



Monthly Newsletter of Thamaraikulam Elders Village

April & May 2010

Elders Voice

Celebration of 5th Foundation day.....



.... and Sports event for our TEV's Residents

Thamaraikulam Elders Village
HelpAge India, Cuddalore-2, TN

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Number of Elders: 72

Particulars	Male	Female
<i>Active</i>	10	26
<i>Assisted</i>	08	12
<i>Dependent</i>	04	12
Total	22	50



Health Report:

<i>Particulars</i>	<i>No. of Residents</i>
<i>Hypertension</i>	28
<i>Diabetic</i>	12
<i>Cardiac</i>	10
<i>CVA</i>	3
<i>Epileptic</i>	1
<i>Psychiatric</i>	3
<i>Parkinson</i>	1

TEV WOULD LIKE TO EXPRESS GRATITUDE WHO ALL DONATED FOR THIS MONTH

April & May' 10:

- Ganesh Engineering College, Puducherry
- Mr. Deivasigamani, Cuddalore
- Mrs. Vanaja, NLC.
- Mr. Babu, Cuddalore
- Mr. Mohanpriasundharam, Cuddalore
- Mr. Ramalingam, Cuddalore
- Mr. Sridharan, Puducherry
- Mr. Thangarasu, Cuddalore
- Mrs. Meera, Cuddalore
- Mrs. Chandraleka, NLC
- Mrs. Santhavishwanathan, Gwalior, MP.

Events



3rd April 10:

Health Check up:

Health is an important aspect for our TEV's elders. On 3rd April, there was a general health check up carried out by our Senior Care Giver. They have diagnosed 23 elders who were having Blood Pressure but it's under the control due to the proper diet and regular exercise.

6th April 10:

Healthy Thinking by Elders...



The Panchayath Committee was started by 4.30pm and discussed about over all activities of the TEV residents. Mainly, they have discussed about health and cleanliness of their home toilets which is cleaning by outside members. They have planned to clean by themselves and also said that they want to save the money.

8th April 10:

Bright vision for our Residents.



We have regular eye screening to the all residents in every month. In this month, we had a screening and 8 elders are reported that they have problem in their eye sight. So, they have taken to Govt. Hospital and end of the screening, out of 8, 3 elders had gone through Cataract Surgery. Apart from them, there were continues review for them and they are happy about present condition. The cooling classes have given by Dr. Siva Subramanian who is a volunteer for our residents.

10th April 10:

Training to Care Givers' about Tuberculosis.

It is well stated that "Prevention is Better than Cure". Like that, the Senior Care Giver has given training to the Care Givers, how to effectively control TB and handle TB patients (Mr. Koothandavar, one of our resident is suffering from TB and the medicine has given to him as per advice of Chest Physician Dr.Selvaraj).

12th April 10:

Generation Tie up...



There is a big gap between youngsters and elders. Due to the migration, nuclear family system and self centered life, the elders are neglected from their family. In this stage, it is good to see our residents with 130 college students from Ganesh Engineering College, Puducherry. The students had a chat with our residents more than 2 hours which has given more happiness to our residents and they had lunch with our elders.

Before that, they have performed various cultural activities for our residents.

On 13th April 10, there was a cultural programme done by Pondicherry University Students.

14th April 10:

Festival is always make us Happy.

The Chithirai festival is held in the famous Madurai temple, 500-km from Chennai. The festivity starts from the Tamil month Chithirai (April-May) and ends on the tenth day. The celebration is filled with pomp and festivity. The highlight is the procession of Lord 'Kallazhagar' (Lord Vishnu) the elder brother of Goddess Meenakshi, who proceeds from his abode - Azhagarmalai 30-km from Madurai, to give away his sister in marriage to Lord Sundareshwar. One can witness an ancient legend unfold right before your eyes as Lord Vishnu rides to his sister's wedding on gleaming real-gold horse chariot. Accordingly, our elders were celebrated the Chithirai festival and also went to Padaleeswarar Temple and Silver beach.



