

HelpAge

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Revelry amidst rubble in J&K

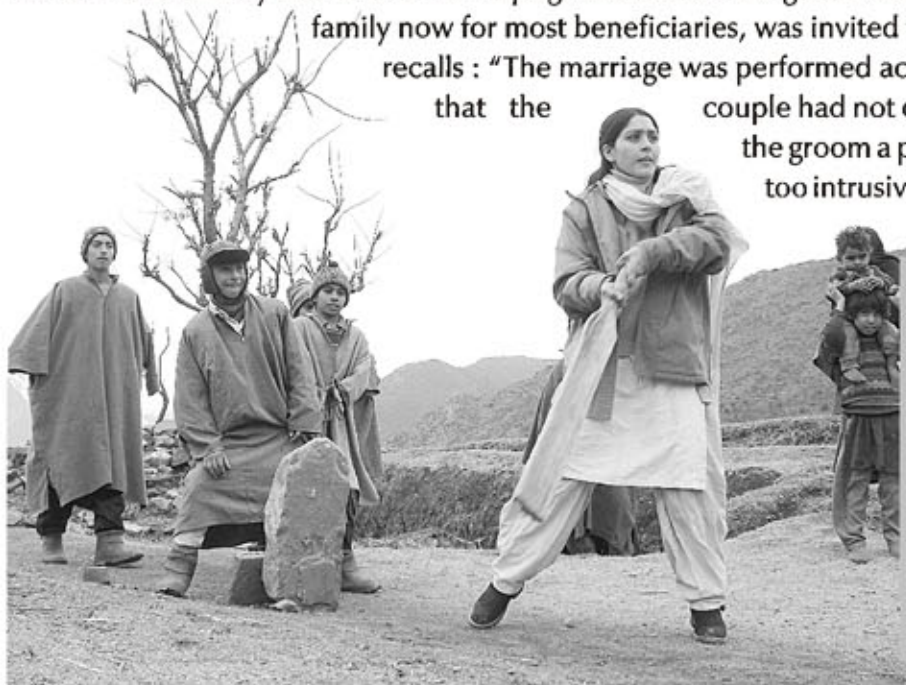
Since the earthquake in Jammu and Kashmir, HelpAge has been at work, first to provide relief and lately in long-term rehabilitation efforts.

Besides the rations and essentials that have been distributed to nearly 800 families, semi-permanent shelters have been provided to help people regain control of their lives.

The work on shelters began just before the onset of winters, to enable people to ward off the extreme cold. The shelters provided by HelpAge took into account several factors like the average size of the Kashmiri family, and the need for insulation from the extremely harsh climatic conditions.

During the course of their rehabilitation work in Kashmir, the HelpAge team discovered that the shelters were not just providing protection. They were also enabling the community to move on, put the quake behind them, and carry on with their life. The team realized this while recently attending a wedding at the home of Sarfaraz, a beneficiary, who also acts as the team's resource person in the community.

The entire ceremony was held in the HelpAge shelters and the guests too had dinner inside these. The HelpAge team, virtually family now for most beneficiaries, was invited to be part of the festivity. One of the team members recalls: "The marriage was performed according to Islamic law & it was very strange to know that the couple had not even seen each other. I took the opportunity to show the groom a photo of his wife-to-be. We always take care not to be too intrusive because the area has its own cultural sensibilities."



Stress busting: A HelpAge staffer makes time for a game with the locals.



Peeping out of a HelpAge shelter

A Kashmiri carries home heating equipment given by HelpAge.

- Shelters provided for nearly 800 families
- Rations, heating equipment, utensils and blankets for 800 families
- Livelihood projects in the offing
- 3 medical camps organised
- Mobile Medicare unit (MMU) to be launched.
- 5 villages on quake periphery identified for house re-construction.

HelpAge CEO addresses United Nations forum

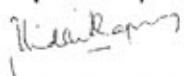
On February 7, 2006, the UN Commission for social development met at New York. HelpAge's Chief Executive, Mr. Mathew Cherian, was one of the delegates invited for the session. He spoke on neglect and social exclusion of the elderly.

