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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.

RECENT ACTIVITIES OF GRACEFUL LIVING



With MMP Shah College, Matunga: The regular sessions continue on elder care. The session held on 17/12/20 comprised 48 participants and the subject discussed was 'Psychological Aspects of Ageing'. This month, another session, 'Meaningful Activities with Older Adults' was discussed on 07/01/21. The importance and benefits of these activities was elaborated upon. It ended with a quiz which held the attention of the participants. This was followed by 'Skills for Working with Older Adults & Family Dynamics' on 22/01/21.

With Mr Jatish Shah: Mr Jatish Shah is an Addiction and Psychiatric/Family Counsellor. A Zoom meeting was held on 12/01/2021. He gave an interesting talk on not only types of addictions but how to deal with them, specially for seniors who have addictive children and mentioned that even regular drugs are a form of addiction. This was followed by an inter-active session of questions and answers. About 33 elderly participated in the Zoom lecture.

With Story Mitr: Story Mitr's Gupshup program was held on 13/01/21, on the occasion of 'Sankranti'. Some of the participants mentioned how the Pandemic had taught them several of life's lessons. The chat included the realization of leading simpler lives, about men sharing household chores, about getting more tech-savvy and so on.

With Ms Amruta Lovekar: GL has conducted Intellectual companionship sessions with two service users: One, a first-time user based in Singapore (three sessions completed). The second, a Mumbai-based user who has completed 13 companionship sessions. Cognitive quizzes, brain gym exercises, relating interesting recipes are some of the new activities covered during these sessions. Primary care-givers were also involved in the sessions and were updated on the general responses of the users.

With Taare Social: A session on 'Overcoming Loneliness' was taken up on 18/01/21. Some science-backed strategies for dealing with loneliness formed the highlight of the talk. Around 33 seniors attended the session who were all agog for another discourse on the same subject... on how to ward off loneliness. They expressed their need to share the strategies they were using to overcome loneliness.

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

- Support group meeting anniversary celebrations (90 people in attendance)
- Physical & mental changes in ageing
- Psychological aspects of ageing
- Basic Geriatrics & Gerontology

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

PHISHING ON THE INTERNET



Prakash Khemani

A pioneer in Internet Use
Retired GM, Siemens Ltd.

The word “phishing” has been coined since it represents “catching” the targeted users by luring them to a website just like fishing, using a worm on a hook. This is used to make them unknowingly part with their vital details, which can then be used to cause financial or other losses to them.

The game starts with the fraudsters skilfully creating a bogus website resembling the real login page of an e-mail service or social media. Fraudsters then randomly send hundreds of e-mail messages, giving either a fake incentive (prize, gift, etc.) or a fake threat (suspension of account, usually) to click on a link provided that takes the recipient to the fake website. Unless one is careful to observe the fake address line on the

browser, the recipient of the message may simply key in the login ID/password. Since this is a false web page, it does not usually go any further but the fraudsters now have the login credentials of the person.

After getting the login details, fraudsters immediately open the e-mail or social media account to scan the contents for the type of messages and the activity the ‘victim’ uses the account for. After that, any of the following is possible:

- Trying to extract money from the victim’s contacts by sending them SOS messages in the victim’s name, describing how she/he is stranded in a foreign country without travel documents and money, having lost them in a case of mugging, theft, pick-

pocketing, etc.

- If the account is used for commercial purposes, messages are sent to the client to make payments into ‘their’ account.
- If they find some private correspondence or photographs of a personal nature, they could consider blackmail.
- Anything else inspired by the account contents.

Please do not fall prey to such frauds. Never click carelessly on links provided in suspicious messages. E-mail and social media service providers never send threatening messages nor do they give any incentives or prizes for using these.

ENJOY YOUR BONUS TIME



Manjiri S Kelkar

(Retired) Assistant, Agricultural Dept., Mantralaya

I live in a large residential complex. We celebrate each and every festival, more so towards the end of the year. Celebrations come in the form of fashion shows as well. I introduced the idea of a fashion show for seniors and it has become a hit as it is now a regular feature (I too willingly participate in the fashion show). We take part in some marathons as well. I am a senior citizen and

I feel it is my duty to enjoy this ‘bonus’ life. I have a daily routine which keeps me going from day to day. I do some chanting in the morning. This gives me peace of mind. Soon after, I do yoga which provides me energy for the day. Both these activities keep me very busy and add to my happiness, my ‘feeling good’ as well.

