

Vol 2. Issue 9. September 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

CURRENT ACTIVITIES OF GRACEFUL LIVING

With Dr Ameet Mandot, Gastroenterologist & Hepatologist: As director of The Gut Clinic (Daycare Gastroenterology and Liver clinic), Dr Mandot has received special training in Liver Transplant and Hepatology at one of the best European centres namely Hospital Beaujon in Paris. He was our guest speaker on 23 July. He gave a Zoom presentation on the problems the elderly face and reasons of indigestion, issues of mouth/intestine ulcers and also mentioned the malfunctioning and dangers due to unhealthy food habits and liquor consumption, which he said could lead to serious problems in the elderly. He also spoke about issues related to a bad liver vs a good liver. A well presented lecture with 55 attendees, it was followed by an active Q/A session.

With Taare Social: GL conducted a session on Brain Gym exercises, part 1, on 29 July, with Taare Social. The participants acknowledged that the exercises (seven brain gym movements were shared) conducted by Ms Amruta were most helpful.

With Ms Amruta: GL's companion sessions continue on a regular basis. Basic cognitive stimulation activities, singing, story-telling and brain gym exercises were part of our program with our service user in Singapore who took nine sessions. Three other sessions were done with our service user in Noida who seems to enjoy meaningful discussions and singing songs.



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

- 19 July:** Post-Covid care was discussed by Dr Prem; also importance of taking care of the liver, lungs and intake of healthy food. Dr Rajashree Lad demonstrated exercises for those recovering from Covid.
- 26 July:** A talk by Dr Prem on 'Gut Health - taking care of your food'.
- 27 July:** Topic - 'Dealing with death of near and dear ones' presented by Ms Amruta and Dr Prem (dealing with grief).
- 4 Aug, 9 Aug:** Post-Covid care by Dr Prem; exercises demonstrated by Dr Rajashree Lad.
- 12 Aug:** In continuation of our 'Sitare' series, Mr Pravin Damle spoke to Ms Shobha Nakhare, lauded as National Best Teacher for Special Children. At 65, she is doing voluntary work for these 'special' children and working towards collecting funds for hearing aids for their use.
- 13 Aug:** Exercises for diabetic seniors; physical benefits.



Amrita Patil Pimpale

Cognitive health is the ability to think, learn and remember effectively, which is the central aspect of performing everyday tasks.

Subtle and gradual cognitive deterioration is part of the process of ageing. A more rapid decline in cognition could be indicative of dementia. Recent studies indicate that individuals who work with cognitive stimulations (such as teachers, musicians, physicians, pilots etc.) often maintain a greater level of cognitive ability in their later stages. This states that the brain is presented like a muscle, and with diligent care and effective use, it can be active and functioning to a certain extent throughout our lives.

For the senior population, cognitive activities should be conducted frequently for a favorable living. A recent study showed that the elderly who spent five to six weeks (10 minutes of training a day) performing cognitive activities such as puzzles and memory tasks, exhibited improved memory, reasoning and information processing. The effects of this were seen over the next few years.

Listed below are some mental exercises that have a positive impact on your cognitive skills.

Arts & Crafts – Creativity is a good way to keep one's mind active. Arts and crafts not only keep the mind busy but also keep your hands occupied. These can be as simple as card making, knitting, painting or anything else that keeps your creative side alive. The time and affection put into any handmade present is surely appreciated!



Trivia Games – These are especially good since they promote recall exercises. It encourages the senior to think back to past events or facts they've learnt throughout their lives.

Puzzles – Problem solving activities like puzzles are an excellent way to stretch mental muscles and stimulate brain function. Activities like these require seniors to search patterns and look for details.

Sudoku – Seniors can look for numeric patterns instead of words and images. Sudoku puzzles can help sharpen problem-solving skills and build on them as they come with different levels of difficulty.

Board Games – Strategic games like Chess and Checkers are great too. They require players to weigh the pros and cons of each move and come up with a challenging strategy for the opponent.



Reading (& retelling) – A good novel, magazine or even catching up with the news can instigate cognition. Reading prompts imagination and forces the brain to form images in order to match with the written words. In some cases, they can also be asked to retell what they've read as this promotes recall from memory.



Card matching game – This game can be played alone or in pairs. All you need is a deck of cards placed face down on a table. The goal is to find a pair of cards with similar numbers or faces (queen/king/jack) by flipping cards and remembering their placement. For seniors with some cognitive impairments, start off with a smaller deck of cards.

Putting it in Practice :

Regular persistent work is the key. We suggest :

- 'Brain workout' session of 30-60 minutes every other day and try to keep the workout constant during that time.
- 30 minutes to yourself in a separate room.
- Leave your phone in the other room.
- Try and reflect on the specific thinking skills that you have practiced during the task.

In conclusion, the development and maintenance of cognitive strategies is relevant to facilitate the management of daily life and to prevent sedentariness. Moreover, it is important to consider cognitive activities for the senior generation to ensure a healthy, comfortable and full life for themselves and others around them.

