



Newsletter - Tamaraikulam Elders Village



Elders Voice - September 2012

'AGE MAY CHANGE BUT WE NEVER CHANGE'

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

Contents

1. Elders' Status - **02**
2. Health Status - **04**
3. Donations of the Month - **04**
4. Events of the Month - **17**
5. Case Study - **01**
6. Photo Gallery - **06**

1.Elders' status in Tamaraikulam

Active Elders
Male : 21
Female : 33

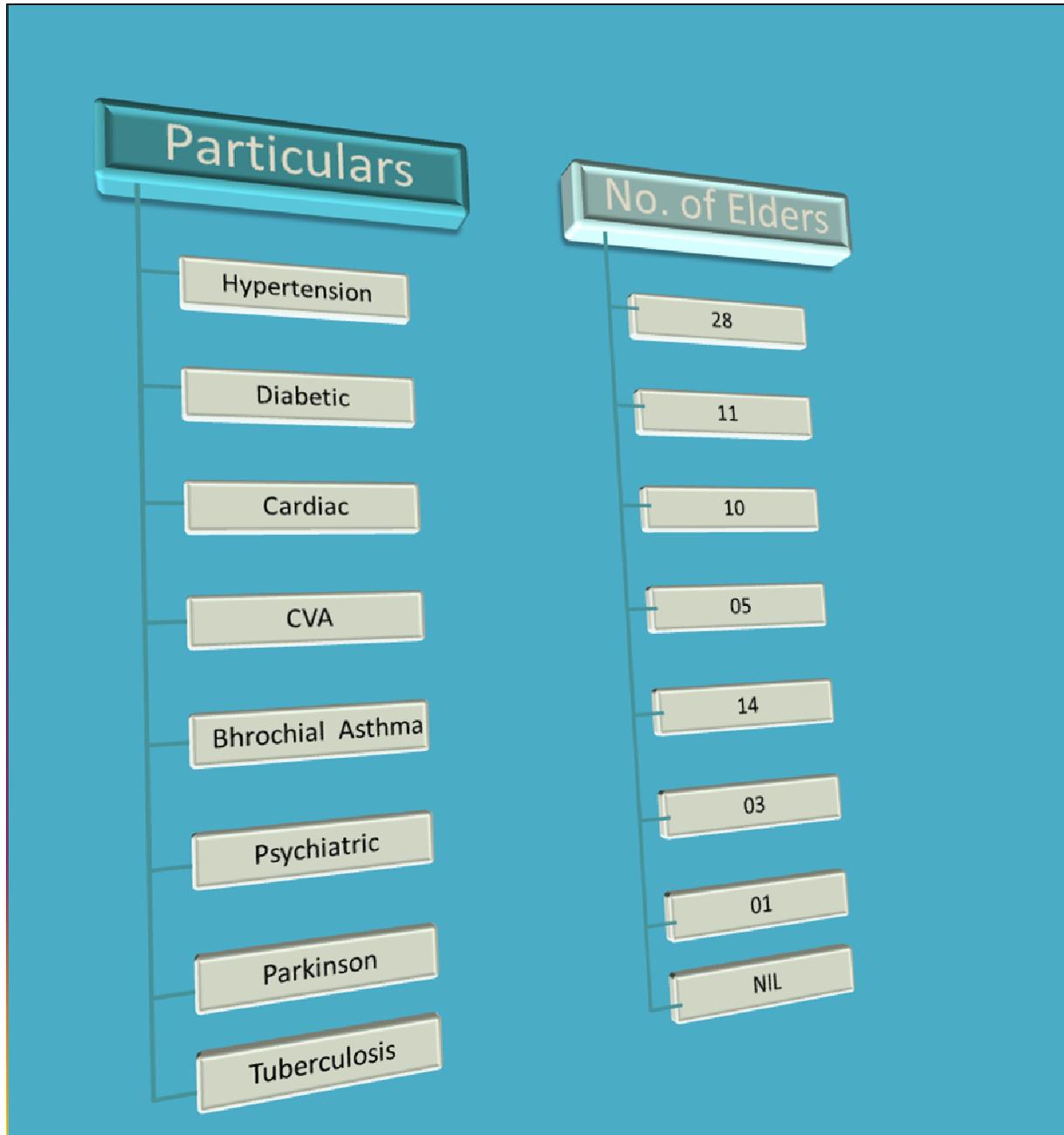
Assisted Elders
Male 06
Female : 11



Total Patients
Male : 30
Female : 56
Total : 86

Dependent Elders
Male : 03
Female : 12

2.Health Details in TEV



DONATION OF MONTH OF SEPTEMBER

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 08.09.2012 Food sponsored by Mr.Selvanathan – Telephone Department on the occasion of his father Mr.Javadevan’s 3rd anniversary. He has also promised to donate food in every year anniversary date.



- On 13.09.2012 - Food sponsored by Mrs.Nirmala on the occasion of her 25th 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 18.09.2012 Food Sponsored by Mr.Muthaiyan on the occasion of his father Mr.Selvaraj 3rd year anniversary day celebration. He promised to provide food ever year.



- 20.09.2012 Physiotherapy association team members they donate money for Tev Destitute elder care purpose.

EVENTS OF THE MONTH

VINAYAGAR CHATHURTHI CELEBRATIONS AT TEV

On 19th September 2012, Vinayagar (Lord Ganesh) Chathurthi festival was celebrated in the Tamaraikulam Elders Village. Vinayagar Chathurthi is the festival of Ganesh, the son of Lord Shiva and Lord Parvathi who is believed to bestow his presence on earth for all his devotees in the duration of this festival. It is the birthday of Lord Ganesha who is widely worshipped as the god of wisdom, prosperity and good fortune .On that day, new Ganesha idol was



purchased from market and special pooja was performed. Special Pongal and fruits were distributed to the residents. All staff and residents of TEV have participated in the function. On the third day Ganesh idol was assorted in the Tamaraikulam Pond. It is believed that all evils of Tamaraikulam Elders village have

