

Vol 2. Issue 7. July 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 Jaslok Group: In this meeting (17 May) participants were asked for their feedback about the sessions which Graceful Living conducts on a regular basis. Dr. Prem presented a talk on how prevention is better than cure. He shared about the precaution that seniors need to take in the following: in food intake, regular medication, exercises and keeping mentally strong were important tips which were shared with the audience.

With Advocate Kalyani Shukla: This was a zoom talk held on 20 May. As usual, we had a guest lecturer, this time Advocate Shukla who explained the concept of making a Will, its basic principles, and about the different rules for transferring property. A total of 47 people attended the zoom lecture. There was much participation as the subject of a Will is important to all seniors. There were questions about the authenticity of a Will which made the interactive session very interesting.

With Ms Amruta: Ms Amruta of GL continues with the companionship sessions with three service users. Nine companionship sessions were held with our service user from Singapore who is fond of singing. Mental stimulation activities were also conducted with her. Another companionship session was with our service user in Mumbai. Ms Amruta talked to him about 'ethical

wills' - passing on values to the young. With a new service user who lives in Noida, a psycho-social assessment was conducted on 20 May. Two companionship sessions were held in which stories were related, some films were shown on ageing issues and discussions held regarding inter-generation relations.

With Story Mitr: The *Gupshup* program was held on 21 May for seniors who had registered with Graceful Living. The International Family Day was the theme of the program. Ms. Prakriti related stories based on importance of the family. Several participants shared their 'family' experiences and the atmosphere created was one of camaraderie.

With Taare Social: Graceful Living conducted a session with Taare Social on 21 May. The subject was 'Psychological changes in seniors'.

Echoing Healthy Ageing: Ms Amrita Pimpale of Echoing Healthy Ageing, an organisation of professional care-givers for the elderly, arranged a program on 26 May. The session was conducted by Ms Amruta Lovekar who dealt with the subject of sensitisation towards older adults and interaction with them.

WEBINAR

A webinar on 'Managing Older Care in Second Wave of Covid' was held on 29 May, 2021. Dr. Rajesh Parikh spoke about why he wrote a book on Covid and discussed some of the main points in the book. He also mentioned that Graceful Living and other such NGOs should take the initiative of providing vaccination at home for seniors. This would help the country to prevent the spread of Covid.

Dr. Prem spoke about the need to take care of mental health of seniors in Covid times. Ms. Amruta spoke about how seniors had learned important lessons during this pandemic. Mr. Pankaj Dube, who helped many people during Covid, expressed his gratitude to Art Of Living. He mentioned Sonu Sood and Bhoomi Pednekar's initiatives. Mr. Rajkumar Hirani said that the second wave was more shocking and more personal as many families had suffered. Reasons included were unavailability of beds and medication.

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

- Basic Gerontology on 17 May
- Brain gym exercises on 18 May, 31 May
- Prevention is better than cure on 19 May
- Covid – The way ahead on 28 May
- Post-Covid care on 29 May
- Seniors entertainment program on 12 June, moderated by Mr. Veerendra Chitre, the President of Snehwardhan Senior Citizens Association.



Dr Pratha Mehta



Dr Rajashree Lad

Physiotherapists Dr Pratha Mehta & Dr Rajashree Lad of Iconic Physio have listed exercises to help you overcome lethargy, improve blood circulation, keep your muscles and joints active and prevent any aches and pains arising due to a poor posture



* **Diaphragmatic breathing:** Place one hand on your upper chest and the other one on your stomach. Slowly inhale through your nose, feeling your stomach move outwards. Exhale using pursed lips as you slightly squeeze in your stomach, keeping your upper hand still.

Increases lung expansion with good air entry.



* **Paper blowing:** Hold a paper in front of your mouth. Blow it away as much as you can slowly through pursed lips (mouth slightly open).

Helps in clearing chest secretions (cough)

* **Bubble blowing :** Take a glass of water, place a straw in it and blow through it making bubbles.

Helps in clearing chest secretions (cough).



