

Vol 2. Issue 8. August 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 Taare Social:** Four sessions were conducted on different subjects which included the perils of 'travel for the elderly' on 19 June; 'Health Independence and quality of life' on 26 June. These were followed by two more in July. One on 3 July - topic: 'What is Geriatrics and why it is a speciality'; 10 July included a discussion on 'Stress effects on the body and how to minimize it'.

**With Jaslok Hospital :** This took place on 24 June. The topic was: 'Elder Abuse'. The GL team presented a skit to that effect. Mr. Naresh Gupta talked about mercy killing and Dr. Prem mentioned that we really don't have a real protective law system. More subjects were discussed like elders needed to take the initiative to improve relations with the younger generation.

**With Dr. Nikhi Bhagwat, Endocrinologist:** This was a Zoom talk by

our guest speaker, Dr. Nikhil Bhagwat on 26 June. He put up a explicit presentation: 89 people attended the Zoom talk as he spoke about Type 1 and Type 2 Diabetes. He mentioned that a diabetic could lead a normal life with the right diet and exercise. He said that this was a lifestyle disease and stressed the importance of a regular check of sugar levels. This was followed by an active question/answer session.

**With Ms Amruta Lovekar:** Companionship sessions continue. Nine such sessions were conducted by Ms Amruta with an older adult based in Singapore. Story-telling, motivational stories and songs were some of the activities which were done. Five other sessions were conducted with our service user in Noida. Some of the activities involved singing, quizzes, discussions on inter-generational relations.

### RECENT SUPPORT GROUP MEETINGS

*One of the highlights of recent Support Group Meetings was the presentation of cultural performances by seniors from various Mumbai-based senior citizens associations. The main purpose of these meetings was to provide a platform for seniors to present their talents and skills.*

- Meeting with Navi Mumbai Senior Citizens Associations:** Sanpada seniors group. 17 June .The host of the event was Mr. Chandrakant Parpillewar. People came up with famous filmy songs. Those who put forward presentations included Mr. Pradip Panvelkar, Mrs. Amita Pai, and Mrs. Meena Morwale . The GL team presented a skit on elder abuse written by Dr. Aparna Lovekar on the occasion of World Elder Abuse Awareness Day. The Nerul group presented a program on 23 June.
- Meeting with Dilasa Senior Citizens Association, Dadar:** 18 June. The host of the event was Mr. Vasant Vaidya . Dr. Rekha Bhatkhande mentioned a vital abuse – self neglect among seniors.
- Meeting with Goregaon Senior Citizens Association:** 21 June. Dr Prem talked on the types of elderly abuse. The host was Mr. Jagdish

Mudliyar. Seniors who participated were Ms. Pooja Nakhare, Mr. Arun Bhandarkar, and Mrs. Jamnaben Patel among others.

- Meeting with Dombivli Senior Citizens Association.** 28 June . Dr. Vruna Kaujalgikar was the host. Dr. Prem gave a talk on the abuse of elders. Songs and other forms of art were part of the program, including poems and skits. A talk on 'The benefits of making a Will' by Advocate Kalyani Shukla was the focus. She explained the major requirements for making a will.
- Meeting with Andheri Senior Citizens Association:** 6 July. Topic: Brain Gym activities. Ms Amruta Lovekar explained about the origin of Brain Gym and the benefits of these exercises.
- Support Group Meeting with Thane Senior Citizens Association:** This meeting was held on 9 July. The subject: Brain Gym Part II by Ms Amruta Lovekar.

**Note :** June 24, 2021 - Healthcare Simplified with Mr Manoj Gursahani - Youtube and Podcast.

## COVID VACCINES



**Dr Naganath Narasimhan Prem, MD**, Geriatric Medicine  
Consultant - Jaslok Hospital, Graceful Living  
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*Know all about the various vaccines used during the present pandemic...*

- **Viral Vector Vaccine (VTV)**  
VTV uses an unrelated harmless virus modified to deliver SARS-CoV-2 genetic material. The delivery virus is known as a viral vector. Our cells use the genetic material to make a specific SARS-CoV-2 protein, which is recognised by the immune system to trigger a response. This builds up immune memory so your body can fight off SARS-CoV-2 in the future.

