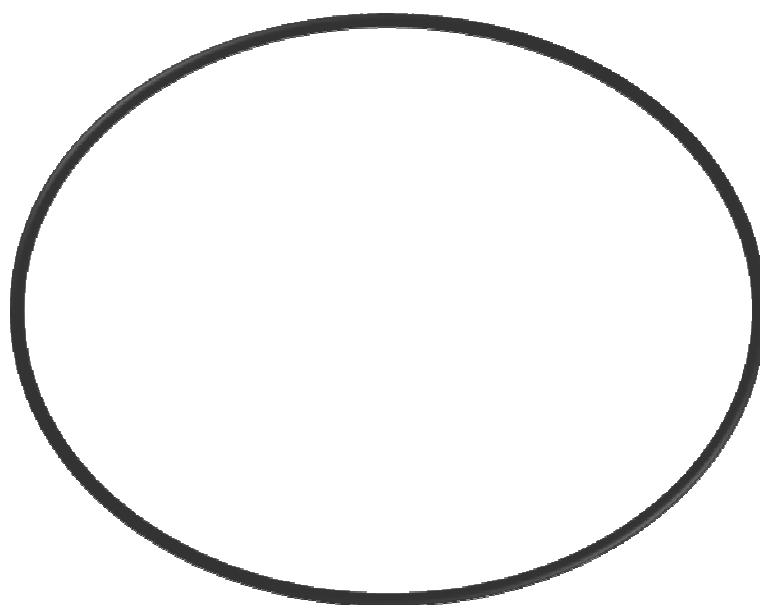


# **Newsletter – Tamaraikulam Elders Village**



**Elders Voice – October 2012**

**‘AGE MAY CHANGE BUT WE NEVER CHANGE**

HelpAge India,  
Thamaraikulam elders Village,  
Periyakanganankuppam,  
Cuddalore – 607 002.



# Contents

1. Elders' Status	-03
2. Health Status	-04
3. Donations of the Month	-05
4. Events of the Month	- 08
5. Case Study	- 19
6. Photo Gallery	- 20

## **1. Elders' status in Thamaraiikulam**

## **2. Health Details in TEV**

## DONATION OF MONTH OF JUNE

**TEV** would like to express gratitude to ARR charities - Chennai for their generous contribution and continuous support of INR one lakh every month to manage Tamaraikulam elders village, and also for the people who have joint under “Adopt a granny “village’ donation One day one meal a Year - program.



On 03.10.2012 Food sponsored by Mr.Karthik, Cuddalore. on 30<sup>th</sup> Birthday He said that he was very happy that he spent time with our TEV elders, he has also promised to donate joint the adopt a granny’ village program and provide food on his Birthday day every year.



On 10.10.2012 Food sponsored On the occasion of Mr.Arunprakasam, Cuddalore Our 1<sup>st</sup> anniversary day Food and refreshment were donated to the TEV residents. He promised to provide food ever year.

- On 19.10.2012 Food sponsored by Mr.E.S.Ratnaraj, New Delhi on his 25<sup>th</sup> Birthday He said that he was very happy that he spent time our TEV elders



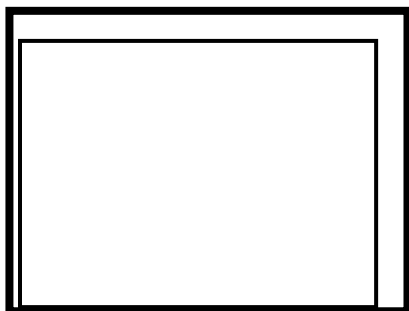
On 13.10.2012 Food sponsored by Mr. Muthukumar, Cuddalore. on his wedding day celebration. The family members expressed that the birthday was meaningful and they got blessing from the 70 residents of TEV.



On 10.10.2012 Food sponsored On the occasion of 2<sup>nd</sup> birth day of Mr.Sathiskumar, Cuddalore. His 2<sup>nd</sup> Birthday Celebration has been celebrated with our elderly .during this function he promised to provide food ever year.



On 19.10.2012 Mr. Murugesan, Cuddalore sponsored Food on his 32<sup>rd</sup> Birthday day celebration. The family members expressed that the birthday was meaningful and they got blessing from the 70 residents of TEV.



- On 19.10.2012 Food sponsored by Mr.E.S.Ramaraj, Cuddalore. On his 25th Birthday He said that he was very happy that he spent time our TEV elders, he has also promised to donate food in every Birthday day.



On 22.10.2012 Food sponsored by Mrs.Indra parthasarathy on his brother's 3<sup>rd</sup> anniversary day , He promised that every anniversary day the entire family member will spent time with our residents and Food and refreshment will be donated to the TEV residents.



