

News Letter : Tamaraikulam Elder's Village



Elders' Voice February , 2013

'AGE MAY CHANGE BUT WE NEVER CHANGE'

Help Age India,

Elders' Village, Tamaraikulam

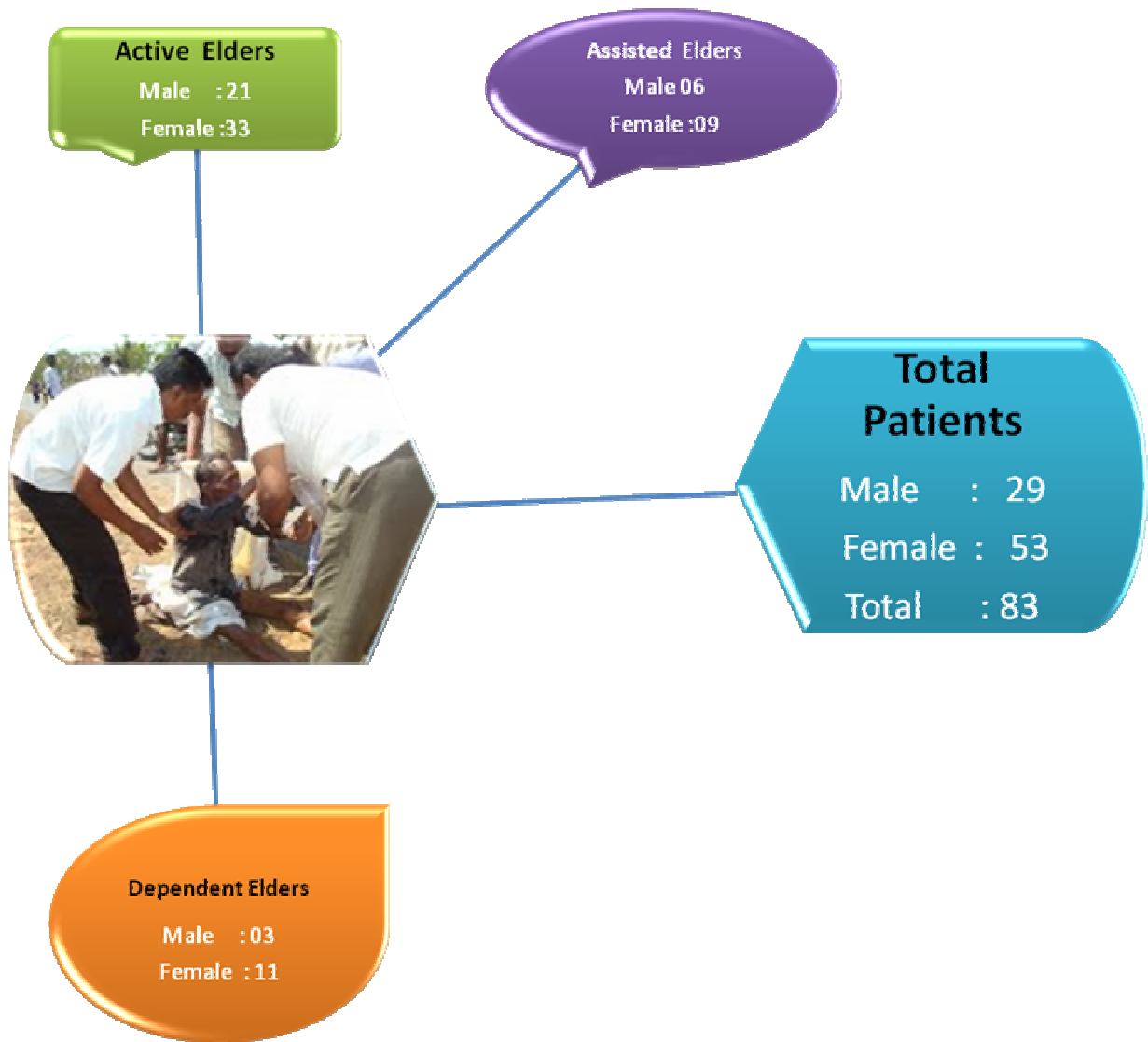
Periyakanganankuppam,

Cuddalore – 607 002.

