

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

WHAT IS OSTEOPOROSIS

The word 'osteoporosis' means 'porous bone.' It is a disease that weakens bones, and if you have it, you are at a greater risk for sudden and unexpected bone fractures. Osteoporosis means that you have less bone mass and strength. The disease often develops without any symptoms or pain, and it is usually not discovered until the weakened bones cause painful fractures. Most of these are fractures of the hip, wrist and spine.

SYMPTOMS AND CAUSES

What are the symptoms of osteoporosis?

Usually, there are no symptoms of osteoporosis. However, you should watch out for the following:

- Loss of height (getting shorter by an inch or more).
- Change in posture (stooping or bending forward).
- Shortness of breath (smaller lung capacity due to compressed disks).
- Bone fractures.
- Pain in the lower back.

Who is at risk for developing osteoporosis?

There are many risk factors that increase your chance of developing osteoporosis, with two of the most significant being gender and age.

Everyone is at risk as osteoporosis fractures increase with age. However, women over the age of 50 or post-menopausal women have the greatest risk

of developing osteoporosis. Women undergo rapid bone loss in the first 10 years after entering menopause, because menopause slows the production of oestrogen, a hormone that protects against excessive bone loss.

Age and osteoporosis affect men also. You might be surprised to know that men over the age of 50 are more likely to have an osteoporosis-induced 'bone break' than to get prostate cancer. About 80,000 men per year are expected to break a hip, and men are more likely than women to die in the year after a hip fracture.

Your risk of developing osteoporosis is also linked to ethnicity. Caucasian and Asian women are more likely to develop osteoporosis. However, African-American and Hispanic women are still at risk. In fact, African-American women are more likely than white women to die after a hip fracture.

Another factor is bone structure and body weight. Petite and thin people have a greater risk of developing osteoporosis because they have less bone to lose than people with more body weight and larger frames.

Family history also plays a part in osteoporosis risk. If your parents or grandparents have had any signs of osteoporosis, such as a fractured hip after a minor fall, you may have a greater risk of

developing the disease.

How is osteoporosis diagnosed?

Your healthcare provider can order a test to give you information about your bone health before problems begin. Bone mineral density (BMD) tests are also known as dual-energy X-ray absorptiometry (DEXA or DXA) scans. These X-rays use very small amounts of radiation to determine how solid the bones of the spine, hip or wrist are. Regular X-rays will only show osteoporosis when the disease has set in. All women over the age of 65 should have a bone density test. The DEXA scan may be done earlier for women who have risk factors for osteoporosis. Men over 70, or younger men with risk factors, should also consider getting a bone density test.

How is osteoporosis treated?

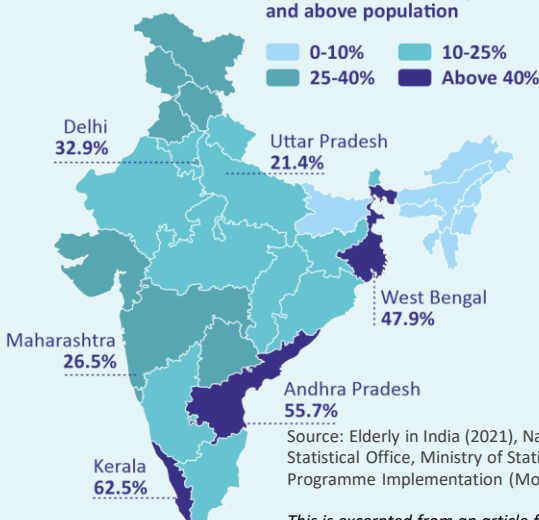
Treatment for established osteoporosis may include exercise, vitamin and mineral supplements, and medication. Exercise and supplementation are often suggested to help you prevent osteoporosis. Weight-bearing, resistance and balance exercises are all important.

Vitamin D is important because it enables the body to absorb calcium. Vitamin D can also be obtained from sunlight exposure few times a week or by drinking fortified milk.

