



Newsletter – Tamaraikulam Elders Village



Village becomes a Centre for Value Education for Children and
Dignity centre for Elderly

Elders Voice

Issue: February – 2012

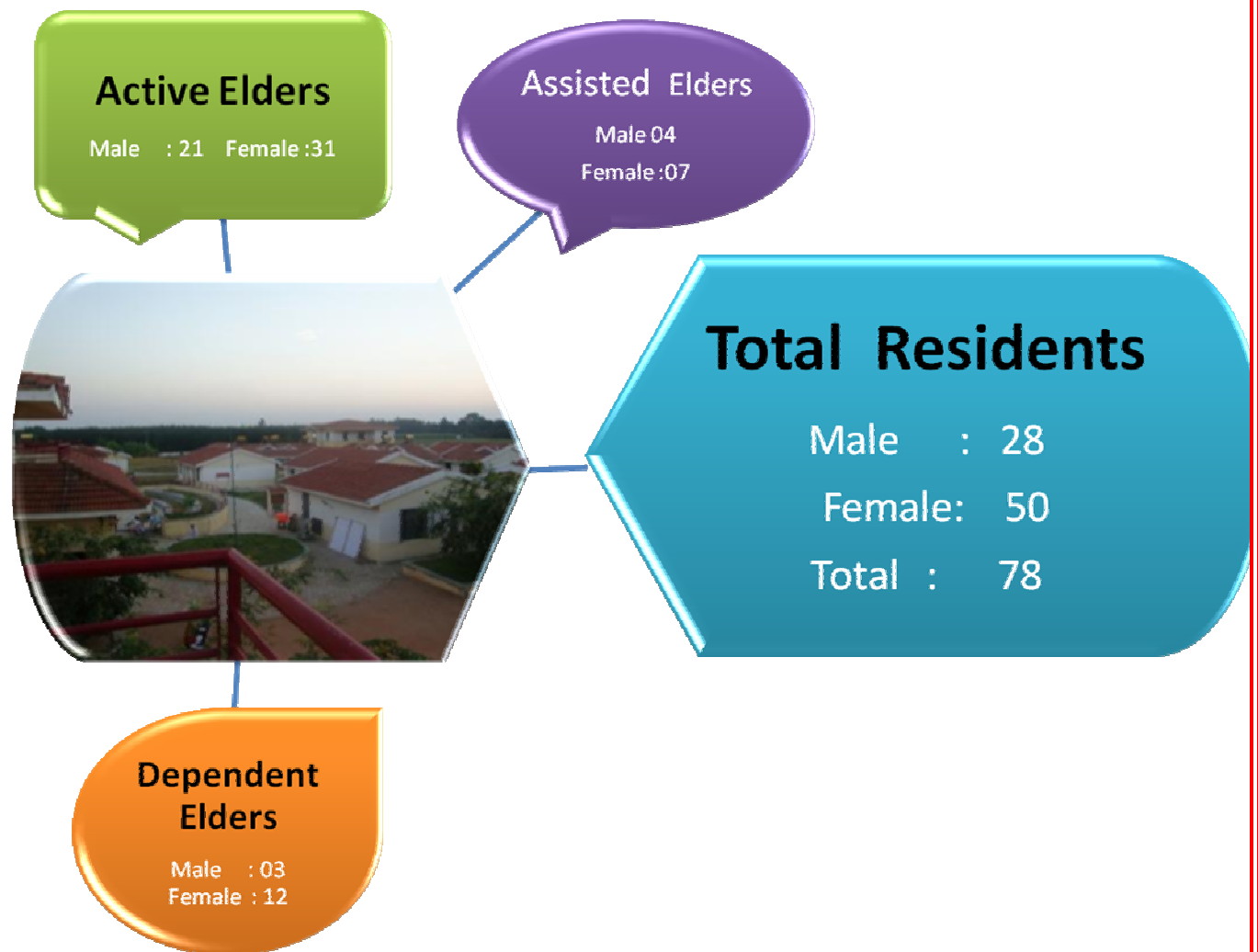
‘AGE MAY CHANGE BUT WE NEVER’