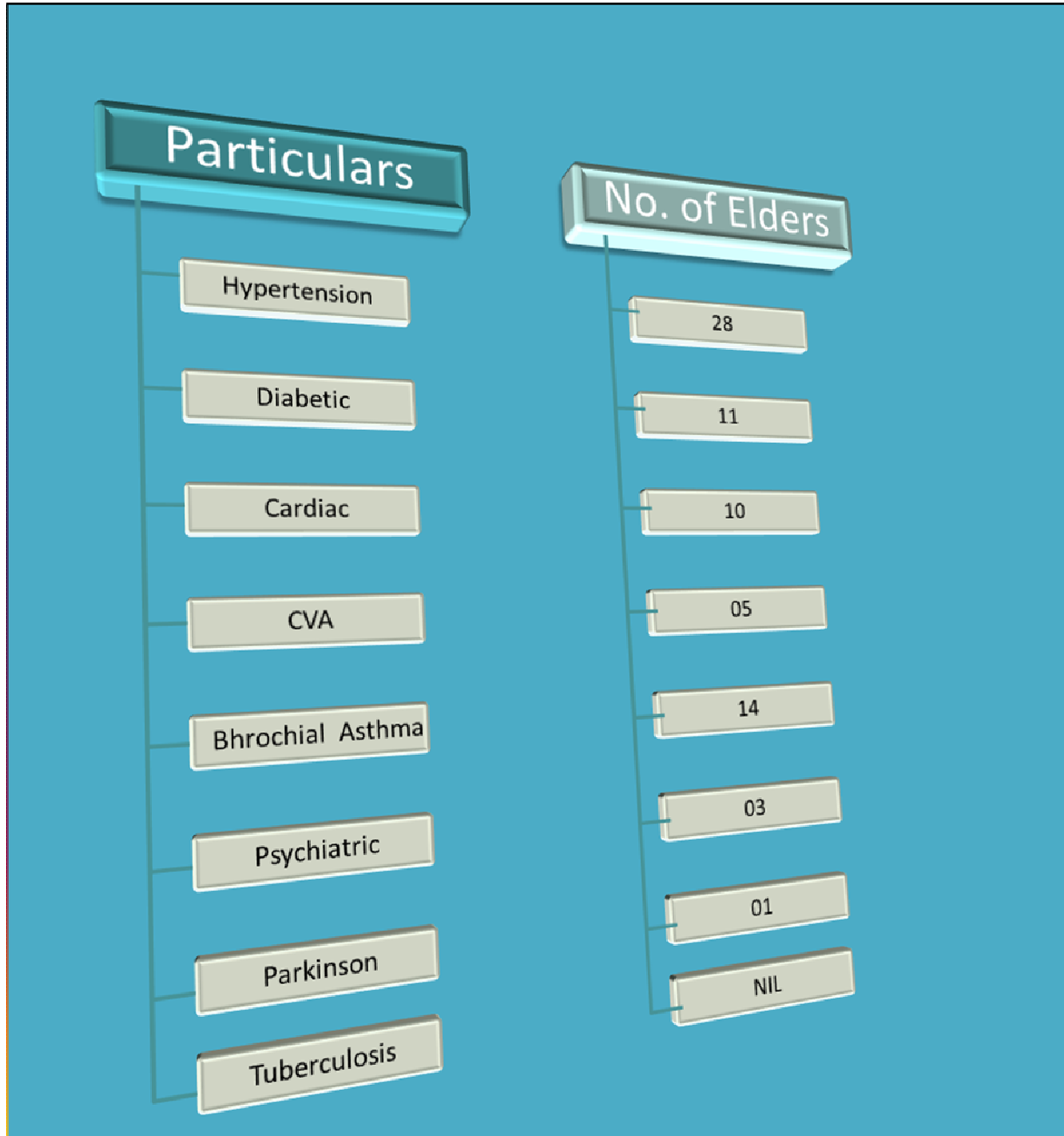
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1.Elders' status in Thamaraiikulam



2.Health Details in TEV



DONATIONS, THE MONTH OF FEBRUARY

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 joined under adopt a granny "village" donation program.