Excerpted from an article which was last reviewed by a Cleveland Clinic medical professional on 04/27/2020. Courtesy: Cleveland Clinic - Internet

Proportion of persons that responded as ailing in a 15-day period in the set of 60 years and above population

0-10% 10-25%
25-40% Above 40%

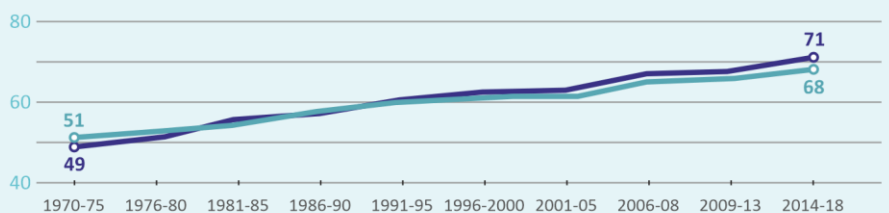


Source: Elderly in India (2021), National Statistical Office, Ministry of Statistics and Programme Implementation (MoSPI)

This is excerpted from an article from Hindustan Times (Sept 30, 2022) written by Payoja Ahluwalia

LIFE EXPECTANCY OF FEMALES HAS IMPROVED MORE RAPIDLY THAN MALES IN THE LAST TWO DECADES

Average Life Expectancy (Yrs)
Male Female



In 2019-20, 2.6 % of Indians in the 30-44 age group were admitted to hospital, according to the Union ministry of health and family welfare. For the 60-69 group, the proportion was three times that and for those over 70 it was 11.1 %. As Indians live longer, the physical and mental health of the elderly, and the attendant costs of maintenance over a longer period of time is coming into focus.

According to government data, between 1970-75 and 2014-18, the life expectancy of men has increased from 51 to 68 years, and that of women, from 49 to 71. Interestingly, women in India have been living longer than men (1991-95).



ACCELERATE YOUR BODY'S HEALING ABILITY WITH CST



Dr Rajashree Lad (PT)
Musculoskeletal Physiotherapist



CST session in a peaceful space created

Craniosacral therapy (CST) is a form of Osteopathic manipulation. The Osteopathic concept was introduced in 1870 by Dr AT Still and is one of the oldest sciences of healing. It is about recognizing and accelerating the body's natural ability to cure itself and correcting mechanical disorders by applying therapeutic manipulation of bones and muscles.

Recognizing that various systems of the body are interrelated, it focuses on balancing and re-aligning all systems, including the craniosacral system to heal various conditions along with stress (physical & psychological) and injury. It helps in the recovery of a migraine, stress headache, back pain, acidity to Bell's Palsy, pre-post pregnancy aches and pains, and sinusitis.

Derived from Osteopathy, CST consists of mindful, gentle, light touch, non-invasive palpation techniques applied directly to

the cranium (skull bone) and sacrum (tail bone).

Besides releasing myofascial structures, CST tends to normalise the **sympathetic** nervous system (the fight and flight system of the body) activity, which is often increased in chronic pain patients, by modifying body rhythms. At the same time, it reduces physiological arousal and switch to the **parasympathetic** (the calming system of the body) mode, thus enhancing the body's ability for physiological regulation and tissue relaxation, thus reducing chronic (long-term) pain.

The gentle listening touch of CST that allows your body and mind to rest deeply restores a natural balance in all systems of the body. It recognises and assists the connection between body, mind and emotions. CST supports your body's innate ability to restore balance and heal itself while also helping to reduce stress, thus

improving overall health and well-being.

Benefits of CST

- 🔹 Improves blood circulation and digestive system deep relaxation and rejuvenation
- 🔹 Calms nervous system and helps with anxiety, depression
- 🔹 Helps regulate hormonal imbalances
- 🔹 Helps realign bones and tissues
- 🔹 Assists in recovery from all kinds of injuries, surgeries, muscular pain, backache, cervical issues, shoulder pain, sciatica, or any spine related or postural issues.

Thus, CST enhances the body's ability to self care while producing profound positive changes by improving coping mechanisms to allow better healing.

