



Newsletter - Tamaraikulam Elders Village



Elders Voice – November 2012

'AGE MAY CHANGE BUT WE NEVER CHANGE

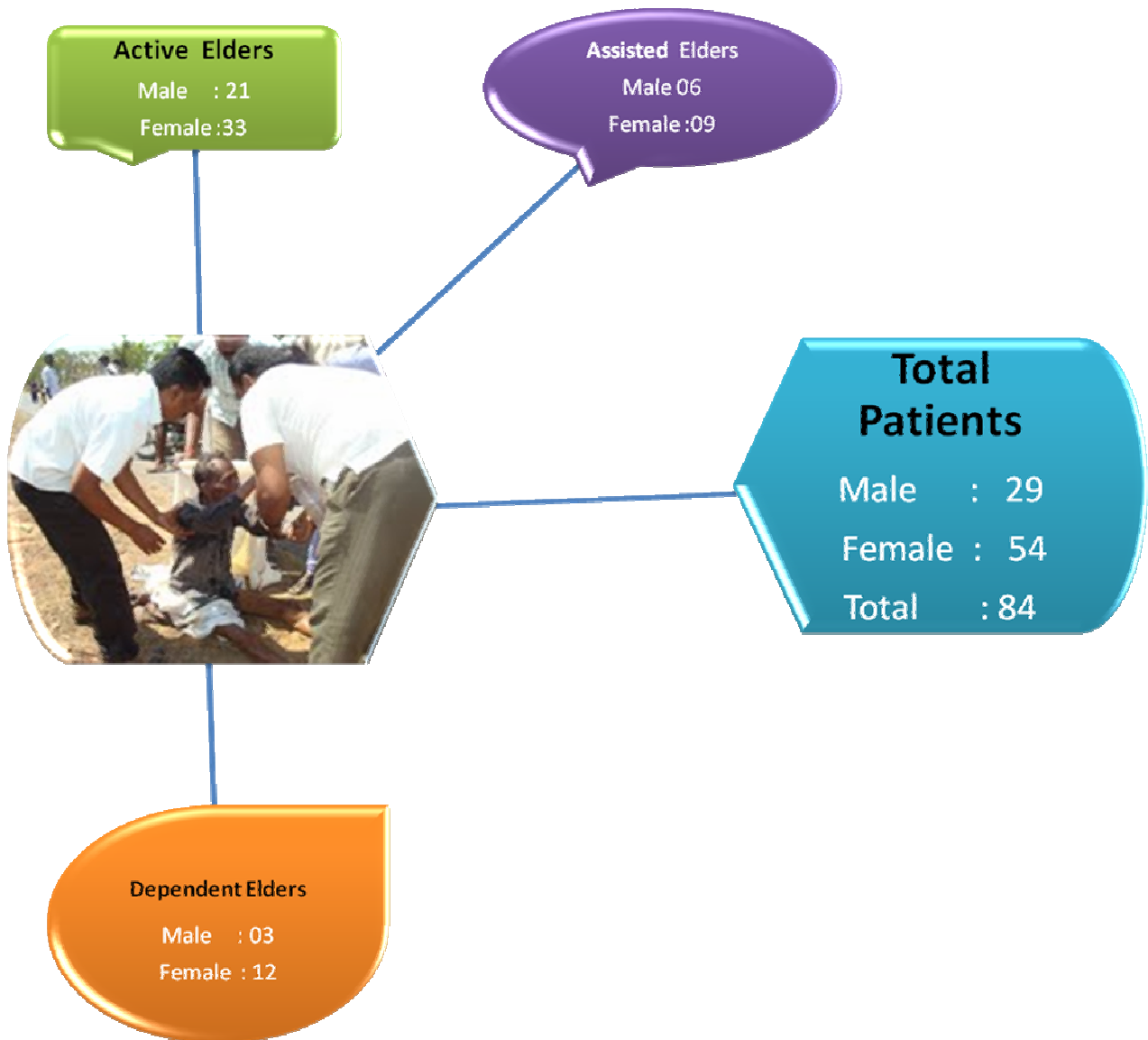
HelpAge India,
Thamaraikulam elders Village,
Periyakanganankuppam,

Cuddalore – 607 002.