On 23.10.2012 food sponsored by Mr. Radhakrishan, Cuddalore. On his 35th Birthday day celebration. His family members expressed that the birthday was momentous and they got blessing elderly persons of TEV.



On 26.10.2012 Mr. Ramanidharan, Pondy sponsored food on his 28<sup>th</sup> Birthday day celebration. The family members expressed that the birthday was significant and they got blessing with our residents of TEV.

## EVENTS OF THE MONTH

### OCTOBER 1<sup>ST</sup>

The Elders for Elders Foundation (EfEF), a National level trust initiated by HelpAge India, has organized pilgrim tour for 10 days to see Delhi, Agara, Haridwar, Risikasi, Madura, and Kasi. There are about 130 elders from various villages' level federation from Cuddalore, Nagapattinam, Vedaranyam, and Kollam and also residents from Tamaraikulam elder village of HelpAge India, along with SCA of urban age care program participated. HelpAge India has taken various initiatives to improve their quality of life. However there still a large gap in providing care and support for the elders and to sensitize the families , government, media and general public on the issues and challenges faced by elderly. It is therefore essential that their problems are brought to the forefront and highlighted to the policy makers and other officials concerned. Also these elders hail from poor family backgrounds and have been striving hard all through their lives.

They have a strong desire to visit a few heritage centers in the country and could not do so due to un-affordability. About 130 senior citizens from Cuddalore, Nagapattinam, Pondicherry and Quilon voluntarily come forward and travelled from Pondicherry to New Delhi via Chennai by Pondicherry – New Delhi, the tour started on 26th September 2012 and they proposed to participate in the International Day of Older Persons celebrated on 1st October 2012 at New Delhi. Some of elders met presidents of India and expressed their demands. Along with these elders there are about 20 volunteer's led by Mr.Venugopal Ramalingam - Head PMO Cuddalore to supports during the tour program.

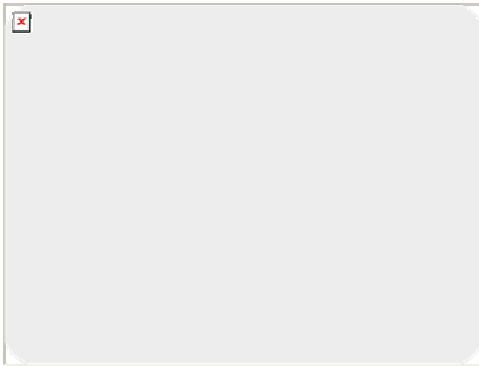
#### **OBJECTIVES OF THE TOUR:**

1. Participating in the World Elders Day Function at New Delhi.
2. Disseminating Elders Issues through Media.
3. Creating awareness on the issues and challenges of older persons.

Providing a unique opportunity for the older persons, to participate in a Pilgrimage visit to some of the most significant heritage places.

## FIRST DAY

Elders assembled near Cuddalore – Age care Office at Collector Camp, were given a Warm send off by Mr. Rajendra Ratnoo, I. A. S., District Collector, at Cuddalore. He appreciated HelpAge India for this innovative effort to bring these elders, present their demands on own to the policy makers and get their getting their entitlements.



En-route to New Delhi the train arrived at the Egmore Railway Station, Chennai at 1 p.m. the same day. Thiru. Thillai Natarajan, Deputy Superintendent of Police – Railways – received the Senior Citizens and interacted with them. As a kind gesture, he handed over fruits and wished them safe and happy Journey for their proposed trip. Mr. P.R. Anbazhakan, Director – TN & Kar, HelpAge India, Mr. Edwin Babu, Joint Director – Programs & Mr. Sivakumar, Joint Director – Resource Mobilizations and their team joined in welcoming the older persons and wished them safe journey.

## DAY THREE

Haridwar – Mansa Devi Temple, Rope Car Travel, Ganga Bath and Ganga HartiDharsan . It was a different experience for the elders and Ganga Devi Temple and had dharma of Ganga Harti. It is a life time experience to every participant



#### **DAY FOURTH**

Ram Jula. At one point of time our elders with Yellow T. Shirt and White Cap filled the entire span of Ram Jula. It was the splendid Scenery.

#### **DAY – FIVE:**

Taj Mahal is the World's most popular and most beautiful building ever built. Whole team members enjoy for this place. So, will be taken group photos.

