

Vol 1. Issue 3. December 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



## 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.

## 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

## RECENT ACTIVITIES OF GRACEFUL LIVING



**With Taare Social:** A series of lectures were conducted on three separate occasions. The first was on 17/10/20. Topic: "Older adults/seniors and care-givers helping each other"; on 31/10/20 the subject of discussion taken up was "Disabling conditions and older adults". The aspect of fitness was another theme discussed on 7/11/20 under the head, "On keeping senses fit in seniors".

**With Jeeva Centre:** A talk held on 27/10/20 covered the importance and relationship between elders and care-givers. The topic was, "Older adults and care-givers helping each other".

**With My Safe Place:** "Successful Ageing" was the focus of discussion with Suhana Safar members, a seniors group. This was held on 30/10/20.

**With SNTD Women's University:** Lectures on "Elderly Care" are on track with SNTD students. Three sessions have been completed so far. One dealt with the subject, "Why Study Ageing" which was held on 5/11/20; the other took place on 12/11/20, the topic: "What is Geriatrics?" The third session took place on 19/11/20. The subject: "Illnesses and Diseases in Old Age". All three showed encouraging results with over 50 students attending each session. They were held in collaboration with MMP Shah College, Matunga.

**With Story Mitr:** A session of camaraderie was held on "Successful Ageing" on Diwali, 14/11/20. On this occasion, tales about the festival of Diwali took precedence, stating its importance and the rituals associated with it. This led to a very inter-active session with participants narrating various stories about this festival. Solving some puzzles on the subject was one of the highlights.



Photo by BBH Singapore on Unsplash

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

- Brain gym – mind/body coordination exercises
- Can seniors change? The big question
- Disabling conditions in seniors as they age, giving them setbacks

# WINTER HEALTH TIPS FOR THE OLD



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



**GRACEFUL LIVING**  
LOVE LIFE LIBERTY

As we grow older, our ability to adjust to changing climates becomes difficult. And in winter, a drop in the temperature can leave the elderly highly vulnerable.

There are precautions which should be taken during this time. These include staying indoors (or not remaining outdoors for long) and keeping oneself dry. The layers of clothing should be increased and essentials like mufflers, caps, gloves must be used for covering the body. At night,

blankets should be such to provide adequate warmth. Supplementing with hot nourishing meals and drinking hot beverages will keep the body temperatures under control.

In winter, it is also essential to follow home safety measures which include keeping your home well lit, stocking up your medications and having your quota of snacks and water ready. If you are going out, please inform somebody about your

whereabouts. Your cell phone should be adequately charged and should include all emergency numbers. When the heater is on, do not leave it unattended. Always be prepared for any power cuts; keep candles and flashlights ready. Drink enough fluids throughout the day. Vaccinations are helpful so do take your yearly flu shot.

Keep in touch with friends and family through phone calls, video calls, whatsapp and messages. Be socially connected.

## UNDERSTANDING AGEING



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

It is a known fact that life expectancy has increased and we are living longer. The question is, are we leading healthier lives? One reason why we cannot embrace old age is because we do not prepare for it. We also have a lot of preconceived notions about ageing. We should prepare for old age as we grow older.

It is necessary to know about Gerontology, which is the holistic study of ageing and

improving the quality of life in older adults. If we are better informed and aware of the physical, emotional, biological, psychological and emotional changes that take place in old age, we will be able to face and overcome challenges when we get there. Research says that your overall attitude towards ageing will determine whether you will age successfully or not. Social experiments have shown that those who have negative attitudes towards

ageing will live less number of years and will also have difficulty coping with illnesses.

Young people should also know and prepare for their old age. Not just financially, but also on how to use their time productively and be of use to others, so there is less possibility of having mental health issues like depression and anxiety which are common in old age.



You are not a drop in the ocean.

You are the entire ocean in a drop.

-Rumi



## MAGIC OF STORY TELLING



**Nandita Sankaran**  
Co-Founder  
Story Mitr

Each person has a story and when shared with everyone, brings joy to both the listener and the story-teller.

