

Newsletter – Tamaraikulam Elders Village

Elders Voice

Issue: January - 2012

TEV Residents Celebrating - Republic Day



Prof Arun Prakasham –

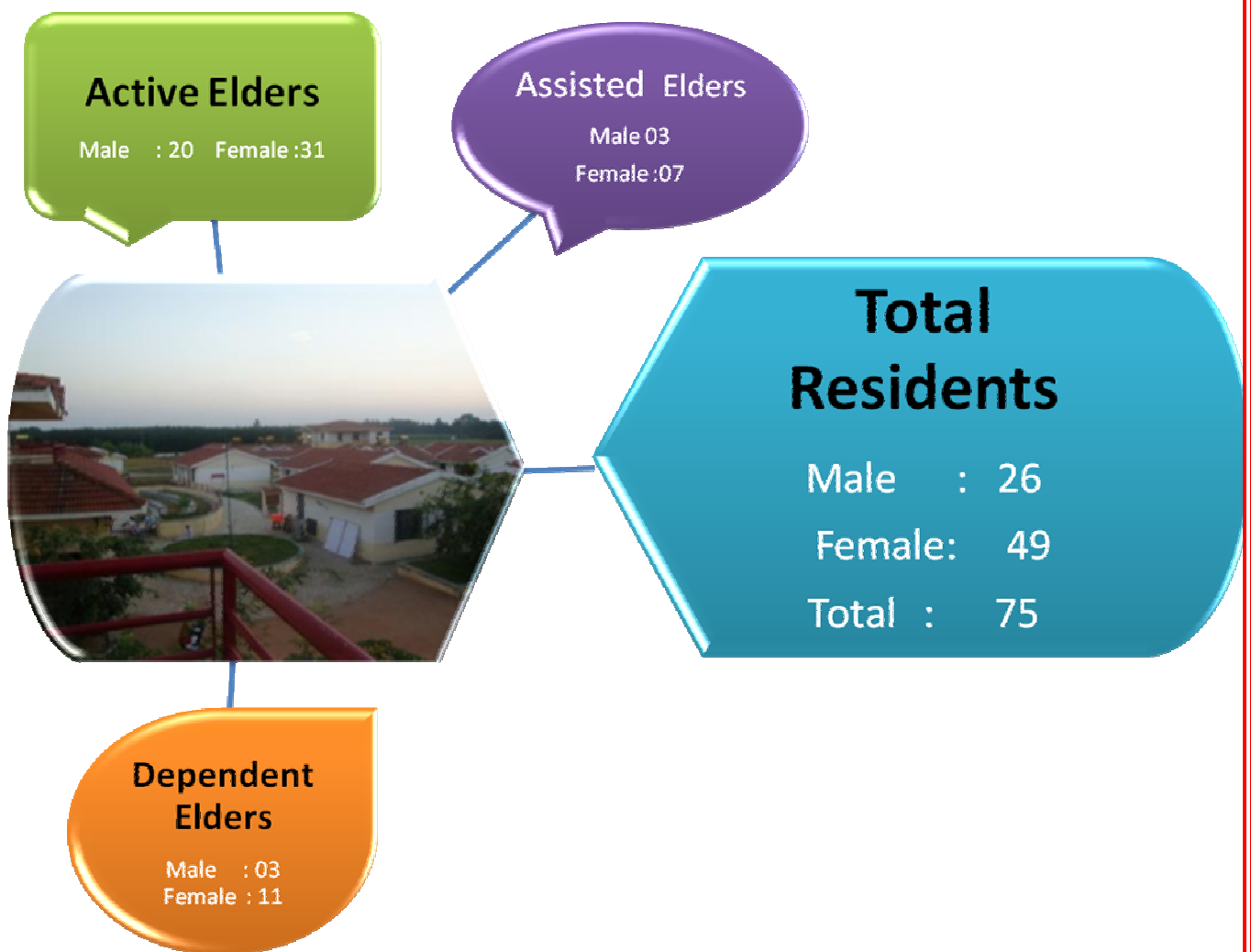
‘AGE MAY CHANGE BUT WE NEVER’

Help Age India,
Thamaraikulam elders Village,
Periyakanganankuppam,
Cuddalore – 607 002.