SUPPORT GROUP MEETINGS OF GL

Physical

- On 16 September, Graceful Living conducted an orientation program of the elder companionship course in association with MMP Shah College. Around 50 girl students attended. Dr Prem and Ms Amruta spoke about the importance of this course, the syllabus and internship that is mandatory.
- A youth sensitization program was conducted with Guru Nanak School, Bhandup on 20 September. About 200 students of 8th and 9th grades were part of the program. Another youth sensitization program was held on 1 October, on International Older Adults Day, at Kirti college. Mr Yashwant Sinha of Dilasa-Dadar Association initiated the program. Attendance: 77.
- On 22 September, GL conducted a Brain Gym session at Manav Seva Sangh, an older adults residential complex. A total of 35 participants were present. Ms Amruta conducted the program and taught them simple 'brain activity' exercises.
- The Graceful Living team visited the Kalpataru Towers Senior Citizens Association on 23 September and gave an overview of GL activities. Ms Amruta explained the meaning of Gerontology. A total of 48 participants were present for the session.
- On 6 October, a program with the Centre for Study of Social Change at the day-care for older adults was conducted. Ms Akanksha gave a basic introduction to GL's on-going activities. Ms Amruta conducted some brain gym exercises.
- On 7 October, GL, in collaboration with Echoing Healthy Ageing (EHA) conducted an awareness program, and mentioned the services they offer which includes treatment/care for Alzheimer's/Dementia patients. Ms Amrita Patil of EHA explained in brief about counselling, group sessions, cognitive stimulation activity and more. Participants: 30.

Online

- On 10 October, GL conducted a program with the teachers of Guru Nanak School, Dadar. Mr Damle gave basic information on Graceful Living and its activities. Ms Amruta delivered a talk on ageing gracefully. A total of 27 teachers were present for the session. This was to orient the teachers on the subject of Gerontology.



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TESTIMONIALS: What people say about us...

“ Ms Bina Rao, regular attendee of support group meetings at Jaslok. The 'dance movement activity' program conducted on 15 September was great fun. Stretching exercises, simple dancing steps, sitting on a chair and creating movements, were very enjoyable and relaxing. Thanks for conducting such programs for seniors.

“ Ms Supriya Samant, regular attendee of support group meetings, online. Thank you for arranging the 'dance movement activity' session. Also thanks to Alisha for her presentation. Enjoyed the program and learned many movements/exercises. Thank you Graceful Living.

“ Ms Sushma Pagnis, Ghatkopar Senior Association. The quiz program in April on the *Ramayana* and the *Mahabharata* conducted by Ms Amruta Lovekar was very well conducted. After attending this program, I felt so fulfilled. Learned so much from it.

“ Ms Vidya Desai, – Ghatkopar Senior Association. The quiz session on the *Ramayana* and the *Mahabharata* revived my knowledge on the two epics. It was a novel meet and interesting.

“ Mr Milind Acharya, Trustee, Deep Archan Charitable Trust. First of all, thank you for inviting us to your fashion show held in June. The idea was great. The audience was very enthusiastic. The hard work put in by the organizers was evident. To further improve the program, I recommend shortening the length of the program. We have to consider the participation of senior citizens as it could get difficult for them to sit continuously in one position for so much time.

GUEST LECTURE

On 27 September, Graceful Living presented a Zoom talk by Mr Prasad Bhide, a social entrepreneur. He founded Mumbai's first professional home health services and geriatric care organization and has won accolades for his work. He spoke on options for senior living and how they should prepare themselves for a comfortable life. A total of 32 people attended the program.

WEBINAR

Graceful Living conducted an online webinar on 24 September. The topic: 'Alzheimer's and Dementia Care'.

The discussion on Alzheimer's brought to light that early detection of this disease is important. This ailment can be helped with drugs but it cannot be reversed - although non-pharmacological options are also effective. Mr Madhav Purohit, secretary of Arya Chanakya Nagar senior citizens association and volunteer with Graceful Living, was the moderator. The panelists were Dr Prem, Ms Madhura Satam, senior psychologist with EHA and Ms Jasleen, manager, Sahabhaav.



“ Instead of wiping away your tears,

Wipe away the people who created them.

”

- Anon



AGEING WITH DIGNITY AND GRACE

Tulsi Trust was established by the Chanrai family in 1975 with an aim to fulfil basic needs of the poor and needy. At a deeper level, it's more than indulging in physical activities. Health care, skills development and education are top priorities. It envisages a fair world for all, working with partners to improve health care and opportunities for livelihood, and education. Add to this, the capacity to understand another's needs and do this with utmost integrity.

