



Newsletter - Tamaraikulam Elders Village



Elders Voice - March 2012

'AGE MAY CHANGE BUT WE NEVER'

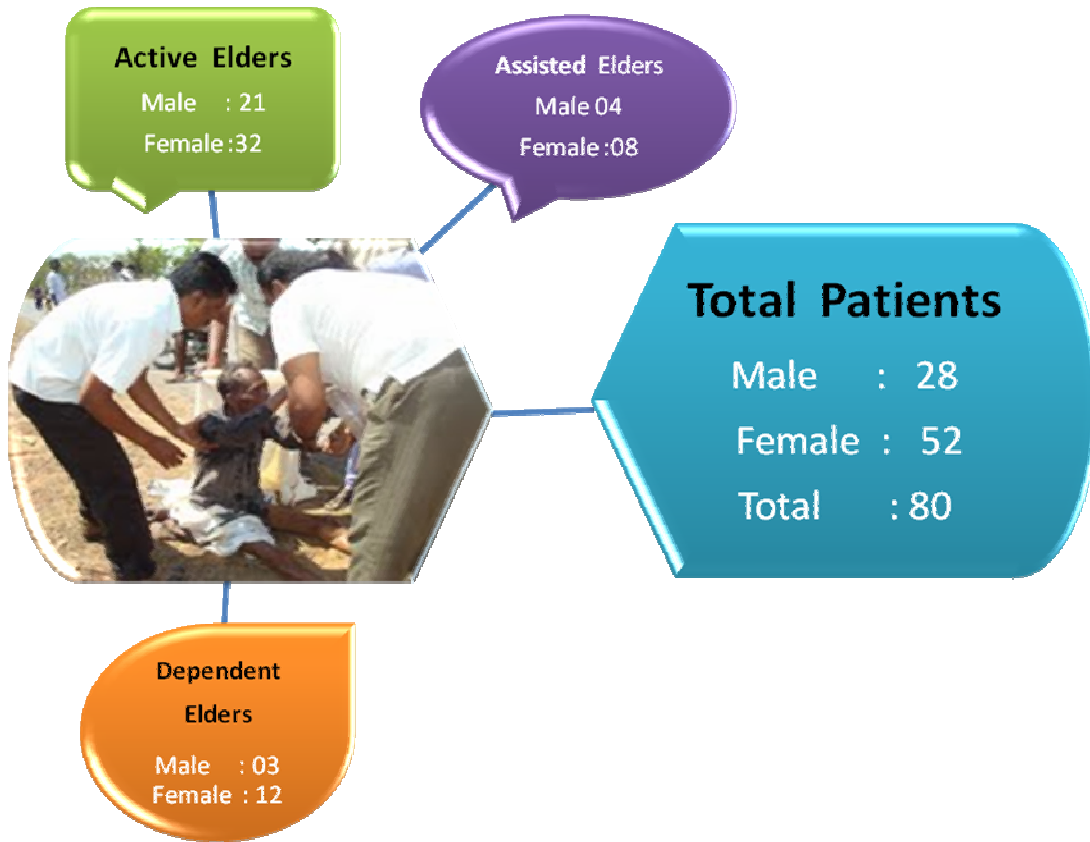
HelpAge India,
Thamaraikulam elders Village,
Periyakanganankuppam,

Cuddalore - 607 002.

