

Vol 1. Issue 1. October 2020

NEWSLETTER

This will be a monthly diary giving updates on activities at Graceful Living and providing information on ageing 'gracefully' to help elders live a life with maximum ease



GRACEFUL LIVING

LOVE LIFE LIBERTY

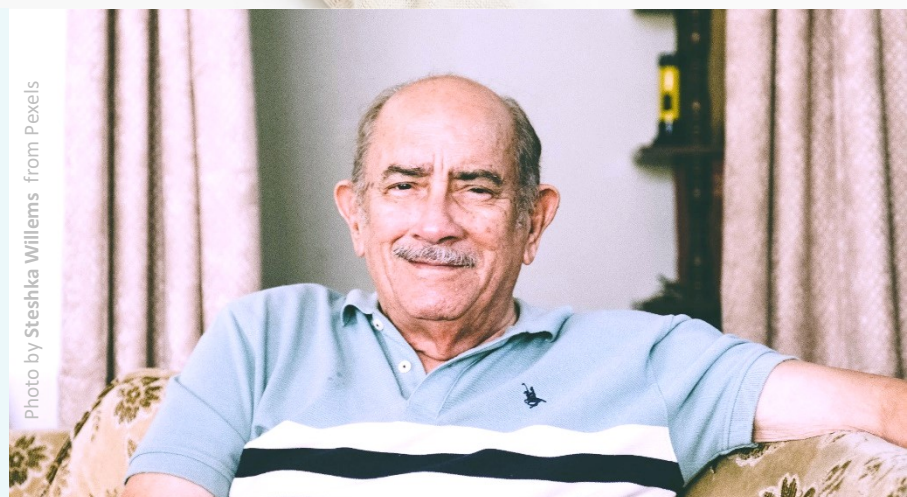


Ageing with Dignity and Grace

Tulsi Trust was established by the Chanrai family in 1975. Graceful Living (GL) is a programme of Tulsi Trust which came into existence out of a realization that in today's world the elderly deserve due care and respect.

Graceful Living is a provider of elder care services. It has a presence on social media (Facebook, Twitter, Instagram, YouTube) to create awareness of elders needs. GL aims to become the best service provider in Mumbai.

Photo by Steshka Willem from Pexels



RECENT ACTIVITIES OF GRACEFUL LIVING



With Jeeva Centre: A series of 'lectures' conducted on 'telemedicine for elders' and 'senior women's common health issues', followed by a Q/A session

With Taare Social: Lectures on pros and cons of taking multiple medications; discussions on strengthening your immune system as also heart disease and how to live with It, followed by a Q/A session

With Arya Chanakya Senior Citizens Association: Seniors Essay Competition to enable seniors to express their thoughts/emotions

Technology Training Sessions: Twice a month

WEBINARS



A fortnightly webinar is conducted by **Graceful Living** in conjunction with **Mr Manoj Gursahani**, Healthcare Evangelist & Global Strategic Consultant and **Mr Mahinder Singh**, Programme Curator, MM Activ Sci-Tech Communications. Subject: 'Eldercare in Times of Covid and Beyond' with a global audience.

Subjects covered : Legal issues, mental health issues and physical health of senior citizens. Elderly men and women spoke of their 'real' experiences, emotional and otherwise.

RECENT SUPPORT GROUP MEETINGS HELD BY GRACEFUL LIVING ON FOLLOWING TOPICS:

- Issues faced by elderly women specifically
- Physical exercises for our seniors
- Mental health during the pandemic
- Story-telling organized by 'Story Mitr'
- Dealing with fear and anxiety

COMPANIONSHIP

- Individual Interaction
- Counselling
- Creative Workshops
- Brain Stimulation Activities
- Specialised Care for Alzheimer's, Dementia, Parkinson's, through our Partners
- Regular Support Group Meetings
- Overcoming Loneliness

MEDICAL SERVICES

- Comprehensive Geriatric Assessment
- Depression Screening
- Vision/Hearing Tests
- Individual Nutrition/Diet Plan
- Review of your Medications
- Preventive Care... Vaccinations and Medicines
- Home-based Physiotherapy

ELDERLY AND COVID19



Dr N N Prem, MD, Geriatric Medicine
Consultant - Jaslok Hospital, Graceful Living
Contact: **90822 54891**

The situation of the global pandemic has gripped the world and created uncertainty in our lives. Most affected are older adults who are considered to be most vulnerable to this virus.