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

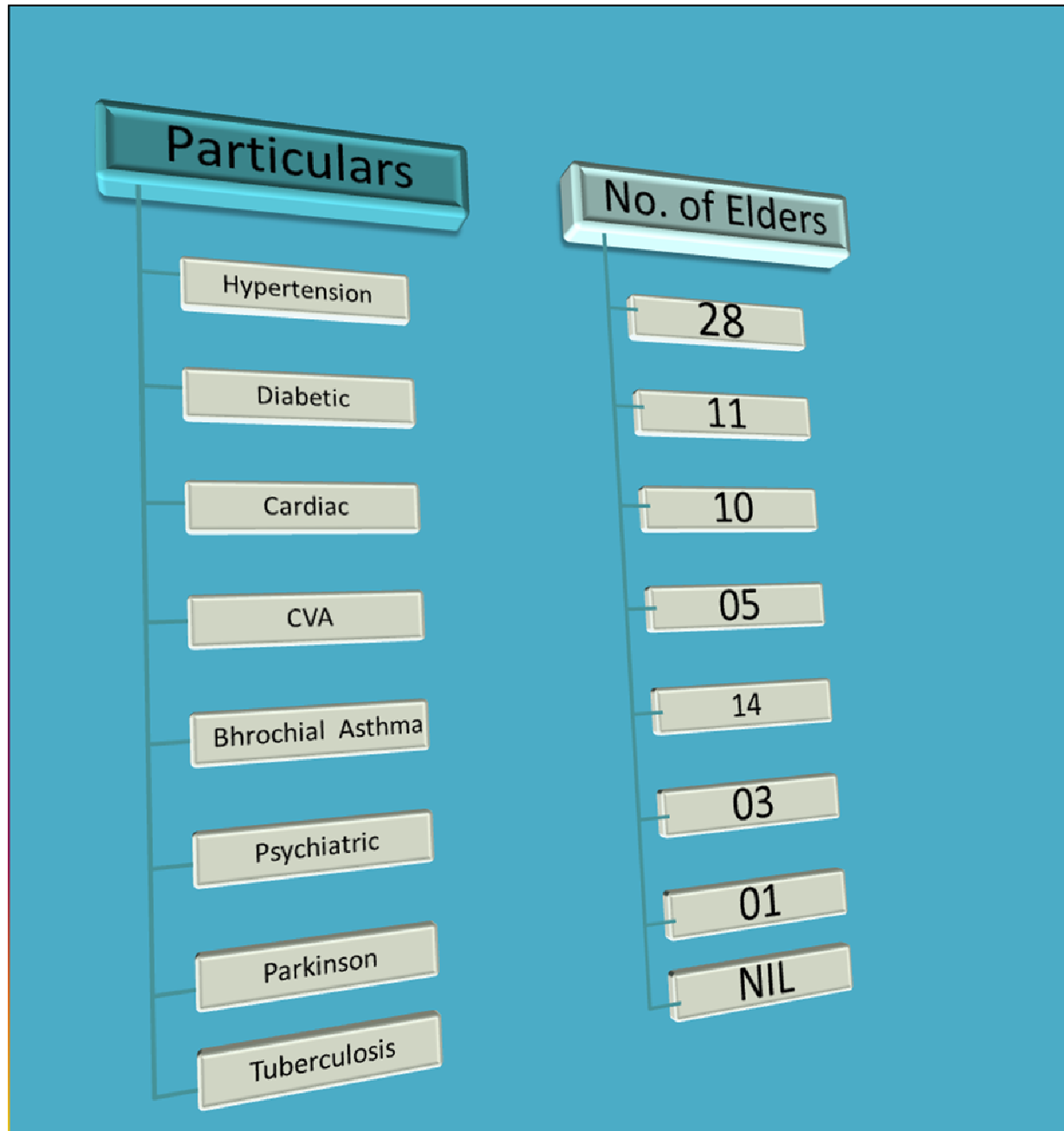
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Elder's status in Thamaraiikulam



1. Health Details in TEV



Particulars	No. of Elders
Hypertension	28
Diabetic	11
Cardiac	10
CVA	05
Bhrochial Asthma	14
Psychiatric	03
Parkinson	01
Tuberculosis	NIL

2. Donations of the Month

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



- on 1.02.2012 Food sponsored by Mr.Mohan Cuddalore .