18th April 10:

**“....Beautiful Village & Lovely to finally settle...” by
Ms.Susan Erb (consultant) U.K.**

Ms. Susan, who is a consultant from U.K., made a visit to India to study about Elders Self Help Groups. She came to Cuddalore and had a visit at our TEV. She had a chat with them and asked their way of living, diet system, health and entertainment. End of the visit, she told that it is a beautiful place who wants to spend their later life. Moreover, it's grateful to see, the concept of Sustainability in the village.



30th April 10:

Religious visit to Chidambaram:

Chidambaram is an ancient and renowned shrine in India. It is spiritual as well as historic. It noted for cultural significance. Chidambaram is associated with Nataraja or Lord Shiva in his Ananda Tandava fake (the Cosmic Dance of bliss) in the cosmic golden hall. Devotees of both, saivites as well vaishnavites visit Chidambaram as a pilgrimage spot. Devotees symbolize Lord Shiva's Ananda Tandava as the five divine acts of creation, sustenance, dissolution, concealment, and gift of grace. On this day, around 30 elders went to Chidambaram along with Care Givers and worshipped the Lord Nataraja and also enjoyed the trip.

May Month Events:

4th May'10:

Elders meet at TEV:



All the elders are formed in front Senoir care Givers office and nearly 50 elders were participated in that meeting. The EFE Chairman, Mr. Purushothamman has also participated in that meeting. They have mainly discussed the three important points,

- They have formed Garden Committee (5 members)
- Planned to go Religious trip
- Proper diet for diabetic residents at the dinner.

14th May 10:

Mass Cleaning through Game:

Keeping our home is always good and if all of them do it properly then we are free from most of the diseases. Like that, we have planned to do the mass cleaning of the resident's home by themselves. To encourage the cleaning, we announced three prizes for best cleaned home. The cleaning work started in the morning and after the cleaning, the Senior Care Giver has visited all the residents home and selected best three of residents. The residents were happy and assured to keep the home always clean.

15th May 10:

Sports will give more health and keep them happy..



Every quarterly, we are conducting sports event for our residents. On this day, we have announced the sports event to the residents namely Koolam competition, Balloon, Candle Walk and Water Filling. The residents were participated enthusiastically and showed their skills. Most of the residents stated that this event made us very

happy, kept away from all the worries and also keep us fit and feel to be young. End of the day, the winner list has prepared.

17th May 10:

Celebration of TEV Foundation Day...



The 5th foundation day celebrated with 75 residents.

Mrs.Hema from CavinKare participated as a special Chief Guest. The function started with cutting cake and it distributed to all the residents and staffs. Before that, Mrs. Hema spoke about the problems of the elders and how to handle elderly life with happily. The EFE Chair Man Mr. Purushothamman and Managing Trustee Mr. Arunachalam also participated in that

function. End of the function, the prize distributed to the elders who are won the game on sports event.

25th May 10:

Kuttys Rajyam made Elders Happy...

There were 20 childrens from PSYCHO trust, Karur district performed the folk songs for our residents. In these cultural activities, they formed “PARAI (Which is a traditional instrument of Tamil Nadu and used various stages of the life)”, Koolaattam and some of the traditional songs. They have had lunch with our elders and had a chat with them. The elders were happy and Mr. Vadivel (One of our resident) said that “so far we have not seen such kind of cultural at our TEV”.



Visitors to the TEV:

12th May 10:



Ms. Shanthaviswanathan, Ramakrishna Asramam from Gwalior has visited our TEV on 12th May 2010. She mainly came to here to know the functions and activities of the TEV and also asked the life style of our residents. She visited the residents’ home and had chat with them. Before that, PMO- Head and Deputy Director explained about the activities and functions of TEV to her.