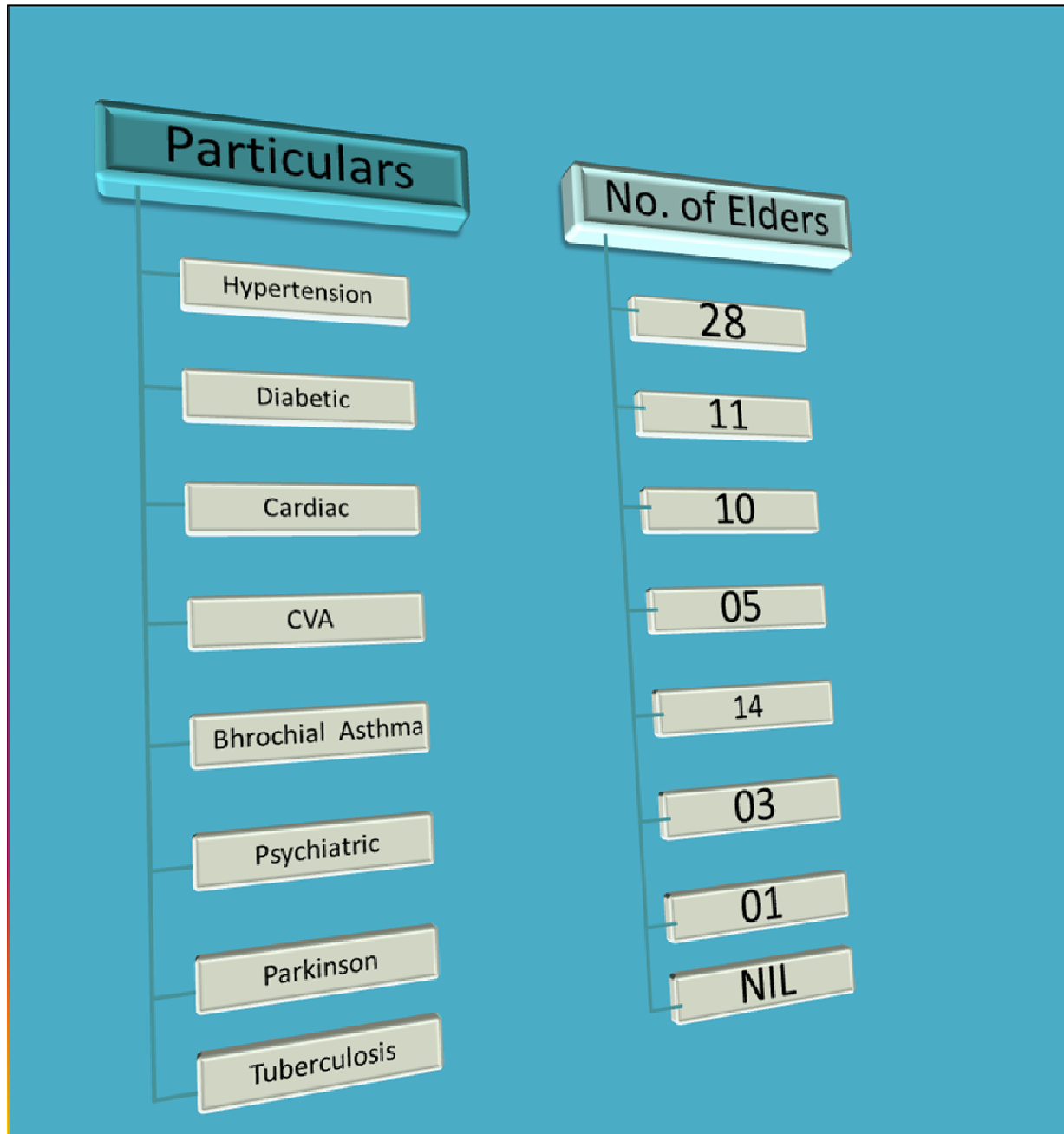
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Elder's status in Thamaraiikulam



