

Vol 1. Issue 2. November 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 Harli Marten on Unsplash

RECENT ACTIVITIES OF GRACEFUL LIVING



With Arya Chanakya Nagar Senior Citizens Association: English, Hindi and Marathi Essay competition called "Abhivyakti" was held. Two topics were given: 1) Lockdown optimism 2) How to improve status of seniors. Winners were announced. Prize distribution was held online on October 1, 2020, on the occasion of 'International Day of Older Persons'. First prize went to Mr Ajit Pednekar (English), Ms Shobha Nakhare and Ms Vaishali Raje (Marathi). Certificates were sent out for the same.

With Jeeva Centre: A series of lectures were conducted on 'keeping the heart healthy' and 'how not to forget'.

With Mrs Manasi Golwalkar : Basic/Advanced technology training courses on WhatsApp and Zoom.

With Taare Social : Lectures on how to preserve memory in seniors, immunization/vaccination for seniors and diabetes care. Also a talk on the question: 'Can older adults change?'

With MGM School of Physiotherapy: Talk on 'Individual Aspects of Alzheimer's' held on September 21, World Alzheimer's Day.

With Story Mitr: Story telling sessions were conducted on Zoom by Ms Prakriti and Ms Nandita at Dombivli (Sept 7) and Ghatkopar (Sept 10).

WEBINARS



A fortnightly webinar conducted by Graceful Living in conjunction with Mr Manoj Gursahani, Healthcare Evangelist & Global Strategic Consultant with technical inputs by Mr Mahinder Singh, Programme Curator, Sci-Tech Communications. Subject: Elder Care in Times of Covid and Beyond'. Topic: Celebrating Ageing on International Day of Older Persons on October 1, 2020. Invited guests shared their experiences on leading healthy, happy and purposeful lives.

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

- Health and social issues faced by elderly men
- Technology training – basic and advanced
- Teachers Day special
- Mind-body coordination exercises; strengthening memory (brain gym)
- Story telling sessions

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



Physical Health Problems

- Social isolation
- Change in living arrangements
- Financial stress
- Lack of activity

Mental Health Disorders

- Depression
- Anxiety
- Loneliness/isolation
- Cognitive disorders
- Substance abuse

Signs of mental problems in older adults:

- Changes in appearance/dress or problems maintaining the home
- Confusion, disorientation, difficulty in

- concentration or decision-making
- Decrease or increase in appetite
- Depression lasting more than two weeks
- Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide
- Memory loss (recent or short-term)
- Physical problems that can't otherwise be explained: aches, constipation
- Social withdrawal; loss of interest in things that were enjoyable
- Trouble handling finances
- Unexplained fatigue, loss of energy or changes in sleep pattern

Improve your mental health by:

- Eating well
- Getting enough sleep

- Regular physical exercise
- Maintaining relationships and social network
- Indulging in activities that you enjoy
- Giving time to inner thoughts
- Embracing technology to some extent
- Doing activities which keep you engaged
- Learning new skills
- Giving back to society in terms of doing for others - altruism
- Taking care of your health
- Playing indoor games

When you feel low/depressed, contact your healthcare provider and discuss the same. **Do not self-medicate.**

GERONTOLOGY - STUDY OF OLDER ADULTS



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

Are you a caregiver looking after an older adult? If you want to help people around you age successfully, then it becomes quite necessary that you have some knowledge of Gerontology.

Gerontology is the study of ageing and older adults. The word Gerontology was coined by Illya Illich Mechnikov in 1903 from the Greek words 'geron' which means old man and 'logia' which means study of. It is mainly concerned with physical,

mental, social aspects and implications of ageing.

Gerontology is multi-disciplinary which implies that it combines or integrates several separate areas of study. A comprehensive definition of Gerontology includes three main aspects. First, it is the scientific study of processes right from middle age through later life; the second aspect which it covers is the multi-disciplinary investigation of changes arising

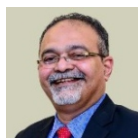
from an ageing population; the third is the application of this knowledge to policies and programmes. Gerontologists include researchers and practitioners in the field of biology, sociology, nursing, social work, psychology and public health. The main purpose of Gerontology is to understand ageing; to improve the quality of life and promote the well-being of people as they age.