## **DAY – SIX:**

Walkathon at India Gate, called on our President in a Function,

Elders Participated  
India Gate. Group  
Mr. Mathew Cherian  
Mr. Anup Khosla,  
welcomed participants  
about the journey

Shri.Honble President of India Mr.Pranab  
Mukherjeeis            honor    Tev    elder  
Mrs.Meenatchi

**DR. PRANNOY L ROY, FOUNDER  
AND EXECUTIVE CO-CHAIRPERSON  
OF NDTV INTERACTED WITH SR.**

**VARANASI** – Kasi Viswanathar temple, Kasi Vishalakshi temple and Annapoori Temple.

The elders made a bee line to River Ganga. The River took a Holy Bath and performed rituals to the ancestors.

## **ELDER RETURN THE CUDDALORE**

The train which carried good hopes of more than 130 elders from selected EFE to the Capital, and returned back to Cuddalore successfully by 6-PM on 5<sup>th</sup> October 2012.

## **AYUDHA POOJA CELEBRATION AT TEV – 23.10.2012**

Ayudha Pooja is an integral part of the Dasara festival (festival of triumph), a Hind festival which is traditionally celebrated in India. It is also known as “Workshop of Implements”. It is celebrated in South Indian States.

The festival falls on the ninth day or Navami of the bright half of Moon’s cycle

of 15 days in the month of September/ October, and is popularly a part of the Dasara or Namarari or Durga Pooja or Golu festival. On the ninth day of the Dasara festival, weapons and tools are worshipped.



While Naravatri festival is observed all over the country Butin South Indian States, where it is widely celebrated as AyudhaPooja, there is a slight variation of worship procedure.

The Pooja considered as meaningful custom, which focuses specific attention to one's profession and its related tools and connotes that a divine force is working behind it to perform well and for getting the proper reward. Apart from the Golupooja, AyudhaPooja has become very popular when business houses celebrate it ardently.

All the office vehicles, kitchen utensils, furniture's, farm implements, Genset and motor pumps were cleaned, serviced, overhauled. Pooja were offered to Goddess Saraswathi and Lakshmi pooja with, prayer song was performed and traditional foods were served to all the residents.



It was a great moment of residents that they have celebrated Ayudha Pooja with Dr.S.Sathiya babu and Mr.Venugoabal Ramalingam Head PMO, on 23<sup>rd</sup> October along with our family, TEV Residency elder's and Restless Development organization staff' members were also participated.

### **PADDY- NURSERY PREPARATION**



TEV residents obeyed are request and they started to prepare paddy field. First day they removed waste plans. They brought seeds for nursery to prepare cultivation. They used seed CO-40 verity. It will be ready for harvest in the month of September 2012; the residents are expected to get 800kg of rice during the harvesting time.

They hay will be fodder for our cows. The rice will be utilized for our TEV

Elder. This will be good gain to TEV. We are happy to inform you that there 15 Elders very much interested in doing this work.

### **ELDER'S MEETING**

Elders meeting organized on this month, during this meeting there are Important decisions were taken to paddy nursery preparation, Deepavali Celebration, Ayudha poojai dates and providing 11'o clock tea with snacks decided.

On panchayat leader Mr.Natarajan introduced newly elder Mrs.Nagammal aged 70 years, newly admitted in Tamaraikulam Elders Village (TEV). Even though Mrs.Nagammal is an assisted elder,

### **COCONUT FIBER MAKING**

Training on Coconut fiber making was conducted with the support of Leprosy mission , Mr.Rakish conducted this fiber making training for the residents, the elders were training on preparing fiber materials for about three days. Mr. Lakshmi and Vadival and other residents participated the training programme. It was expected that if this process continues the participant elders will get every day Rs.50. There are about 6 active elders interested in preparing this fiber rope making business.



### **RICE BAGES DONATED BY LEO PONDY HOTEL– EVERY MONTH**

Leo pondy hotel manager Mr.Rajeshkumar sponsors the 100 kg rice bag to TEV every month. He promises that the hotel will donation for 100 kg rice bag in every month . The material received Mr.Vadivel and Mrs.Vijayalakshami



## **Ms.Anusurya 's 2<sup>nd</sup> Birthday day celebration**

Grand decoration was made in the TEV by the Donor. All the active and assisted elders along with Dr.S.Sathiya babu participated in the birthday celebration, during the celebration most of her relatives were blessed Mr.Anusurya. The Programme started with prayer song and various cultural programs were performed by the local school students. Dr.S.Sathiyababu, Deputy Project Director gave special address regarding the concept of adopt an elderly (Village) at Tamaraikulam Elders Village and proposed to start cow banks for elders and also special speakers from Lines club gave speech about elders and how to take care of them. A huge Cake made to cut by the birthday baby Ms.Anusuya during the cake cutting all elders and relatives sang "happy birthday" song. Everyone blessed birthday baby Ms.Anusuya for her bright future.



