

Vol 3. Issue 2. February 2022

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
- Specialized 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

Support Group Meeting on 17 December, 2021

Logotherapy was the subject of this meeting at Kandivali. Logotherapy was discovered by Dr Victor Frankl - *Logo* stands for meaning and *therapy* is for helping people with mental and emotional issues. This was a live session conducted by Ms Amruta Lovekar. A total of 39 people were present. Ms Amruta mentioned how Logotherapy could help seniors to deal with depression, despair and other mental health issues following Dr Frankl's theory. People appreciated that they had learned something new and motivating. Mr Purohit, the secretary of this seniors group suggested that if the group members would read the book then there could be a discussion on the book in the month of March. Mr Damle has taken the responsibility of arranging two books to be given to Kandivali Seniors Association namely *Man's Search for Meaning* and *Ikigai*.

Webinar on 23 December, 2021

Graceful Living held a Webinar on the issue of Caregivers on 23 December. Ms Bhavana Issar, founder of Caregiver Saathi, Mr Prasad Bhide, founder of Aaji Care, Mrs Aparna Basu and Dr Prem were panellists at this webinar. Ms Bhavana shared that caregivers forget that they themselves also need to be cared for and thus keep fit. In earlier times, generations lived together and so seniors living within the family were looked after well. Mr Bhide shared that people get caught with what others might say or think and are easily influenced. Mrs Basu talked in detail about her caregiving journey and what she had learnt as a caregiver. Dr Prem stressed that it was necessary to look at the patient behind the patient, i.e. the caregiver.

Online Support Group Meeting on 27 December, 2021

Logotherapy for all groups was held on 27 December and was conducted by Ms Amruta Lovekar. The meaning of life is living in the present moment (not the past). Ms Amruta once again mentioned the name of Dr Frankl who discovered Logotherapy. She talked of the experiences of Dr Frankl in the concentration camp. Logotherapy helps in understanding the meaning of life and also helps in dealing with depression and despair.

People appreciated the session and said that they had got this knowledge as a new year's gift while also getting a new perspective of looking at things in a more positive way.

Support Group Meeting on 5 January, 2022:

Dr Prem conducted this 5 January meeting on inter-generational bonding. The attendance included 33 seniors. Dr Prem stressed that inter-generational bonding was beneficial for seniors mentally and physically. He also pointed out that these bonds need not just be at home but it was possible to form inter-generational bonds at work or at any other place.

Session with Dilasa Dadar on 9 January, 2022:

Ms Amruta conducted a session with Dilasa Senior Citizens Association on Logotherapy; 20 seniors were present for this session. She went on to talk about Logotherapy and its principles, how it evolved and how it could be used to deal with mental, psychological and emotional issues. Seniors appreciated this session as they felt that this was something they could apply in their daily lives.

Companionship Sessions:

Ms Amruta conducted three online sessions with our service user in Singapore. Most of the sessions involved singing, reciting tables, recognising objects, reminiscing and talking about traditional Bengali recipes. Mrs Sen looks forward to these sessions and the family thinks that this cognitive stimulation is necessary as otherwise the service user does not talk much to anyone else.



NEW YEAR, NEW VARIANT – SAME COVID



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Dr Naganath Narasimhan Prem

Consultant, Geriatric Medicine - Jaslok Hospital and Graceful Living

The year 2020 started the phase of a pandemic we never expected. Now two years down the line, with many waves and variants we are still in the pandemic era. The omicron variant has bagged all the headlines. It is 3 to 5 times more infectious than the delta variant.

Majority of the patients with omicron seem to be asymptomatic or have mild symptoms including sore throat, blocked nose. Many of the cases have been home isolated. Some senior citizens and those with diseases or therapies that weaken the immune system do get a severe attack requiring hospitalisation.

Vaccination remains important; it won't prevent the infection but it will decrease its severity. Booster doses are highly recommended.

The three principles of washing/sanitizing hands, maintaining social distancing and wearing masks should be followed strictly. There should not be absolute social isolation. Staying in touch with family and friends is essential.

Is it important to deal with the pandemic

differently this time:

1. Take the middle path, do not be overanxious but at the same time take precautions.
2. We are better prepared than the last two years; more numbers of the population have been vaccinated which helps in reducing hospitalisation.
3. Do everything to take the booster/vaccination dose you are scheduled to and also promote awareness amongst your groups.
4. Educate yourself about the disease for knowledge but do not get stressed by it.
5. Mentally be ready to make a change of plans if/when cases surge again. Do not get disappointed. Postponing events is better than exposure to the virus.
6. Getting COVID should not be a social stigma or a moral issue. It is spreading and more rampantly now. If you get it,

deal with it rather than analysing why you got it.

7. A mild disease for one could be a death sentence for another. So respect COVID as a disease and refrain from making blanket statements.
8. If a family member has had COVID, watch out for prolonged Covid symptoms as well.
9. Nobody wants to wear masks, but continue to do so till we have reached a balance in total vaccinated population and a plateau in the disease. Exercise caution till its over.
10. Concentrate on overall health and mental well-being. Health is still the most important part of your life that you can improve upon.

