



## Newsletter - Tamaraikulam Elders Village



**Elders Voice - APRIL 2012**

**'AGE MAY CHANGE BUT WE NEVER'**

HelpAge India,  
Thamaraikulam elders Village,  
Periyakanganankuppam,

Cuddalore – 607 002.

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

**Active Elders**

Male : 21

Female : 32

**Assisted Elders**

Male 04

Female : 08



**Total Patients**

Male : 28

Female : 52

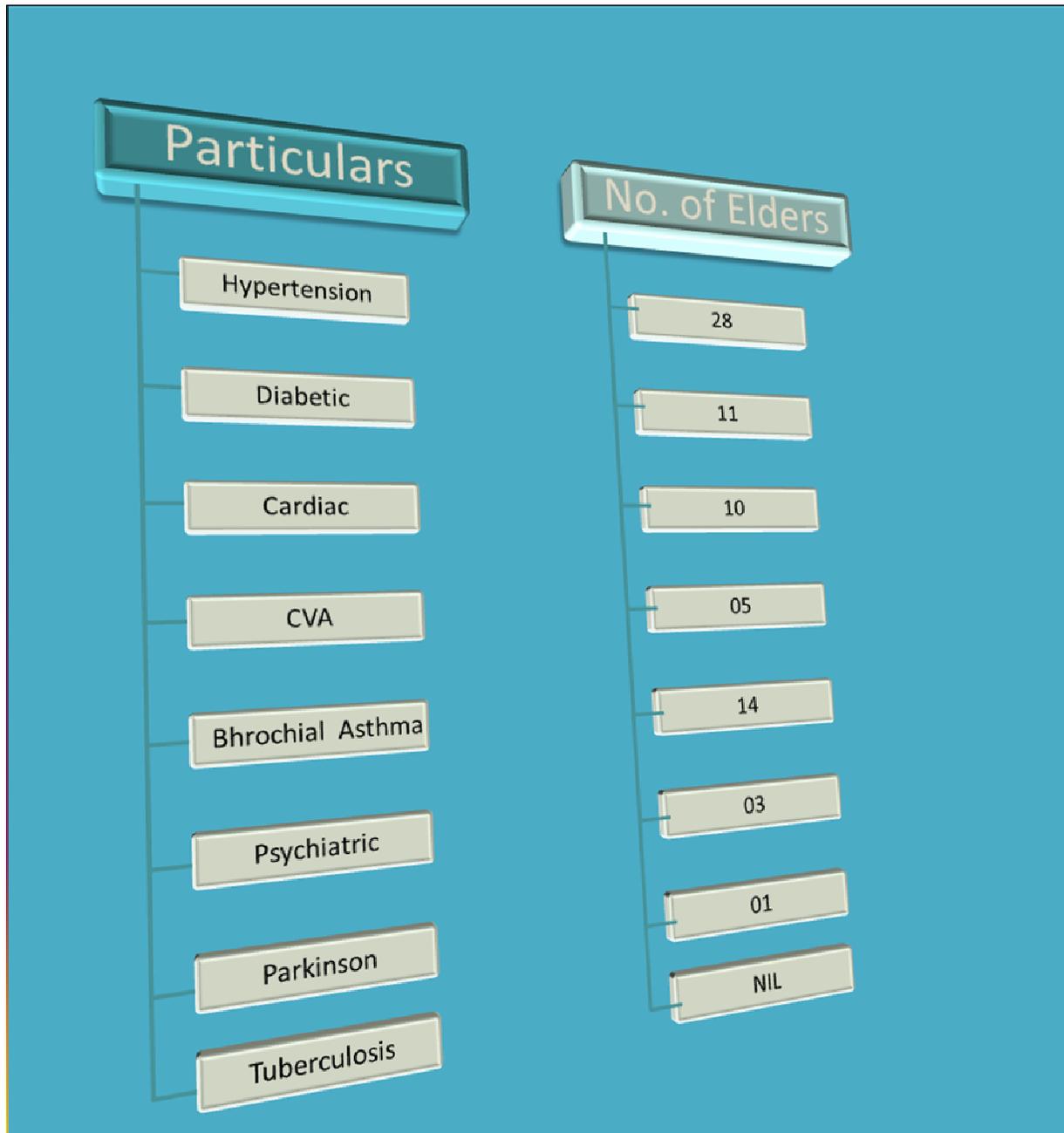
Total : 80

**Dependent  
Elders**

Male : 03

Female : 12

## 2. Health Details in TEV



## DONATION OF MONTH

**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 program.



- On 04.04.2012 Food sponsored by Mr.Kumar – Cuddalore on the occasion of his 25<sup>th</sup> wedding anniversary. He has also promised to donate food on all wedding anniversaries.