## **SHEFF'S DAY CELEBRATION AT TEV: - LE PONDY, ADITHIYA, HOTEL ETC. DONATE LUNCH**

Dr.S.Sathiya babu – DPD and the support of Le-pondy and three other hotel such as hotel Adithiya hotel beach resort were arranged to celebrate sheff's day at TEV .. There are about 5 hotel sheff's participated and they hotels were prepared different special menu for our residents, they residents were enjoyed the Special lunch. There 15 (fifteen) items provided from the hotel. The elders enjoyed the food and gave thanks to le- pondy hotel for arranging this event.



## **ACTIVE AGEINING ACTIVITIES**

The activity for active ageing has been arranged by the staff members of TEV for our residents. Every evening the residents were gathered and play various simple games and recreational activities. During the active ageing activities our resident used to simple exercise, play ball , dance, reading books,.

### **SPECIAL TRAINING OF BANNA FIBEER ROPE MAKING**

DPD arranged a special training on banana fiber making. Mrs.Saritha conducted this training program for 20 interested elders for about three days. Then these 20 elders have started preparing fiber rope divided in to four team. Every day morning 9 am -12 pm and evening 4



pm - 6 pm these trained elders prepared this material. On an average each elder will get Rs 40 to 50. Every Monday this material have been paid and collected by the concern leprosy mission department.

### **MONTHLY BLOOD SUGARE TEST DONE BY TEV FOR OUR RESIDETNS.**

Monthly Blood Sugar monitoring test was taken for all the residents and found that the identical elders only having blood sugar. In addition Weight & Blood pressure were also taken for all the elders. Based on the result the residents advised to follow the diet and regular exercise medicines also given based the results. The same also shown during the medical offices visit the physician for the hypertensive elders. Now 10 elders are having blood sugar and 26 elders are having blood pressure. Dr. TEV Medical officer has given treatment and giving regular follow-up and to those residents.

### **ROUTINE DOCTORS VISIT AT TEV**

A Weekly schedule fro Doctors visit has been arranged for Medical care of our residents, on this bases on Tuesday, Friday and Saturday, the Doctors from Magadhama Medical College & Research institute, District Level federation doctor, Manakula Vinayagar Medical College and

Hospital, Pondicherry are visiting TEV and do the Routine checkup. The Prescription would also give accordingly to their needs to all elders. For dependent elders the Doctors goes to their respective place and treat the elders. They have also referred elders to Magadhama medical college & research institute, Manakula Vinayagar Medical College, accordingly.

Elders were happy and satisfied with their love and care of course with their excellent treatment.



## PHOTO GALLERY

130 elders participated Walkathon at India Gate New Delhi, called on our President in a Function	Whole team members enjoyed and took for reminiscence of the event.
	
Head PMO participated Ayudha Pooja Celebration of our residents	Coconut Rope Wire making training Programme
	

TEV elders engaged in paddy cultivation	Le Pondy General Manager - Sponsored 100kg Rice Bag on every month.
	
Le Pondy Hotel Special Lunch Provided seffes day celebrated at TEV	Banana fiber Rope Making Training Programme.
	
Birthday celebration Ms.Anusuya 2 <sup>nd</sup> Birth day	Restless Development training progarmme participated TEV.

## NEW ADMISSION ELDERS IN SEPTEMBER 2012



Mrs. Bhavani

Date Of Entry: 18.10.2012

Assisted Elder, Neglected by their family Members, stayed in road side for about three months the Redisavadi Police Station police officials referred to Help Line and rescued .



Mr. Devanthan

Date Of Joining : 22.10.2012

Assisted Elder from Manjakuppam  
Recommended By Help Line

## CARE STUDY



Mr.Govindhammal 67years female who was admitted in the TEV on 09.07.2008 from Gunduppalavdi village. She was referred by VLF & EFE. She is a OA Pensioner. Her fathe is Mr.Uthrapathy, her mother is Mr.Anjalai. She was born in Veerampattinam.

She was 5<sup>th</sup> Daughter to her parents. She has 3 elders sister (all of them passed away) & a elder brother. Her husband name was Mr.Ayyankannu. She got married at the age of 20 at Dhevanampattinam village. Her husband is grocy shop owner. She have 3 daughters. She lost her husband after a few years of their marriage. She spent 25 years in devanapattinam. Then other 16 years in Gunduppalavadi. Then she spent 1 year with daughters home. Due quarrel with her son in laws she came to TEV.

She is diabetic & Broncial asthma patient. She is also one of panchayat leaders of TEV.