The reasons can be three-fold:

- Deceased physiological reserve due to ageing
- Multiple diseases at one time
- The ageing immune system

The susceptible elder population includes 60 and above, particularly those with

- a) Chronic (long-term) respiratory disease
- b) Chronic heart disease, such as heart failure
- c) Chronic kidney/liver disease; viral

hepatitis

- d) Chronic neurological conditions, such as Parkinson's disease
- e) Diabetes
- f) Hypertension
- g) Cancer

Certain Dos for good health:

- Stay at home, remain active; avoid visitors
- Maintain physical distance of 6 feet
- Do light exercises and yoga
- Maintain hand hygiene; clean frequently touched objects
- Ensure proper nutrition
- Take your daily medications
- Keep in touch with your family members through audio/video calls
- Monitor your health and be in touch with

your doctor

- Consult your doctors through tele-consultations for regular check-ups.
- For good mental health do communicate with family and neighbours; rediscover old hobbies like painting, listening to music, reading; access only the most reliable sources of information; avoid tobacco, alcohol and other drugs

Do not self medicate.

“

I enjoy talking with very old people. They have gone before us on a road by which we too may have to travel and I think we do well to learn from them what it is like.

- Socrates in Plato's *The Republic*

”

WHAT IS GEROPSYCHOLOGY?



Ms Amruta Lovekar
Gerontologist & Project Co-ordinator, Graceful Living
Contact: **98331 36536**

The percentage of senior citizens in India's population is increasing rapidly. One branch that seeks to understand the needs of older adults is Geropsychology. It is that branch within psychology which applies the knowledge and methods of psychology to help older adults and their families to improve their well-being.

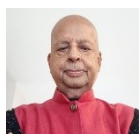
In the current Indian scenario, nuclear families are all-prevalent and the number of older adults living alone is on the rise

and psychological problems of older adults assume great importance. According to a study by Agewell Foundation, New Delhi, it was found that 43 older adults out of 100 are victims of loneliness and other relationship issues.

Not everyone faces ageing in the same way. Some are able to cope with all physical, mental and emotional issues that ageing brings with it and some become physically and mentally weak. Thus, some

important questions that Geropsychology seeks to answer are why are some older adults successful in adapting to stressors in life and why some others do not? Why do some older adults remain mentally sharp while others have memory lapses? Answers to these questions will surely determine whether ageing can become a more positive and meaningful experience for future generations to come.

THIS TOO SHALL PASS



Arjun Dhawan
Businessman

The present times are difficult. The entire world's population has suffered enormously from the onslaught of Covid-19. People have paid a heavy price, either by loss of lives of their near and dear, or losing their livelihood or worse, by becoming nervous wrecks harbouring a feeling of lowliness.

My wife Veena (75) and I (83), while facing this calamity believe in and

understand that the virus necessitates social distancing and staying home as compulsory.

What has kept me in good spirits is my daily walk. I was excessively overweight and my doctor asked me to lose weight. I did so as I do value my life. From 82 kgs I came down to 63 all because of a regular walk - 4000 to 5000 steps every day.

I have a passion for old Hindi music. I love singing. At the age of seven, I sang at a gathering of 200 people. I was well applauded and given a prize of two rupees (in those days it was a big deal). I sing old songs at home for an hour or so every day. This keeps me busy and happy.

Graceful Living is a noble and welcome initiative.

GUEST COLUMN

HEALTHY WALK STRONG MUSCLES

'The Age Well Foundation' now published as a book was written with the purpose of understanding how the elderly can have a healthier and happier old age. According to the authors, walking is very good but pace matters. Walking briskly is more advantageous and the pace should be such that you must sweat. Aim for a 30-minute walk every day. And if you happen to be anywhere near a garden or any kind of green stretch, it means better sleep at night.

Also, after age 40, we lose muscle at the rate of one per cent per year, increasing our risk of heart attacks, strokes and osteoporosis. Research has proved that older adults who did 'strength' training twice a week lived longer and with less illness than those who did none.

Recommendations: weight training for efficiency; keep pairs of weights near the kitchen and TV and lift them if you have a few minutes to spare.

Ref: *The Age Well Foundation, Saunders and Streets.*

TESTIMONIALS

What people say about us...

“**Mr Deshpande** from the Dilasa Elder Care Group: “Dilasa group members like the selection of the topics/ subjects and Graceful Living’s planning methods. And of course its efforts are admirable.”

“**Mr Shrikant Mahajan**, BEST Senior Citizen Association, Ghatkopar: “The technology training program was good. Mrs Golbalkar, the tech trainer, explained the concepts very well. Graceful Living is a well spread organization and is recognized because it works in simplicity.”

“**Mr Jakatdar**, Senior Citizen Association, Dombivli West: “Graceful Living programs are always ‘graceful’. Their main contention – live with joy in your senior years. Looking forward to more such programs in the future.”