1. Health Details in TEV



2. Donations of the Month

TEV WOULD LIKE TO EXPRESS GRATITUDE TO ARR CHARITIES FOR CONTINUOUS SUPPORT ONE LAKH EVERY MONTH TO TEV AND WHO ALL DONATED FOR THIS TWO MONTHS



- on 2.01.2012 Food sponsored by Ms.Sarala, pudhuchery.



- On 06.01.2012 Food sponsored by Mr.Ravichandran and Mrs.Prema,Cuddalore.



- On11.01.2012 Food sponsored by Mr. V.N.Srinivasan,Neyveli.



- On 18.01 2012 sponsored by Mr.Saraswathi,Cuddalore.



- On 20.01.2012 Donation in kind provision items sponsored (cost about Rs.13514%)by HELP AGE INDIA office chennai.



- On 23.01.2012 Food sponsored by Mrs. Jothy,Cuddalore.



- On 27.01.2012 food sponsored by Mr. Kathirvel, Cuddalore.



- On 28.01.2012 food sponsored by Mr. Sekar SP Reddychavady.



- On 31.1.2012 food sponsored by Mr. Mohan Cuddalore.

3. Events of the Month

4.1 DEVASTATION OF "THANA CYCLONE" ON TAMARIKULAM ELDERS

Cyclone had wreaked havoc in the coastal Tamil Nadu and the Union Territory of Puducherry, the death toll in nature's fury has now risen to 40. The heavy rains and the strong winds caused massive destruction to property, especially in Tamarikulam Elders Village and over all in Cuddalore district in TN and Puducherry. The cyclone Thane crossed the coast between Cuddalore and Puducherry carrying along with it torrential rains and gusts of wind of up to 140 km-ph.

Electricity supply was cut and most of viral the roads leading to certain areas in Tamil Nadu were marooned. The damage destined has extended to crops with as much as 25,000 acres of paddy crops perished in the cyclonic storm in the Cauvery delta region. Mobile phone signals, traffic signals and electric poles were all uprooted in the coastal districts of Tamil Nadu and Pondicherry.

No drinking water supply in most of the places and there are very few villages got very limited water. There are many thousands of houses that have lost its thatched and tiled roof. Thousands of children have lost their school books and notebooks. The Supply of milk is too limited to the demand. The Livelihoods of the people have been badly affected. Even though Govt of Tamil Nadu has started the relief measures, there is a gap between the demand and supply.

But Help age started its relief from the initial stage, every activities was intimated to Sr.Management and they also responded and supported all the activities that needs to be carried out, to save our elders and also target villages of course Tamarikulam residents. Over all village there has been human loss because our entire elder are secured in our **blessed buildings which was supported by NDTV and Help Age India have supported.** Due to heavy cyclone one of our elder was hurt by broken glass. The entire roof tiles were thrown out and windows glass were broken, electric poles' were damaged, and there was no electricity for more than 40 days. Our elders are blessed and assisted with generators and immediate water supply was provided using our 1 HP motor, for other purpose not for drinking. On the same day we started

working to restore the activities, the following works are carried out with various support.

Cleaning

As a start, we cleaned our kitchen building, there was about 8 hours of storm, since from 4 am the cyclone was not stopped as results no one could come out and even could not able to open their windows. Everywhere we could able see only the broken glasses, broken tiles and uprooted trees. The elders were not able to even cook their morning breakfast. At around 12.00a.m we came out and started cleaning the kitchen for cooking break fast, with the help of our elders. Mr.Singaram and Abdul bai the residents of our TEV made a tremendous effort in cleaning the kitchen. It was unfortunate that the appointed cook could not able to come to TEV due to damages of Thane.