Caregiver Tip: Be mindful of your senior's age and propose activities that are age appropriate and fit within their ability levels, as it is necessary to maintain the individual's dignity and self-esteem.

The writer is Founder, Echoing Heathy Ageing, which offers online, in person home visits for elderly clients. These visits used for dementia care can include memory and orientation problems support, safety and security if the elderly is alone or in isolation, medication management, cognitive interventions and leisure activities. Sessions conducted by well-trained facilitators will engage the elderly in different activities like cognitive, art, music and reminiscence.



Karma Says:
Never cry for any relationship in life.
Because for the one whom you cry doesn't deserve your tears.
And the one who deserves will never let you cry.

- Wordsgasm



A PILGRIMAGE WITH PARENTS

- **Manoj Gursahani**

I would like to share my experiences with my parents. My Dad and Mom both lived into their late 1980s and in fact my Dad was 89 years old when he passed away. Spending time with them made me realize the challenges one faces in old age: illnesses related to old age which include bed sores, aches and pains of the body and so much more.

More importantly, another fact which I realised was their feeling of loneliness. We, his children, could not spend much quality time with them as we got busy with our own lives, chasing our goals, businesses, looking after our kids, their future, education, and so on. They would await our visits (I was later told that every bell which rang, they used to feel that one of their sons had come to visit them).

Rewind to March 2020. Covid struck and everything was shut down. I was now involved with Graceful Living (initiative of Tulsi Trust) and Able Living. We realised that aspects like a walk in Nana-Nani park, visit to holy places, to the theatre/cinema house, meeting friends had come to a grinding halt and this had a devastating effect on our seniors.

We initiated a series of virtual Webinars highlighting various aspects mentioned above and called experts on topics like Ageing Gracefully, Geriatric Physicians, Gerontologists, therapists and motivational speakers. It helped allay a lot of their fears and also gave them enough knowledge on how to deal with the challenges thrown up by Covid.

We were fortunate to have spent enough time with our parents and feel we are truly blessed. I can assure you that this is the best pilgrimage you will experience as parents represent God on earth - you can see them. Those of us who spend quality time and care of them are indeed blessed to have been given this golden opportunity.

My takeaways -

- Please spend as much time as possible with your elderly parents.
- Be a good listener and develop patience as they will tend to repeat their past stories and experiences.
- Be tender, loving and gentle with them.
- Also ensure your children spend quality time with them.

Mr. Manoj Gursahani is Managing Trustee, Indian Relief Foundation.

TESTIMONIALS: What people say about us

“**Ms Maya Mirchandani, retd. IT Officer. Works as a voluntary/social worker and a regular attendee of GL's support group meetings.** The session on brain gym activity is very helpful. I am grateful to Ms Amruta and Ms Shama who take so much trouble for senior citizens. But as we are getting older we keep forgetting the activities, so it has to be explained repeatedly. If you could make available a recording of the same, it would be very appreciated. God bless you both.

“**Ms Vasudha Nigudkar, retd. school teacher, Thane Seniors Association.** The meeting gave very useful information and the subject was 'Falls in older adults' which was conducted by Dr Prem. Even GL's webinars create interest among seniors and I would like to be kept informed about future such webinars. Thank you GL.

“**Prasad Manjrekar, journalist & social worker, Thane Seniors Association.** I attended the talk on 'Falls in older adults' by Dr Prem. He explained all possibilities and remedies and said it was a rampant occurrence among seniors. A very informative talk.

“**Ms Dighe, retd. asstt., LIC, attendee of Ghatkopar Seniors Association.** 'Falls in older adults' was a talk I really enjoyed and appreciated. Older people have a 'knack' of falling and 'falling' is a universal issue. Thanks to Dr Prem for explaining all possibilities and remedies for the same. I like to attend GL talks and do so regularly.



GRACEFUL LIVING

LOVE LIFE LIBERTY



Photo by Brooke Larson Unsplash

HEALTH AND NUTRITION TIPS THAT ARE ACTUALLY EVIDENCE-BASED

It's easy to get confused when it comes to health and nutrition. Even qualified experts often seem to hold opposing opinions, which can make it difficult to figure out what you should actually be doing to optimize your health. Yet, despite all the disagreements, a number of wellness tips are well supported by research. Here are some health and nutrition pointers that are based on scientific evidence.

- Limit sugary drinks
- Eat nuts and seeds
- Avoid ultra-processed foods
- Don't fear coffee as it is loaded with benefits
- Eat fatty fish
- Get enough sleep
- Stay hydrated
- Avoid bright lights before sleep
- Take Vitamin D if you are deficient
- Eat plenty of fruits and vegetables
- Eat adequate protein
- Get moving
- Don't smoke or use drugs, and only drink in moderation
- Lift heavy weights and strengthen your muscles
- Use plenty of herbs and spices
- Nurture your social relationships
- Get rid of excess belly fat
- Avoid restrictive diets
- Eat whole eggs
- Meditate

Source - Internet: Pointers taken from an article written by Kris Gunnars, BSc; medically reviewed by Jillian Kubala, MS, RD; updated on July 2, 2021.