You are not old, but you are ageing. Understand the following facts about old age

- ❏ Cognitive decline associated with decline in physical performance
- ❏ Depression which is under-treated in older people
- ❏ Mobility – walking speed and other physical functions slow down
- ❏ Older people more likely to fall leading to sometimes increased mortality
- ❏ Weight loss in older people
- ❏ Cardio-vascular disease which is said to be present in half of the elder population
- ❏ Frailty
- ❏ Deterioration of the immune system

Source: *Internet*

SPIRITUAL CORNER



I pray that I may not limit myself by doubting.

I pray that I may have confidence that I can be effective for good.

AMEN

Facebook: *Messages for the soul*



FUN TIMES

WORD PUZZLE

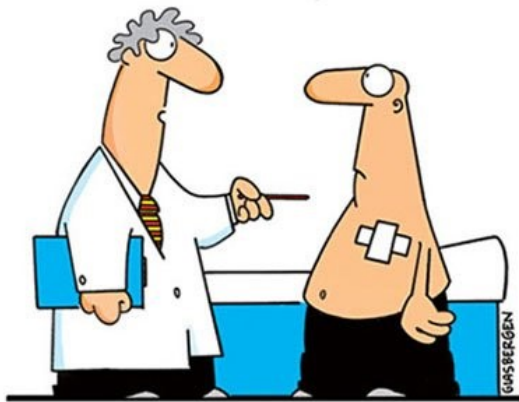
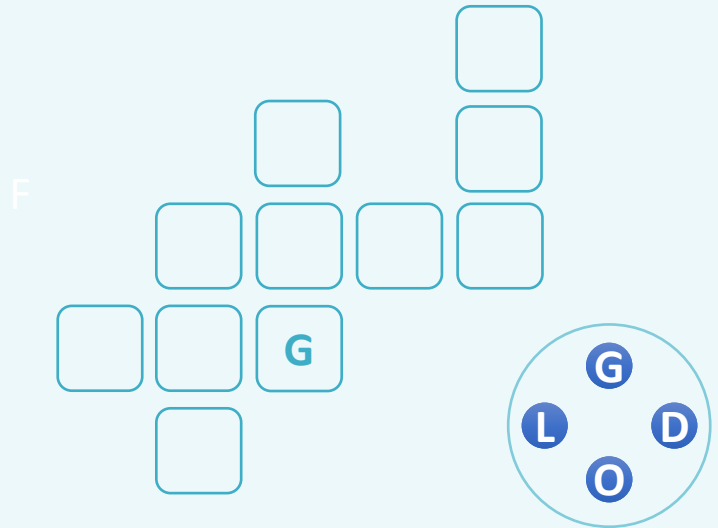
Find the words in the puzzle

C L A S S E S M O P
H T I D M I Y U I E
H E B Z B E P T T L
E S R L M M P A E B
A A A E O D A B R I
R F C H D C H L A X
R U O H U O K E T E
A R B H L A C S O L
Y P P Y E I N S R F
E S S T C E J B O S

ruby
blocks
heredocs
classes
iterator
module
objects
flexible
each
happy
mutable
lambda
hash
array

FORM WORDS

from the letters in the circle below



"It's a pacemaker for your heart.
Plus, you can download apps for your liver,
kidneys, lungs, and pancreas!"



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VIEWPOINT

Graceful Living has introduced an online monthly Newsletter which will be available on our website and other social media on the 1st of every month, starting October 1, 2020. We'll try to update you on what's happening in the elder care sector at home and abroad. Our regular columnists, Dr N N Prem, M.D., Geriatric Medicine, and Ms Amruta Lovekar, our Gerontologist, will offer guidelines on how to deal with issues as age advances. We are also introducing a guest column. We welcome seniors to send their writings/views to "letters to the editor".

Talking of the grim situation, today everything is about COVID. And it begins and ends with ... Oh life has become very boring, we can't go anywhere, we are locked in, it's depressing. But even when things seem hopeless, life has a way of defying the odds and coming back.

Now on the lighter side. I was at a traffic signal in Mumbai. Red it was. It turned amber and then green. As a rule I am a very speedy driver. As it turned green, I pressed the accelerator and sped. At the corner of the road was, ... you can guess! The traffic cop. He stopped me and asked me why I had cut the signal. I am a stickler for rules and I told him that I hadn't cut the signal and I would never do it. But no, our friendly cop wouldn't budge. And neither did I. I was not in the wrong and an argument ensued.

Somewhere, he couldn't handle it (read me). Suddenly he said with his hands folded (like a namaste), "You madam please go, I can't argue any more." Woman power!

Asha Gurnani Vohra
Editor