

NEWS LETTER

May 2008

Edition-5

Yoga Training for Elders (1st May 2008/ 14th May 2008)

Elders of TEV showed interest in doing yoga and breathing exercises early in the morning. Master Vijayakumar is conducting this training, free of cost to elders on Wednesday and Friday's.



Head- Health of HI, New Delhi visits TEV from 1st May to 4th May.

Dr.Oommen George and Ms.Rachna visited TEV for evaluating Project Kiran activities. PMO Cuddalore activities were also discussed and Management guidelines were explained. TEV staff meeting was conducted and elders Health Care Management were discussed.

Cultural night @ TEV on 1st May



A cultural night was organized for TEV elders by

Palliative care Team (Demo) on 1st May in the Open Air



Auditorium. Dr.Oommen George, Palliative Care Doctors team and staff attended.

Home Care Villages visit on 3rd May.

Project Kiran Team of TEV organized Home care villages visit on 3rd May in Cuddalore headed by Dr.Oomen George along with Steering Committee Members Dr.Mathew, Dr.Suresh and Dr.Anil of All India Association of Palliative Care.

TEV- Staff Meeting with Head-Health on 2nd May

TEV staff meeting was organized on 2nd May, chaired by Dr.Oomen George and Ms.Rachna. It was decided that Dr.Shano will do the primary health care for TEV elders and she will be in charge for the TEV Infirmary. Ms.Rachna advised Caregivers on TEV - Medical Records Management.

Palliative Care –Steering Committee Meeting on 3rd May.

The 3rd Steering Committee Meeting of Palliative Care was held at PMO Cuddalore. Dr.Suresh, Director of IPM, Dr.Mathew Nampillai, Prog.Ex, NNPC, Dr.Anilkumar, Secretary IPM, Dr.Oomen George Head – Health of HI and Ms.Rachna, HI Projects Co-ordinator, facilitated. Dr.Sathiyababu, PMO administrator, Ms.Subha and all Project Kiran staff attended.

Games event for the Elderly @ TEV (3rd May)

A game event was organized for elders on 3rd May. TEV caregivers organized this event. Elders participated in the Musical chair, lemon on spoon and walking events. Best performer was awarded.

Elders Meeting on 6th and 27th May 2008.

TEV elder's representative council meeting was held at TEV campus. Decisions like appointing incharge's for food serving, provisions issue, stores stock checking and cleaning, plants care, animal care etc. Erection of hand pump, wall clocks and soap boxes fixing at each house, purchase of weighing machine for issuing goods at store, pestoflash to control flies and requirement of mosquito liquid rather than coils were discussed and recorded in the minutes.

Cultural Night by Elders on 7th May

The elders organized a cultural night programme with light music. Under the focus light elders sang their favorite songs, dance and performed mimicry. staff members of TEV, Project Kiran and CRC attended the programme and performed songs.

Elder Manian Admitted in TB hospital on May 15th.



Elder Manian from Kollam was identified with TB +ive category 1, and was admitted in Government TB/HIV care Hospital at Kaper Hills, Cuddalore. The care staff of TEV and Project Kiran visits him at the Hospital twice a week.

Exposure Visit of the Palliative Care Volunteers to Mallapuram, Kerala. (14/05/08 to 18/05/08)

The Project Kiran at PMO Cuddalore initiated a Home care programme from March 2008. The Volunteers selected at village level for Home Care activities were taken for an exposure visit cum training on Palliative care at Mallapuram District of Kerala state. This visit gave volunteers a basic scientific knowledge on patient care and an overview of the people's initiative on Palliative care at Mallapuram.

Religious Talk by Pastor. Karuna moorthy on 14th May.

Pr.Karunamoorthy of Uppalavadi church was invited for the religious talk on 14th May. He delivered a speech on "Good deeds heal our diseases". He blessed all the elders in

the name of Christ and explained how a man can reach God by offering prayers.



Executive Body of EfE meets at TEV on 17th May.

