



## Newsletter - Tamaraikulam Elders Village



### Elders Voice – AUGUST 2012

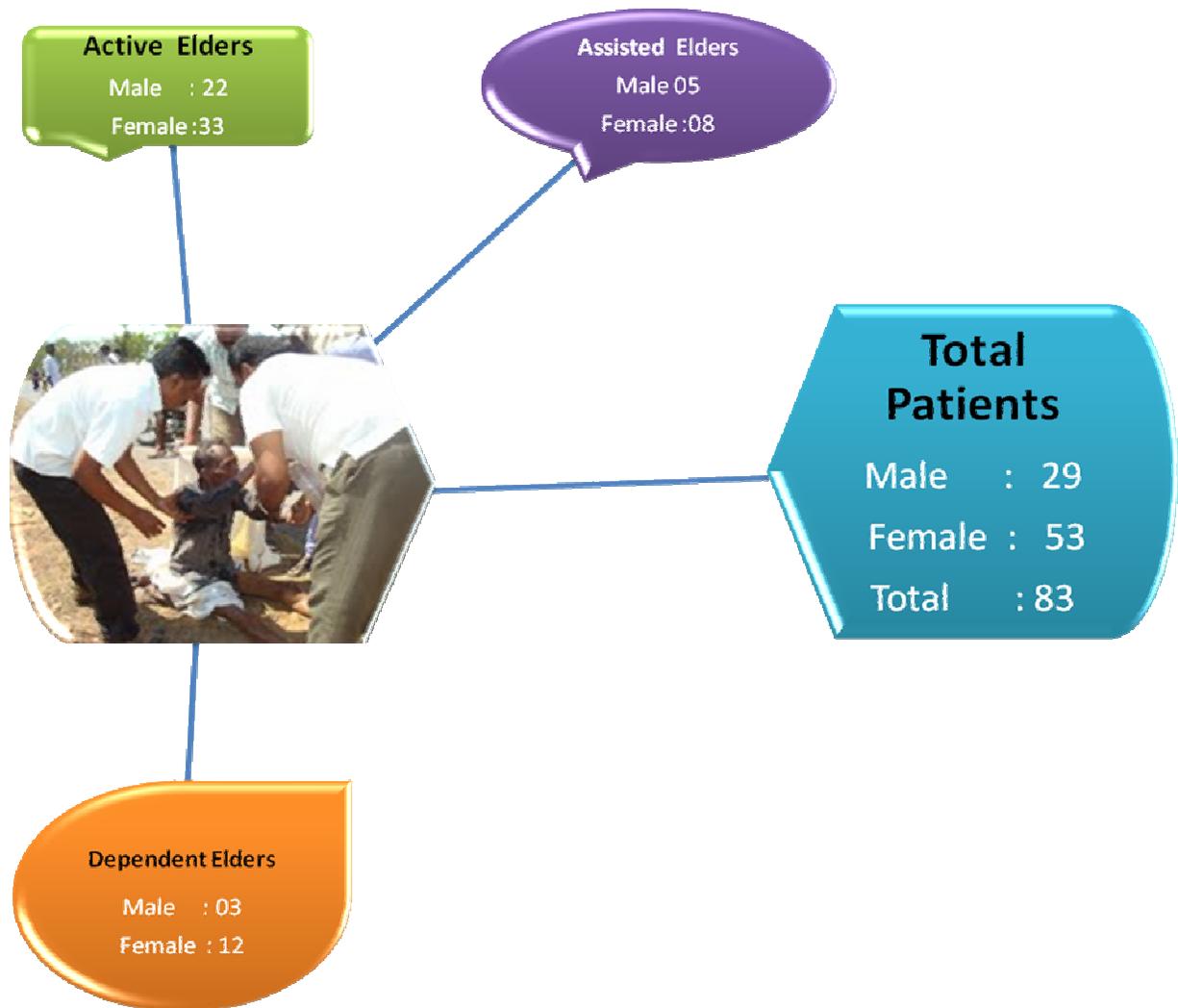
**'AGE MAY CHANGE BUT WE NEVER CHANGE**

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

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# 1.Elders' status in Thamaraiikulam



## 2. Health Details of Residents

Particulars	No. of Elders
Hypertension	20
Diabetic	15
Cardiac	10
CVA	08
Bhrochial Asthma	10
Psychiatric	03
Parkinson	01
COPD	03

# DONATION OF MONTH OF AUGUST

**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 01.09.2012 Food sponsored by Master.Sathishkumar on his 5<sup>th</sup> Birth day celebration. On his birth day occasion he planted a special coconut tree in the TEV campus. He has also promised to donate food on all his Birth day function.