- On 02.02.2012 Food sponsored by Mr.Gopalakrishnan Cuddalore.



- On 05.02.20 Donated fruits by Mr. Mr.Rajandran, Pondicharry.



- On 06.02.012 Food Sponsored by Ms.Vidya ,Chennai,



- On 06.02.012 Food sponsored by Mr.Selvam - Senthil Paper store,Cuddalore



- On 16.02.12 Food sponsored by Mr. Anish Pondicharry.



- On 18.02.2012 Rice and atta and Cash Rs1000/- donated by Mr.SundaramaRediyar, Cuddalore



- On 29.02.2012 food sponsored by Mr.Gnana Prakash, Pondicherry



On 29.02.2012 - Mr.Senthil Sponsored 10 Nights Cuddalore

3. Events of the Month

4.1 NGO Coordination Meeting

NGO coordination Representatives meeting was organized by HelpAge India as advised by District collector. The task given to us was to collect the MIS from various NGOs working in Cuddalore on Thane cyclone relief and their response towards Cyclone affected communities. For this meeting there are about 8 representatives from different NGOs participated. The NGOs such as HelpAge India for Elders, ADRA for Sanitation, GREED for Shelter, these NGO's were asked to submit Concept Note on the basis of specialization.

4.2 Regular Monthly Elders meeting - by Deputy Project Director – PMO - Cuddalore

A monthly elders meeting was conducted, Most of the Active and assisted elders were gathered in dinning hall, for this meeting Mr.Venugopal Ramalingam (Head-PMO) and Dr.S.Sathyababu (DPD-PMO) discussed about the various activities of different committees formed, both of them are insisted watering committee to give special attention to water the grass, because due to summer grasses will be getting dry.

The following points were discussed,

- The daily food menu was discussed, and finally to provide weekly once chicken, fish and egg
- It was decided strictly to follow the Diabetic diet by the dietetic patients.
- Elders Mrs.Lakshmi & Mrs.Govindammal hole in charge buying Non veg items to Elders village.

- Tour program scheduled for Navagraha Temples which is at near kumbakonam.

4.3 Visit of SCA Team from Villianoor Block of Pondi

It was appreciated that around 8 members from Senior Citizen Association from Pondicherry visited Tamaraikulam elder's village. On the visit was arranged as a part of our activities of our Age care centre Pondicherry. They visited each and every room and interacted with residents and asked about their experience at TEV life and they asked about the likes dislikes of their food, and their daily routine work. Elders enthusiastically answered them. The senior citizens were amazed of the environment of TEV and their activities also about their food pattern. After that they have discussed with Mr. Venugopal Ramalingam (Head-PMO) regarding the vision of Tamaraikulam Elders Village. After hearing that they expressed that they also wanted to start Elders Self Help Groups in their respective areas. At finally they had lunch along with elders and had a nice time with them.

4.4 Visit to TEV by Mahathma Gandhi Hospital and Research Institute



As a part of their course around 15 final year Medical students from Mahathma Gandhi Medical College visited our TEV for understanding of geriatric care and palliative care service of TEV on 15th Feb-2012, they spent more than half a day with our residents and had interaction with elders. After the visit, they had

meeting with Venugopal Ramalingam - (Head- PMO) on various activities of HelpAge India on Elders care and support. He also explained about Tamaraikulam elder's village concept and also the dream of Elders dignity centre. Doctors agreed that they support the activities and to help something on their part.

4.5 Tree planting - done by students of Rotary Club of Krishnasamy Collage

As a wish Students' Rotary club of Krishnasamy College came to TEV with tree saplings on 17th Feb-2012. They gathered in multipurpose hall to have a formal inauguration of this tree plantation activity. During this event, Mr.Purushothman- (EFEF Trustee) explained about the residents of TEV, and selection of elders and criteria. Further he explained that the importance of elders and their feelings in the home and their expectation from the younger generation. As an oath the students agreed that they will respect and take care of their grandparents. Then they planted trees in the name of their grandparents at TEV. They sponsored lunch to all elders. Residents were happy and thanked them

4.6 Routine Doctors visit to TEV.



Every Friday (or) Saturday Doctors from Manakula Vinayagar Medical College Hospital, Pondicherry used to visit to TEV. Routine checkup was done and prescriptions are given according to the elders needs. All the TEV residents is being checked and suggested about the food menu. For dependent elders Doctors went to their respective houses to check them at due care.