- On 05.04.2012 Food sponsored On the occasion of Mr.Vincent Lazarous grand sons first birthday. Food and refreshment were donated to the TEV residents. The family members expressed that the birthday was meaningful and they got blessing from the 70 elderly persons of TEV.



- On 08.04.2012 Mr.Arunachalam sponsored Food on the occasion of his 35<sup>th</sup> Wedding anniversary day, He promised to provide food every year .
- He also willing joint Adopt a Elderly “Village” Program.



- On 17.04.2012 Food Sponsored by Mr.S.Kathirvel, Cuddalore.



On 23.04.2012 Food Sponsored by Mr.Udhayakumar, Cuddalore



- On 23.04.2012 Food Sponsored By Mr.Padmanaban– Cuddalore



- On 29.04.12 Food Sponsored By Mr.Rajashanthi,- Cuddalore

# EVENTS OF THE MONTH

## **4.1. VISIT TO SHRI LAKSHMI NARASIMMA TEMPLE**

Tamil New Year celebration is one of the Hindu festivals, which is being celebrated in tamil month 'Chithrai.' This is very important function for tamil Hindus. During the full moon day. They will visit the temples and perform special poojas to the concern god and godds god like ( Perumal, Amman etc ) from various area will come to nearest sea shore to get blessing from sea god lakshmi Narshima. As a really all the devotees will accompany the god and goddesses.



With special prayer on the way uself, they will perform special poojas to the concern god and goddesses. This is will be celebrated in great manner.

The made plea to us on regard of worshipping the god lakshmi Narashima at pondicherry. Considering their plea, we arranged vechicle, for rhe 22 elders in the TEV.

On the fine day the visited the temple and worshipping the god with good faith and belief. Some of them bursted out of bears and said we have nerver seen this temple before and this also inforgottable day for us, and enjoyed the trip like any thing further, they said we are relased and fully satisfied with gods show.

All the 22 members stayed whole day at temple. While returning, they thanked the whole HelpAge India team for great gesture. They all me relaxed and happy.

#### **4.2. WORLD HEALTH DAY CELEBRATION AT TEV.**

On 7 April 2012, World Health Day was celebrated with opening up of Weekly clinic at TEV. For this great occasion the Dean- Community Medicine-Mahathma Gandhi Medical College & Hospital and Mr.Govindharajan RMO, Govt. Head Quarters Hospital, Cuddalore. Greated the occasion and inaugurated the weekly clinic to treat our residents at TEV.



During his speech, he said that World Health Day 2012 marked On 7 April 2012, is devoted aging and Health Life Expectancy is going up in most countries, it means more and more people live longer an enter an age, when they required health care.

#### **4.3 INFIRMARY BECOM A FULLFIEDGED EMERGENCY HOSPITAL ROOM FOR OUR RESIDENTS.**

We requested Mahathma Gandhi Medical College & Hospital to utilize this place and make more vibrant by sending special doctors on weekly basis and use the medical equipment infirmary in good condition to support of our care giver. The elders are maintain infirmary neat and clean on weekly basis specialty doctors are coming from three different speciefies on weekly.



Our DLF is sending doctors every Wednesday. Our Senior care givers are occupying infirmary on fulltime basis for emergency. Now are all the Equipments such as ECG, Pulse Monitor, O<sub>2</sub> Cylinder, CBG Machine, Emergency injection is also kept ready for emergency use.

The Sterilize Instrument and Dressing material are in good condition. Managing elders are maintain to relieve geriatric, friction and conflict.