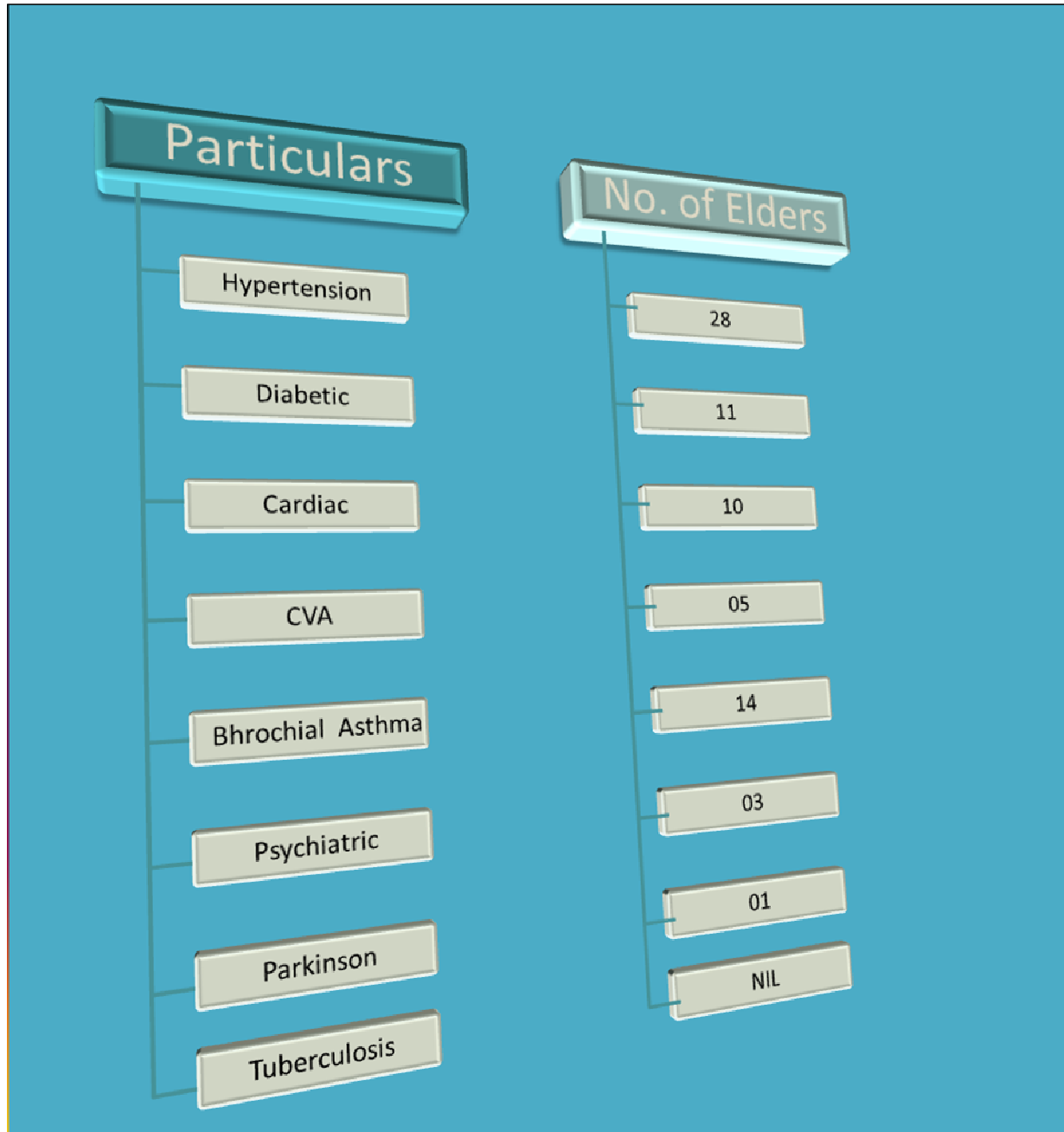
Contents

1. Elders' Status - **03**
2. Health Status - **04**
3. Donations of the Month - **07**
4. Events of the Month - **07**
5. Case Study - **01**
6. Photo Gallery - **18**

1.Elders' status in Thamaraiikulam



2. Health Details in TEV



DONATION OF MONTH

TEV WOULD LIKE TO EXPRESS GRATITUDE TO ARR CHARITIES FOR CONTINUOUS SUPPORT OF ONE LAKH EVERY MONTH TO TEV AND ALSO FOR THE PEOPLE WHO HAS DONATED THIS MONTH.



- On 01.03.2012 Food sponsored by Mr.Gnanaprakash,Pondicherry



- On 08.03.2012 Food sponsored by Mr.Srinivasan,Cuddalore

- On 15.03.2012 Donation in kind - Adult Napkins (1 pack) & Airbed -1, - sponsored by Mr.Rangarajan, Chennai.



