

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



# 5 DAILY HABITS ADULTS IN THEIR SEVENTIES SHOULD ADOPT

By the time adults get into their 70s, overall health and well-being can vary. Some individuals within this age group are completely healthy, others have multiple health issues, and many fall somewhere in between. Regardless of what's going on health-wise, there are many things people in their 70s can do every day to maintain physical, mental and emotional health. Here are five recommendations...

### 1. Find Purpose In Life

Many of the world's longest-living people report finding a purpose in life drives them. This is certainly true for people in their seventh decade of life. Purpose can involve a variety of meaningful goals and activities, some of which may involve:

- Volunteering
- Exploring new hobbies and interests
- Sharing experiences with grandchildren

### 2. Get Sufficient Sleep

It's a myth that older adults need less sleep. In fact, the National Sleep Foundation recommends adults 65 and over get 7 to 8 hours of sleep every night. Chronic health issues and mental health challenges can sometimes affect sleep habits, and your loved one's doctor should be able to make specific recommendations if such issues are a factor. In general, people in their 70s may enjoy better sleep hygiene by:

- Sticking to a regular sleep schedule
- Avoiding excessive daytime napping

- Staying active throughout the day
- Maintaining a comfortable sleep environment

### 3. Avoid Falls

The risk of falling becomes greater with each passing decade. One of the ways people in their 70s can minimize this risk is with forms of exercise that target muscles that play a role in balance and coordination. Gentle forms of exercise such as yoga and water-based activities can help with this goal as well. Fall risks may also be mitigated by:

- Removing household fall hazards
- Using grip bars around toilets and tubs/showers
- Making appropriate home modifications

A home caregiver can help the loved one exercise in safety and comfort. Elderly home care experts are available to provide high-quality care to seniors on an as-needed basis. From assistance with mobility and exercise to providing transportation to the doctor's clinic and social events, there are a variety of ways professional caregivers can help the ageing loved one continue to live independently.

### 4. Keep The Brain Engaged

Mental health is just as important as physical health for people in their 70s. In fact, there's plenty of research suggesting ageing brains benefit from regular stimulation, which can also reduce cognitive decline and maintain mental alertness. Reading, working puzzles, and learning new things are just some of the many

brain-stimulating activities that can help seniors in their 70s maintain good brain health.

Families who find it difficult to care for their ageing loved ones without assistance can benefit greatly from professionals.

### 5. Get Regular Exercise & Eat Healthy Foods

These are two things that naturally work well together to produce a wide range of physical, mental, and emotional benefits for people in their 70s. Exercise can keep older bones and joints strong while naturally boosting the mood by stimulating the release of "feel-good" hormones called endorphins. Forms of exercise like yoga and daily walking can also provide an opportunity to clear the mind and relax.

Many studies show healthy eating has numerous benefits for older adults. What's also great about healthy eating is the many options people in their 70s have, even seniors, picky tastes. The U.S. Department of Agriculture recommends older adults follow a balanced diet that includes:

- Fruits and vegetables
- Beans, whole grains, and other healthy starches
- Low-fat dairy products
- Lean proteins

- By Becky Grim

Courtesy: Internet-Home Care Assistance

# 5 TIPS FOR SAFE MOVEMENT - WALKING

Look down and be alert when walking...

- Wear comfortable, firm shoes with a good grip.
- Use sloping paths instead of steps.
- Plan your outings and routes carefully.
- Carry essential medication with you.
- Carry a snack and water.





## COMMON HEALTH PROBLEMS AMONG THE ELDERLY



**Dr Dheeraj Mulchandani**

Consultant, General Surgeon

As people age, their bodies go through several changes hormonally and physically, which can lead to various health problems. In India, the elderly population is increasing rapidly, and it is estimated that by 2050, there will be more than 300 million people over the age of 60 years. With age, the risk of developing certain health conditions also increases.

Below are some of the most common health problems faced by the Indian elderly and what preventive measures they can take...

### Cardiovascular diseases:

Cardiovascular diseases are the leading cause of death in India. As people age, the risk of developing these diseases increases. To prevent these diseases, the elderly should maintain a healthy lifestyle by eating a balanced diet, exercising regularly, quitting smoking, and limiting alcohol consumption.

### Diabetes:

India has the highest number of diabetes patients in the world. To prevent diabetes, the elderly should maintain a healthy diet,

exercise regularly, and maintain a balanced diet. They should also get their blood sugar levels checked regularly.

### Osteoporosis:

Osteoporosis is a condition in which bones become weak and brittle, making them susceptible to fractures. The risk of osteoporosis increases with age, especially in women. To prevent osteoporosis, we must consume a diet rich in calcium and vitamin D, exercise regularly, and avoid smoking and excessive alcohol consumption.

### Arthritis:

Arthritis is a common condition in the elderly that causes joint pain, stiffness, and swelling. To prevent arthritis, the elderly should maintain a healthy weight level and eat a balanced diet rich in anti-inflammatory foods such as fruits, vegetables, and whole grains.