- **Oxford AstraZeneca/Covishield (2 Doses - 12 weeks apart)**

**Efficacy:** Currently about 70% overall.

**Variants:** At least one study finds it has little effect against the South African variant, but appears effective against UK and Brazilian ones.

- **Sputnik V (2 Doses - 21 days apart)**

**Efficacy:** 91.4%

**Variants:** Unknown. Clinical trial data was largely conducted in Russia prior to the emergence of major variants.

- **Johnson and Johnson (1 dose)**

**Efficacy:** In J&J's global clinical trial, it demonstrated 66% efficacy at preventing symptomatic COVID-19 infections. In the U.S. it was slightly higher, 72%. Appears to be 100% effective at preventing hospitalization and death.

**Variants:** Studies in Africa, UK and Latin America show evidence that the vaccine is effective against the variants, although less so against the South African and Latin American ones.

- **Genetic Vaccines(Nucleic Acid Vaccine)**  
This contains a segment of SARS-CoV-2 virus genetic material that codes for a specific protein. Can be DNA or RNA. Our cells use the genetic material to make the SARS-CoV-2 protein, which is recognised by the immune system to trigger a response. It builds immune memory, so your body can fight off SARS-CoV-2 in the future.

- **BioNTech/Pfizer- 2 doses (21 days apart)**

**Efficacy:** About 95%. Apparently 100% at preventing hospitalization and death.

**Variants:** Data suggests it is "quite effective" against the UK, South African and Latin American variants. Said to be effective against hospitalization of the Delta variant but more data is needed.

- **Moderna -2 doses (28 days apart)**

**Efficacy:** About 95%. Apparently 100% at preventing hospitalization and death.

**Variants:** Data suggests "quite effective" against the UK, South African and Latin American variants. Said to be effective against hospitalization of the Delta variant but more data is needed.

- **Inactivated Vaccine**

Contains killed SARS-CoV-2 virus. The killed virus is recognised by the immune system to trigger a response without causing illness. This builds immune memory, so your body can fight off SARS-CoV-2 in the future.

- **Sinovac -2 doses (14 days apart)**

**Efficacy:** 50.38% to 91.25%, depending on the clinical trial.

**Variants:** Unknown, although a study in Brazil demonstrated 50.4% efficacy at preventing symptomatic infections.

- **Sinopharm -2 doses (21 days apart)**

**Efficacy :** 79%

**Variants:** Reported to be effective.

- **Covaxin - 2 Doses (28days apart)**

**Efficacy:** 100% at preventing severe infection; 78% mild, moderate and severe; 70% asymptomatic.

**Variants:** Wild type; can neutralize UK variant.

- **Protein Vaccine**

Contains proteins from the SARS-CoV-2 virus, which are recognised by the immune system to trigger a response. Can be whole proteins, protein fragments, or many protein molecules packed into nanoparticles. This response builds immune memory, so your body can fight off SARS-CoV-2 in the future.

Eg. Novavax, Sanofi

- **1. Novavax – 2 doses (21 days apart - Phase 3 trial done)**

**Efficacy:** 90.4%

**Variants:** Effective against South African & UK variants.

- **2. Sanofi - Currently Phase 3 trials are on.**

## RESILIENCE



**Ms Amruta Lovekar**

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

Fauja Singh became the world's oldest runner to complete a marathon at the age of 100 in 2011. He only started running at the age of 81. He was born with weak legs that would not allow him to run or play cricket with his friends. He lost his wife when he was 81 and two years later saw one of his sons die in front of him at a construction accident. He shifted to London in the 1990s with his other son and took professional training in running. He went on to break many records and is popularly known as the Turbaned Tornado. His story is steeped in resilience that is unheard of. But what is resilience?

Resilience is the ability to withstand adversity and bounce back and grow

despite life's downturns. There are three main hallmarks of resilience. One is recovery which is rebounding from stress and returning to a balanced state of well-being. The second major characteristic is having a sustained purpose which will help in reducing sadness, boredom and complacency. The third is growth which is an ability to adapt and cope with circumstances in a way that enables one to emerge stronger, to thrive in the aftermath and to integrate the lessons forward.

Although resilience is seldom associated with older adults as they experience loss and decline, older adults also have a higher level of subjective well-being than individuals in any other age group.