- On 15.03.12 Food Sponsored by Mr.P.Selvam, Cuddalore.



On 21.03.12 Somosa-80Nos, Biscuit 80Packets, Sponsored By Medical Student of PIMS, - Pudhucherry



- On 23.03.12 Food Sponsored By Mr.Hari Baskar,- Cuddalore



- On 31.03.12 Food Sponsored By Mr.A.Murugesan,- Pudhucherry

EVENTS OF THE MONTH

4.1.VISIT TO MASI MAGAM FESTIVAL

Masi Magam is one of the Hindu festivals, which is being celebrated in the Tamil month of Masi on full moon day. Various Gods like (Perumal, ,Murugan, Amman etc) from various places will come to sea shore to get blessings from sea God Ganga Devi .In that time everyone will accompany



the god and perform special poojas and Tharpanam to their ancestors ,kiths and kins who died. After some time this god will return to their respective places, there they will perform special poojas. From TEV some of the active elders with care givers went to silver beach (Sea shore, cuddalore) and shaped pillayar with clay and performed special poojas for that pillayar. Many of them have given tharpanam to their ancestors.



Because of these kind of pooja, they were happy and they seems to be relaxed as if they have done some good things to the deceased and returned to TEV.

. 4.2 NURSING-STUDENTS FROM GOVERNMENT SCHOOL OF NURSING.

Nursing student along with three Nursing Instructors visited Tamarikulam Elders Village to know the Geriatric care and Palliative care nursing procedures and approach. During the time Venugopal Ramalingam, Head – Project Management



Office briefed about the activities of Help Age India and its services of the different projects. Dr.S.Sathiya Babu, Deputy Project Director 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.

4.3 PRE – ARRANGEMENT MEETING FOR TEMPLES VISIT.

All active and assisted elders gathered in the dinning hall. Various issues were discussed and focused about the pilgrim's tour to Navagraha temple. Decision was taken that that is all willing to come for the tour should pay Rs.200 from out of their pocket money. Finally most of them said that they will come for the tour by paying Rs.200. They were all happy because of divine tour programme.

4.4 PILGRIMS TOUR FROM TEV

Around 15 active elders went along with care givers for pilgrim's tour from Cuddalore to Kumbakkonam (Navagraa Temple).



Navagraha Temple comprises of:

- 1) Vaitheeswaran God Temple
- 2) Chandran God Temple
- 3) Bhudan God Temple



- 4) Guru God Temple
- 5) Kedu Nageshwaran God Temple
- 6) Saneeshwaran God Temple
- 7) Ragu God Temple
- 8) Suriyanathan God Temple
- 9) Sukiran God Temple -

Elders visited Nataraja Perumal Temple - Chidambaram they also went round the temple and had a short stay in the temple after they return to TEV Happily.



4.5 1ST BIRTHDAY CELEBRATION AT TEV

Grand decoration was made in the TEV by the Donor. All the active and assisted elders, Chief Guest, birthday baby and her relatives were gathered in the Amp theatre to bless the birthday Baby. The Programme started with prayer song and various cultural programmes were performed. 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 Muthuraj club and Lokpal club gave speech about elders and how to take care of them. A huge Cake made to cut by the birthday baby ANUSHA. During the cake cutting all elders and relatives sang “happy birthday” song. Everyone blessed baby Anusha for her bright future. Followed this programme they sponsored delicious dinner and adult napkins for dependent elders.



All the elders of TEV thanked for this gesture.

4.6 ROUTINE DOCTORS VISIT AT TEV

Every Friday (or) Saturday Doctors from 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 Manakula Vinayagar Medical

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

4.8 MEETING WITH SUBIKSHA SECURITY OFFICER TO TIGHTEN THE SECURITY AT TEV.

All the staff of TEV gathered at office for the discussion of security arrangement. Dr.Sathiyababu called upon Subiksha security officer to TEV to discuss the issues regarding the proper security. He was asked to implement gate pass system. He accepted that and also said that he will send field officer for further discussion. Meeting was adjourned with positive terms.