The Commission included Paragraph 55, which dealt with the issue of Equal Access by older persons to food, shelter and medical care and other services, during and after natural disasters and humanitarian emergencies. It has urged respective country governments to work on agendas for inclusion of older people.

Editor Speaks

Dear Readers,
Warm wishes from HelpAge.
It's been a busy quarter; for us the new year began with the challenge of providing relief in Kashmir in the harshest of climatic conditions.
In this issue, we revisit Kashmir, and also coastal India, to give you a glimpse of how our teams worked with older people affected by the disasters that struck these places. From both regions, we bring you stories of hope, of how people are fighting back and taking control of their lives. The scars of destruction are still visible but the healing touch is evident.

There are many new initiatives, among them awareness-raising drives. Through the Poorest Areas Civil Society Program, HelpAge is attempting to make elders in Jharkhand, Uttar Pradesh and Madhya Pradesh, aware of their rights and entitlements. In Maharashtra, it's the drought-affected communities whose plight is being highlighted.
And finally, a big thank you to all of you, who care about the elderly and enable us to make a lasting improvement in the lives of lakhs of persons across the country. Do keep supporting us. As always, we depend on your donations and legacies.


Nidhi Raj Kapoor

From the havoc of the waves was born a dream



17-year-old Hema wants to be a doctor. An ambition no different from countless other young people of her age. Except that Hema's dream stems from the suffering and disease she witnessed after the destruction caused by the Tsunamis in Nagapattinam, where she lives.

As she walks to school, the 12th-class student tells us: "I want to be a doctor and help people." A year ago she nearly had to forgo her education. The Tsunami left a deep impact on her; she lost both her parents that day and along with it, her only support system. It was her grandma Anjamma upon whom fell the responsibility of caring for the young girl. HelpAge stepped in and with the help of TCIL, has been caring for both.

In the days following the killer waves, Hema saw terrible misery. A feeling of helplessness engulfed her as she felt couldn't do anything to help. It was then that she decided to become a doctor and is earnestly working her way towards it.

"I want to help rebuild the health sector, because India is my country, it is my home and these are my people. The people here have suffered a lot and we need to protect them from diseases that can be prevented. I shall not give up", she says.

First Health Week Held Jointly With NHRC

The elderly normally suffer from multiple ailments and yet they seldom get an opportunity to have their health problems addressed by a panel of doctors. To this end HelpAge organized a Health Awareness Week in Delhi, in association with the National Human Rights Commission (NHRC).

Addressing a 250-strong elderly audience, leading medical practitioners underlined the importance of diet and stress in the well-being of body and mind. Setting the tone in the inaugural session itself, Dr. K. Srinath Reddy, Head of Cardiology at AIIMS, quipped: "What you eat, and how much you eat, are significant. But what matters even more is what is eating you!"

The week-long interactive sessions involved discussions on health concerns of the elderly - cardio-vascular diseases, older women's concerns, mental health, vision impairment & nutrition, diseases of the prostate, etc., and preventive and curative measures to deal with these ailments.

In support of the drought-affected



In association with Green Earth, HelpAge is attempting to raise awareness amongst drought affected communities of Maharashtra, seeking to communicate their plight to decision-makers, as well as to empower them.

On January 1, a two-month long padayatra (march) was begun, from a small hamlet called Kasari in Beed district.

It went through 163 villages, covering 944 kilometers in 59 days before culminating at Gandhiji's Ashram in Sewagram.

After having their sight restored, elders work at a HelpAge-supported livelihood project in Kolkata's Hoogly district.



Mr. Mark Gorman (second from right) Deputy Chief Executive of HelpAge International, and other HelpAge members interact with beneficiaries of the Poorest Areas Civil Society programme in Jharkhand.