“If you want to live a happy life, tie it to a goal. Not to people or things.

- Albert Einstein

Sociologists call this phenomenon as the paradox of ageing. Research suggests that despite declining physical health and cognitive abilities which may or may not deteriorate, older adults were happier, more satisfied, had less anxiety and perceived less stress than younger people. Researchers explain that this is due to resilience and an understanding of resilience can lead to healthier, happier people and consequently happier communities.

So the good news is that resilience is not a trait which people innately have or do not have. Resilience involves behaviours, thoughts and actions that can be learned or developed by anyone.



Photo from Freepik



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## AT A GLANCE: BENEFITS FOR SENIOR CITIZENS IN INDIA

- Tax Benefits. To ease your financial burdens during retirement, tax laws are relaxed for senior citizens in India.
- Cheaper Air Travel Tickets.
- Cheaper Railway Tickets.
- Reduced Telephone Charges.
- Banking made simpler. Separate queues for seniors.
- Court Hearing Priority.
- Welfare Schemes.
- Simpler Passport Application.

Ref: Internet

## ULTRASOUND HAS MANY BENEFITS

*Ultrasound can overcome some of the detrimental effects of ageing and dementia without the need to cross the blood-brain barrier, Queensland Brain Institute researchers have found*

Professor Jürgen Götz led a multi-disciplinary team at QBI's Clem Jones Centre for Ageing Dementia Research which showed low-intensity ultrasound effectively restored cognition without opening the barrier in mice models. The findings provide a potential new avenue for the non-invasive technology and will help clinicians tailor medical treatment that considers an individual's disease progression and cognitive decline. "Historically, we have been using ultrasound together with small gas-filled bubbles to open the almost-impenetrable blood-brain barrier and get therapeutics from the bloodstream into the brain," Professor Götz said. The new research involved a designated control group which received ultrasound without the barrier-opening microbubbles. "The entire research team was surprised by the remarkable restoration in cognition," he said. "We conclude therapeutic ultrasound is a non-invasive way to enhance cognition in the elderly."

Ageing is associated with impaired cognition and a reduction in the learning induced plasticity of the signalling between neurons called long-term potentiation (LTP). Dr Daniel Blackmore, senior post-doctoral researcher on the team, said the new research aimed to use ultrasound to restore LTP and improved spatial learning in aged mice. Professor Götz said the brain was "not particularly accessible" but ultrasound provided a tool for overcoming challenges like the blood-brain barrier. "Using ultrasound could enhance cognition independently of clearing amyloid and tau, which form plaques and tangles in people with Alzheimer's disease," he said. "Microbubbles will continue to be used in combination with ultrasound in ongoing Alzheimer's research."

About 400,000 people in Australia have dementia and numbers are projected to increase to one million by 2050, with ageing the single biggest risk factor. Previous research has shown the long-term safety of ultrasound technology and that pathological changes and cognitive deficits could be improved by using ultrasound to treat Alzheimer's disease.

Professor Götz said there were still questions about the differences between normal "physiological" ageing and the "pathological" ageing that happens in Alzheimer's disease. "We believe there may be some overlap between physiological and pathological ageing in the brain and the potential for this to be corrected with ultrasound is meaningful for those living with Alzheimer's disease," he said. "We are taking these findings and implementing them in our Alzheimer's research as we go forward to clinical trials."

Professor Götz's research team aims to understand how brain diseases begin and their progression at molecular and cellular levels in the hope of ultimately developing therapies.

*Excerpts: Science Daily. Materials provided by University of Queensland: "Non-invasive potential treatment for Alzheimer's disease."*

## TESTIMONIALS: What people say about us...

“ Ms Sunanda Amrutkar, Senior Citizens Thane Group (a regular attendee of Graceful Living programs). Making old age an enjoyable experience makes us motivated to attend Graceful Living programs. Brain gym exercises have taught us that the brain also needs exercise, otherwise it can deteriorate. The *Gupshup* program was also good. It was interesting to see our group members performing so well. Their performances were good and even better were the skits. I sincerely thank the Graceful Living team for giving space to these artistes.