4.7 DIVINE TOUR

As a wish around 15 active elders went to Thirivandipuram Temple and worshiped Lord Perumul on the special occasion. They relaxed for about two and half hour in the hills and they purchased the pooja materials for their own. The pooja was also done workshop in the name of our resident's welfare. They came back to Tamaraikulam village in a divine mood and blessed happiness.

4.8 Dr.Saratha – Head community Medication –Planning meeting for World Health Day



Dr.Saratha – Head “community Medication department” of Mahathma Gandhi Medical Collage, visited our TEV on 16th Feb -2012 to know about the concept of Elders Village. When she observed about our concept, she is very much interested to collaborate with our TEV on various activities such as on World Heath day celebration, palliative care day

celebration and also another special day. She asked to write letter to the director of MGMC and mark a copy to their department, where she can also send their final year students for Geriatric care and support to our TEV. This is necessary for our residents.

4.9 Indrajit Kumar – NABFIN visited TEV



Mr. Indrajit Kumar (NABFINS), Bangalore visited to our Tamaraikulam Elders village on 6th Feb -2012. He also visited our service villages on the same day. He appreciated cleanliness of TEV houses and environment of TEV. He interacted with all elders and he also asked their facilities. Which they were engaged was sufficient or to recommended for some necessary once. Elders

happily interacted with him and they also asked about the old Age pension rules and regulations.

4.10 Visit of CK – School of practical knowledge to TEV - Cuddalore

As a tour round 110 students from CK higher secondary school, Cuddalore came to



Tamaraikulam Elders Village and spent their time with elder in their respective houses and interacted with our elders, Residents of TEV also was happy on seeing this and talking with them as if they are their own grand son or grand daughters, then they had discussion with Mr.Thayanithi (Executive - Helpline) created awareness, how to look after the old aged people, How to care the elderly with love and

affection? He also expressed the necessity of caring the old people. Mr.Sivamani (coordinator- CK School appreciated the love and affection given by the staff and the cleanliness of TEV homes and its environment. Finally our Mr.Thayanithi asked their feed back and inspiration on their visit.

4.11 - Destitute elder rescued by TEV Panchayat committee members and the Care givers of TEV.



Mr.Ramsing - North Indian elder was left alone in the road side in hot sun near Capar hills. It was reported that last three days he was in the same place. None of them took care or worried, the local people informed the Dhinamalar local news reporter Mr.Sankar, the reporter immediately called Dr.S.Sathiya babe - DPD of TEV for assistances. He informed the Helpline and DLF for rescue action. The team along with TEV representatives Mr.Natarajan, staff Nurse Ms.Devi and Mr.Vinoth and also with the help of entire local community members. The local volunteer came forwarded to help the north Indian elder. When we went for rescue the elder said that “he was not having food for the last 5 days” in Hindi. Immediately we admitted him in the hospital for first aid. The rescue operation was published in the local news paper “Dhinamalar. The entire village people appreciated the HelpAge India’s initiatives. Which was taken in a right time for the unknown elder?

4.12 Mass Cleaning by TEV Residence



The mass cleaning work was done to maintained cleanliness in the TEV campus, that the elders planed themselves on Saturday on these activities. The mass cleaning activity renewed support of our staffs. The active residents of TEV joint with Local Panchayats committee members assigned to do their capability

4.13. Recommended to admit Destitute elder - VLF Thalanguda .



Thalanguda VLF came to know that Mr. Shanmugam destitute elderly in their village and recommended to admit in TEV,. While admitting Mr. Shanmugam, The VLF members said that he is expert in looking after cattle. Now with him assigned, we three elders on this particular task. We are planning to start Cow bank in Discussion with our DLF and SCA members.