Creating a safety net for the aged

With crime against elderly on the rise, the metros especially are becoming unsafe for them. With a view to help Delhi Police reach out to senior citizens

and vice-versa HelpAge organized a registration-cum-awareness drive with the help of Resident Welfare Associations in Delhi.

This drive was organized during the Police week in February and there are plans to take it forward by collaborating with Delhi Police in a more meaningful fashion. HelpAge has earlier held training programmes to sensitise the Police about the specific needs and concerns of the elderly. The organization will now take this programme forward and try to cover more personnel from the police force.

Colours of Compassion

Asian Paints have been a consistent supporter of the cause and have been backing several HelpAge endeavors. In Kasna (UP), Patancheru (Andhra Pradesh) and Sriperumbudur (Tamil Nadu) the company has undertaken the initiative to facilitate convenient and affordable healthcare through HelpAge's Mobile Medicare Unit Programme.

The company takes pride in approaching Corporate Social Responsibility (CSR) from the perspective of being a responsible corporate citizen. It has identified projects across all its manufacturing locations in the country in areas of education, health care and rain water harvesting.

In Ankleshwar (Gujarat), Asian Paints has been involved in improving infrastructure in local schools.

In Mumbai, Asian Paints has taken up the cause of Rain Water Harvesting in a major way.

Through its various CSR projects in the last two years, it believes it has been able to directly touch the lives of 75, 000 people.

Thank you!

- Siddhomal Charitable Trust has adopted 25 elders
- SCOPE International is funding 500 cataract operations
- The Rolling Shield 2005 for the Highest Collection in Andhra Pradesh was presented to Etasi - Timpany Schools, Visakhapatnam.
- Delhi Public School, Ranchi organized distribution of 200 blankets to beneficiaries of HelpAge's Adopt A- Gran and Mobile Medicare Unit programmes. The school also donated Rs. 1.20 lakh

We acknowledge:

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- Cinemax Mumbai



Mr. S. Vijaya Kumar (right), Asst. Commissioner, Kendriya Vidyalaya Sangathan (Jammu) donates money collected by KV-II, Pathankhote, led by principal Mr. M.R. Rao (centre).



(From left) Johnson & Johnson representatives Mr. A.S. Krishna, Mr. Ajay Chadha, and Mr. J.M. Grover, donate Rs. 3.09 lakh to HelpAge's Mr. Rahul Puri for work in Kashmir.



Mrs Shalu Jindal (left) accepts a cheque for HelpAge from GAIL DGM Ms. Alka Kumar. GAIL Jaipur has also sponsored 1000 cataract surgeries.



Ms. Kamlesh Agarwal, Pro - Vice Chairperson gives ration to a needy older person at DPS Siliguri.



Mrs. Indrani Rajadurai, HelpAge's director for south, felicitates Mrs. A Williams, principal of CSI Ewart School Chennai for supporting HelpAge.



Dr Urman Dhruv (left) on behalf of INTAS Pharmaceuticals, donates proceeds from sale of Nervz medicine to Mr. Anil Massey of HelpAge.

When Bollywood came calling: This Valentine's Day, popular Radio station Red FM aired a unique contest urging listeners to donate via SMS to HelpAge. After the 4-day campaign, two lucky winners were picked for a date with actors Kunal Kapoor of "Rang de Basanti" and Tania Zaetta of "Salaam Namaste" fame. The 2 actors spoke up for the elderly and encouraged people to "look after them".

The two winners enjoyed dinner with their heart-throbs at Bridge, the newly-launched coffee-shop of the Clarke's Hotel adjoining Pacific Mall, Kaushambi (U.P.). The contest was supported by the Mall, thanks to its dynamic Director Abhishek Bansal whose heart "truly beats for the elderly".

Earlier, on January 26, the Mall adopted 26 older people under HelpAge's Adopt-A-Grandparents programme. Six elderly achievers were honored on the occasion. They were well-known painter Amarnath Sehgal, Nirmla Narula, who has done pioneering work for Alzheimer's patients, Ashis Roy, fondly known as India's marathon man, Chander Dhawan, pictorialist, Avtar Pennathur, pioneer of old age homes for middle and upper middle class and Sham Kumar Khanna, former pilot.