The Executive body of the “Elder for Elders Foundation” met at TEV on 17th May. Discussion on elders livelihood promotion and Social Protection were carried out and it was decided that the next executive body meeting will be held at 3rd week of June to finalise the business plans submitted by all the DLF members.



Director of Social Welfare, NewDelhi visits TEV on 18th May.

Shri.S.A.Awardi, the Director of Social Welfare, New Delhi arrived here at TEV on 18th May on personal visit. He was accompanied by Mr.Edwin from RJD office, Chennai. Dr.Sathyababu, Mr.Siddick and Mr.Elango explained about their activities.



TB awareness programme at TEV on 20th May

Awareness Programme on Tuberculosis was organized at TEV on 20th May. The elders who thought either their cough could lead to TB were made aware of TB causing organism, immunity level and if there is continuous cough for 3 weeks then sputum test to be taken etc were discussed. Dr.Shano and Senior caregivers clarified the elder’s doubts.

Feast organized by Sivasubramanian Memorial Friends Organisation, Pondy, on 20th May.

The Sivasubramanian Memorial Trust provided lunch for all the elders on 20th May. Earlier Mr.Sekar, the secretary gets blessings from all the elders with his friends group.



Religious talk by Shri. Kandasamy Raju on 22nd May.

The elders of TEV enjoyed a beautiful and humorous talk on “meaning of Sivalogappadhavi” given by Shri.Raju on 22nd May. Shri.G.Palani Farm Manager and Siddick, Manager organized this meet.



Advocacy Workshop at TEV Campus– 29th May

The Coastal Resource centre for Elderly, Cuddalore organized a 1 day advocacy workshop for all the DLF members. This workshop was conducted to create a platform between the Elders Federations with the Local Govt. departments and other civil societies. Resource Persons from the different development and financial sector participated in the workshop. It resulted to the formation of District Redressal committee for the Elderly.

Dr.Jayaveerakumar,MD visits TEV on 29th May.

The Chief Doctor of General Hospital, Cuddalore visited TEV on 29th May. He visited all the residents and enquired about their health. He was accompanied by Ms.Shuba, Manager of Project Kiran and Senior Care-givers.

Training for NSS Volunteers at TEV in collaboration with Police Dept.



Superintendent of Police, Cuddalore wish to make a study on “insecurity among the elders of Cuddalore Town” in collaboration with HelpAge India. Mr.Elango, Dr.Sathiyababu and Mr.Siddick attended the formal discussion and framed the methodology, timeline for doing the research. In continuation of talks, it was decided to use NSS volunteers of schools and colleges for conducting the survey among the urban elders. The

Coastal Resource Centre for the Elderly organized training for the volunteers on taking the survey and analyzing the data's. Two research students from Gandhigram Rural University also join in this work.

Income Tax Department official visited TEV on 30th May.

Mr.Devarajan, Spl. Enquiry officer of the IT Dept. visited TEV to understand the working nature of Elders for Elders Foundation. Mr.Siddick and Mr.Elango explained TEV activities and eFe's role in working for the cause and care of elderly in HI working areas.

Program schedule of PMO activities for the Month of June '08

2nd June: TEV Elders Meeting / PC volunteers' meeting@Rasapettai.

3rd June: IGP Training on Pickles Making @TEV, CRC staff meet @ HI New Delhi.

5th June: Cultural Night by Project Kiran at Uppalavadi & elders @ TEV,

6th June: IGP Training on fruit squash and Mixed Fruit Jam Making.

8th June: Training for CGs: Nursing care for Urinary Incontinence.

10th June: Elders Meeting and Health education about Constipation / Falling.

12th June: ADEPT Ortho Medical camp @ Cuddalore – Project Kiran

13th June: NLC medical camp @TEV

14th June: Sports Event/Cultural night.

16th – 17th June: Head- E&SP, HI NewDelhi visit

17th June: visit to NLC- GH, Neyveli

18th June: Religious observance {Mailam, Thiruvakarai, Manakular temple, Villianur Madha Church.}

25th June: Awareness Programme on Tuberculosis/HIV by Health Educator/ Councillor {KAPAR HILLS, GH}

27th June: School Children's visit to TEV and cultural programme.