For cleaning the campus, on the third day, we hired more than 15 males @ Rs.400/- and 10 female labours were engaged for @ Rs.250/- . The total labour cost was around Rs.8500. A part from this we have mobilized local volunteers to support the cleaning activities of Thane. The near by village volunteers came forward to support our activities TEV campus. The main highlight was that one of our volunteers near by village hunted a snake.

The Head of “Emergency and Social protection” Mr.Rajaswar came here in special deputation from the head office to speedup the relief activities. He suggested that we invite Er. Krishna raj, Sr. Engineer from Pondicherry for getting technical solution and he suggested removing all roof tiles, and also to fix again with new cement matter otherwise the tiles would fell down and would injury the resident elders. Hence we engaged 10 labours to shift the damaged materials for a period of 10 days.

Window Glass

The entire glasses were replaced with new ordinary glass. We tried to put **wired mesh glass for demonstration and sample purpose as per advice of CE of HI in one of the room**. Since SSG agency recommended if found the lowest quotation for the wired glass to be purchased from SSG Enterprises We tried to put wired

glass to all windows but the cost went more than our budgeted amount since then window have been replaced the broken with ordinary glass.

4.2 Water Supply and Electricity to the service villages from TEV

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Water Supply

The entire population of thane affected by the cyclone and was struggling to get drinking water and of course our residents were managed with the available water. The first relief started was providing drinking Water. The approval was also given immediately for hiring three Vehicles for 5 days. Moreover one more 1000 lit tank was purchased for our domestic purpose. The total estimated cost which we spent for the water supply was Rs.18750.00. In-addition to that we have purchased Diesel at the rate 1 later for 6 KMS for 5 days, for the above said purpose, we have used three vehicles from the TEV. We have mobilized a Genet 65KW from the district administration to supply water for more than 35 villages those includes our Elders villages also.

Electricity

It was informed that there will not be power supply in TEV for three weeks. Genet is to be run for at least 18 hrs daily for 20 and days and in addition 60Hp Genset run for 5 days to supply drinking water to villages including TEV. The total cost which we spent for the electricity is estimated at around Rs. 50,000/-. The Diesel was from our regular Petrol Bank?

Drinking Water for TEV

There has been no power supply for the last one month. During these days we were able to use our Genset to operate 1 HP shallow bore well; we used our genset presently available 25kb for last one month. For our service villages we have used Government Genset to supply water for about 20 days, 6 days we use

to get water by using the Genset supplied by the Government. We were not being able to operate 20HP motor for 14 days.

4.3 Medical Camp to the rural villages from TEV

Medical Camps

There are Three MMU units came from Chennai Help Age to the Cuddalore Project Management office to treat people conduct Medical camps and also in our service village Doctors. From Manakulavinayakar Medical College, doctors supported the Medical camps which were conducted for Thana affected service villages. The camp went for three full days covering of 14 villages. And more than 2000 elders were benefited by these camps.



Medicines were purchased through Centralized office.

4.4 Mass cleaning by elders at TEV



TEV Campus was full of broken glass pieces and roof tiles and uprooted trees due to Thane cyclone. Active Elders of TEV removed all glass pieces, roof tiles and cleaned all areas. Along with other maintenance work it took almost 10 days to finish.