In school, it was all about the Pythagoras Theorem or the Archimedes Principle. Some may remember all of it or part of it. But all of us surely remember the story of *The Hare and the Tortoise* or *The Crow and Jug of Water*. Thus the importance of story-telling.

The reason for this: our brain can easily remember those details which are told in a

sequence, in a particular setting by visualising it, the characters, the exchange of dialogues, the characters' actions, the twist/hurdle and finally the solution followed by a moral. This is not just a belief. This is a fact.

Research has found health benefits from story-telling which include mental stimulation, improved memory, positive social connections, and increased activity among older adults.

Stories compel elders to think, and thinking

helps them remember old incidents, stories which they can share with family or friends. Stories have helped elders overcome communication hurdles while suffering from dementia. There have been cases when patients who were unable to connect even with their own care-givers have been able to do so with a group of similar aged individuals, all thanks to story-telling!

So listen, share and be surrounded by stories!!!

GUEST COLUMN



## IMPORTANT STATISTICS TO KEEP IN MIND

- 2020 to 2030 is the 'Decade of Healthy Ageing'
- Globally, there were 703 million persons aged 65 or over in 2019
- By 2050, one in six people worldwide will be over 65 (16 per cent), up from one in 11 in 2019 (nine per cent)
- Over the next 30 years, the number of older persons worldwide is projected to be more than double, reaching more than 1.5 billion persons
- Eighty per cent of them will be in low and middle-income countries
- One in six people aged 60 and over faced some form of abuse last year
- 15.7 per cent of people 60 years and older are subjected to abuse
- COVID-19 pandemic may significantly lower incomes of elderly people

Sources: UN, WHO

## TESTIMONIALS

What people say about us...

“ **Ms Rashida Chittalwala**, Mazagaon Seniors Association: Meetings conducted by Graceful Living (GL) are definitely inspiring and motivating. We get valid information and are learning to lead a healthy life in these critical times of the virus. Your contribution and effort is very much appreciated.

“ **Ms Maya Mirchandani**, Seniors Association of Prabhadevi: The support group meetings of GL are interesting and informative. We have learned much about seniors health problems by attending these meetings. Some facial and other exercises have also been presented for our benefit. We are thankful to Mr Manoj Gursahani for his efforts. God bless you all.

“ **Ms Maureen D'Sa**, Retired HR Administrator to Executive Director, Kellogg India: Enjoyed going through the November Newsletter. Very nicely put together, and loved the editorials which have a very nice and easy flowing style. I am sharing it with other senior citizens.



Image credit: istockphoto.com/Anna\_Shepulova

## MORNING HABITS

How you start your day can play a huge role in your 'feel' throughout the day. Celebrity nutritionist Rujuta Diwekar says that you must never start your day with tea or coffee. Now this might be shocking for some of you who simply cannot do without their morning cuppa of tea or coffee. For some, it helps in regular bowel movement. But in many others, having tea or coffee on an empty stomach can result in acidity, heart burn and dehydration.

According to Diwekar, a healthy way to start your day would be eating a handful of soaked almonds and raisins first thing in the morning. This can be followed by a glass of water. And then you can have your tea or coffee.

Eating soaked almonds or any other nuts along with raisins can make you feel energetic. It can make for a nourishing protein-rich pre-workout meal. What's more, it offers benefits like reduced PMS symptoms, lesser cravings, acidity, bloating and indigestion.

### Foods never to be eaten on an empty stomach:

- Aerated / Cold Drinks
- Raw Vegetables
- Spicy Food
- Citrus Fruits

### A HEALTHY MORNING TIP

Have lukewarm water, lemon tea or ginger tea in the morning. Doing so can help in kick-starting your metabolism.

Source: Internet (Written by Garim Arora; Updated by Taboola)

**Disclaimer:** This content including advice provides generic information only. It is in no way a substitute for qualified medical opinion.

## SPIRITUAL CORNER



### LAWS OF DETACHMENT

Allow others to be who they are. Allow yourself to be who you are. Don't force situations. Solutions will emerge. Uncertainty is reality. Embrace it.