On 06.02.2013 Food was sponsored by **Mr.T.RAJA** on his 30th birthday celebration. **Food and refreshment** were donated for TEV residents. The family members expressed that the birthday was meaningful and they got blessing from all our residents of TEV.



On 08.02.2013 Food was sponsored by **Mr.Arunkumar** on his 25th birthday celebration. **Food and refreshment** were donated for TEV residents. The family members shared their love and joy and they were blessed by the residents of TEV.



On 05.02.2013 **Mr. Anand** sponsored **Food** on the occasion of his 25th Birthday , He also wished to join with the Adopted Elderly "Village" program and support this program every year, he also promised to involve other family members and relatives for this

cause.



On 20.02.2013 **Food** was Sponsored by **Mr.Raguraman** on his Mother's 2nd anniversary day. He also said that some of his friends would like to join this program and support our residents.



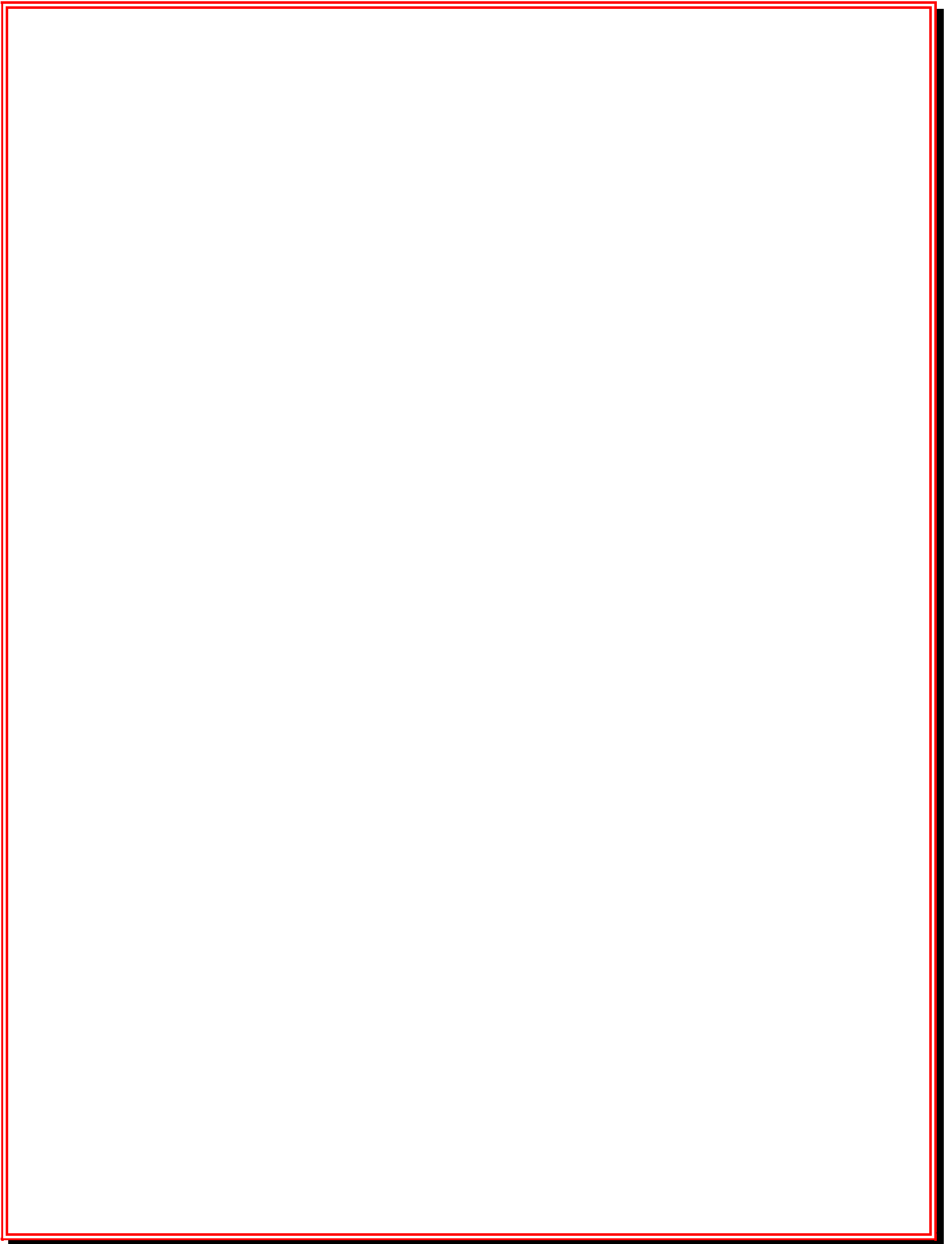
On 18.02.2013 **Mr. Sundarama Rediyar** sponsored **food** on the occasion of his 75th Birthday , He also wished to join with the Adopt Elderly "Village" program and to support this program every year, he also promised to involve other family members and relatives for this cause.