4.5 Pongal Celebrations

In India a major segment of the population depends on agriculture. As a result, most of the festivals



are also related to the agricultural activities of the people. These festivals are celebrated with different names and rituals in almost all the parts of India. In our TEV also the residents are much interested in celebrating Pongal festival. It is one of such highly revered festivals celebrated in Tamil Nadu to mark the harvesting of crops by farmers group in TEV. The Pongal festival is the time when the residents and villages get ready to thank God, Earth and their Cattle for the

wonderful harvest and celebrate the occasion with joyous festivities and rituals. In Our Tamarikulam elder's village is a very colorful sight during the Pongal festival is attracted to near by village and our staff members. Thai Pongal and Mattu Pongal together were celebrated on 16.01.2012. Washed all (15nos) cows and Bulls decorated with garland and flowers by elders and tied in a respective place. Elders also took bath, wore new cloths and gathered in front of the cows. They did special Pongal Pooja and worshiped God, and everybody shouted "PONGALO PONGAL". Followed by this event mixed vegetables was fed to all cows and Bulls. Distributed sweet Pongal and sugarcane to all residents of TEV. The elders enjoyed the festival..

4.6 Participation of Nutrition Program at Pongy

We send out staff Nurse to get the training on Geriatric care Diet & Nutrition, course conducted by Government of India, Food and Nutrition Board Pondicherry. Mrs.Christinal (SCG) and Mrs.Maria



(SCG) attended the five days training programme from 26.12.2011 to 30.12.2011,

Objective of the Programme are:

- ❖ to update the knowledge of Diet & Nutrition
- ❖ to follow diet rules in Anganwadi, hostels, Schools, and Homes
- ❖ to follow the correct preservation technique

This program mainly on adult, pediatric and geriatric diet patterns a special focus for the patients diabetic, hypertensive and cardiac diet pattern, antenatal and postnatal diet pattern also about Anganwadi scheme.

Geriatric diet Pattern:

- ❖ 1800 to 2200 kcal as like adult diet pattern but
- ❖ Low CHO, low salt and low fat diet
- ❖ High protein and high fiber diet.
- ❖ If hypertensive and cardiac elder they should avoid salt and oil
- ❖ If diabetic elder they should avoid sweets and CHO
- ❖ Including diet they should also follow regular exercise

After attending this programme, our care givers have implemented diabetic diet such as, wheat rava porridge, wheat rava uppuma and chapatti at TEV. Mrs.Lakshmi (elder) is in charge for diabetic elders to carryout this plan.

4.7 Republic Day Celebrations at TEV



Grand decoration was done with Rangoli, India map, Indian Flag and Indian National flower in front of the Rountana. On 26.01.2012 at 7am all active elders gathered in front of flag and stood in order. Flag hoisting was done by chief guest Mr.Arivazhagan”

Dr Sathivababu (Deputy Director)



Mr. Arivazhagan"
(Associate Professor
Periyar College,
Cuddalore)

(Associate Professor Periyar college, Cuddalore)

.Rahamathulla (Ex.APO)

And Dr.Sathiyababu (Deputy Director) in respective manner, National Anthem was sung. Followed by programs, sweets were distributed to the all elders and participants. After the breakfast Cultural programme was given by Government school students, Bahoor.

4.8 Rescue of Destitute Elder by TEV Team.



During the Thana Cyclone the elders was rescued by Ms .Panchavarnam , DSP ' Crime branch, Cuddalore and Superintend of Police ,and other police officials collected dress and tonsured their head and gave bath to them and called help line executive for other help. The team of Helpline took the elderly to the hospital for primary care. She spent four days in the TEV, she was referred to the little drop, Chennai.

4.9 Students from PIMS visited TEV – Elders for Elders and Palliative care



PIMS Final year student Dr.Dinesh Dimar- ME, MIPHA visited TEV, along with few professors Department of Community Medicine and also with 70 students, on Saturday, the purpose of the visit is to know how palliative care service system and Geriatric care at TEV is going on. Dr.S.Sathiya

babu explained the concept of Elders for Elders and how elders are able to run Palliative clinic. Most of the students they appreciated the effort and they assured us to support for bringing the vision in place.

4.10 VIP Visitors



MR.VIJAYAKUMAR (Commissioner Rural Development) MR.PALANIAPPAN (Secretary Rural Development) MS.SHEELA (Mass Secretary Rural Development) three of them came to TEV visited all the damaged areas of thane. They interacted with elders; they also explained how they were doing during the cyclone. They had delicious breakfast

with residents of TEV.

