the elder friendly income generation programmes play more important role in their life. Project Management Office (PMO), Cuddalore, has decided to promote elder friendly income programmes and initially it has been introduced in TEV. Mrs. Maria, Sr. Care Giver, who has trained our elders to make “Gel Candle”. There are 3 elders involved in this candle making activities and they are also planning to give this training to interested elders. Marketing strategy is being worked out.

FACE OF THE MONTH FACE OF THE MONTH

*"Keep clean around us
then our village will
be free from diseases"*

Janaki who is 80 years old in our TEV and joined here from the opening of Tamaraikulam Elders Village. Generally, elders from the rural areas are waked up in early morning. Like that, she woke up around 3 am. For her, the day started with cleaning the home. Then, she moves around the campus. Between that, she drinks Ragi Malt



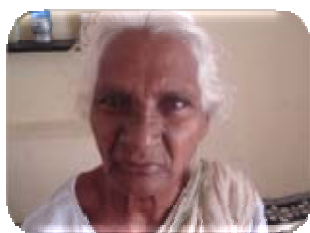
which is provided by our TEV. At, 80, she is physically healthy.

She used to state that if we keep our place hygienic then there should not be any infection. She is also a beneficiary of OAP and getting Rs. 400/- per month. Out of Rs.400/- , she keeps Rs.50.00 for her pocket expenses and rest of the money goes to her son. Once, we have asked about her distribution of money to son, then, she replied that he is very poor and not able to maintain his family. Sometimes, she used to give advice that “Keep the home clean and around the home if we do that than the entire village would be clean and people would prevent from diseases”.

True Story:

Case History:

Pattammal is 80 years old and added into our TEV family on Feb 2010. She was married at the age of 12 years and lived with her husband one year. Due to the T.B., she lost her husband at the age of 13. She lived with her mother up to 35 years. Then, she has shifted to Chennai and worked as a milk seller because of her poor financial circumstance. During that time, she had taken the food only 2 times in a day. She was stayed in a small hut which was very dreadful in form which was provided by Mr. Kanthasamy Mudhaliyar. She used that place for keeping her clothes and cooking foods. Then, she got sleeping place in another



home which was provided by Dr. Santha, SCARF. She was engaging in milk seller upto 77 years. After that, she appointed a lady as an assistant due to the old age problem. Through, this work, she earned nearly Rs. 50,000/- and 136 grams of gold. She invested the money into Chit fund and distributed the gold to their neighbours and temples. When she entered our TEV, she has carried only 4 grams gold. There was a turning point in her life that she had Typhoid on September 2009. Due to the typhoid, she was moved to her relative home. Here, she was treated as an untouchable. So, she has again moved to Dr. Santha's home and she asked help for her shelter. Through Dr. Santha, she has entered into TEV. The initial days in TEV, she is quite active but not interacted with others. Over a period of time, she has changed her attitude and involved in kitchen activities. She also keep her clean and advice others to keep clean.

Recipe from TEV.....

Semiya Uppuma

Semiya Uppuma is a favourite food for our TEV elders. It is been provided as a breakfast twice in a week. Ms. Kamakci, Head Cook, explains the making of “Semiya Uppuma”.... lets enjoy the recipe,

Ingredients:

Semiya – 1 Cup

Big Onion – 1

Green Chillies – 3 (Cut in length wise)

Ginger – a small piece

Few Cashew nuts

Few curry leaves

Oil – 8 teaspoon

Mustard – ½ teaspoon

Salt – ½ teaspoon

Lemon Juice – ½ teaspoon

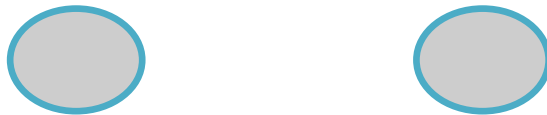
Bengal dhal – 1 teaspoon

Preparation of Uppuma as follows:

In a kadai put four teaspoon oil and fry the semiyya till it is hot to touch. Remove it and keep it in the same kadai, put the remaining oil and when it is hot and the mustard when it pops up, add the dhal, cashew nuts and fry till it turns light brown. Add chopped onion, chillies, ginger and curry leaves. Fry till onions are transparent. Add a big bowl of water (the semiya water ratio 1:1) along with salt bring to boil when it starts boiling, add the fried semiya and stir well. Reduce the heat and cover with lid. After few seconds; you can open and stir. Once again cook till all the water is absorbed. Sprinkle lemon juice and mix gently garnish with coriander leaves and carrot gratings.



FUN CORNER



TWENTY won the toss and requested EIGHTY to ask question. EIGHTY asked whatever I do with closed eyes.. Can you do in the opened eyes for two minutes? TWENTY without thinking agreed to do.

Competition started.

EIGHTY closed eyes and put masala in the face for two minutes and washed.

Now TWENTY agreed his failure.

80 won the match

Experience always wins. Give importance to the Elders

