

Vol 2. Issue 1. January 2021

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: Held on 21/11/20, the focus of the meeting was on food habits of the elderly. The topic - 'Eating Right for Seniors - Part 1'. This was followed by 'Eating Right for Seniors - Part 2' held on 12/12/20, with a large number of elderly participating in the event.

With Story Mitr: A very interesting session of story-telling was conducted on 24/11/20 on Zoom. On this occasion, a mixed group of older adults was present. The next story-telling session was held on 9/12/20. In both instances, the audience shared ideas; there was an exchange of stories. The session also included brain-stimulating puzzles.

With Dr Lenny Da Costa: Dr Lenny is a Consultant in Geriatric Medicine, Functional Medicine & Preventive Cardiology. A Zoom meeting was held on 2/12/20. It was an interesting talk with visual displays. The topic he discussed was 'Common problems that the elderly experience but are usually overlooked'. This was followed by an inter-active question/answer session.

With MMP Shah College, Matunga: Three sessions have been completed so far. The first was held on 3/12/20 covering the social aspects of ageing. A large gathering of 60 people was in attendance. The second meeting was held on 10/12/20. The topics discussed were 'Health care assistance, care-giving and emergencies' for seniors. This too saw a huge audience which included around 50 elderly. A third meeting was held on 17/12/20. The focus: 'Psychological aspects of ageing'.

With Jeeva Center: Held on 8/12/20, the subject 'Disabling conditions and older adults' was the focus of discussion. A two-way communication of questions and answers followed with active sharing by the participants.

With SNTD: 'Health care assistance and care-giving' was the topic of discussion held on 10/12/20. This activity was part of the lecture series of the Elder Care Course started jointly by Graceful Living and SNTD. Several participants came up with queries at the end of the session.

With Manasi Golwalkar, Tech Trainer: A technology training course on Zoom was held on 12/12/20. The more technically-inclined attended this course.

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

- Can seniors change?
- Disabling conditions in older adults

VACCINATION IN OLDER ADULTS



Dr Naganath Narasimhan Prem, MD, Geriatric Medicine
Consultant - Jaslok Hospital, Graceful Living
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Older people undergo an age-related decline in immune responses, resulting in greater susceptibility to infection. Vaccinations in older age are definitely a way to strengthen responses against diseases like Pneumonia, reducing death and hospital stay.

All older adults above 75 years of age are recommended to get themselves vaccinated. Adults above 60 years with illnesses like Heart Disease, Diabetes,

Hypertension, Lung Diseases (COPD, Asthma) must be vaccinated.

The vaccines available include the pneumococcal vaccine, tetanus, herpes zoster and the yearly influenza vaccine.

Building immunity is very important and needs to be emphasized to a greater extent during these times. It is important that you gather adequate information about the vaccine and administer it under

the guidance of a doctor.

Apart from vaccinations, older adults should also sleep well, eat a healthy diet, drink plenty of fluids, exercise regularly and keep calm. All these add to the strengthening of the immune system which is the best line of defence of our body and needs to be kept strong.

MYTHS ABOUT AGEING



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

Ageing has been looked at negatively in general and it has been associated with disease disability, deterioration and death. If death does not occur due to disease or an accident, old age is inevitable. But we are not encouraged to embrace or accept our ageing. We always want to avoid it and fight it. This has given rise to a number of myths. What are these myths? They are widely held false beliefs and ideas. These myths are responsible for ageism being prevalent in society. Ageism is unfair

discrimination on the basis of age. It is basically treating older adults differently and assuming mainly negative things about them without proper basis.

But what are the origins of ageism and discrimination against older adults? Let us try and understand the origins of ageism. One major reason is that youth is worshipped in cultures that venerate age. This strong desire to be youthful throughout one's life and deny one's

ageing contributes to not wanting to get old. The story of King Yayati and his son Puru symbolises this point wherein King Yayati begs his son to take his old age so he could be youthful forever. But at the end of a thousand years of being a youth he realises that how long could he just enjoy his youthful years. There has to be a time for giving back, contemplation and reflection. So he asks his son Puru to give him back his old age.