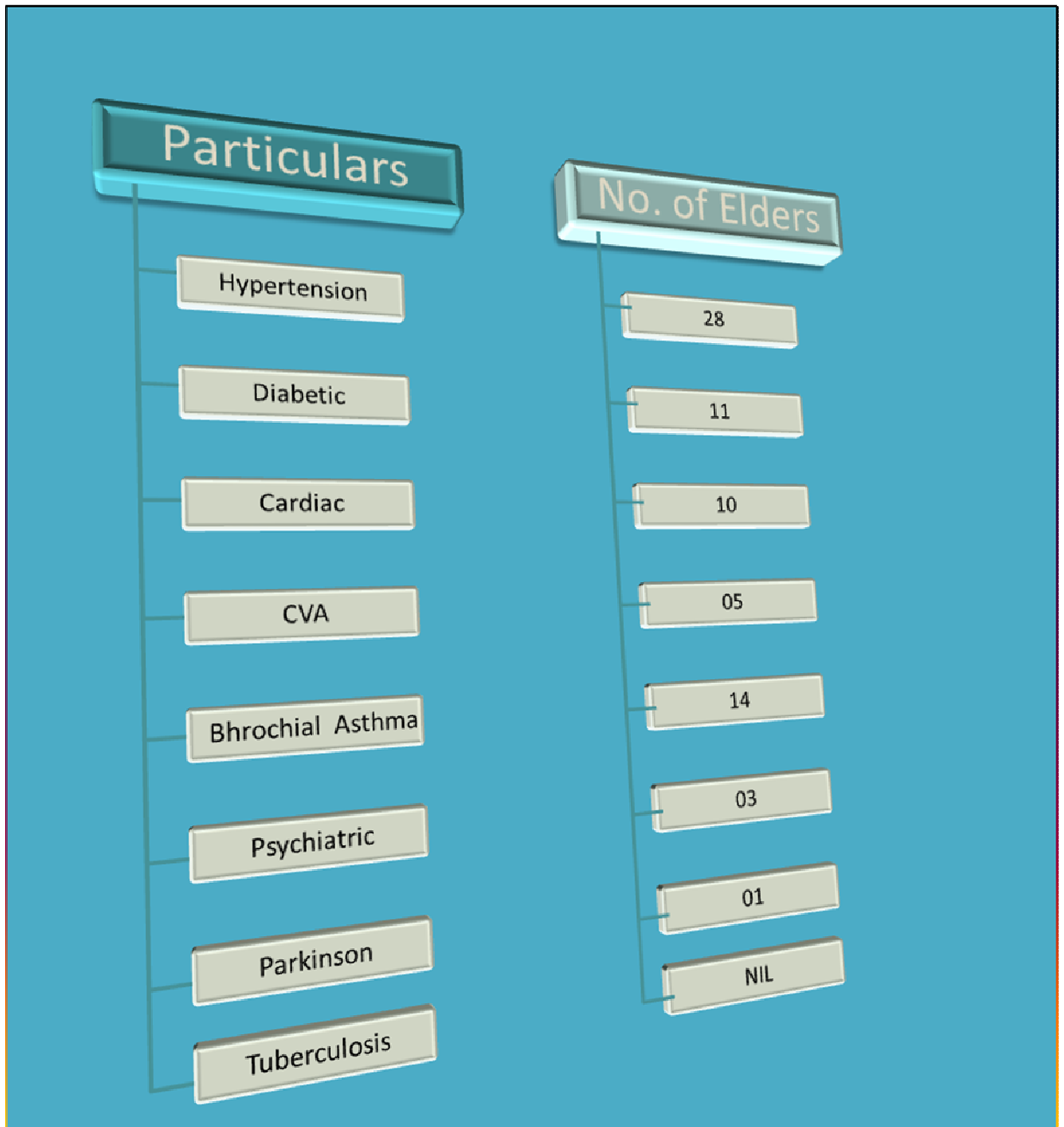
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1. Elders' status in Thamaraiikulam



2. Health Details in TEV



DONATION OF MONTH OF NOVEMBER

TEV would like to express gratitude to ARR charities - Chennai for their generous contribution and continuous support of one lakh (Rs.100000) every month to manage Tamaraikulam elder's village. They are also providing support to Elders who have join under adopt a granny "village' donation program and Cow bank Project for sustainability of the Tamarikulam Elders Village.