Panchayat President of Periakanganankuppam gave “THE DEMAND OF PANJAYAT” to rural secretary in TEV Campus.

4.10 CHIEF EXECUTIVE OF HELPAGE INDIA VISIT - TEV

Mr. Mathew Cherian - CEO, came to TEV and visited all the areas of campus. He saw the damages in TEV. Visited all rooms and interacted with elders. Elders also expressed their experience during the cyclone. Then he had meeting with all the staff members. Discussed regarding the upgradation of TEV and also further activities to be done. He appreciated all the

staff who has worked in thane cyclone relief in the TEV. He also advised all the staff to maintain their health status by doing regular exercise, yoga and proper diet schedule.

4.10:- Director Finance from New Delhi Visit

Mr. Rakesh Goswami - Director Finance visited Thane affected areas and reviewed the project activities and discussed with the staffs working for the Thane relief. He suggested steps that need to be followed for any purchases during the emergency. He also visited urban age care centre at SP office and Palliative care centre at Government hospital. He reviewed the TEV staff on care and support of TEV residents. Dr.Sathiya Babu and Mr.Ramalingam explained about the model that we are going to follow to bring this village as a National Model Elders Village. He appreciated he volunteer's involvement during the Thane relief providing water supply to our service villages and of course their involvement.

Photo Gallery - A Special Focus on Thana



District Collector Visited for distributed relief to Thana In TEV



After thane cyclone – The trees started growing



Morning brisk by Residents of TEV



Thane cyclone relief Materials distribution activity – by Efe Director and Chairman -

Case study



Name: Kalidas

Age: 62

Place of Birth: Mailadu Durai

Kalidas is a man who has lost many close people in his life, but he has retained a certain dignity and humor despite his tribulations. He does not remember his parents, but knows that he lost both only sixteen days after his birth. His mother died from a fever and then his father suffered a heart attack brought about by the death of his wife. For his first five years, his grandmother cared for him, then, she too passed away also. He was looked after by a young uncle called Rama Ram, with whom he lived in Neively. At the age of 13, Kalidas finished his education and started working in a factory to financially support the family. Fifteen years had passed when Rama Ram died. Kalidas, by now 29 and working as a technician, looked after his uncle's two children. He married Shanti a few years later, and changed his job to being a cook for big events. The couple had two children, but their lives were short- their daughter died in birth, and their son at one year old of a weak heart. After this, Shanti joined Kalidas, and they both worked as cooks.

When Kalidas reached 50, Shanti was hit by a scooter in an accident and then died in a Madras hospital. He continued his job as a cook and lived on his own. Over time, the harsh environment of the kitchens where he worked including the heat and dust, made Kalidas ill. He started to vomit blood and was admitted to hospital in Madras where he eventually recovered. Still frail, Kalidas then moved into the house of his uncle's son, but life was difficult for them. When his nephew heard about Help Age India from a colleague, he contacted HelpAge and informed them of their situation. Thus it came to be that Kalidas was offered a place Tamaraiikulam, The Elders Village.

Kalidas has been living here for 8 months now, and feels that this is his home. He suffers from diabetes and has had two eye operations so far. For this reason he is visited by doctors on a weekly basis. However, Kalidas remains positive, and puts his many years as a cook to good use. He helps to prepare the food for all the residents of Tamaraiikulam, and it gives him great pleasure and comfort to be able to repay the kindness which he feels has been shown to him. His nephew comes to visit every two or three days, and Kalidas thanks god for this in his daily prayers. He also prays that their strong relationship will continue. While he wishes that his other relatives would also come to visit, he is grateful for what he has got. Another thing which is of comfort to him is the companionship of the other Elders, which he summarizes as follows;

“The people I live with are like my brothers and sisters”

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Case study prepared by Mr.Joel – Volunteer from UK