We seniors are NOT a burden and we should take each day as it comes. My secret to happiness is four-fold:

- 1) Don’t think too much
- 2) Mind your own business
- 3) Don’t give advice
- 4) Don’t talk too much.

“

It always seems impossible until
it’s done.

- Nelson Mandela

”

AGEING WITH DIGNITY



Yashwant Deshpande

Hon Director, Shushrusa Hospital, Dadar
(Retd. Marketing Manager, ICI India Ltd, Fibres Division)

Ageing is not an accident. It’s a natural progressive route. I decided to attend to my physical health in my 40s – walking for 30 minutes and doing yoga too for half-an-hour daily which I increased (yoga) to an hour. Once you start enjoying this routine, you become restless not doing it. The regularity of it compels you to sleep early, thereby wake up early. Daily physical activities not only keep you healthy in maintaining the body but also keeps your mental and emotional health in good form.

And this I feel is a life-long ‘health insurance’.

To maintain finances, early 50s is the right time to plan and execute systematic investments to mature after and during retirement. If you maintain a middle-class lifestyle during your earlier years, it becomes easy to maintain the same after retirement.

I am now involved in activities at the Co-

operative Shushrusa Hospital in Shivaji Park, Dadar where I was a founder-member. My advanced age never deterred me and I am still very involved in its activities. The reason for this: my energy and enthusiasm which I have nurtured all along. At 82, I keep myself busy and have a purpose in life.

An annual health check-up keeps the body systems in place and if issues crop up, timely action prevents mishaps.



Photo by Matthias Zomer from Pexels

WARNING SIGNS OF DECLINING AGE IN YOUR LOVED ONES

Is your loved one able to manage self-care?

Common signs of decline include poor hygiene, sloppy dressing and unkempt appearance, how well the home is kept, and whether appliances and dishes are put away. It is important to know if they can go to the grocery store or medical store on their own.

Is there significant memory loss?

We all lose some memory as we age, and the occasional misplaced keys or disappearing remote are nothing to worry about. But what can be worrisome is memory loss that affects bigger issues, like where you are, how to drive and what you just said minutes ago.

Is your elderly loved one safe at home?

Check the home for clutter, loose rugs, exposed electrical wires and other dangers which could cause a fall. If climbing stairs or moving normally in the house is not easy, it is a red flag.

Is he/she safe driving a car?

We all make fun about the old man driving too slow on the left lane, but it's not funny. Slow reflexes, diminished vision and hearing and increased confusion all make driving a challenge. Several dents in the car can be another indication.

Has your loved one lost weight?

Unexpected and unexplained weight loss could be a sign of either physical or mental health problems – or potentially both. And weight loss could be due to several reasons: difficulty in cooking, loss of taste/smell, other health issues, socio-economic issues.

Has your elder's mood changed?

Everyone gets sad, and the elderly have a lot to be sad about, with the loss of friends and family and every day challenges of growing old. Many seniors maintain a happy outlook for most - if not all of the time. If you notice a change in mood that lasts longer than what you consider normal, it could indicate clinical depression or another illness.

Is your loved one socially active?

Social engagement is one of the primary markers of good physical and mental health. The pandemic has made that difficult for all and seniors are suffering isolation like the rest. Staying as active as possible, connecting with friends, maintaining hobbies and participating in activities is important.

Is your elderly walking safely and steadily?

Ageing can lead to muscle weakness, stiffness and pain in the joints, balancing problems and other issues that affect gait and steadiness on foot. Falling is the primary cause of disability in adults, so any sign of walking difficulty should be addressed immediately.

Ref: Pointers taken in part from an article by David Levine, Contributor, Mayo Clinic. (Internet).

SOME COMMON ELDERLY ISSUES

- Chronic Health Conditions
- Cognitive Health
- Mental Health
- Physical Injury
- HIV/AIDS and other Sexually Transmitted Diseases
- Malnutrition
- Sensory Impairments
- Oral Health
- Substance Abuse
- Bladder Control and Constipation

Reference: Suzannah Smith, (VitalRecord). News from Texas A & M Health

SPIRITUAL CORNER



Strength doesn't come from what you can do.
It comes from overcoming the things you once
thought you couldn't.

- Riki Rogers



TESTIMONIALS

What people say about us...



Participant who attended Mr Jatish Shah's Zoom program. The session was relevant and interesting. He made several pertinent points which are useful for us such as one's positive attitude and thinking and about addictions and their impact. There was much said about interaction, nutrition and I will share this information with my family and friends. We elderly enjoy such programs. [active children](#)



Ms Shubhangi Tambe, Dadar Seniors Association. I enjoyed the *Gupshup* program very much. It was a useful session. What I really enjoyed is the entertainment part as well as the discussions on Akbar and Birbal. Will share with family and friends.