“ Our scientific power has outrun our spiritual power. We have guided missiles and misguided men.

-Martin Luther King Jr.

FOCUS ON FUN



Tasneem Hoosein
Co-founder, GoldenGlow – an initiative for Senior Citizens

Do you know what works best for the elderly? To NOT discuss the PROBLEMS of growing old all the time, but to concentrate on the FUN that we can have in our golden years.

It gives me great pleasure to communicate my thoughts with a group that is close to my heart. I'm going to address the fun element of growing old and of finally reaching the stage where you realise that

you've done everything that you had to, you've fought all of life's battles and now you have those hours in the day to do what you want to do. Is that daunting, boring, frightening? Not if you remember to be happy, to do something that gives you joy. Albert Einstein has very famously quoted, "I have reached an age when if someone tells me to wear socks, I don't have to."

Fix a timetable for the day, make every

hour count by all means but leave aside plenty of time for friends, to play games, to sing and dance together. Bernard Shaw wrote, "We don't stop playing because we grow old, we grow old because we stop playing."

So let's continue to have fun, because there are no old people nowadays – they are "wonderful for their age".

GUEST COLUMN



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SNIPPETS

- Weekly physical activity may help prevent mild cognitive impairment conversion to Dementia
- Individualized brain stimulation therapy improves language performance in stroke survivors
- An implantable smart wrap that fits safely and securely around the bladder may one day help people who have under-active bladders, a condition that hinders patients from urinating regularly
- New research has revealed that training one arm can improve strength and decrease muscle loss in the other arm - without even moving it
- Weight-reduction surgery for severely obese adults may prevent second heart attack, death
- One in five high-risk patients undergoing major non-cardiac surgery will develop one or more heart complications within a year, according to new research

NOTE (University of Gothenburg) - New tests identify early changes in Alzheimer's disease before symptoms appear. Researchers have found new forms of tau protein that become abnormal in the very early stages of Alzheimer's disease before cognitive problems develop. The scientists developed new tools to detect these subtle changes and confirmed their results in human samples.

Source: *Science Daily*

NEWS IN BRIEF

A study has found that short bursts of physical exercise induce changes in the body's levels of metabolites that correlate to, and may help gauge, an individual's cardio-metabolic, cardiovascular and long-term health. Approximately 12 minutes of acute cardio-pulmonary exercise impacted more than 80 per cent of circulating metabolites, including pathways linked to a range of favourable health outcomes, thus identifying potential mechanisms that could contribute to a better understanding of cardio-metabolic benefits of exercise.

(Source: *Massachusetts General Hospital*)

The foods we eat may have a direct impact on our cognitive acuity in our later years. This is the key finding of an Iowa State University research study spotlighted in an article published in the November 2020 issue of the *Journal of Alzheimer's Disease*.

The Food Frequency Questionnaire asked participants about their intake of fresh fruit, dried fruit, raw vegetables and salad, cooked vegetables, oily fish, lean fish, processed meat, poultry, beef, lamb, pork, cheese, bread, cereal, tea and coffee, beer and cider, red wine, white wine and liquor.

Here are some of the most significant findings from the study:

- Cheese, by far, was shown to be the most protective food against age-related cognitive problems, even late into life.
- Weekly consumption of lamb, but not other red meats, was shown to improve long-term cognitive prowess.
- Excessive consumption of salt is bad, but only individuals already at risk for Alzheimer's disease may need to watch their intake to avoid cognitive problems over time.
- Although alcohol use disorders are relatively rare in older adults, it has been pointed out that even moderate drinking has been shown to be linked to a small but significant loss of brain volume in midlife. However, further studies are needed to test whether these structural changes translate into functional impairment.

Source: *Science Daily*, Internet

Govt's elderly helpline to go live on Jan 26

The Centre is set to launch a pan-India toll-free helpline – Elder Line – to reach out to the abandoned elderly or those reporting abuse apart from providing emotional support and information on old age homes and schemes. Likely to be launched on January 26, the helpline -14567 – is set to take off in various states by March.

Older persons seeking legal advice related to the Maintenance and Welfare of Parents and Senior Citizens Act (MWPC) will also be assisted. More on www.toi.in

Source: *Times of India*

TESTIMONIALS

What people say about us...