“ Ms Sushama Kadrekar, Retd. MHADA, active member of IRPA (Indian Retired People's Association), Dadar Dilasa Group. Thank you Graceful Living for organizing many interesting programs. We have been lucky to receive information on various subjects. Dr. Prem has explained to us about good nutrition and physical health with regular exercises. His theory on maintaining health of the mind and the body was appreciated. Ms. Amruta was good with her Brain Gym activities. These exercises are very useful and help a lot in activating the brain. G L has succeeded in providing quality entertainment for seniors.

“ Ms Viju Chauhan, Retd. Commercials Manager, Air-India, Goregaon Seniors Association. The Support Group Meeting on Brain Gym activities was very useful and very apt for senior citizens. I will definitely share the various exercises with family and friends. I would like to make a suggestion to the Graceful Living team. Please have a session on the subject, 'legal documentation handling in old age'. Thank you.

“ Mr M N Dhokale, Executive Committee Member of Dombivli Seniors Association. This refers to your guest lecture by Dr Nikhil Bhagwat, a well-known endocrinologist, held on 26 June. He spoke about Diabetes 1 and 2, problems controlling it, and ways of handling an acute diabetic condition. It was an excellent talk. His emphasis was on diet and exercise and the link between kidney, blood pressure and sugar. A very informative session.

“ Ms Anila Fadnavis, member of Thane Seniors Association. The Story Mitr session is always good and very appreciated. All sessions are very interesting. What I enjoy most is the story-telling part as also the quiz. Kudos to G L.

## SPIRITUAL CORNER



For all those having a hard time right now. Remember it is only temporary.

- Lord Buddha



# FUN TIMES

## WORD PUZZLE

Find the words in the puzzle

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

leave knew heard doctor more horse  
 classes everything climate coming caught  
 lose meal food gift



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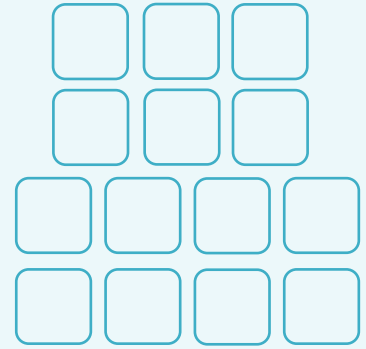
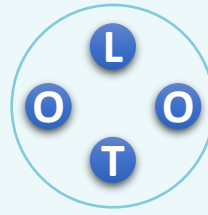


Design by Indus D'Sign

## FORM WORDS

From the letters in the circle below

in



## VIEWPOINT

August, a month of celebration: Independence Day, Raksha Bandhan, Muharram, Parsi New Year. And yet, a month still raging with the pandemic. We all know that the virus is not leaving us soon but we hope otherwise. London opened up with disastrous results. So did the US. Why can't we be more cautious? Accept the fact that for a long time now we have to wear masks and keep social distance. Even if we feel otherwise as did the Western world. A semblance of it dissipating does not mean it's going, going, gone. Let's show the world that we here get our wisdom from our sages. And let's continue with our prayers.

One of the highlights of our recent Support Group Meetings was the presentation of cultural performances by seniors from various Mumbai-based senior citizens associations. The activities included were singing, story-telling, reciting poetry and relating personal experiences. The main purpose of these support group meetings was to provide a platform for seniors to present their talents and skills. The seniors did this amidst much fanfare. Of course it was spread out over a period of few weeks or so.

And did you know, Ultrasound, to some extent, can overcome some of the detrimental effects of ageing and dementia without the need to cross the blood-brain barrier, according to recent research! Also, research has shown that despite declining physical health and cognitive abilities, older adults are a happier and a more satisfied lot. Why? Because most have realised that flexibility and acceptance is the name of the game. Resilience is not a trait which people innately have or do not have. Resilience calls for a change in your thought process and your actions, says Ms Amruta. It is flexibility of the mind that can lead you to serenity. So do develop that resilience despite pitfalls. Dr Prem gives you 'know all about vaccines' in his column.

To end on a funny note. And this is not looking down on people who don't speak correct English. It's just that the language sounds hilarious when not spoken correctly. Here goes: Some English sentences by a PT teacher in rural India –

- There is no wind in the football
- I talk, you talk, why you middle talk?
- Don't stand in front of my back
- You go and understand the tree
- Close the window, air force is coming

No belittling. Just laugh and don't feel guilty.

**Asha Gurnani Vohra**  
 Editor