On 04.08.2012 Food sponsored On the occasion of Ms.Swathy "s 13<sup>th</sup> birthday celebration. 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 18.08.2012 Madam Janaki sponsored full day meals on her daughter Minor .Kaviyanathan's 4<sup>th</sup> Birthday celebration. Sponsored full day meals with refreshments and she also promised that she will provide food for every year. She suggested that she will arrange a exhibition in her office on the products



On 29.8.12 food Sponsor by Jaya construction owner, Cuddalore.He was very much happy on this occasion that their entire friends and relatives participated in this sponsor program.



On 15<sup>th</sup> Oct -2012 Mr.Durikannu sponsored food and refreshments on his grand son's birthday celebration, their entire family members were very much happy on this occasion which was celebrated in the TEV



On 08<sup>th</sup> Oct -2012 , Mr.Selvanathan the principal sub judge of cuddlaore sponsored food for our residents , during his visit he said that he will come and help in various legal issues for elderly.

# Events of the Month

## **1.1 Elders Meeting: On 3rd August 2010**

Elder's Monthly meeting was conducted at 3.00pm by Mr .M.Prabu SCG. Around 45 active elders were participated in this meeting, Dr.Sathya Babu Deputy Project Director asked about their problems and issues, such as food and other facilities available in TEV. During the meeting, it was discussed about the Independence Day celebration and inviting of chief guest. The local Panchayat committee has come forward to sort out the local issues among the elders. So many elders have shown interest in going to Palliative Care Felicitation centre at District Govt. Hospital to provide voluntary service. During this meeting the local committee members decided to have a mass cleaning program for Independent day celebration.

## **1.2 Mass cleaning**

On 04<sup>th</sup> August 2012, a mass cleaning work was arranged by resident; most of the Elders participated and did the cleaning work in and around the campus with all committee members. During this cleaning program there were about 15 NSS Students from Parikkalpattu School. Student actively participated; staff and elders enthusiastically participated and planted the plants near kitchen garden. The highlight was young and old jointly took a venture to bring this village as bio – village to make greeneries.



## **1.3 Blood Test camp**



On August 10<sup>th</sup> blood sugar monitoring test was conducted for all the residents in TEV. It was observed that blood sugar got increased to 10 of our elders when compare to last month. 'After knowing this result it was decided that the diet and walking should be ensured and should be monitored periodically by the Sr.Caregiveres. Even in the sponsored food, it should be according to the elder's wellbeing.

## **1.4 On 15th August 2012**

56<sup>th</sup> Independence Day was celebrated by residents of TEV by inviting Mrs. Lalitha, Lions Club, from Cuddalore & Ms. JanakiMuthu, sponsor from (Bangalore) and their family members. Lions club members of Cuddalore, School students from Parikalpattu village and our elders interestingly participated. After the flag hoisting Mrs. Lalitha delivered her special address, stating that, this is the special day for her as



she has only celebrated independence days in the school with students but this is the first time in her life that she is celebrating with elders. Ms.Laksha told that she was very happy and doing the service for the elderly. She also added that ,The Independence Day celebration in TEV is ,as she is celebrating this special day with the elders who have seen the independence on 15<sup>th</sup> August 1947. Cultural programs were conducted and participated by Students from the Arrachikuppam village & our elders. Lions Club distributed fruits and sweets to elders and students.

### 1.5 Temple visit

A pilgrim tour was arranged to Perumal Temple (Thriuvanthipuram), This was arranged because most of the elders wish to go to temple on this special day , there are about 30 elders voluntarily came forward to participated in the bigram tour. For this tour Dr.Sathiyababu and two care givers accompanied. The active and assisted elders did the special pooja for the dependent elders, the iyer was happy to do the special pooja for the dependent elders who are in TEV, in the same way a special prayer was also arranged on the same day for dependent elders at the TEV..



During this visit the elders visited temple and worshipped the god with good faith and belief. Some of them bursted out of tears and said we have nerver seen this temple before and this also unforgottable day for us, and enjoyed the trip like any thing further, they said we are relaxed and fully satisfied with gods show.

While returning, they thanked the whole HelpAge India team for the great gesture. They all were relaxed and happy.

### 1.6 Chief executive & state manager, Help Age India s visit-at TEV.

Mr.Mathew cherian - CEO, of HelpAge India and State Manager, international Help age-India and other



staff came to TEV and visited all the areas of campus. During the night time they interacted with residents on development of the model organization.. In the same way they also wanted this elder’s village model should be a role model to all areas. They also added that Role of residents should be vital and their behaviors towards the concern are very much important. They have suggested various points such as 100 cows would feed the village for the sustainability will not be the question. Their visit report is for readers.