taken away by Lord Ganesha.

3RD, 15TH SEP: ELDERS MEETING.

Elders meeting were organized on the above dates. Important decisions on paddy cultivation, fish harvest, Onam festival, World Elders' Day celebrations, Campus cleaning, rescheduling of visitor timings/ dates and providing 11'o clock tea with snacks decided.



On panchayat leader Mr.Natarajan introduced newly elder Mr.Devanthan, aged 65 years, newly admitted in Tamaraikulam Elders Village (TEV). Even though Mr.Devanthan is an assisted elder, with hypertension and chronic kidney disease affected patient.



Since the Tamil Nadu Government is raised the rate of Electricity consumption rate and heavy consumption bill in this month, it was informed and cautioned all elders to switch off lights and fans wherever not necessary.

12TH SEP: ONAM FESTIVAL CELEBRATION.

‘ Onam’ festival was celebrated in TEV from 12th to 14th of September. The residents from Kollam wore their traditional dresses and prayed Lord Krishna and Mahabali. TEV was made colorful with beautiful rangoli’s on the occasion. All PMO staff attended. Sweets, Puttu, Milk and Payasam with varieties of veg. poriyals (Onam Sambam) were organized for elders from Cuddalore Lines Club Members. Deputy project Director Dr.Sathiya Babu arranged this programme.



LE PONDY DONATION RICE BAG

Le pondy hotel General manager Mr.Rajeshkumar donated 100 kg (25kg x 4) rice to Tev. He promised to donate 100 kg of rice every month. The rice bag were received by Mr.Sirinivasan and Mr. Vadivel- TEV Panchayat Presidents.



TEV ELDER’S SILVER BEACH VISIT

On September 12th, 2012. 15 elders and Care Giver Mrs.Annadhi from TEV were went to silver beach, cudalore at 5.00 pm. Our elders were very happy to

visit beach. They went for walk along the sea shore, played in sea water and rested at the sandy shore. After TEV elders were returned with staffs around 6.30 pm.