Big Mall, Big Heart

▲ Mr. J.C. Luther (fourth from left), member of the HelpAge board, and upcoming actors Jimmy Shergill & Minisha Lamba, felicitate 6 eminent seniors.



Mr. Mathew Cherian, Chief Executive of HelpAge, interacts with one of the Nizami brothers at an event hosted for HelpAge by Hotel Crown Plaza Surya Delhi, thanks to GM Mr. Greesh Bindra and Communications chief Shalini Kochhar.

Holi ke rang, Mirchi ke sang



There were special hues to this year's Holi as popular radio jockey "Ultra Pulta" Nitin and his team from Radio Mirchi celebrated the festival of colours at Gharaunda, an old age home in Delhi. Accompanying them was a group of Radio Mirchi listeners some of whom had even brought their children to interact with the elderly residents of the home.

The Mirchi team distributed traditional sweets, and the home's residents joined in with full gusto. They sang, danced and performed for the visitors. Radio Mirchi beamed out live from the home.

If life's a stage, who better than the Elderly to enact it?

Under the HelpAge umbrella, Morning Club of senior citizens in Delhi performed a one-act comedy called "Divorce". They had the audience in splits with their antics and dialogues, and also evoked admiration for their will to prove that age is no barrier.

The play was performed under HelpAge's banner "Stage for Age" which gives older people a platform to showcase their talents and encourages them to lead active and happy lives.

Many of the cast were well into their 80s but their enthusiasm matched that of any 18-year-old. The youngest performer was 67.

"On the Right Side of 60"



NEWS YOU CAN USE

The Golf Links Association came up with some important tips one should keep in mind for leading a comfortable life. You may have saved enough money to keep your family comfortable for the rest of their lives, but will they get what is rightfully theirs? Every aspect in life needs documentation, a written statement. One needs to keep these safe, yet accessible. A spouse or a member of the family must always be aware. They should be able to locate and operate the following:

- Your last "WILL", should be duly registered. Birth certificate and Marriage certificate, if any.
- Bank Account & Locker should be in a joint name with instructions of operations by anyone. Facility of nomination should be availed of. Nominee should be other than joint operators.
- Fixed deposits should be jointly held and date of maturity and date of receipt of interest should be noted a diary or calendar for timely action.
- Details of investments like Cumulative Time Deposit of Bank/ Post Office, Contributory Employees Fund - nomination after marriage.
- Public Provident Fund Pass Book should be updated and interest should be checked. Every year at least the minimum required amount, as per rules, should be deposited for keeping the account alive otherwise it will be difficult to obtain payment on maturity.
- Pending Litigation Papers and Court Decisions, if any, with contact numbers of legal advisers.
- Income Tax/ Wealth Tax files. Motor Car papers and car insurance with contact numbers of CA.
- Policy files LIC, GIC, Health/ Medical/ Fire Accident. Pension Papers, if superannuated.
- Property Title and Tax papers. Property Mortgage Papers, if any.
- Telephone file-first Original Bill wherein rent equivalent to twelve months has been retained as security without issuing separate receipt should be preserved.
- Deposit Receipts for Gas/ Electricity/ Water etc.
- Rent papers (Receipts, and other correspondence, if any). Rent lease agreements.
- Passport, Driving License and Identity Card and Photocopies thereof to be kept separately.
- Medical file with relative test reports and medicines taken. Your Blood Group/ Type. These will be of great help if the disease relapses or in an emergency.
- Share certificates with endorsement of all calls in marketable lots and their allotment advices for ascertaining Capital Gains.

Note: As a matter of policy you should keep all your documents in a joint name. Also, it is essential that you should train your spouse or family member to be able to deal with all the above mentioned matters individually and independently or with the help of some relative in whom she/he has complete faith.

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