Mr. Rajeshwar, Head (SP & E) has visited to TEV on 26th March 2010 and had a chat with our residents.

Mr. Mathew Cherian, Chief Executive has also visited on 30th May 2010 to TEV and interacted with our residents.

Adding to the family



Mrs. Lakshmi - 76, Entry
date: 19/04/10



Mr. Srinivasan - 54, Entry
date: 28/04/10



Mrs. Rajambal – 85,
Entry Date: 19/ 04/ 10



Mrs. Sangunthala – 73,
Entry Date: 06/ 05/ 10



Mrs. Thangammal – 73,
Entry Date: 25/ 05/ 10



Mrs. Meenachi – 70,
Entry Date: 27/ 05/ 10

Face of the Month



I am also, one of the empowered elder in the TEV..

Mrs. Kullamma, 70 years, is a resident of TEV from the beginning of our village. She is always active and does not sleep in the day time which is quite difficult for elderly people. Even though, she has some physical problem but she keeps on working the entire day. Moreover, she is the first female elder who entered the TEV. In the initial days, she was too lazy to do her work and not involved other works of the TEV. With the proper counselling of our Senior Care Givers, slowly she has turned into her work and involved other works. When, we started to cultivate Green Chilly in our land, she has taken the full charge to maintain the cultivation. Every day, she moves the cultivation area and put the water to the plant and cleaned the gross around the area. Day by day, it grown well and gave kilos of green chillies to our village. She does not waste a single chilly and make the damage chilly into “MOOR MOOLAGA (which is usually called butter milk chilly)”. So far, we have received more than 20kg green chilly from the plant. All this success will go behind Mrs. Kullamma.



True Story:

Case History:



Mrs. Krishnaveni is 65 years old residing in our TEV. She was lived her own house at Chengalpattu, Chennai, with small agriculture land. Though, she has not having children but gave more importance to her brother Childs. She allowed them to use the land. The relatives were earned lot from the land but gave little amount to her and they cheated her economically. When, she gets old, the relatives are planned to transfer all the assets for their name and they did all the work without her knowledge. But, Krishnavi was

believed them and she thought that they would be take care in her later days. One day, she came to that one of her relative was not well. So, she went to their home and stayed couple of weeks. When she comes back to the home, she got shocked because the home was locked. Then, she moved on relatives home and asked the key. But, they refused to open the home and they threatened not to come again.

She was helpless and came to know, they transferred the entire asset to their name. Even though, they cheated, she did not go to police. End of the day, she moved out of the village and started to live on roadside. After a couple of month, she came to know about our elders village and shifted into our village.

Recipe from TEV.....

RAAGI MALT



Raagi malt is a healthy food for all the age groups. It reduces overheat and makes the body cool. This is a good solution for summer attack. This is almost like instant food as it takes just 5 minutes to prepare this. It is regularly given to our residents every morning and keeps our elders healthy and it will be good medicine for diabetic patients. Let's find the way to cook Raagi Malt...

Ingredients:

Ragi flour - 2 tablespoon
Water - 1/2 glass
Milk - 1/2 glass
Sugar or powdered jaggery - 4 tsp
Powdered cardamom - 1 tsp

Preparation of Raagi Malt as follows:

1. Slowly add the raagi flour to hot water, stirring well, taking care not to form any lumps
2. Heat the above over low flame and when it starts to thicken pour milk and bring it to boil
3. Add the powdered jaggery and mix well
4. Continue to simmer over medium flame till it reaches to the desired thickness
5. Add a pinch of cardamom (Elachi) powder and stir well
6. Allow it to cool to warm, and then pour into a glass or cup.



Obituary

TEV elders and members conducted all the necessary rituals for their funeral and praying for their souls.

Name of the Resident	Age	Gender	Date
Mr. Rathinadevar	75	Male	10-04-10
Mrs. Malalani Marry	82	Female	21-04-10
Mr. Natarajan	67	Male	27-10-10