CHRUCH PASTER VISIT

On 13.09.2012 Pudhu visivasikal sabai Paster. Mr.Karunmoorthy, Periyagankannakuppam had visited all the elders of TEV. Special gathering was arranged in multipurpose hall. Mr.Karunamoorthy have given the message on love and peace and prayed for them. Elders were very happy.

RELIGIOUS TALK SWAMI MR.KRISHANAN

Mr.Krishanan wished elder to get peaceful mind. Religious talk by shri.Krishanan. A religious talk and mass bajan was organized at TEV by thayandhi swami mada of pudhupalayam. All the elders attended the bajan. Swami.Krishanan delivered a speech about gods and meditation on “God and Mind”, Maha Mantras for attaining motcham.



BLOOD TEST CAMP

Alwin Diagnostic lab technician Mr.Babu was conducted Blood test for diabetic mellitus patients including newly admitted elders. He as conducted blood test camp 35 elders. It was observed that blood sugar was got increased to 10 of our elders when compare to the last month. Dr. Aravidan who is monitoring residents' health status and told that it was not alarmingly high but given suitable advice for salt restricted diet, snacks, sweets etc. should be avoided. Weight & Blood pressure were also taken simultaneously to all the elders.

25TH SEP: ELDERS TRIP TO NEW DELHI TO ENTRUST THEIR DEMANDS.

The Elders for Elders Foundation (EfE), the National level trust patroned by HelpAge India organised then 10 days will be arranged tour for Delhi, Agara, Haridwar, Risikasi, Madura, Kasi. This programme participate 130 elders from village level federation, Cuddalore, Nagapattinam, Vedaranyam, Kollam and tamaraikulam elder village. The cuddalore district collector ingrates to this function. On 25th morning 7.00pm is going for 130 elder's in collector bangala. After the collector will be talk about elders at 10mints. To entrust their demands while alerting parliamentarians in taking policy decisions on elderly care.



puadhucherry railway junction on 25th sep. to commence the legendary trip. All party the puadhucherry, cuddalore district collector and media gathered from the early morning to wish the elders for a successful trip. EfE Managing trustee shri.Arunachalam put all his sincere efforts along with Dr.Sathiya Babu ,Mr.Ramalingam, Mr.Elango and village level volunteers, partner agency staff members etc. to make the event meaningful.



PADDY CULTIVATION

Dr.Sathiya Babu motivated TEV elders to cultivated paddy by themselves. TEV Elders obeyed his request and they started to cultivate paddy in month of July 2012. They have harvested paddy in the month September 2012.

It was a different experience while taking the food to think that the rice has come from our own field. Elders felt the same fabulous occurrence when they involved and enjoyed in the paddy cultivation . The yield has come around 22 bags approx. value would be



Rs.20000/-. They paddy strew will be used for cattle. The rice will be utilized for TEV Elder. This will be good gain to TEV. Labors were getting work in TEV by this plan. 15 Elders were doing this work for every day. They are very happy to do this work.

TEMPLE VISIT

On september 12th TEV Elder they relaxation therapy to be arranged temple visit. From Thavalakuppam Singakiri Temple. They allotted 15 members active elder's to visit temple.

With special prayer on the way uself, they will perform special poojas to the concern god and goddesses. This is will be celebrated in great manner.



The made plea to us on regard of worshipping the Singakiri perumal kovil temple at thalavakuppam. Considering their plea, we arranged vechicle, for rhe 15 elders in the TEV.

On the fine day the visited the temple and worshipping the god with good faith and belief. Some of them bursted out of bears and said we have nerver seen this temple before and this also inforgottable day for us, and enjoyed the trip like any thing further, they said we are relased and fully satisfied with gods show.

All the 15 members stayed whole day at temple. While returing, they thanked the whole HelpAge India team for great gesture. They all me relaxed and happy.