On 01.11.2012 Mr.Pradeep Prabhakaran, a donor from Cuddalore sponsored Food to elders with great concern about the destitute elders



On 02.11.2012 ,Mr.S.L.Sai Sundaraman, Cuddalore sponsored Food to the TEV residents on remembrance of his child 4th birth day celebration. He promised to provide food to TEV residents when he celebrates birth day .



- On 05.11.12, Mr.V.Shanmugam remembered his mother Mrs.Sivasankarai's Death Anniversary and he sponsored food to TEV Elders on the special occasion.



On 05.11.12, Mr.R.A.Durai Cuddalore celebrated his wedding anniversary at TEV. His family members participated the wedding anniversary and expressed that the wedding anniversary was celebrated meaningfully and they got blessing from the 80 elderly persons of TEV.



On 09.11.2012 Mr.Nammazhvar Cuddalore sponsored food to TEV on his 42nd year Birthday Celebration. He promised to Celebrate the birth day with TEV elders .



On 11.11.2012 food sponsored by Mr. Vedhayanagam family, Cuddalore. They celebrated their son Mr.Jeffery Pradhab's 28th Birthday day at TEV and they were very happy in celebrating the birthday along with elders. 80 Elders particpated their celebration and blessed Mr.Jeffery.



- On 11.11.2012 Mr.C.Thomas Birto, Cuddalore Food sponsored to take care of the Destitute elders in TEV.



On 16.11.2012 Food Sponsored by Mr. K.Jayaramanaraja, Cuddalore on birth day celebration of their daughter Mr.Hari Padhama Priya. The family members expressed that the birthday was Celebrated in a grand way along with more than 80 elders. They got blessings from elderly persons of TEV.



- On 19.11.12 Mrs.Sasi, Bahoor remembered their father on the occasion of his Death Anniversary by sponsoring food to the TEV Elders. She also promised to sponsor the food on similar occasion next year.



On 22.11.12 food Sponsored by St.Antony School teachers as part of their solidarity towards taking care of the destitute elders.



On 25.11.2012, Mrs.Bhavani Cuddalore celebrated her mother Mrs.Raji's 61th year Birthday at TEV and they sponsored food to the Elders.They also promised to

continue their sponsorship in coming years.



On 26.11.12, Mr.Chellappan sponsored one day food on his 61st birth day celebration. He also promised donate food on similar occasion.



On 26.11.12, Mrs.Ajitha, Cuddalore sponsored food with the her concern about the Destitute elders.

EVENTS OF MONTH NOVEMBER

CUDDALORE LION'S CLUB CELEBRATED DEEWALI AT TARAMAIKULAM ELDERS VILLAGE

Mr. Nagarajan, President of Lions Club Cuddalore and Lions Club members came to Tamarikulam Elders Village and they were very happily celebrated Deepawali Festival. A cultural program was conducted by the elders such as dance, singing songs and making fun. Finally the president of Lions Club had distributed the dress and sweets to all the elders in Tamaraikulam Village. Special thanks to



Cuddalore Lions Club for celebrating each Deewali festival at Tamaraikulam

Elders Village. The President of the Lions Club said that in future all Deewali festivals will be celebrated in Tamaraikulam.

KARTHIGAI DEEPAM (FESTIVAL OF LIGHTS) CELEBRATED

Karthigai Deepam is a festival of lights celebrated in the Tamil month of Kaarthigai. It is celebrated on the full moon day of the Karthigai month which coincides with Krithikai star. It is also considered as the extension of Deewali festival. Lord Shiva asks Lord Brahma and Lord Vishnu to find out the exact location of his head and his feet. Since Lord Shiva takes a gigantic form they are not able to find out anywhere. Then Lord Shiva takes the form of jyothi (light of fire) on the hill of Thiruvannamali. Therefore this festival is also known as Annamalai Deepam. The residents celebrated this festival and placed lamps every where in Tamaraikulam. Sr.Care Giver Prabu.M encouraged the elders to involve in lightening the oil lamps all-around Thamaraikulam and completed pooja by the elders. Big rangoli has been drawn in the Ampy Theater in which decorated with oil

lamp. Mrs.Jayamma is recollected with tears that they have celebrated this festival long back at their native and stated that “At that time, we don’t have enough money to celebrate the festival but here we are celebrating all festivals in respectable manner which makes us extremely happy.”