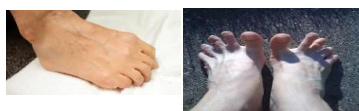
* **Chest expansion:** Sit with your back erect. Raise your hands outwards while breathing in through your nose and bring them back to the centre while exhaling through your mouth slowly (by pursing lips). Similarly, place your hands on the sides of your chest. Take a deep breath, feel the chest expanding under your hands, and exhale slowly.

Increases air entry in lungs due to chest expansion.



* **Prone lying:** Lie on your stomach and take a deep breath. Note: attempt this position taking into account your comfort level.

Increases air entry in lungs, especially in the lower parts of the lungs which tend to have less air entry.



* **Curling toes:** Curl your toes and then stretch out to give a good pull to all the important small muscles of your feet which we ignore most of the time. (10 times)



* **Butt walking:** While sitting on the chair with your back straight, lift and shift one buttock at a time to move forward on the chair. Then shift each buttock at a time again to move backward on the chair and repeat again. Helps activate muscles of lower back and hips - better after sitting for long in one position. (5 times front and back)

* **Overhead namaste:** Perform namaste in front of your body and gradually move it overhead giving a good stretch to your arms, shoulders, upper back while straightening your slouched back. (5 times with a 10-second hold)



* **Clenching fists:** Stretch your arms in front and clench both fists and open wide. (15 times)



* **Expanding the chest:** Place hands behind your head with elbows bent. Pull the elbows out to the side while taking in a deep breath, squeezing shoulder blades, holding your head high and straightening the slouched back. Feel a good stretch on the muscles in front of your shoulders and chest. Breathe out and bring the elbows in and chin down (10 times)



“The two most powerful warriors are patience and time.”

- Leo Tolstoy, War and Peace





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IT'S ALL ABOUT YOUR IMMUNITY

If you're over age 65, here's what you can do to strengthen your immune system and prevent the flu and its complications

- Get a flu vaccination
- Eat a healthy diet
- Get active
- Lower your stress level
- Get plenty of sleep
- Maintain a healthy weight
- Quit smoking
- Spend time outdoors

Health/clevelandclinic.org

TESTIMONIALS

What people say about us...

“ Ms Nirmala Bhatija, former HOD, Life Science Dept. of KC College, and president of seniors association in Khar. I had a glimpse of your Newsletter. I must say your organisation is playing a highly commendable role in the life of elders and winning many blessings. You have missed out on a vital aspect...empowering the mind with powerful thoughts to be stable and happy, like doing good karmas.

“ Ms Y Kapur, ex-Air India air-hostess. The idea of having a regular printed Newsletter has been an excellent idea. We get information of the negative aspects of ageing and can work towards improving our style of living with exercises and a good diet. Establishing a regular way of keeping in touch with 'our' old age is something to be grateful for. I don't attend meetings, but reading your news is definitely helpful. Thank you Graceful Living.

“ Ms Shashilekha Gajendragadkar, president-founder, Snehavardhan Seniors Association, Andheri. Graceful Living programs are appropriate for seniors as they are informative and motivating and do provide good entertainment. There should be a serious bend towards spirituality. We would like to conduct a combined meeting with GL.



SPIRITUAL CORNER



Everything in your life is a reflection of a choice you have made.

If you want a different result, make a different choice.

- Buddha's Teachings



HEALTHY BOOSTERS

This is a period in which everyone is insisting on increasing immunity, especially in the elderly. Often we find remedies for increasing immunity on the Internet and everywhere else, but we always forget to check our kitchen. The secret is that, the immunity-boosting foods are present in your kitchen, which you should know and understand.

A strong immune system in elders keeps old-aged diseases away. Although there are many options available in the market to increase immunity, the best immunity booster foods can be easily prepared at home.

Important Nutrients To Boost Immunity In Elderly

Protein is a building block to boost immunity in the elderly. It repairs the old cells and promotes the production of new cells. It improves their digestive system and keeps them healthy and happy.

Vitamin A is an important nutrient that elders get with the regular intake of dairy products, carrots, broccoli, cantaloupe, and squash. Vitamin A improves vision and strengthens the immune system in elders.