#### **4.4 TREE PLANATION BY WOMEN WELFARE TRUST**

Mr.Vinayakamoorthy, South Zone Chief Organize for NSWF-Human Rights section and Director of Women welfare trust came forward to develop our TEV as greenery area. Due to cyclone the entire trees were damaged and broken, In the Tev.

He brought more than 50 chap lings with team of volunteers to plant trees in and around the above said office accompanied and supervised the plantings.

Tamil Nadu Congress Savada and Mr.N.Skthiranagrajan, President of Tamil Nadu All India Priyanka Rahul Gandhi Forum Came to Chair this occasion while delivering speech, he said that women are not only the back bone for the men. But they are back bone for our country. Further he said that good social service among these residents will be best thing even more planting a good tree for them would worth and build good future these elders and to the TEV, as greenish one. Planting more tree program will be to grow village greenish with good air. It also to reduce global warming Dr.Sathya Babu thanked the entire team members who have visited for great venture. The elders thanked women welfare trust members for doing this kind social service.

TamilNadu Conccress Sevaldal and Mr.N.SkthiRangarajan , President of Tamil Nadu All India Priyanka Rahul Gandhi Forum to chair this occasion, While he delver his speech he said that Women are not only the back bone for any men. They are back bone for our country. Further he said that good social service among these residents are the best thing, even more Planing a good tree for them would more worth and build the future of these elders and TEV as greenish one. Planting more tree program implantation will help to grown village like greenish to with good air. It help to reduce global warming Dr.S.Sathiya babu thanked the entire team members who have visited for this great venture. The elders are thanking the women welfare trust members for doing that kind social service.



#### **4.5 - 1ST BIRTHDAY CELEBRATION AT TEV**

Grand decoration was arranged for the 1<sup>st</sup> Birthday of Mr.Deviyasigan. On this occasion Dr.Sathya Baby, Deputy Project Director, Briefed about “Adopt a Elderly’ ever one in the function were touched with the importance of concern to involve themselves and agreed to contribute one meal a day in year. They all said that they will also mobilize after families for this great venture. During the birthday function various cultural programmms were also performed. Some of the special speakers from Vaishva club speech about elders and how to take care of them. A huge Cake made to cut by the birthday of baby Deviyasigan. During the cake cutting all elders and relatives sang “happy birthday” song. Everyone blessed baby Deviyasigan for her bright future. Followed this programme they sponsored delicious dinner. All the elders of TEV thanked for this gesture, and showered this blessing to the birthday baby.



#### **4.6 HEALTHY AGEING BY PROVING REGULAR DOCTORS CARE FOR TEV RESIDENTS.**

As soon as the charge taken over by Dr.S.Sathya baby Deputy Director HelpAge India was healthy ageing and providing palliative care to our residents. He make arrangement to visit doctors on regular basis on every Friday or Saturday fro manakula Vinayagar Medical College & Hospital, Pondicherry.

The doctors used to spent entire day with elders and visiting their residents in TEV. Further the doctors who are visiting on Saturday are conduction OP at our infirmary. Doctors who visit TEV, do the routine Checkup. Prescription will be given according to their needs of the residents. For dependent elders, Doctors use to go their respective residents and treat the elders. They have also referred some of the elders to Manakula Vinayagar Medical College & Hospital. Accordingly elders were very much and very much satisfied with their love and care, of course with their excellent treatment.

#### **4.7 MEETING WITH SUBIKSHA SECURITY OFFICER AT TEV.**

A Special meeting was arranged strength the security service at TEV. All the edlers are agreed to support and cooperative. During this meeting Subiksha security official also invited to brief the system. Dr.Sathiyababu- Deputy Project Director briefed about the importance of stringing of security service and to improve system and to appoint good security and bring the gate pass system and batches the for visitors. They also agreed to do this and provide trained securities for this purpose. They also promised that, hereafter the security system will be in great heights.

#### **4.8 ELDERS MEETING AT TEV**

All the residents are made to in dinning hall, Mr.Venugobal Ramalingam (Head, project Management Office) and Dr. Sathiyababu-Deputy Project Officer Jointly chaired and discussed about the routine activities of the committees members of TEV. Each and every activity there will be a committee, where the interested residents will be the members of this committee this was insisted because of active aging etc. Watering committee is requested to give special attention to grass, because due to summer grasses are getting dry. Like wise various committees were enacted the elders to own the TEV and realize the role and responsibilities.