Sri Venkateshwaran Memorial Trust has donated the amount of **Rs.5000/-** for Destitute elders care purpose.



On 22.03.2013 **food** was sponsored by **Dr.Elathiriyar family members** at their visit at TEV. He also wished to join with the Adopted Elderly "Village" programme and to support this program every year, he also promised to involve other family members and relatives for this cause.



EVENTS OF THE MONTH

ISHA VIDHAYA SCHOOL'S VISIT ;

Isha Vidhaya School students visited TEV. The students were divided into groups and interacted with the residents of Thamaraiikulam. Mr.Thayanidhi the Sr.Executive (HelpLine) of Thamaraiikulam Elders Village Help Age India and implementing project in Cuddalore district. Continued about the system functioning in TEV like, understanding 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.

Mrs.Sarashwathi, isha vidhaya school teacher demonstrates a very simply, healthy exercise, yoga and Meditation for elders.

Then School students watch elders' issue and Tamaraikulam elders' village videos.

PUNIYATHANAM IN THAMARAIKULAM

This is a typical Indian tradition for the follow up of death ceremony. This is a ritual for expressing one's respectful feelings for the residents of Thamaraiikulam. The punniyathanam is a family ceremony performed by the close relatives of the dead one. The elders from Thamaraiikulam are living in one village, but have one kitchen hence every one living in TEV are like one family. Having in mind, the punniyathanam was performed by the residents of

Thamaraikulam to rest over the soul of Mr.Devanathan,and Mrs.Jayalakshmi who were the resident of Thamaraikulam performed the puniyathanam where the residents participated.

BLOOD TEST FOR THE ELDERS IN TEV (19.02.2011)

On the 25th February 2013, weight and Blood pressure monitoring was conducted for all the residents. In addition Diabetic and Hypertension were taken to 80 elders in that 27 elders are having blood sugar and 22 elders are having blood pressure. The overall Health details of Thamaraikulam Elders are in the chart refers page No.

MASS CLEANING BY THE TEV ELDERS

The Committees have performed their task day by day in concord of each team while working. The farm members have started kitchen garden in Thamaraikulam, lawn is looking faded due to starting of summer season. Hence, the water



pouring committee has started two times of watering to the lawn and



other plants too. Dairy, site of bio gas, pond and drainage was cleaned by all the committees on Mass cleaning.

ELDERS' MEETING

The steering committee meeting was organized by senior association of Thamarikulam at dinning hall; the working committees were motivated to organize the monthly meeting without support of HI staff. The working committee members shared their regular activities which show their commitments.

The seven committees like kitchen, Food, Farm, dairy, cleaning the lawn, security, and Panjayath committees had discussed about their regular activities and shared their groups governing issues which was sorted out by the committees itself.



After finishing the elders' meeting, the daily session on exercise was conducted at multipurpose hall.

TREE PLANTATION

Dr.S.Sathiya babu explain about the Green village concept to Mr.Raviendran, District Forest Ranger, and he voluntarily came forward and gave 1000 trees including 300 flower plant to develop our TEV as green village. Planting more trees program will grow village greenish with good air. It also to reduce global warming .



Mr.prabu, Sr.Caregiver said vote of thanks to the entire team members who have visited for great venture.