4.9 ELDERS MEETING AT TEV

Active and assisted elders were gathered in dinning hall, it was preside over by Venugopal Ramalingam (Head, Project Management Office) and Dr.Sathiababu- Deputy Project Officer Jointly. Discussed about the routine activities of the committees. They insisted watering committee, to give special attention to grass, because due to summer grasses are getting dry.



The following points were discussed :

- List was taken to for treatment in ceragem at Cuddalore; it was 10 members from TEV.
- Vehicle will be provided everyday for one month to go for treatment in the nearest Hospital.
- Ration card holder should submit their Ration cards with the change of TEV address

4.10 ACCUPRESSURE TREATMENT FOR ELDERS

The special acupressure treatment from South Korea was started at Cuddalore without any complication, surgery, medicines and injections. Held meeting among residents of TEV and selected 10 willing elders. Everyday at 5am

they are asked to go for regular treatment. As a result many Elders gave an opinion that they are very comfortable with the treatment and getting cured Faster.

4.11 DOCTORS FROM MGMC & RI VISITED TEV

As visitors around 16 house surgeons form Mahatma Gandhi Medical College and Research Institute came to TEV and visited all elders, interacted with them, and asked their likes and dislikes. Residents' also happy to seeing and answering the Doctors very cheerfully. Dr.S.Sathiya babu (DPD, Project Management Office) presented the various activities and the Concept of TEV. Doctors distributed snacks (samosa & biscuits) to all elders. Residents were happy and thankful to them for their kind gesture. They also requested them to visit, as if they find, leisure time.

4.11 DISTRICT COLLECTOR-CUDDALORE INAUGURATED

The below said three events were inaugurated by our District Collector.

Thane cyclone Relief and Replacing Grain to Grain Bank “community based destitute care”

The concept of “grain bank” was introduced during the Tsunami and it became so successful. The main concept was to take care of the destitute elderly community in the

52 villages of Tamil Nadu and Kerala. In Cuddalore 25 villages were covered under this program. This program was so supportive during floods.

So for, through this Grain banking 730 elderly have been supported without any external support. The system of grain bank responded in terms of grains immediately, after the cyclone. The present effort is to refill the grain bank which is being run by Elders for Elders foundation for the last 4 years.



THE OBJECTIVE

To provide relief materials to the 2500 elderly community, and to refill 52 grain banks.

INAUGURATION OF COW BANK

In the same way that concept of Cow bank also will be given as a corpus to VLF and DLF, How ever, they have to return back one calf to TEV. This calf will be given to the interested elder. The monitoring and regular visit will be done by the Elders for Elders foundation. Like this, we can construct cow bank in the name of TEV Cow bank. As beginning, we the Tamaraikulam Elders village has more than 15 cows, where we are planning to give 5 cows in the first phase. The profit will be shared by equal ratio, or they have to give a calf to the TEV. This way this will grow step by step.

THE MAIN OBJECTIVE

- To promote savings by providing cow to working 'able' elderly.
- Provide the required cow with credit support for improving their economic basis.
- Secure old age pension by providing cow to Elders where they can get back to profit by supporting other elders and destitute elders

Inauguration of Adopt a Elders "Village"

"Adopt your Elders' Village" -

Tamaraikulam Elders' Village (TEV) is a place designed to provide a minimum standard of care to address old age issues of social protection, isolation, emotional security, health and recreation in a community environment. Our aim is to promote the dignity of the elderly residents and eliminating all forms of neglect, abuse and violence. TEV, established in 2007, is

a model concept of care for the elderly being promoted by Help Age India, a not-for-profit Non Governmental Organisation (NGO) in operation nationally for the past 32 years.

