

Vol 2. Issue 5. May 2021

NEWSLETTER

This is 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.

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 Medications
- Preventive Care... Vaccinations and Medicines
- Home-based Physiotherapy

RECENT ACTIVITIES OF GRACEFUL LIVING

With Dr Pratha and Dr Rajshree: This session was held on 15 March. The physiotherapist, Dr Pratha (who has earlier demonstrated breathing exercises for the elderly) along with Dr Rajshree presented exercises for 'healthy' knees. This zoom meeting was held for senior members of Arya Chanakya Senior Citizens Association, Kandivali. They explained the reasons for knee pain as age advances and emphasised the importance of four aspects: physical activity, diet, sleep and exercise. They spoke about exercises to reduce or prevent knee pain. This was an interactive session with involvement of the seniors.

With Taare Social: On 18 March, a session was held by Taare Social on Brain Gym Exercises. This session was conducted by Ms Amruta who emphasized the importance of mental health through 'brain gym' exercises and the participants were given a demonstration of the same. To explain: Brain Gym is a series of movements exercising the body and the brain.

With Dr Phiroze Patel: Graceful Living presented a well-attended Zoom talk on 19 March by Dr Phiroze Patel, a well-known ophthalmologist/eye surgeon who is Head of Department & Director at Jaslok Hospital and Research Centre. A man with a rich experience of 40 years in the field of Ophthalmology, he gave practical tips on eye care and also discussed common problems that seniors face. He briefly explained about cataract, glaucoma,

and other age-related eye issues. It was a session on 'caring for the eyes' and its importance and gave the participants a 'vision' on the subject. This was followed by a lively Q & A session.

With Story Mitr: Story Mitr's *Gupshup* program was held on 26 March. The theme: 'A new beginning' on the occasion of World Story Telling Day (20 March). The participants were asked to relate stories/real life incidents whereby they had experienced new beginnings. Apart from this, the audience sang songs. The high point of the meeting was that some of the 'new beginnings' included elders wanting to write books whilst some others talked of getting involved in voluntary work.

With Ms Amruta Lovekar: Five more sessions were taken up this month in continuation with the companionship program. An elderly male, who has also been taking regular sessions (he is visually impaired) felt that online sessions were not helping him. He spoke about his preference to have face-to-face sessions. However, one session was done on 12 April and he responded well.

With Aaji Care: Graceful Living has started a Geriatric Counselling Course with Aaji Care to create a trained workforce for providing companionship to older adults. Around 13 students were selected for this online course. Students have to give an exam at the end of the course and then train for the same.

THREE AWARENESS VIDEOS WERE DONE BY GL ON YOUTUBE / FACEBOOK

- Women's Day on 8 March
- National Vaccination Day on 16 March
- World TB Day on 24 March

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

- Ailments among older adults
- Myths related to ageing
- Psychological aspects in ageing
- 'Poly pharmacy' session which stressed the awareness of medicines taken
- Brain Gym exercises and what they mean
- Geriatrics and Geriatric Syndromes
- Comprehensive Geriatric Assessment
- Causes/preventive measures of falls in older adults by Dr Prem

COVID VACCINES



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



GRACEFUL LIVING
LOVE LIFE LIBERTY

Some answers you have been seeking since the Covid vaccination movement began...

Q. Which are the available COVID 19 vaccines in India?

A. Two: Covishield by Serum Institute of India and Covaxin by Bharat Biotech.

Q. What is the Covishield vaccine ?

A. The Oxford-AstraZeneca vaccine is manufactured locally by the Serum Institute of India, the world's largest vaccine manufacturer. It is made from a weakened version of a common cold virus (known as an adenovirus) from chimpanzees. It has been modified to look more like coronavirus - although it can't cause illness. When the vaccine is injected into a patient, it prompts the immune system to start making antibodies to attack any coronavirus infection. The jab is administered in two doses given between four and 12 weeks apart. Recent research shows it's best to have a gap of 8 weeks between the 2 doses.

Q. How effective is the Covishield vaccine?

A. When doses were given one month apart, the efficacy was 60-70. In another trial, a group of a few thousand patients who kept a gap of 2-3 months between the two doses, the efficacy was found to be 90 per cent.

Q. What is the Covaxin vaccine?

A. Covaxin is an inactivated vaccine which means that it is made up of killed coronaviruses, making it safe to be injected into the body. Bharat Biotech used a sample of the coronavirus, isolated by India's National Institute of Virology.

When administered, immune cells can still recognise the dead virus, prompting the immune system to make antibodies against the pandemic virus. It is manufactured by Bharat Biotech, a 24-year-old vaccine maker to be given in two doses four weeks apart.

Q. How effective is the Covaxin?

A. Recently it was published that it has the efficacy of around 80%.

Q. What are the common side effects of the vaccines?

A. Fever, fatigue, headache and body ache, chills and nausea. A person might also experience pain around the injection area, which is usually the upper arm. These can include swelling, redness, an itchy rash, and other mild forms of irritation.