09/08/2022	Mrs. Chamunda De siva (M-425, Colombo Road, arachi) HelpAge Sri Lanka, 105 Kottumbath Borshagumman, Colombo Sri Lanka	+94772380654	I am very happy to visit this village & am very much of giving HelpAge Sri Lanka for Elders for Elders foundation & meeting & image you will always I wish all the best & we grate fully of M village.
	Dr James Pittsill HelpAge International London	+447713-6445	Very impressed by this project, and all the achievements A very beautiful and peaceful place
	Thiruvananthapuram A. Chandrababu Mangan, M-427, HelpAge, Borshagumman	+91721917379	This is a excellent piece of work done by HelpAge India. Elderly persons here... to be continued

## 1.7 “MOTHER’S” day celebrated by lions Club – Cuddalore at TEV.

The Lions club members of Cuddalore organized mother day celebration at TEV Campus. The Lions club donated Walking instrument( Walkers )in 5 no’s to our assisted residents. They also suggested that this will be used for palliative care patient in adopted village and TEV residents. Dr.Sathya Babu Deputy Project Director, Help Age India briefed about the strategy approach of HI in elders care. The role of lions club, in elders care, would be highly appreciated. He also suggested various approaches of project activities and it can support the elders in Cuddalore.



## 1.8 Religious speech by shri.krishnan.

Dr.Sathya Babu arranged to bring Shri.Krishnan who has been practicing yoga and led his life with principle, where Deputy Project Director invited him and ask him to give special address and compliments wishes to our residents to lead peaceful life. Spiritual elders attended and enjoyed the speech and bajan. Swami.Krishnan delivered a speech on “God and Mind”, Maha Mantras for attaining motcham. He also said that he is ready to conduct a bhajan in Tuesdays of every week



## 1.9 Doctors from MGMC & RI Visited TEV

Every Tuesday doctors from Mahatma Gandhi Research Institute coming to TEV and medical checkup was done to all elders. And also they had Interaction with them, and asked their likes and dislikes. This was routine checkup. The residents are very much happy by seeing the doctors for sharing their feeling and health wellbeing’s. This time Dr. Sathya Babu (DPD, Project Management Office) suggested the doctors to visit them in their own residence and spent their (DR) time in addition to the medical checkup. This was made because in their residence they will be highly



motivated in sharing their feelings. After the visit the doctors are requested to give feed back and suggestion for follow-up activities. 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 that in spite of our interaction we came to know about various elders' problems, and treated with excellence which the elders care is very important.

## 2.0 Old Age Pension amount Distribution

In TEV Most of the Cuddalore elders used to get their pension in their respective villages, whereas they have to pay Rs50 as a commission to the post man and get their pension. This matter was brought to the collector's knowledge, and the action was taken immediately, this was reported to the head of the postal department and solution was brought that the post man should come to the elders village and it should be delivered without any commission. It is also said that, the post man mobile number should be given to all elders and he may be called if there is any delay. This matter brought great welcome from the elders village. Now the elders are happy about the action.



## 2.1 Elders and pets "Special Story"

The recent development in TEV is to introduce "Elder and their Pet's". Since the pet ownership is especially common among elders, based on the observation for the last one year, we found that most of the elders who were pet animals, like cats, cows, dogs, birds and some other pet animals. The bonds they develop with their pet animals are so strong indeed. Elder Poorani with her Ram cat and Sita is the talk of the TEV. She loves to feed them and often we can find her roaming with her cats. They now spend most of the time with the pets which are reliable.



Elder Prema loves keeping birds, feeding them grains (she is looking after 2 pairs of love birds). Elder Rukmani keeps Varalakshmi cow as her pet; feeds grass everyday besides taking her for grazing and a weekly bath.

Elder Shanmugam is looking after his cow Mahalakshmi, elder Veerabathran looks after his cow Subalakshmi and elder Natarajan looks after his cow Swarnalakshmi. They are attending milching milk; cleaning and taking rounds with them for grazing. Elder Krishnamma and Vedambal look after the calves Hari, Krishna, Saranya and Lavanya. This is great in TEV, having this kind of attitude among the elders.



## Photo Gallery



August 15<sup>th</sup> 2012 celebrated independence day at TEV.



Tev Elder giving blood for blood sugar monitoring



Manakula vinaya hospital, doctors at Tev, checking the elders health condition(OP Treatment)



20 elders visit of Thriuvanthipuram temple visit.



Master.Deevakaiyan, 5 <sup>th</sup> year birthday celebration at TEV.	Tev Elder Mrs.Eprema feeding the 3pairs of love birds.
	
Tev Natarajan grazing his cow regularly	TEV elder Mr.Rasu on distribution OAP amount
	
Tev elder's on mass cleaning of kitchen, Garden and whole Campus	Mahatma Medical college Doctors checking the TEV elder's health condition.

New arrival

Elder arrived at August 2012



Mrs.Nagammal

Date of Entry : 25.08.2012

Destitute, assisted elder from Nellikuppam of cuddalore DLF.

Recommended by VLF and local committee member.

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