### Constipation:

Constipation is a common problem among the elderly, and it can be caused by various factors such as a low-fiber diet, lack of

exercise, and certain medications. To prevent constipation, the elderly should eat a high-fiber diet, drink plenty of water, and exercise regularly. They should also avoid straining during bowel movements which might lead to mucosal prolapse and piles.

### Piles:

Piles, also known as hemorrhoids, are swollen veins in the anus and lower rectum that can cause discomfort and bleeding. The risk of developing piles increases with constipation, straining during bowel movements, and a sedentary lifestyle. To prevent piles, the elderly should eat a high-fiber diet, drink plenty of water, and exercise regularly. They should also avoid sitting for long periods.

In conclusion, the elderly face several health problems that can be prevented by maintaining a healthy diet, exercising regularly, and avoiding unhealthy habits such as smoking and excessive alcohol consumption. It is also essential to seek medical attention quickly if symptoms do arise.

## NEVER INSTALL ANY APP ON YOUR MOBILE



**Prakash Khemani**

Pioneer in Internet Use

One of the main elements of the *modus operandi* of cyber criminals is to ask the potential targeted victim to download and install an app on his or her mobile. Most common among such apps selected by the criminals is an app called 'Any Desk'. Such apps, also known as screen-sharing apps, have been designed basically to allow the genuine technicians to help a user find the cause for some malfunction of the device which the user is unable to identify. However, the fraudsters use such an app to take full control of your mobile and then they can use your device just as you can.

Whether it is KYC fraud, the electricity bill payment fraud or some new trick, the fraudster will ask you to download and install one such screen-sharing app. Once installed, the fraudster will ask you to use your bank or UPI app to transfer a small amount (just five or 10 rupees) to a

number, using any Bank/UPI enabled app (Paytm, PhonePe, Google Pay, Amazon Pay, Jio Pay, etc.) on your device. When you do this, they get to know your UPI identity and password because they can see what you are keying-in on your mobile. Once they know these details, they keep you busy in some vague conversation and simultaneously use the same app from their end to transfer large sums from your bank account to their chosen number.

### WARNING:

*So you should never agree to download and install any app asked by any stranger claiming to represent any service provider.*





## ★ SUPPORT GROUP MEETINGS OF GL

- Geriatric Counselling course with Aaji Care on 9 June:** Ms Amruta conducted one session on 'Understanding Ageing and Myths related to Ageing' on 9 June as a Geriatric Counselling course. There were 12 students in all – all have completed their Masters in Psychology. Students will be doing their internship and will initially be employed by Aaji Care to provide counselling and companionship to seniors. The coordinator and students expressed that this would come in useful when they work with seniors.
- Basic Gerontology meeting at Dahisar Seniors Association on 17 June:** This was the first meeting with the Dahisar Seniors Association. Ms Amruta spoke about basic Gerontology, subfields of Gerontology, and the study of ageing and why seniors need to know about it. She shared some examples of older adults achieving their goals, being physically and mentally active after 60. A total of 40 participants attended the meeting. It was a very interactive session where seniors openly expressed their views. All the participants appreciated the session and the work of Graceful Living.
- General Quiz at Aadhar Ashram Borivali on 19 June:** During the support group meeting which was held last month with Aadhar Ashram, older adults suggested a general quiz for the next meeting. At this meeting, Mr Damle gave a brief introduction of Graceful Living's ongoing activities. Ms Amruta revised the Brain Gym Part 1 exercises which had been done at the previous meeting. She conducted a quiz on the epics, the *Ramayana* and the *Mahabharata*; she also spoke about Hinduism, Sikhism, Jainism. People enthusiastically participated in this quiz. Five winners were felicitated with small gifts. A total of 40 participants were present.
- Psychological Changes in Ageing at Goregaon on 21 June:** Ms Amruta conducted this session. She mentioned that people generally are aware of physical changes which take place in ageing but do not know much about the psychological changes. Some changes with regard to memory, cognition, language, attention and intelligence were presented in this session. Seniors shared their own experiences with regard to aspects mentioned in the meeting. A total of 44 people attended.
- Fall Prevention at Wadala Seniors Association on 26 June:** Dr Pratha Mehta conducted the session on Prevention of Falls which was attended by 27 people. Dr Pratha stressed on regular movement, exercises, and a good diet for seniors. People were very satisfied with the session and shared their thoughts in the meeting. She also demonstrated some exercises which were done enthusiastically by the seniors present.
- Successful Ageing at Sanpada Senior Association on 7 July:** 'Successful Ageing' was the topic presented by Ms Amruta. She talked about the research that has been done on successful ageing and encouraged them to think about ageism and the challenges associated with ageing. She explained the importance of having a purpose in life and also put forward specific models for successful ageing. Participants were convinced that it was necessary to have a goal in life, and were quite motivated to work towards that end. A total of 35 people attended.

## ★ GL & EHA PARTNERSHIP MEETING

A meeting between GL and Ms Amrita Patil of EHA took place on 12 July. This was a monthly meeting with Ms Amrita Patil to discuss client updates, new cases, and targets for the next financial year as also contacting authorities at KEM hospital for getting referrals from them.