5TH BIRTHDAY DAY CELEBRATION

Grand decoration was made in the TEV by the Donor. All the active and assisted elders, DPD, birthday baby and her relatives were agatered in the Ampi theatre to bless the birthday Baby. The Programme started with prayer song and various cultural programmes were per formed. Dr.S.Sathiyababu, Deputy Project Director gave a special speech regarding the concept of adopt an elders



(Village) at Tamaraaikulam Elders Village and also special speakers from Lines club gave speech about elders and how to take care of them. A huge Cake made to cut by the birthday baby Master. Deivegan. During the cake cutting all elders and relatives sang “happy birthday” song. Everyone blessed baby Deivegan for her bright future.

ANNAI THERSHA COLLEGE OF NURSING STUDENT VISIT

Annai thersha Nursing student among 75 student with three Nursing Instructors visited Tamarikulam Elders Village to know the Geriatric care and Palliative care nursing procedures and approach. During the time Dr. Sathya Babu Deputy project director, briefed about the activities of Help Age India and its services of



the different projects and also explained the necessary of palliative care in the present situation.

As a result, They also gave willingness to undergo pain and palliative care training in our TEV. Some of them also said that they dedicated more time to these kind of Programmes, which would be useful in near future.

After this programme the students were participated various culture programmes as songs, dances, mimikiri etc. The elder were very happy.

REGULAR FOLLOW UP OF ACTIVE AGENING

For active ageing the elders village staff have identified for active elders. In the same way we the team members were identified various simple games and recreational activities during the evening hours to play. Since the elders should keep engaged in some other



actives so that they will not feel that they are ideal. Every evening hour they were gathered and play the identified games along with care givers. There are elders they wish to dance, reading books, and hearing music and watching TV in our TEV . by this way our TEV our elders started producing washing powder phenyl pickle apathies submarines, yellow carry bag. Now there about 20 residents busily engaged in these activities.

ROUTINE DOCTORS VISIT AT TEV

Every day Tuesday, Friday and Saturday Doctors from Magadhama Medical college & Research institute, District Level federation doctor, Manakula Vinayagar Medical College and Hospital, Pondicherry used to visit TEV and do the Routine checkup. Prescription will be given according to their needs to all elders. For dependent elders Doctors goes to their respective place and treat the elders. They have also referred some of the elders to Magadhamma medical college & research institute, Manakula Vinayagar Medical College, accordingly.



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

PHOTO GALLERY



Cuddalore district collector flag of Delhi tour



Pudhucherry district collector flag of delhi tour



Annai thersa nursing college student visit TEV asking elder health status.



Annai thersha nursing college student participated culture programme.



Tev department paddy cultivation



Tev Elder Mr.Rasu , selected 20 non OAP person give our OAP amount Rs.500/- per head Rs.20/-



Festival for vinayar sadhurithi celebrate give fruits and snack for DPD.



Help Age India CE to ask about elder vakkadhan progarmme, then sweets with snacks given

SEPTEMBER MONTH NEW ADMISSION



Mr.Thiruvenkadam

Date Of Entry: 21.09.2012

Assisted Elder, Neglected family Members, From Salem Recommended By EFE



Mr.Devanathan

Date Of Joining : 29.9.12

Assisted Elder from Manjakuppam Recommended By EFE

CARE STUDY



Thanammal is a sweet and active elder. She joined in Tamaraiikulam Elders Village with full of sorrow in the heart. She lost her husband 10 years back. She lived with son and daughter. Her son is mentally retorted and she does not know where he has gone. She spent her all savings for her daughter's marriage but her daughter passed away after she got married. Relatives have not entertained her as she is a unlucky woman. She entered in to Tamaraiikulam Elders Village very pathetic condition and depressed mood. She was thinking God has punished her only in the world as she made lot of sin in her previous birth. Our care givers started counseling slowly to change her state of mind. She became a volunteer in the kitchen works and ever since then she is doing all the vegetable cutting work in the kitchen. In course of time whether she is feeling good or not well she will be at the kitchen on time to do the work. She is well respected by the other elders. She comes to kitchen by 7am she stays at the kitchen up to 7pm. During this time she does whatever work there is. She likes to work & help the kitchen staff in whatever the way she could. Now she has been changed completely. She will not think her past and used to say that she is very lucky among all as she is in the Tamaraiikulam Elders Village.