“

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy- Martin Luther King

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DIET IN OLD AGE



Dr Lenny Da Costa
Consultant:
Geriatric Medicine, Functional Medicine & Preventive Cardiology Nutrition

Malnutrition, both over-nutrition and under-nutrition, is dangerous for the elderly. They are at a very high risk of multiple nutrient deficiency, age-related decline in food intake as well as consuming food that does not give value and causes obesity and other metabolic issues.

Diet recommendations for the elderly

- They should avoid two heavy meals and instead have three to four smaller meals.
- They should not take only a liquid-type diet like khichdi, soups, soft mashed stuff. Food that requires to be chewed, like

vegetables and fruits, should also be eaten.

- Foods containing fibre like coarse cereals, vegetables, beans and roots - which reduce cholesterol imbalances, high blood pressure, glucose intolerance and prevent constipation - are important.
- Avoid food with trans fats, especially fried food, sugar and sugar derivatives; reduce carbohydrate intake.
- Salt should not be limited or omitted as low salt can cause a condition called hyponatraemia which can create a coma-like condition.

Importance of anti-oxidants in the diet of the elderly

Many foods and spices contain vitamins, minerals, flavonoids and other chemical compounds called anti-oxidants which protect the body from various disorders caused by chemical compounds called free radicals.

Foods containing anti-oxidants should be included in their diet such as citrus fruits (lemon & orange), coloured fruits/vegetables (carrot, papaya & tomato), leafy vegetables, onion, ginger & turmeric.

GUEST COLUMN

TIDBITS FROM THE WORLD

- A healthy diet may reduce risk of cognitive decline with age
- A new study has linked partial sleep deprivation to biological ageing in older adults
- Aerobics/exercise can prevent age-related brain changes
- Drinking red wine brings some happy health benefits like preserving your facial skin and slimming your waistline
- Eating fish of two or more servings per week may reduce risk of hearing loss in women
- A cup of coffee a day keeps retinal damage away
- Drinking beer may make you live longer. Generally, active life is tied to better heart activity and greater longevity.

Source: Internet

SURPRISING FACT: SENIOR CITIZENS HAPPY IN LOCKDOWN

Some Random Expressions...

Instance 1

My mother lives with my brother and his family and I keep in touch with her through telephone calls. I try to call her once a week, but sometimes I only manage once in two weeks, that too for no longer than five to 10 minutes. With the lockdown, I have more time on my hands, and the chance to revive the mother-daughter heart-to-heart. Surprisingly though, my mother cannot spare more than a few minutes for me now.

Instance 2

Usually, I spend my time reading the newspaper, taking walks in the neighborhood park, and watching cricket on TV – all by myself. For the past few weeks, my eight-year-old granddaughter isn't leaving me alone. Last week, I taught her how to play chess, and I must admit, she's getting good at it – so good that she defeated me this morning!

Instance 3

Our daughter, who lives abroad, calls us once a week – usually Saturday evening or Sunday morning. My husband and I have nothing better to look forward to all week. Of late, the calls have become more frequent and it's not only our daughter but also our son-in-law and grandchildren who talk to us.

When the world is concerned about keeping the senior citizens indoors and safe, these people seem quite content and happy in lockdown. The only real concern is the possibility of a flare-up of existing medical conditions.

Courtesy: Information - TriBeCa Care's Services

TESTIMONIALS

What people say about us...



Mrs Nanda Londhe, Arya Chanakya Nagar Seniors Association, Kandivli: "The essay competition held was good. It created a space to share our experiences. Graceful Living is doing good work and it can unravel emerging needs and support for seniors."



Mr Nandakumar Dakhane, Secretary, Seniors Association, BEST Colony, Ghatkopar: "Graceful Living Meetings are very useful for seniors. They often handle the subjects of interest and concern for seniors, which people usually hesitate to talk about, sensitive issues like showing respect to our elders in the family."



Mr Devdatta Nagpure, Seniors Association, Sampada: "Graceful Living meetings are very informative. It is good to know that time is allotted for sharing our thoughts/issues. I am learning so much from these meetings."

SPIRITUAL CORNER



When you connect to the silence within you, that is when you can make sense of the disturbance going on around you.