## TESTIMONIALS...

- Ms. Maureen Dias – Housewife, Bandra.** I really appreciate your monthly newsletter. The July issue has a very interesting and informative article on page 1 wherein a geriatric hospital director has given guidance to an 'old' friend. Ever since it started raining I am actually following point 2 of the article which says "try not to go out on rainy days". How to reduce accidental damage is the main subject. Thanks Graceful Living.
- Ms. Rajashree Parab – Regular Attendees Group.** Lovely session. I attended the EHA service session on Zoom. It was a very informative session. You are doing a great job in this field. Thank you for conducting this type of informative session.
- Mr. Dinesh Mistry – Dahisar Senior Association.** The session conducted on June 17 on Basic Gerontology was relevant for me. I learned many new things and got added information from this session. Because of this session I learned how to think positively and how to get involved in society. This kind of session should be carried out every month.
- Mr. Ashok Kumbhar – Dahisar Senior Association.** Today we attended a session conducted by the Graceful Living team on basic gerontology. Well explained and clear presentation. I have gained a lot of information through this program. I will try to learn and practice the things that are useful in every day life. Thank you for conducting this session.
- Mr. N.K. Agarwal – Dignity Foundation, Vashi.** The session conducted on psychological changes in ageing on July 10 was excellent. Thanks for the pep-up talk to improve the thinking of elders.
- Ms. Kamla Advani – Aadhar Old Age Home, Borivali.** The session on brain gym exercises was very well conducted. Clarity of presentation was excellent. The topic was very relevant. Received new information from the meeting. I will try to keep myself more mentally alert on various topics of general knowledge.

## ★ ONLINE MEETINGS

- Session with Taare Social on 23 June:** Ms Amruta conducted this online session on 'Understanding and Dealing with Loneliness' for Taare Social members. She said that understanding loneliness and the type of loneliness one is suffering from is very important as then you can find ways to deal with it. She also suggested some tips which could be used for dealing with loneliness. Seniors were very happy with this session.
- Session for Dignity Foundation, Vashi on 10 July:** 'Psychological Aspects of Ageing', an online meeting for Dignity Foundation was held where Ms Amruta delivered a talk on psychological changes in ageing namely in relation to attention, memory, intelligence and emotional regulation. Changes and their practical implications were discussed with the participants. All the participants shared their views on behavioral changes; 20 members were present.



## 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 Rajshri 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

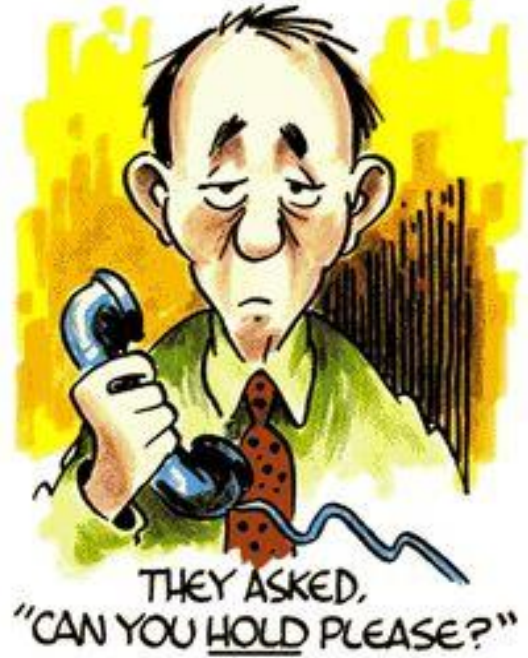
**Mrs Manasi Golwalkar:** technology training

- 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
- Co-ordination by GL to create platforms for senior citizen organizations in the city.

I CALLED THE  
INCONTINENCE HOTLINE...



### VIEWPOINT

This August issue brings you some interesting facts about what habits adults in their seventies should adopt to keep on safe ground, among them being finding a purpose in life, getting sufficient sleep, avoiding falls (there is a separate box on tips for safe walking) and keeping the brain moving with activity of the mind, among others.

We have our usual guest column page, this time Dr Dheeraj Mulchandani who discusses some of the most common health problems faced by the elderly and what preventive measures they can take...These include problems in cardio-vascular diseases, diabetes, osteoporosis, arthritis, piles amongst others. Our second guest is Prakash Khemani, an IT expert, who talks of **not agreeing** to install 'just any application' on your mobile. He says, "One of the main elements of the *modus operandi* of cyber criminals is to ask the potential targeted victim to download and install an app on his or her mobile. Most common among such apps selected by the criminals is an app called 'Any Desk'."

Our testimonials on page 3 show appreciation of the attendees of GL's support group meetings who have written in. Our recent activities include a geriatric counselling course, basic gerontology, psychological changes in the ageing process, quiz programs held etc. Our online programs include a session on 'Understanding and Dealing with Loneliness' with Taare Social on June 23, another for Dignity Foundation, Vashi, on July 10 ... topic: 'Psychological Aspects of Ageing'.

**Final Note:** *Life is strange!!! You come with nothing, fight for everything, and in the end....you leave everything and go with nothing!!! Life is actually very simple.*

**Asha Gurnani Vohra**  
Editor

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