Today TEV housed 100 residents of whom some 50 percent lead fully active lives caring for the 30 percent who need some assistance and the 20 percent who are fully dependent. Our next step now is to:

- Sustain the long term future of TEV by seeking a regular stream of donations, and
- Integrate TEV within the greater community of Cuddalore

We have therefore devised a scheme that can be termed “**Adopt your Elders’ Village**” and this would run as follows:

The Cuddalore community of some 1095 families would contribute to feeding TEV’s 100 residents one meal with care a day. This could be done as a community donation or by donation by individual families. It costs Rs 3000 (three thousand) per meal with care per day to feed our residents

In return for their contributions, donors:

Can “Adopt an Elder” and, through regular visits, build a relationship based on care, compassion and trust. This benefits all and the younger generation will learn about compassion and get an insight into the issues of old age. After all, is it not said that "The best classroom in the world is at the feet of an elderly person"

Family photo will be placed in our Meditation Hall as a recognition and reminder of their generosity and compassion

Can avail the facilities of TEV such as the Community Hall, the Amphitheatre, the Dining Hall and the grounds for special occasions such birthday celebrations, wedding days, and other celebratory occasions.

TEV serves the most needy people in our community and “Adopt your Elders’ Village” will have a significant impact on our Elders and donors alike. The present concept was developed by Dr.S.Sathiya babu, on preparedness of elders on social protection. Finally he was appreciated and asked us prepare a proposal for the below said items.

Conducting a baseline survey to indentify eligible elders for OAP pension where the entire team of District Administration would come to TEV for distribution of OAP. .

Create a model village “One Village “at every block, Where as the DSW will help us to work out the model and select the villages.

Help Age India should workout the model plan to bring this district as model district for elders care.

PHOTO GALLERY



TEV Residence inviting district Collector at the reception



Rotary Club cuddalore conducted treat plantation at TEV

Young Volunteers Mr.Ramesh is helping our elders in prepare their cloths



A Young volunteer is teaching Music to our residents

Sr.Executive and DPD, counseling the Elderly who was abused by their childrens.



School of Nursing students visited TEV for Geriatric care and to know Palliative care practice.



A grand birth day function was celebrated , during the function DPD explain the concept of Adopt a Elderly "Village"



A bujain function was staged by Sr.Ramanugam. of local devote.



To strengthen the security service – DPD discussing with team leader of the Subicsa Security service and to introduce care system for visitors.

CASE STUDY

Name: Krishnaveni

Age: 68

Place of Birth: Chennai

The family of Krishnaveni consisted of her mother, father, and two sisters. Her parents both worked in the military, but passed away when she was

young. The three sisters had no one left but each other. From that time on, her



eldest sister looked after both Krishnaveni and her younger sibling, but she died suddenly at 16 three months after getting married. When Krishnaveni reached 17, she married Ganapathy who worked as a weaver. They had two boys, but the first died of sickness at five years old, and the second when he was only one. After this, Krishnaveni became a weaver too. As years passed by and they grew older, they were no longer able to work;

The house that they had been living in was their nephew's, and this was filled by his family. There was no one who was willing to look after Krishnaveni and Ganapathy in their old age, and they had no roof over their heads. For two years they slept outdoors, unable to afford to replace their old clothes, and had very little food to live upon. "The main thing we ate was salt" says Krishnaveni. Then Help Age India found out about the couple's situation, and invited the two of them to live in Tamaraikulam

It has been two years since they arrived at the Elders' Village, and things have greatly improved for them. However Ganapathy, who is seven years older than Krishnaveni, is now in a frail condition. Tending to her husband is Krishnaveni's priority, but with the help she gets from the health carers, she is able to take on other responsibilities. In the mornings, she works in the vegetable garden, and she also helps to manage the village shop. Krishnaveni has immersed herself fully in the village life, and says that she knows and gets on with everyone. Her husband's brother comes to visit occasionally. The couple enjoys this, especially when younger relatives accompany her brother-in-law. Krishnaveni and Ganapathy have now been married for a total of 60 years, and

on the 21st of December 2011 the Elders' Village held a big event to celebrate this special occasion. They feel valued by the community, and are glad to be here. There have been trials and hardships for Krishnaveni and Ganapathy, but now she says: "We are in a place of peace"