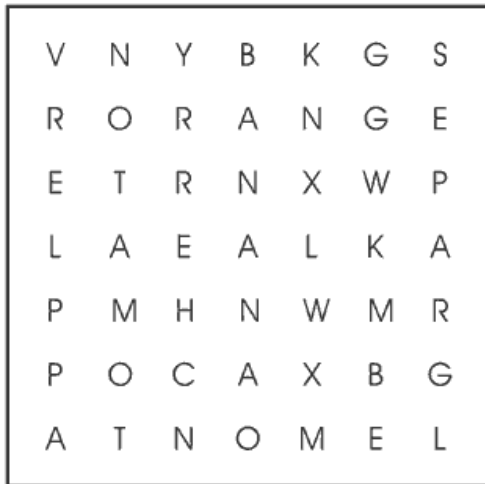


Ms Sanjivani Kulkarni, Mulund Seniors Association. The support group meetings are not only good but relevant. The talk on arts and crafts is what I really enjoyed most.

FUN TIMES

WORD PUZZLE

Find the words in the puzzle

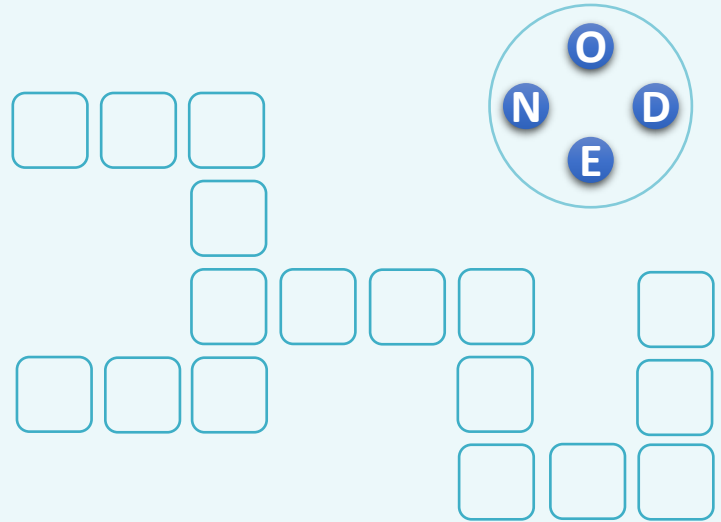


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APPLE
BANANA
CHERRY
GRAPES
LEMON
ORANGE
TOMATO

FORM WORDS

From the letters in the circle below



The old ones
are still the best...



Old jeans, old boots,
old friends, old tunes,
old movies and old times.

Facebook.com/ThinkPositivePower



112-A Mittal Towers, Nariman Point,
Mumbai – 400 021. Tel. +91 22842006
Email: info@tulsitrust.org
www.tulsitrust.org



GRACEFUL LIVING
LOVE LIFE LIBERTY

Email: info@gracefulliving.co.in
www.gracefulliving.co.in



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VIEWPOINT

We are already into the second month of 2021. And guess what? Fear of Covid is still a large part of every one's life, be it in India or rest of the world. Those with decreasing numbers are happier whilst those showing simmering statistics are a more worried lot. But anxious we all are. With the vaccine being available, does a plausible safe future seem in the offing? Most are waiting for the next person to take the vaccine, feeling it's a safer way of going forward. But with a lot more freedom of movement, life seems more livable, yet one has to follow the norms of wearing masks and social distancing.

Our current issue provides you with the recent activities of Graceful Living and our support group meetings. You get to read the latest international news which covers pointers to indicate warning signs of declining age and some common elderly health issues. This time we have three guests writing for us: Prakash Khemani on 'Phishing on the Internet', Manjiri Kelkar on 'Enjoy your Bonus Time' and Yashwant Pande on 'Ageing with Dignity'.

What is welcome news is that things in our country are moving forward at a quicker pace. Not much of red-tape-ism. This is an experience of a friend who had to recently renew her passport. She sent her details online, got a reply within a day with the date for an interview. Then came her worry of going to the passport office at Lower Parel and finding parking space. On reaching there, she saw a huge 'pay & park' sign and ever so much of parking area that she felt that life in our country is not so tough. She went into the passport office and... it just happened so fast. From one department to the next, it was smooth and quick. The office bearers were ever so polite. And lo and behold! She was out in a jiffy. We sure have come a long way!

Asha Gurnani Vohra
Editor