FUN TIMES

TRY THIS NOW...

VAGARIES OF ENGLISH LANGUAGE! ENJOY!!

- Wonder why the word "Funeral" starts with FUN?
- Why isn't a Fireman called a Water-man?
- How come Lipstick doesn't do what it says?
- If Money doesn't grow on Trees, how come Banks have Branches?
- If a Vegetarian eats vegetables, what does a Humanitarian eat?
- How do you get off a non-stop Flight?
- Why are goods sent by *Ship* called CARGO, and those sent by *Truck* SHIPMENT?
- Why do we put cups in the "Dishwasher" and the dishes in the "Cupboard"?
- Why do Doctors "Practice" Medicine? Are they having practice at the cost of the patients?
- Why is it called "Rush Hour" when traffic moves at its slowest then?
- How come Noses run and Feet smell?
- Why do they call it a TV 'set' when there is only one?
- What are you vacating when you go on a "Vacation"?

We can never find the answers
Can we??

If you have the *Spirit* of understanding everything in a positive manner - You'll enjoy every moment in LIFE, whether it's *PRESSURE or PLEASURE*

So just Enjoy the PUN and FUN of the English Language.

- Anonymous



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

SOME GREAT CONFUSIONS WHICH ARE STILL INRESOLVED

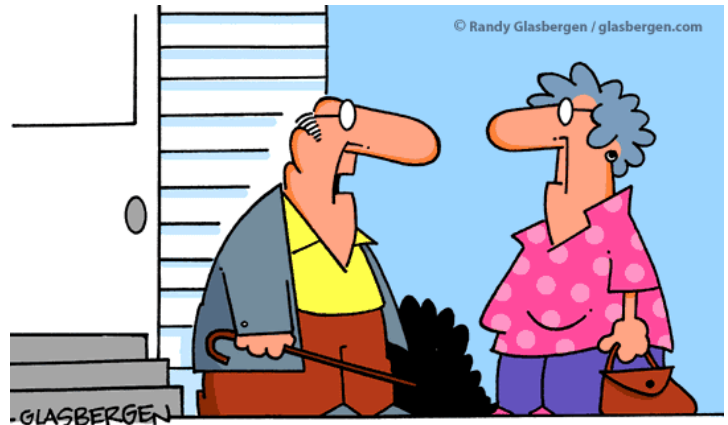


At a movie theatre, which arm rest is yours?

If people evolved from monkeys, why are monkeys still around?

Why is there a 'D' in fridge but not in refrigerator?

Who knew what time it was when the first clock was made?



"I CAN'T GO TO THE MOVIES WITH YOU, ELENORE.
I'M STILL GROUNDED FOR SOMETHING I DID IN 1937!"

VIEWPOINT

The month of September is the month of Ganesh Chaturthi, widely celebrated in Maharashtra. It is the month when Lord Ganesh is brought home amid much fanfare. And in this auspicious month, we see a ray of hope. Covid cases are down. Nonetheless, we must not let our guard down. Social distancing and masks remain a must. Surely we want to avoid another wave? In fact, we should prevent the Delta or any other variant by observing caution.

The September Newsletter of Graceful Living has a few changes, mostly on the entertainment page. Instead of the crossword and word puzzle, we are giving you some interesting 'confusions' to ponder over and quirks of the English language. A titbit in reference to our seniors who are SOS=Slower Older Smarter, but **smart** of course. Next month will be regular puzzles so that you continue to sharpen your mind.

This issue gives you an article by Ms Amrita Pimpale, Founder, Echoing Heathy Ageing. She writes about cognitive health which is the ability to think, learn and remember effectively, the central aspect of performing every day tasks. Recent studies indicate that individuals who work with cognitive stimulations (such as teachers, musicians, physicians, pilots etc.) often maintain a greater level of cognitive ability in their later stages as subtle and gradual cognitive deterioration is part of the process of ageing. 'A Pilgrimage with Parents', an article written by Mr Manoj Gursahani, managing trustee, Indian Relief Foundation, who shares his experiences with his elderly parents, states that it is vital to look after our aged parents and calls it a pilgrimage to do so. Some pointers on health and nutrition have also been listed which are evidence-based.

On a lighter note: I received a bottle of pickle at my doorstep. A close friend had left it for me. I am a lover of pickles be it mango, *nimbu* etc. Pickle is the name of the game for me. I was so ecstatic that on entering the house I opened the bottle and with a spoon scooped out some and put it straight into my mouth. EEEK! I screamed! What was I eating? Long spirals dipped in oil (were they garden snakes or what?). I immediately called my friend and asked what was the horrible pickle she had sent. Softly she replied, "Brinjal." Is that funny?

Asha Gurnani Vohra
Editor