DEEWALI SWEET DISTRIBUTION

On 12th Nov 2012, Diwali festival sweets/snacks were distributed to the all the Staff of Helpage India based Project management office, Cuddalore. Mr.Ramalingam, Head PMO and DPD issued gift packs to all the PMO staff members, including casual staff, maintenance and cooking staff.



DEEPWALI DRESS MATERIAL FOR TEV RESIDENT ELDERS

Tamil Nadu state Electricity board Superintendent and periyaganakuppam President, donated dress materials including dhotis, sarees, and bed spreads, towel etc., to all the 80 elderly residents on the celebration of Diwali festival. TEV resident elder



Mrs.Govindhammal,
Mrs.Vijayalakshmi, Mrs.Jayamma,
Mrs.Lakshmi, Mrs.Saroja
participated and entertained the
elders through various cultural
programmes.



ELDERS GOVERNANCE COUNCIL MEET ON

The Elders monthly meeting was conducted by the Governance council of residents at Ampitheater. The active elders and the assisted elders were present together in the open theater and had meaningful discussion regarding groom of Lawn grass, pouring water to the plants, lawn and maintenance of cattle. Mr. Vadivelu president of senior association of TEV informed that those who are sick due to climate change can be exempted from the daily tasks and remaining elders are to be continued their task. The Committees expressed their views and suggestions in the meeting to run the village effectively. Dr. Sathyababu Deputy project Director stated that the elders must have cordial relationship to their neighbors as they have come from different parts of country and different religion.

LE PONDY HOTEL MD VISITED TEV

Le pondy hotel MD visited TEV. He visited each of the residential blocks and discussed with elders on their health and well being. He appreciated HelpAge India efforts and initiatives on destitute elders' Care and wished TEV model should be replicated elsewhere in the country.



PICNIC FOR ACTIVE ELDERS

10 active elders from TEV along with Care Givers went to Pudhucherry to see Manakular Vinayakar Temple, Beach and Park. They enjoyed their trip and they had wonderful interaction with the supervisor of the park about the nature of each type of plants and tips for Maintaining Garden. They returned back to the Tamaraikulam Elders Village after the sun set.

PHYSIO SCREENING CAMP

Mrs.Sivaneshwari Physiotherapist HelpAge, Age Care Pondicherry, conducted physio screening camp to all the 80 elders of TEV. After the screening camp 20 elders were identified that they required physio care support for better movement of body functions. The physiotherapist have given training on physio exercise to the Elders and Care giver and advised to follow up the exercise to all the 20 elders. The care givers asked to support the elders in doing the exercise and monitor the regular follow up.



EYE CAMP IN THAMARAIKULAM ELDERS VILLAGE

Eye camp was organized by the team of doctors from PIMS(Pudhucherry Institute Medical college & Hospital) at the Infirmary hall in Tamaraikulam Elders Village. Infirmary hall was arranged with clinical facilities required by the doctors to conduct the camp. Around 30 elders were undergone treatment on eye checkup, discharge eye treatment.



The doctor's team has sponsored spectacles for five elders.

MEDITATION OF THE RESIDENT - TEV

The Yoga master Mr. Arumugam from cuddalore has inspired the residents in meditation. There were 35 elders were involved



humorously in meditation in deeper and grasped the process of yoga. According to the yogis, true happiness, liberation and enlightenment comes from union with the divine consciousness known as the transcendent Self. The various yoga practices are a methodology for reaching that goal. In hath yoga, for example, postures and breathing exercises help purify the mind, body and spirit, so the yogi can attain union. The elders from the TEV are welcoming the yoga meditation regularly to Stimulates the immune system, creates sense of well being and calm.