STAY SAFE STAY HOME

WEAR YOUR MASKS

TAKE YOUR VACCINES

LOGOTHERAPY – A DISCUSSION



Ms Amruta Lovekar

Gerontologist & Project Coordinator, Graceful Living

Logotherapy is a philosophy as well as a therapy to deal with mental and emotional issues. This therapy was developed by Dr Viktor Frankl, an Austrian neurologist and psychiatrist. Dr Frankl developed Logotherapy after surviving the Nazi concentration camps in the 1940s. His experiences and theories are detailed in his book, *Man's Search for Meaning*, which is one of the most influential books of the last century.

Logotherapy is a therapeutic approach that helps people find meaning in life. This theory focusses on the future and our ability to endure hardship and suffering through a search for purpose. What is novel about it is that this therapy grew out of Dr Frankl's personal experiences of extreme torture and intense suffering in four concentration camps during the Second World War.

How did Dr Frankl help people find

meaning? Two incidents illustrate this point. Three prisoners who had become desperate to end their lives in the concentration camp were heading towards a barbed wire which was a sure shot way to die. Dr Frankl spoke to them and brought two facts to the surface: a responsibility towards life and a reminder of people at home who were waiting for them (their unfinished tasks).

Another incident: An old man depressed after the death of his wife went to see Dr Frankl. He was obsessed with the thought as to why his wife had died before him. Dr Frankl asked him what would have happened if he had died before his wife. The man said his wife would have suffered unbearable pain and agony. Dr Frankl explained to him that he had saved his wife from this suffering.

With regard to what our seniors have said when they came to know of Logotherapy,

none of them had heard of Dr Frankl nor read his book and they said that it was unimaginable and horrifying to think of Dr Frankl's concentration camp circumstances. They said understanding and knowing about this theory helped them in igniting hope.

One senior said he had received a valuable gift because of this new perspective towards life. Another senior added that Logotherapy and Dr Frankl had given a new vision. Yet another felt this was not mere bookish knowledge but something that he could apply to in his daily life.

This opened a Pandora's box of serious reappraisal of one's value systems. Some women felt that hearing about Dr Frankl's experiences made them emotional. He was truly a man who lived to share experiences which could motivate others.



You can take no credit for beauty at 16.

But if you are beautiful at 60, it will be your soul's own doing.

- Marie Stopes





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READERS SAY IT ALL

Shrinivas Sawant, General Manager, Tulsi Trust

As a member of Tulsi Trust and Graceful Living, our team feels very happy and proud to present the Graceful Living Annual Magazine. After our first lockdown in March 2020, we were looking for some alternatives to reach out to senior citizens. It was then decided to start a monthly Newsletter online to communicate with the elderly. Eminent writers, resource people and the GL team wrote articles.

Our team member, Ms Asha Gurnani Vohra, Media & Communication Advisor, took the responsibility as editor and 13 monthly Newsletters have been published so far and each issue received positive responses from our readers. The Graceful Living team decided to collate the best articles from these earlier Newsletters and thus the annual, 'Age with Dignity'. The magazine has come out very well and it will be a great resource and reference book for senior citizens, organizations working with the elderly, caregivers, family members and other professionals working with seniors. Kudos to the GL team for bringing it out.

Mr Viju Chavan, Goregaon seniors group

The magazine is very interesting. For me, it seems to consist of solutions to every day problems. Great effort must have been put in to create this issue.

D G Ambedkar, Borivali group

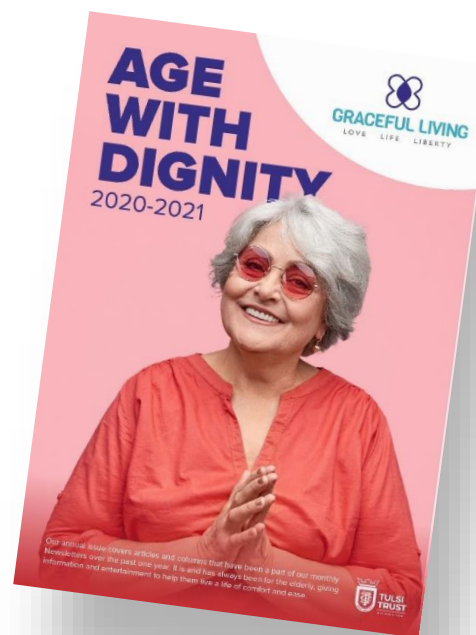
I enjoyed reading the annual issue. The design is very good and so are the news items. I do usually enjoy reading the articles regularly. Well appreciated.

Ms Jayesheela Shetty, Kandivali group

GL's programs and Newsletters are always good and interesting. This time, however, I find I have so much to read in your well-combined anniversary issue. I am really grateful for receiving the same. Thank you GL for this creative venture.