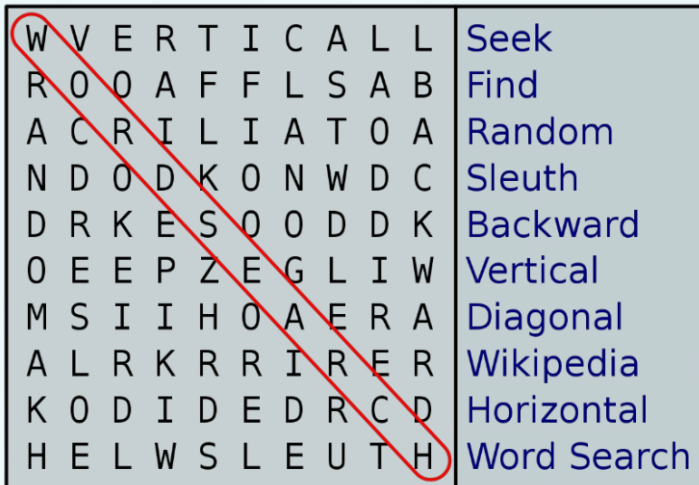
- Stephen Richards



FUN TIMES

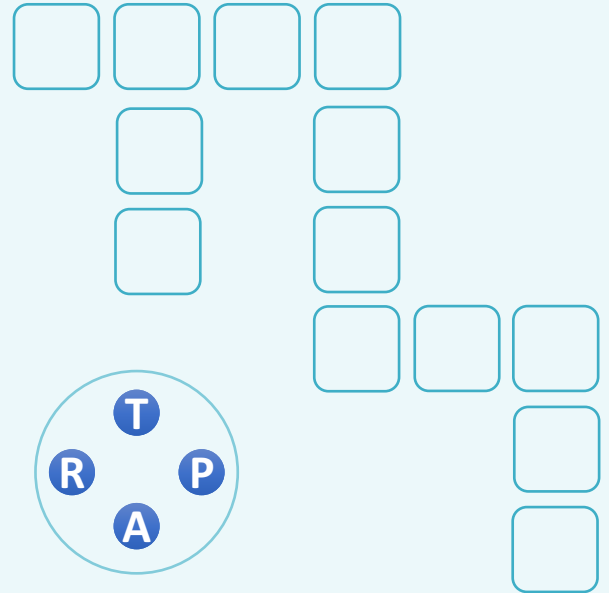
WORD PUZZLE

Find the words in the puzzle



FORM WORDS

from the letters in the circle below



GIBBLEGUTS.COM

By Dan Gibson



Your best friend is the one that will hold your hair out of the way after a night of hard partying.

VIEWPOINT

We hope you liked our first issue of *Graceful Living*. This November issue is also filled with as much razzmatazz and information for our readers. Our regular columnists, Dr N N Prem and Ms Amruta Lovekar continue to keep you updated on issues of advanced age. In our guest column, we have Dr Lenny Da Costa from Goa, a consultant in Geriatric Medicine, who gives guidelines about the importance of diet in old age. Also, we bring you handy tidbits from around the world. And we welcome your writings/views to "letters to the editor".

Our world is still encompassed by COVID. Life is a challenge and will continue to be so till the virus becomes a thing of the past. Or again, till the appropriate vaccine is found. However, the past 'COVID' months have taken us to another level of thinking; we are silently evolving and realizing that it is not all about materialism and our acceptance of adhering to the 'stay-home-means-safety' paradigm. Life is precious. Let us not ignore the precautions which include social distancing and wearing of masks.

Transfer to sand, sun, surf. Yes, it is Goa. On a recent visit to Goa (recent as in some years ago) I saw people going off in speed scooters - jet ski - on the surface of water at superfast speed. It looked exciting so I took the plunge. Every 'scooter' has its guide/driver who you have to hold on to and who guides the sea vehicle. For me, more so as at that point I didn't know swimming. But when you want excitement in life you have to do away with the dangers and fears. That's what I did. The thrill of jet skiing! We took off at such high speed I was sure that I was going to fall...and drown. I held on to 'my man' for dear life. And closed my eyes. The feeling was exhilarating. I was in paradise with the wind blowing and sea water splashing on my face. Happy I was. I did take up swimming classes later and today I am a swimmer.

Asha Gurnani Vohra
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