MAHADHMA GANDHI MEDICAL COLLEGE DOCTORS VISIT

Mahadhma Gandhi Medical College doctors visited TEV. There were about 20 doctors and HOD . They conducted recreational therapy, small games, musical chair, Dance Programme for elders. They conducted competition for our elder's and gave prizes to the winners.



THE GREAT HARVEST AT TEV CAMPUS.

The first paddy crop of TEV was harvested from 02nd to 05th February. The organic paddy which was grown in 60 cents of land gave a yield of 35 bags of paddy. Two bags of seeds were kept for next kharif sowing and we got 768 kgs of rice



(parboiled), which will be sufficient for 3 months rice needed for TEV kitchen, besides two loads of hay and rice bran for dairy animals. The active resident elders were engaged in paddy seeding, transplanting, weeding, harvesting, winnowing and packing activities.

SCHOOL VISIT

Children of Babor school has performed dance programme at TEV specially for Elders. The children also participated in the programme. At the end of the programme, residents also joined in the dance and made the programme colorful and beautiful. This programme made the Inter generation linkages



CUDDALORE SR. CITIZENS FORM MEMBERS VISIT TAMARAIKULAM ELDERS VILLAGE.

On 12th February, Eight Sr.citizens from Cuddalore visited TEV. A Physiotherapy Screening Camp was done at Nannamadu on 30th January. In the camp Dr. Sathyababu has explained about elderly problems, need to look their welfare and what HelpAge India is doing for the elderly. This was attracted by some of the local Sr. Citizens and approached Cuddalore Help Line to arrange a visit to Tamaraikulam Elders Village. Mr.Thayanidhi Sr.Executive and Mr.Bharathvel Help Line Physiotherapist have arranged the visit. They were very happy to see the TEV and residents and their involvement in the community living.



They spent most of the time with the residents of the village. They assured that they will come again to TEV with their kin and kith as education tour. They are very happy about their trip.

SCHOOL STUDENTS VISIT TEV.

As part of TEV's initiative in community linkage, the St. Antony School students were invited to TEV along with their Head Master and teachers on 28th August.

The students were given awareness on elders care and their struggle in life, rearing their children and problems facing being old, as Grandpa and Grandma.



Dr.Sathyababu conducted sessions on the topic "Social and Emotional care" to elders. Mr.Prabu gave information on Nutritional and Medical care for elderly. They answered children's questions on ageing processes, geriatric care, diseases etc.

A BIG CATCH

Fish harvested from Tamaraikulam pond on 23rd February . Out of 15 kgs , 6kgs were sold outside and 12 kgs taken for kitchen. Elder Mr.Sundarpal posing with a single silver kendai fish weighed 3.5 kg.



V.I.P VISIT

Leo pondy hotel manager Mr.Rajeshkumar sponsors 100 kg rice to TEV department. He has promised that 100 Kgs rice will be given to TEV every month as a contribution. The material is being received by Mr.Vadivel.



After he visited all the residents' home, kitchen, dining etc Dr.Sathya Babu invited them on behalf of PMO. He promised TEV manager that he will raise funds for the elderly resident's welfare.

ROUTINE DOCTORS VISIT AT TEV

Every Tuesday, Friday and Saturday Doctors from Mahadhma Gandhi Medical College & Research institute, visit TEV. District Level federation doctor, Manakula Vinayagar Medical College and Hospital, Pondicherry used to visit TEV and do the Routine checkup. Prescriptions will be given according to their need to all elders. For dependent elders, Doctors go to their respective places and treat the elders. They have also referred some of the elders to Mahadhma Gandhi medical college & research institute, Manakula Vinayagar Medical College, accordingly.



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

PHOTO GALLERY



Isaya Vidaya School visit TEV



Isaya Vidhaya school teacher explains about YOGA



Elders' meeting at every month



Their work at clean



MGMCRI Doctors conduct games



They choose the prize winners



TEV Paddy harvest



Sr.Citizens visit at TEV



St. Antony's school visit TEV



School students' Cultural Programme



Busy at Fish culture



Leo Pondy manager's contribution of 100 kg Rice every month