- Sue Fitzmaurice

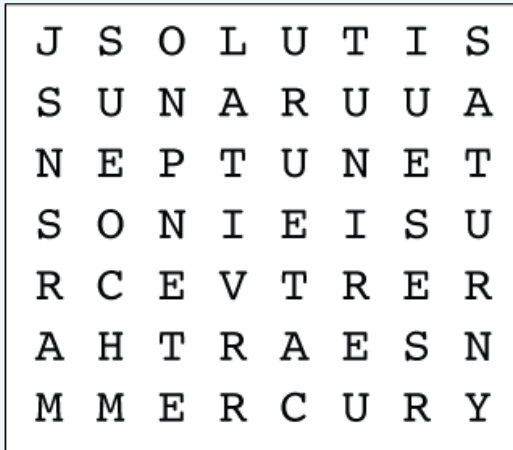




# FUN TIMES

## WORD PUZZLE

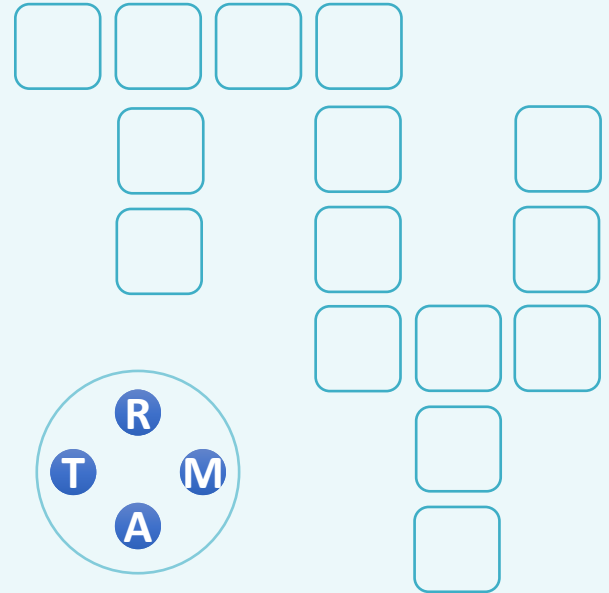
Find the words in the puzzle



- EARTH
- JUPITER
- MARS
- MERCURY
- NEPTUNE
- SATURN
- URANUS
- VENUS

## FORM WORDS

From the letters in the circle below



## VIEWPOINT

We are stepping into our third issue of the *Graceful Living* Newsletter. By now, hopefully, you are awaiting every next issue. The December issue has once again information that you will appreciate. Statistics from WHO and the UN to give you an update of the future scenario of elders; 2020 to 2030 is being called the 'decade of healthy ageing' and it has been estimated that by 2050 one in six people worldwide will cross the age of 65. Our columnists, Dr N N Prem gives you winter tips and Ms Amruta Lovekar states the importance of attitude as you get older. In our guest column, we have Nandita Sankaran, co-founder, Story-Mitr, who shares the significance of story-telling. And we welcome your writings/views to "letters to the editor".

The good news is that the pandemic is showing SOME signs of abating, but that does not mean we become lackadaisical in our efforts to ward off the virus. Wearing of masks and social distancing continue to be of much consequence. Most people, not only the elderly, are discovering ways of keeping happily busy at home. Another bit of positive news: the vaccine is round the corner.

At another level: The IPL season completed its round of matches. When it began, it seemed it would go on for ever. But the matches move so fast, the wins and losses creating havoc amongst the teams and the big question that looms large: Who will come out the winner. Well, the last few matches surely invoked much enthusiasm and excitement as the table for final qualification was open and created the mystery of unsurety. And then it was Mumbai Indians vs Delhi Capitals. Not having absolute knowledge of cricket, I decided to be loyal and go with Mumbai Indians. I actually jumped and screamed with joy each time the ball went for a six or a four. And lo and behold! We had an easy and stunning victory! Suddenly, I had become a connoisseur of cricket!

**Asha Gurnani Vohra**  
Editor



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