#### **4.11 DOCTORS FROM MGMC & RI VISITED TEV**

Every Tuesday doctors from Research Insitute came to TEV and Visited all elders. Interacted with them, and asked their likes and dislikes. They also made routine check up. Residents happy in answering the doctors they answered very cheerfully. Dr. Sathiya Babu (DPD, Project Management Office) Presented the various activities and the Concept of TEV. Residents were happy and thankful to them for this kind gesture. They also requested them to visit as if they find, leisure time.

After visit, doctors said in spite of our interaction we came to know about various elders problems, which we have Ceuroled them and treated with at per excellence. They also promised they with vent when ever they find time, which the elders care is very important.

**4.12 Our residents are actively involved in dancing on the occasion of World elder's day program at DSW function**



## PHOTO GALLERY



Shri Lakshmi Narashmma temple visit at singakiri for TEV



World Health Day Celebration at TEV For Cheep guest MGMCRI, and Cuddalore RMO.



Young Volunteers Mr.Ramesh is helping our elders in prepare their cloths



Elders are assigned a return takes our residents are actively involved in taking care of greases by regular watering



Morning walk by our Residents, Now a days most our elderly are doing morning walking.

## CASE STUDY

Name: Mani

Age: 65

Place of Birth: Kollem, Kerala

In his early years, Mani studied at a local school. He decided to leave after fifth standard, because he was beaten by a teacher. From the age of 12, he earned money for his family, working as a labourer on construction sites. When he reached 25, Mani wanted to marry Valli, a woman whom he cared deeply for. However, because of a difference in their respective castes his parents were against the marriage. They chose another bride for him, but Mani told them that the only person he would marry was Valli. For his persistence to stay true to his heart he was thrown out of the house, and forced to live alone.

After three years there was reconciliation between Mani and his family, and he was allowed to marry Valli. Their first child, a son died at 1 year old from a fever. One and a half years later the couple had another child, a daughter. Their family life was a happy one, but six years later, Valli suffered a heart attack and passed away. Choosing not to marry again, Mani raised his daughter on his own and supported her through education until she was sixteen. She then married, and later had two children.

There was a period of contentment, but this was shattered one day whilst Mani was working in Kollem. He had been doing any work available in the city for a daily wage, but this abruptly ended when his leg was broken in a car accident. He was hospitalised for two weeks, but he did not recover his health and due to poor health was no longer able to work. A Help Age India official found out about Mani's situation whilst he was in hospital, and offered him a place to stay in Tamaraiikulam. As he did not wish to be a burden for his daughter and her family, Mani accepted this invitation and joined the Elders Village in 2010.

When he first arrived, Mani was experiencing severe heart problems, and had chronic tuberculosis. He was treated in a private hospital which was paid for by Help Age India. He was then moved to a government run health centre in Kabbarhills. Mani was to stay there for a total six months. At first he felt wretched about his fate, and alone in his suffering. However, the other Elders from the village came to visit Mani. A Ms. Lakshmi and Mr Vadivel in particular were regular visitors. They brought him small gifts, and words of support and encouragement. Over time, Mani's outlook on life began to change. After six months, and he left the hospital, his health recovered, and with a purpose to his life.

Now, when anyone in Tamaraikulam is ill, Mani will do his utmost to help them. He will stay with them in their residence and do things to make their lives easier. For this reason he has moved houses three times so far. The three Elders he has helped most are Mr.Godandapani, Srinivasan, and Sundarpall. When they or anyone else is to go to hospital, Mani is always willing to accompany them there. In addition, he is the only person from the village who will keep them company overnight there. "The people of Elders village" he says, "are like a family to me". A very spiritual man, Mani prays regularly, and likes to sing religious songs that he learned from listening to the radio. The latest chapter in his life is one he is still adjusting to, but despite occasional painful flashbacks, he is very happy to be here and he summarises his current situation as follows:

"This life is a journey; now I am in a peaceful state where I can dedicate myself to God