Q. If you have diseases like diabetes or heart disease, should you take the vaccine?

A. Yes, you should take the vaccine.

Q. Can one get the COVID 19 infection because of the vaccination?

A. No. Vaccination will not cause the infection, but lack of precautions in spite of getting vaccinated will be the issue.

Q. Does taking the vaccination guarantee not getting the COVID 19 infection?

A. No, it does not. But it makes the body more ready to fight COVID 19.

Q. How much time does it take for the vaccine to be effective?

A. It usually takes at least four weeks after the 2nd dose of the vaccine for any antibodies to be built in the body. So just taking the vaccine is not enough.

Q. Is it necessary to take the second dose of the same vaccine?

A. Yes, if the first dose is Covishield, the second dose has to be the same. This applies to Covaxin as well.

Q. Can we relax on the precautions after the vaccine?

A. No. The precautions have to continue. These include hand hygiene, wearing the mask and maintaining social distance BUT not social isolation.

STAY SAFE.

PSYCHO-SOCIAL EFFECTS OF COVID ON OLDER ADULTS



Ms Amruta Lovekar

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

As the COVID-19 pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear and worry in the population at large more so among older adults. Social isolation is a serious public health concern because of its heightened risk of cardiovascular, neurocognitive and mental health problems. Research has shown that social disconnection puts older adults at a greater risk of depression and anxiety. The psychological impact for older adults includes anxiety, stress, anger, specially for those who are facing cognitive impairment or dementia.

The Covid has also affected social participation which has been defined as active participation in religious, sports, cultural, recreational, political, and voluntary community organizations. It has been associated with a better quality of life, more muscle mass, balance, cognition and lower co-morbidities and disability in older people. Participating in social meetings and activities are stimuli that increase the level of physical activity as well as the interaction, thus stimulating the sensory system, self-esteem, emotional and psychological support. As a preventive measure during the Covid pandemic,

community organizations have shut down. The decrease of social interaction produced by social distancing could have a negative impact on mental and physical health in older people since it has limited the social participation in community organizations and in family activities. More studies need to study the psycho-social impact on older adults during the pandemic as it is definitely going to have far-reaching consequences in the coming future.



"I have learned silence from the talkative, tolerance from the intolerant, and kindness from the unkind."

-Kahlil Gibran





GRACEFUL LIVING

LOVE LIFE LIBERTY



Photo from Freepik

ISCHEMIC HEART DISEASE

Ischemic heart disease develops when cholesterol particles in the blood begin to accumulate on the walls of the arteries that supply blood to the heart. Eventually, deposits called plaques may form. These deposits narrow the arteries and eventually block the flow of blood. This decrease in blood flow reduces the amount of oxygen supplied to the heart muscle.

The signs and symptoms of ischemic heart disease may develop slowly as arteries gradually become blocked, or they may occur quickly if an artery suddenly becomes blocked. Some people with ischemic heart disease have no symptoms at all, while others may have severe chest pain (angina) and shortness of breath that can pose the risk of a heart attack.

Fortunately, ischemic heart disease can be treated successfully with lifestyle changes, medicines, and surgical procedures. Even better, you can reduce your risk of ischemic heart disease by following heart-healthy practices, such as eating a low-fat, low-sodium diet, being physically active, not smoking, and maintaining a healthy body weight.

Left untreated, ischemic heart disease may lead to severe heart damage. Heart damage can result in a heart attack and shock and may be life threatening. **Seek immediate medical care** for serious symptoms such as difficulty in breathing, which may be accompanied by pale or blue lips, rapid heart rate (tachycardia), and severe chest pain. **Seek prompt medical care** if you are being treated for angina but have mild symptoms that recur or are persistent.

Common symptoms of ischemic heart disease :

You may experience ischemic heart disease symptoms daily or just occasionally. Common symptoms include chest pain, chest pressure, or shortness of breath.

Serious symptoms include chest pain, typically on the left side of the body (angina pectoris), clammy skin, nausea with or without vomiting, pain in the neck or jaw, rapid breathing or shortness of breath, shoulder or arm pain.

Reference: Internet - American Heart Association editorial staff and reviewed by science and medicine advisers.

SPIRITUAL CORNER



Find out what makes you kinder, what opens you up and brings out the most loving, generous and unafraid version of you, and go after those things as if nothing else matters.

Because, actually, nothing else does.

- George Saunders



SITARE – THE RISING STARS

In continuation of our series, 'Sitare – The Rising Stars', Graceful Living introduces Mr Madhav Anant Purohit, a senior citizen who at 78 continues to make a difference to himself and the world around him. A lawyer (LLB), he won a fellowship from the Insurance Institute of India, in the field of Insurance. He worked with LIC of India as Divisional Manager. After retirement he wanted to work for seniors, so for a few years he worked for the Pensioner Association. He then enrolled for a one-year Diploma in a Gerontology course started by Tata Institute of Social Sciences (TISS) and was honoured as best student.