Graceful Living (GL) is an arm of Tulsi Trust which came out of a realization of a social need for elderly care. After three active years, GL is now a recognized organization for those in their twilight years and has created an awareness through its activities and talks for senior citizens. GL has a social presence viz. Twitter, Facebook, Instagram and YouTube.

ACTIVITIES OF GRACEFUL LIVING

In Partnership...

- Intellectual companionship and special care programs – includes companionship, counselling and care-giving for Dementia, Parkinson's and Alzheimer's when required. These services are provided through our partners:
Echoing Healthy Ageing
Parkinson's Disease and Movement Disorder Society (PDMDS)
- Physiotherapy sessions which help the elderly to improve their mobility and become more independent:
PRAJ-The Rehab Sphere with Dr Pratha Mehta and Dr Rajashree Lad
- Training candidates in 'elder care' in order to have professionals for the same:
MMP Shah College – elder companionship course for Sociology students
Aaji Care – Geriatric counselling course for post-graduate Psychology students
- Activities for the elderly :
My Safe Place: online activity programs
Mrs Manasi Golwalkar: technology training
- Sensitization programs for school/college students to create an awareness of the needs and issues of the elderly.

Direct Intervention by GL...

- Support Group Meetings
- Webinars (Mr Manoj Gursahani)
- Guest Lectures by professionals/experts – mainly on Zoom
- Graceful Living Monthly Newsletter carrying important information for the elderly plus articles by known doctors and other professionals
- Online interviews with senior achievers called 'Sitare'
- Co-ordination by GL to create platforms for senior citizen organizations in the city.



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ENJOY!

- Sequence of events :
The golden years are really just metallic years:
Gold in the tooth,
Silver in your hair, and
Lead in the rear.
- One of the many things no one tells you about ageing is that it is such a nice change from being young.
- Age seldom arrives smoothly or quickly.
It is more often a succession of jerks.
- Yeah, being young is beautiful,
but being old is comfortable.
- Old age is when former classmates are so grey and wrinkled and blind that they don't recognize you.
- If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.



VIEWPOINT

Wasn't it just January? Now the year is already ending. It does seem so sudden! Time does fly! The festivities – Diwali and Bhai Bhuj - are over and there is a feeling of déjà vu. The weather is changing. It is getting darker earlier in the evening although the mystery of continuous rain seems to be perplexing. You never know. It may just go on... till the beginning of the next monsoon season. Haha!

Our November issue has enough surprises for you! Health vulnerabilities facing India's elderly. In 2019-20, 2.6 per cent of Indians in the 30-44 age group were admitted to hospital according to the Union ministry of health and family welfare. For the 60-69 group, the proportion was three times that and for those over 70 it was 11.1 per cent. In more than 14 States and UTs, more than a quarter of the elderly said they were 'ailing'. Our opening page, carries information on an important subject, namely osteoporosis, its symptoms and causes and mentions about those who are most vulnerable.

Want to accelerate your body's healing ability? Dr Rajashree Lad guides you while discussing the benefits of CST (Craniosacral therapy) which is about recognizing and accelerating the body's natural ability to cure itself and correcting mechanical disorders by applying therapeutic manipulation of bones and muscles. Wow! Wish all could do it. Our regular activities have been listed, which were online as well as physical. This time the Graceful Living webinar was held on 'Alzheimer's and Dementia Care'. Mr Madhav Purohit, Secretary of Arya Chanakya Nagar Senior Citizens Association and Volunteer with Graceful Living conducted the meeting. The panelists included Dr Prem, Ms Madhura Satam, senior psychologist with EHA and Ms Jasleen, manager, Sahabhaav. One of the major points discussed was that early detection is important when it comes to Alzheimer's. This time our guest speaker was Mr Prasad Bhide, a social entrepreneur. He spoke about the options for senior living and how to choose and prepare for a comfortable old age.

Off-the-cuff: The World Cup has begun. It will bring thrills to the hearts of all cricket lovers. Overheard someone say: I will not go to work. What!?! For all those days!?! Yes, came the prompt reply. Cricket, the most loved sport, more so in India, is overwhelming.

Asha Gurnani Vohra
Editor