Ms Nazneen Gidwani, Ex-Head of Academics & Lecturer, Human Resources, K C College of Mgmt Studies

I must admit that your annual magazine is very well organized and a very well written issue, with excellent designing. Topics chosen are perfect for seniors because these are burning issues as you grow older. Starting with Dr Phiroze's article on cataracts. It would be appreciated if he could share the dos and don'ts of post-cataract surgery care for effective recovery. The diet for seniors by Dr Lenny D'costa was also very good. The page on exercises to keep fit is yet another excellent feature in your issue. Let's put it simply...excellent articles well outlined.



Mrs Bharati Chanrai

I went through the annual issue of Graceful Living. I must say it is very well done. Good material, good design. Kudos.

Dr Phiroze Patel, Ophthalmic surgeon

Regarding GL's annual newsletter, it is an excellent presentation made by you to your members. I received my copy and will preserve it. Wish you well in other projects as well.

Dr Nadeem Rais, Endocrinologist

Things are NEVER perfect in life. But looking at your annual issue, I'd say it is PERFECT. Not too many long (sermon-like) health tips, excellent content and beautifully designed. Congratulations!

Ms Joytie Zutshi, ex-English senior school teacher

Went through your annual Newsletter and was very impressed with the layout, design and content. Though one is reading about elder care in the newspapers, this consolidated book makes it a Collectors issue. I read the article on elder abuse and was really shocked at such happenings. I also enjoyed the article, "Honest Introspection". It hit me hard.

Ms Devika Thadani, ex-Air India

Very nice magazine. I appreciate your flair for writing. Good work. Congrats.

Mr Ravindarsungjee, Jaslok group attendee

Enjoyed your annual issue of Graceful Living. It covers everything. The best page I liked was page 6 on exercises to keep fit. Thank you.

Dr Sharmila Donde, Parkinson's Disease & Movement Disorder Society, India

The information in your annual is definitely useful and can be used as a health reference guide. It's good for me to be part of Graceful Living. Thank you.

Mr Madhav Purohit, Kandivali's seniors group

The anniversary issue has been very well designed and the best part is, it is filled with useful information. Keep your services going and all the best for the future.

A FEW SENIOR MOMENTS: GOOD FOR THE HEART AND SOUL

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor who fitted him with a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back to the doctor in a month and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet... I just sit around and listen to the conversations. I've changed my Will three times."



An elderly couple had dinner at another couple's house, and after dinner the wives went into the kitchen. The two men got talking and one said, "Last night, we went out to a new restaurant for dinner. I would recommend it."

The other man said, "Really! What's it called?"

The first man thought and thought and finally said, "What is the name of the flower you give someone you love, and it has thorns?"

"Do you mean a rose", asked the other.

He turns around and yells, "Rose, what is the name of the place we visited yesterday?"



Stalemate



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



Design by Indus D'Sign

Two elderly gentlemen from a retirement centre were sitting on a bench under a tree. One turns around and says, "Slim, I'm 83 years old now and I am just full of aches and pains. I know you are about my age. How do you feel?"

Slim says, "I feel like a newborn baby."

"Really! How come?"

"No hair, no teeth. And I think I just wet my pants."



A senior citizen said to his 80-year-old buddy, "So, I hear you are getting married?"

"Yup" came the reply.

The friend persisted...

"Is she good looking?"

"Is she a good cook?"

"Does she have lots of money?"

Came the reply, "No, but she can drive."



VIEWPOINT

Covid! No Covid! New Covid! New Variant! It's January 2022 and we are still stuck with the virus. Now it's omicron. There is no new advice...Just keep social distance, stay as much at home and wear a double mask. And now please, Covid is not a stigma. It's happening all the time all over the world. We just have to be aware and take care.

Early January, we came out with our first anniversary issue. Like we have mentioned, picking out the best of the rest from last year's issues. We redesigned it and made it a stellar issue with 24 pages. We received so many good wishes and letters congratulating us on this annual, we deemed it fit to put down some of the comments. And this makes us feel so good! Do treat it as a Collectors issue for reference in the future.

We are now back with our regular monthly Newsletter. We have listed GL's recent activities including the Webinar held on 23 December, 2021. Subject: Caregivers – they play an important role. Dr Prem's article on page 2, 'New Year, New Variant - Same Covid' brings us back to our present-day reality. We are better equipped now than we were two years ago. Also, most of us have taken our two doses of the vaccine. GL held a discussion program on 'Logotherapy', a therapy recommended by Dr Viktor Frankl, an Austrian neurologist and psychiatrist. He introduced the concept of moving forward in life, and how to come out of distress. It was conducted by Ms Amruta Lovekar.

Some changes on the last page. Humour for our seniors in the form of jokes.

And life goes on! Are we enjoying life is a moot question. By now we are so habituated to sitting at home that the desire to be outdoors has simply vanished. Speaking for myself, I enjoy being on my own, sitting indoors, doing some clearing up and watching TV. Oh, where have those days gone? Will we ever learn to enjoy the outdoors again?!

Asha Gurnani Vohra
Editor