4.14. Volunteer from United Kindam – UK, - Mr. Joel



Joel is from Derbyshire, in the UK, and He has come to stay at the Elders village for a period of three months. His intensions are to learn about the inhabitants of Tamaraikulam, and to write case studies based on their experiences. A

recent graduate from a Fine Art course, Joel's drawing skills have been put to good use so far. Upon request, he has also been making portraits of the Elders in the Village. "I am humbled by the good nature and resilience of the people I have met here" he says, "and I think I have a lot to learn from them".

4.15. Thana Cyclone Relief Distribution



As a part of activities, the thane cyclone Relief materials distribution event was organized in our TEV campus on 29th Feb -2012. For which our Managing Trustee Mr.Arunachalam chaired and distributed the materials to EfE foundation members. The relief materials were funded by Cord-Aid through HelpAge India. This was also appreciated by concern beneficiaries, they themselves thanked

HelpAge India for this gesture.

4.14. Fodder cattle purchases by our TEV Representatives



The panchayat presidents of our residents started purchasing cattle fodder and other materials required

for our TEV. The committees were actively participating in various activities of TEV.

Photo Gallery - A Special Focus on Thana



School student s enjoying – Photo exhibition



Interacting with our Residents



Our TEV Residents – Thanks to donor



During the cyclone , Village volunteer catch snicks

Name: Mani

Age: 65

Place of Birth: Kollem, Kerala

In his early years, Mani studied at a local school. He decided to leave after fifth standard, because he was beaten by a teacher. From the age of 12, he earned money for his family, working as a labour on construction sites. When he reached 25, Mani wanted to marry Valli, a woman whom he cared deeply for. However, because of a difference in their respective castes his parents were against the marriage. They chose another bride for him, but Mani told them that the only person he would marry was Valli. For his persistence to stay true to his heart he was thrown out of the house, and forced to live alone.

After three years there was reconciliation between Mani and his family, and he was allowed to marry Valli. Their first child, a son died at 1 year old from a fever. One and a half years later the couple had another child, a daughter. Their family life was a happy one, but six years later, Valli suffered a heart attack and passed away. Choosing not to marry again, Mani raised his daughter on his own and supported her though education until she was sixteen. She then married, and later had two children.

There was a period of contentment, but this was shattered one day whilst Mani was working in Kollem. He had been doing any work available in the city for a daily wage, but this abruptly ended when his leg was broken in a car accident. He was hospitalized for two weeks, but he did not recover his health and due to poor health was no longer able to work. A Help Age India official found out about Mani's situation whilst he was in hospital, and offered him a place to stay in Tamaraikulam. As he did not wish to be a burden for his daughter and her family, Mani accepted this invitation and joined the Elders Village in 2010.

When he first arrived, Mani was experiencing severe heart problems, and had chronic tuberculosis. He was treated in a private hospital which was paid for by Help Age India. He was then moved to a government run health centre in Kabbarhills. Mani was to stay there for a total six months. At first he felt wretched about his fate, and alone in his suffering. However, the other Elders from the village came to visit Mani. A Ms. Lakshmi and Mr. Vadivel in particular were regular visitors. They brought him small gifts, and words of support and encouragement. Over time, Mani's outlook on life began to change. After six months, and he left the hospital, his health recovered, and with a purpose to his life.

Now, when anyone in Tamaraikulam is ill, Mani will do his utmost to help them. He will stay with them in their residence and do things to make their lives easier. For this reason he has moved houses three times so far. The three Elders he has helped most are Mr. Godandapani, Srinivasan, and Sundarpall. When they or anyone else is to go to hospital, Mani is always willing to accompany them there. In addition, he is the only person from the village who will keep them company overnight there. "The people of Elders village" he says, "are like a family to me". A very spiritual man, Mani prays regularly, and likes to sing religious songs that he learned from listening to the radio. The latest chapter in his life is one he is still adjusting to, but despite occasional painful flashbacks, he is very happy to be here and he summarizes his current situation as follows:

"This life is a journey; now I am in a peaceful state where I can dedicate myself to God"

Case study prepared by Mr. Joel – UK volunteer.