MASS CLEANING

“We will notice differences in our village” said by residents of Thamaraiikulam. The elder’s village needs a big event happening every month to keep the village clean and tidy. Almost a year, after the college students initiated mass cleaning campaigns on quarterly holidays. It’s the first time the elders are organizing such a sort of cleaning campaign. “We will not see the papers and pet bottles strewn on the roadside of TEV, the drains won’t be clogging and garbage won’t block in the TEV”. This was the positive indication of their participation by how resident’s reacted to the cleaning campaigns organized. The elders came in drove, cleaned the streets, and picked even the smallest wrapper and cleaned the lawn in the Thamaraiikulam Elders village.” Hereafter we will notice differences in TEV because of the efforts taken by us “said the elders.



PALLIATIVE CARE TRAINING

Palliative Care training given to Parikkalpattu Govt.High secondary School, had inaugurated the National Service Scheme camp Government Middle School in St.Antony School in Cuddalore district. The activities to be undertaken during the camp are imparting English language and computer training to students, advising college



students in ways to overcome mental stress, and screening of documentary films on education and hygiene.

Dr.Sathya Babu, Deputy Project Director conducted a special speech on Palliative Care and about the functioning system of Thamaraikulam Elders Village. The students discussed about the elders as well as on several geriatric issues. The NSS leader said that they will also take part in cleaning the campus of TEV and will perform a skit to create awareness on cleanliness and hygiene.

BLOOD TEST FOR THE ELDERS IN TEV

November 12th weight and Blood pressure monitoring was conducted for all the residents. In addition Diabetic and Hypertension diagnosis were taken to 80 elders. During the test it is identified that 15 elders are having blood sugar and 20 elders having blood pressure.



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NURSING SCHOOL VISIT TO TEV ;

M.Sc nursing students from Vinayaka Mission Post Graduate of Health Sciences visited TEV on 5th November 2012. This Institution is offering Post Graduate courses in various specializations of nursing from 2011. The students were divided into groups and interacted with the residents of Thamaraikulam. The DPD of Thamaraikulam Elders Village had given a viva presentation about the activities of Help Age India and implementing project in Cuddalore district. Continued about the system functioning in TEV like, understand the 13 historical background of the village, Philosophy of the village, Organization setup, Functions of village, Staffing pattern, Personnel management, Health care delivery system, Functions of the task committee, Health education programme, Various responsibilities of community

health personnel and evaluation method. Head of the Department (HOD) has requested Help Age India regarding imparting palliative care training to the MSc/BSc nursing students of MTPG&RIHS in future. Along with the students, 2 lectures also came and appreciated the system which is functioning in Thamaraikulam Elders Village.

DR.BANKAJ VISITED TEV

Dr.Bankaj visited TEV and interacted with the elders to knowing their health and seen the each and every individual houses especially he looked the cleanliness and neatness of the residents' home and other places.



After Mrs.Thangam Ranganayaki an elder who made the wire bag given to Dr.Bankaj as a gift.

PHOTO GALLERY



Cuddalore Lines Club Donating dress material to the Elders



Helpage India Staff received the Deepwali sweets



Annaithersa nursing college student visit to TEV the interacted with the Elders



TNEB Superintendent and Periyagannakuppam President, donate dress material.



TEV Elder Celebrates Deepwali festival



Dr. Amual Ganuli Visited TEV and interacting with Thangam Ranagayaki about cleaning and Neatness



Ms. Sivaneshwari Conducted Pysio screening camp.



Le Hotel MD visited TEV.

CASE STUDY

Name : Poorani

Age: 75

Place: Cuddalore



She is married but her husband passed away 27 years back. She has a son & two daughter her son is mentally retarded. Her son suddenly disappeared one day and he hasn't been found so far. Her both daughters were married. She lived alone after the loss of her son. She was very sad before she come to TEV. Now she is the one of the resident of TEV. Now she is one of the elder doing all the works in the kitchen. She also takes care of all the animals (Dogs & Cat) lives in TEV. She is spending her time very happily. She feeds and watches over the animals. She is well respected by other elders. She likes to work & help the kitchen staff .

in the TEV. She feeds and watches over the animals. She is well respected by other elders. She like to work & help the kitchen staff. She is a OAP Pensioner.