“ **Ms Savita Nayak**, Laughter Seniors Association, Dombivli: Thanks a lot for your good programmes while keeping in mind the betterment of senior citizens. I did want to say a few words at the last meeting but am waiting to do so the next time. God bless you all. God bless your team.

“ **Ms Alka Wadhavkar**, Thane Seniors Association and prize winner for the essay competition: I am grateful for the meaningful meetings Graceful Living holds. Thank you. I was honoured to be part of the October 1 programme which was very good. The speakers shared important facts and ideas and I will definitely attend future online meetings.

“ **Ms Ujwal Pathare**, Dilasa Seniors Group, Dadar: *Graceful Living* celebrated its second anniversary (Zoom) on 18/12/20 and I simply enjoyed the events. I don't know how my two hours sped by. It was excellent.

SPIRITUAL CORNER



The real struggle in life is with ourselves. The true secret of success is the refusal to give up, the refusal to fail; it lies in the struggle to win the battle against one's own weaknesses.

- Daisaku Ikeda



FUN TIMES

WORD PUZZLE

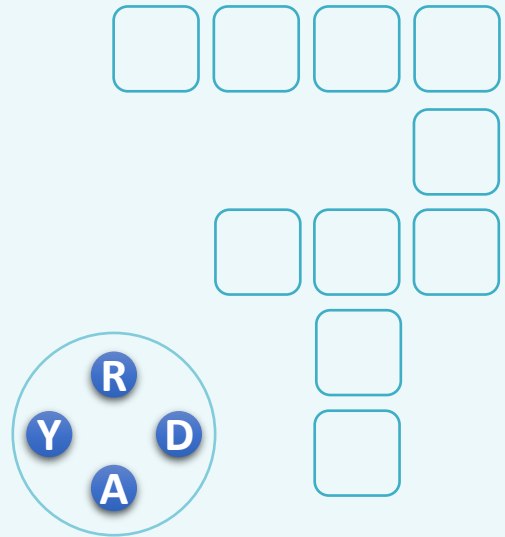
Find the words in the puzzle



HIPPO
FLY
OWL
FROG
ELK
KOALA

FORM WORDS

From the letters in the circle below



"I DON'T THINK OF MY SKIN AS SAGGY...I THINK OF IT AS RELAXED-FIT!"

VIEWPOINT

Wow! It's the New Year, it's already 2021! How much can one remember of 2020? A year which has run (rather strolled past) or one that has moved painstakingly slow? It has been Covid most of the way. It's so difficult to understand the past year: the fear of Covid at home and the same fear outside the house. A friend of mine, while talking to me, believed that her life was on **pause**. She said, "My life is at a standstill, moving neither backwards nor forwards. It's like nothing!" I looked at her askance. This set me thinking and I looked at my life too. Was it on PAUSE? Looking back, it seems that the pause button was and is on for everyone. Life, in many ways has stood still. Nothing gained. A year lost...for how long still, no one knows. The world is fighting this battle. So how do we take our lives forward? Just go along with the tide, that's it.

The new year issue provides you with the latest news ... in brief; about what's good for you, Snippets about things you probably know nothing of, new tests identifying early changes in Alzheimer's disease before symptoms appear, how cheese is the most protective food against age-related cognitive problems and more. Dr N N Prem discusses the importance of vaccinations, Ms Amruta on myths of ageing. Our guest column has Ms Tasneem Hoosein on the fun things the elders must do.

On the funny side: A friend, whose 90-year-old father, partially blind, was bed-ridden at home. He had a female care-taker who would attend to his medical needs every day. And the family, that is the son and his wife were always around at home. Now if the lady care-giver left him for a while, maybe to get his food or attend to her basic needs, and he wanted her around for his requirements, he would create havoc at her delay for not answering/responding to his call. And his reaction to her!? When she would be back he would pinch her on the arm, not once but twice. Of course the family helped her by giving her blouses with sleeves for her protection from the 'mean, old man'. So let's look at old age as fun-filled times and not something to feel sorry for or worry about. It has its humorous side.

Asha Gurnani Vohra
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