His aim was to start helping seniors like himself. He started an organization for elders called Arya Chankyanagar Senior Citizen Group in Kandivali, Mumbai, where he presently resides. He is the founder-member of this group and has been working for senior citizens for the last 11 years. He encourages activities among the elderly. His tremendous devotion to the cause of seniors won him the vice-presidency of a country-wide Indian organisation called Varishth Nagrik Parisangh. As part of his work he visits different states in the country and interacts with various groups of senior citizens, encouraging activities and discussions to make them feel positive about life. He says, "If you have a passion to do something you love then age is no limit, rather your passion is the best medicine for healthy living."

- Shrinivas Sawant

TESTIMONIALS

What people say about us...

“ **Ms Joytie Zutshi, retd senior English school teacher.** I have been going through your newsletters regularly. I appreciate the work you people are doing bringing out this literature. It carries a lot of needed information for the elderly. Even giving round-the-world latest news in the elderly camp and various statistics are of great help. What I also appreciate is the information on various exercises. Thank you, Graceful Living.

“ **Ms Alka Yadhavkar, Thane Seniors Association.** I was very happy with Dr Prem's talk on 'falls in older adults'. He explained various aspects of falling and how to protect oneself from these falls in old age. His interaction with the audience was very impressive. I am thankful to Graceful Living and Dr Prem for this information.

“ **Mr Padmakar Desai, Marathi Essay Competition participant.** The *Gupshup* sessions that Graceful Living conducts are really good and enjoyable. All *Gupshup* programmes have been fun so far. Thanks for including me in the invitation. I have already spread the word about this programme.

“ **Ms Asawari Fadnis, President of Central Co-ordination Committee of Seniors Associations of Thane.** I attended Dr Prem's support group meeting on 'falls in older adults'. I enjoyed it as all our questions were answered. As per a recent survey, 90 per cent of senior citizens in the US have nasty falls. GL is a boon for the elderly, more so during the pandemic. Thank you.

FUN TIMES

WORD PUZZLE

Find the words in the puzzle

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

BLACK
 BLUE
 BROWN
 GRAY
 GREEN

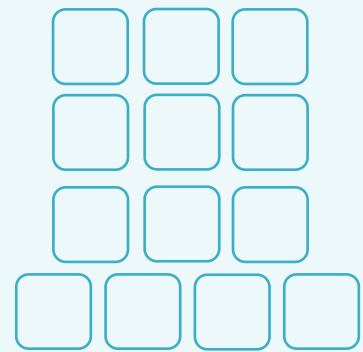
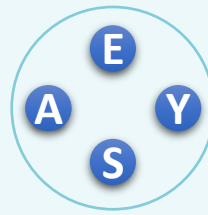
ORANGE
 PINK
 PURPLE
 RED
 TURQUOISE

WHITE
 YELLOW



FORM WORDS

From the letters in the circle below



VIEWPOINT

Not in our wildest dreams could we have thought that Covid would continue to haunt us even after a year. Last year at this time we felt that it wouldn't even last out that year. Now we are wondering if/when it will end. Let's take another stance. Like all things in life, what goes up has to come down. There will be a change. Yet another viewpoint: it's just like another flu, it comes, gives you fever and some discomfort for 14 days, then goes away. I know of a family of six which includes a baby of four months and two seniors of 70 who had the Covid, rested at home for 14 days and all are fit and fine today. Of course there are severe cases which unfortunately end on a negative note. But this is life. Our responsibility is to take care of ourselves and those around us, to be aware of the 'don'ts' and practice safety by not going out unless necessary, keeping safe distance and wearing our masks. And of course taking the vaccine at the right time.

This May issue once again lists our activities which are ever growing. We have included Ischemic Heart Disease commonly known as heart disease: how it develops, symptoms and signs, and how to recognise the 'red' zones. Ischemic heart disease can be treated successfully with lifestyle changes, medicines, and surgical procedures. Even better, you can reduce your risk by following heart-healthy practices such as eating a low-fat, low-sodium diet, being physically active, not smoking, and maintaining a healthy body weight. In this issue, we bring you Mr Madhav Anant Purohit, another 'rising star' who interacts with various groups of senior citizens, encouraging activities/discussions to make them feel positive about life, thereby fulfilling his passion of helping seniors.

Most pertinent questions on the Covid vaccine have been taken up in this Newsletter by Dr Prem. He has answered several sought-after queries, the whens and hows, and vaccine efficacy. Ms Amruta gives the psycho-social effects of Carona on the elderly which can have far-reaching negative effects on their psyche.

I recently visited a chemist near a hospital in south Mumbai. I had placed an order on Whatsapp and went to collect it. I waited in the car. I asked for my packet. A young man, 25 or so, sitting at the cash counter, bellowed, "Come and get it." I once again requested him, but he again retorted back rudely, mumbling continuously. I got out and did the needful. But I was disturbed. Is this the youth of today which has no respect for a senior citizen? Are they our future?

Asha Gurnani Vohra
 Editor



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



Design by Indus D'Sign