Vitamin D facilitates the formation of new cells in old-adults. It regulates the amount of phosphate in elders. It maintains a good immune system in the elderly and keeps their teeth, bones, and muscles healthy for a longer time.

Vitamin C helps senior citizens to develop infection-fighting cells. It makes new cells in their old body and gives them the power to fight against old-age diseases. It also reduces the risk of chronic illnesses and manages high blood pressure. Moreover, Vitamin C is an important nutrient to boost immunity in old age.

Vitamin E is an antioxidant that is highly required in elders. It strengthens their immune system and promotes the development of new cells. Reduction of Vitamin E leads to a bad immune system, hence the regular intake of Vitamin E rich foods is a must for senior citizens.

Vitamin B-6 and B-12: B Vitamins maintain the energy level in the elderly and help their immune system to function better. This set of Vitamins maintains the energy level in the elders and keeps their appetite/food healthy. B-6 and B-12 are also good for the proper functioning of the digestive system.

Zinc is an important nutrient that is found throughout the body. It helps the immune system and prevents other old-age diseases in the elderly. It promotes growth and also increases life expectancy.

Iron is yet another crucial nutrient that the elderly require for a good immune system. Iron deficiencies can lead to serious diseases like anaemia, extreme fatigue, inflammation etc. Therefore, regular intake of iron-rich foods is essential for old-adults.

Internet/Prakriti Jena

FUN TIMES

WORD PUZZLE

Find the words in the puzzle



Play this puzzle online at: <https://www.wordsearchbattle.io/topic/summer>

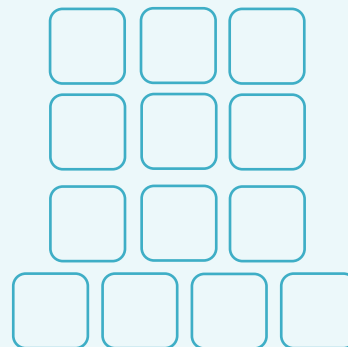
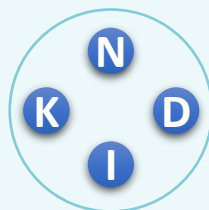
FRIENDS
HOLIDAY

OUTDOORS
SANDALS

SUNNY
WAVES

FORM WORDS

From the letters in the circle below



VIEWPOINT

Half of the year of 2021 is over and our pandemic is showing few signs of abating. As we move towards completing the vaccination mission world over, we can hope and pray that the universe will be Covid free soon. Our job is to get fully vaccinated (both doses) and continue with the precautions of social distancing and wearing of the mask so the third wave doesn't come our way.

Our July Newsletter carries some exercises (with visuals) for the elderly and could be useful for the younger generation as well. Physiotherapists Dr Pratha Mehta and Dr Rajashree Lad have included breathing exercises, methods of keeping the body fit including usage of your hands and feet, activating your muscles, curling your toes and more. All for a H2 (healthier & happier) YOU. We have also expanded our activities by working with more organisations and have increased our support group meetings on Zoom. Our companionship program is an ongoing activity.

A strong immune system in elders keeps old-aged diseases away. Although there are many options available in the market to increase immunity, the best immunity booster foods can be easily prepared at home. Among the important nutrients to boost immunity include protein, vitamin A, C, D, E, B-6 and B-12. The list also includes the right amount of foods containing Iron and Zinc. We have included information about the importance of these booster nutrients. And last but not the least is the entertainment page with some puzzles for you to solve and enjoy.

To end on a different note: A weekend getaway could be a health booster. Recently, I visited Pawna (close to Lonavala) and stayed at this 'huge' home that belongs to my friends. But what made the holiday epic was that the house was surrounded by various hues of Mother Nature. The different shades of green and colourful flowers make you realise that this has to be God's hand. How else can life be so picturesque? And because it's the rainy season, little streams and rivulets flowing downhill make one realise that these breaks are a necessity from the hard, stony land of the city.



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



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



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Asha Gurnani Vohra
Editor