Elders for Elders Community Feast in Bihar

An annual function cum Community Bhoj was organized by Elder Self Help Group (ESHG) members of Supaul district, Bihar on the occasion of Makar Sankranti and Id-ul-Milad. More than 3500 people enjoyed this Community Feast including ESHG members, local public representatives and grandchildren of the elderly. On the occasion, all panchayat and block level public representatives of 4 blocks in Supaul district – Raghopur, Pratapparg, Chhatapur and Basantpur were present, thus recognising that the voice of elderly counts in policy making.

Elders sing folk songs during a Community Bhoj or Feast for elders in Supaul, Bihar.

Nani’s Tips on forming AdvantAge Groups

After retirement senior citizens reduce their level of activities and constraint themselves to their homes. This has led to isolation and loneliness among elders. Here are some tips Nani wants to share with you to help you understand why it is important to form AdvantAge groups to solve this problem:

Form an AdvantAge group of 4-5 like-minded elders in your locality. Meet each other at least twice a week.

Choose an activity as well as a cause you would work for and pursue them regularly.

If your mind and body are active & you are able to achieve something every day, Nani believes that you will be a happy person. And, everybody wants to be around a happy person!!

Choose a cause such as tutor underprivileged children in your neighbourhood, organize donation of old clothes, start activities for neighbourhood elders in need of companionship, organize computer classes for elders and needy children.

Follow the 4 keys to active ageing in your group: stay physically active, mentally active, do socially useful work and make your cause self-sustaining.

This group will be advantageous not only to the AdvantAge Group members but also their families and the society.

BOOK POST

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Dear Readers,

Happy New Year! We begin this New Year with a brief overview of the last quarter of 2013.

Pushing forth the message of Active Ageing, we marked International Day of Older Persons with the theme ‘Get Active, Stay Active’. HelpAge India also released the Global Age Watch Index report of HelpAge International, which in global comparison ranked India’s suitability as a resident country for the elderly to a poor rank 73 amongst major parameters such as Health, Employment, Education and an Enabling Environment.

Much work therefore needs to be done to enable a good quality of life for the Indian elder. But to impact the lives of innumerable elders change needs to start with them. Therefore HelpAge has come up with the unique idea of forming Advantage Groups to enable the urban elder to lead active and productive lives engaging them physically, mentally & emotionally, restoring within them a sense of independence and self-worth, along with helping out the community at large.

On the other hand, our initiative for inculcating the values of intergenerational bonding during a group dance competition during the program held to mark IDOP in Chennai, Tamil Nadu. 600 Elders from 17 Old Age Homes joined in the program which included competitions for elders as dance, song, painting and social responsibility awards were presented to 13 schools and 12 corporates for their contribution to the cause.

HelpAge India marked the International Day of Older Persons (IDOP) 2013 with the theme ‘Get Active, Stay Active’. The Global Age Watch Index report of HelpAge International was also launched formally in the national capital. India ranked a poor rank 73 out of the 91 countries sampled globally in the report. The Global Age Watch Index is calculated as the geometric Mean of 4 domains – Income Security, Health Status, Employment and Education, and Enabling Environment. India fared poorly in almost all four domains: Health Status ranking – 85, Employment and Education ranking – 73, Enabling Environment ranking – 72 and Income Security ranking – 54.

During the event organised in Delhi, 5 centenarians and Corporate donors and individuals who have contributed immensely to the elder cause were felicitated by the chief guest Dr. Syeda Hameed, Member Planning Commission. A unique Mime act on Active Ageing and an inter-generational play were performed on the occasion. Ms. Kiran Mehra-Kerpelman, Director UNICEF, read out the message from UN Secretary General Mr. Ban Ki-moon.

Various events such as signature campaigns, rallies, walkathons, cultural events, health camps etc., were held across India which sought to emphasize issues concerning the elderly as healthcare, culture, education, social security, employability etc. Students from 7 schools and residents of 5 old age homes of Kol-Kata participated in the event ‘Anandadhara – A musical bonding between Two Generations’.

In August 2013, HelpAge India marked International Day of Older Persons (IDOP) with the theme ‘Get Active, Stay Active’. This year, the event was held in Delhi, and included a group dance competition during the program held to mark IDOP in Chennai, Tamil Nadu. 600 Elders from 17 Old Age Homes joined in the program which included competitions for elders as dance, song, painting and social responsibility awards were presented to 13 schools and 12 corporates for their contribution to the cause.

Students from Asha Niketan School for Disabled Children, Delhi and Deaf & Dumb with their artwork during the painting competition held on the occasion of International Day of Older Persons in Bhopal, Madhya Pradesh. Looking on are (from left): Ms. Saniskriti Gaur, Stata Head (Madhya Pradesh); Ms. Anuradha Mishra, Senior Executive Resource Mobilisation, HelpAge India, Bhopal; Mr. Bairagi, Head Asha Niketan School for Dum & Daaf; Mr. Anagj Awasath, Manager Programmes and Dr. Ravindra Meena, State Physiotherapy Coordinator, HelpAge India, Bhopal.

Bhopal

BHOPAL

Students from Asha Niketan School for Disabled Children, Bhopal; Ms. Anagj Awasath, Manager Programmes and Dr. Ravindra Meena, State Physiotherapy Coordinator, HelpAge India, Bhopal.

KOLKATA

KOLKATA

Vol. 12 No. 3 October – December 2013

Student Action for Value Education sensitized the younger generation - The Corporation for the Elderly and security of senior citizens.

Senior citizens, school & college students, working professionals and HelpAge representatives walk together to spread the message of elder respect and intergenerational bonding during a walkathon on International Day of Older Persons in Mumbai, Maharashtra.

Mumbai

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Inauguration of Multi-Facility Elders Retreat Hom

Mr. Parkash Singh Badal (right), Chief Minister, Punjab inaugurates the Multi-Facility Elders Retreat Home, Gurdaspur, Punjab as Dr. Ashwani Kumar (second from right), Member of Parliament (MP), Rajya Sabha, Mr. B. S. Babheta (second from left), Member of Legislative Assembly, Punjab & Chairperson, Secretary for Agriculture, Government of Punjab and Mr. Sucha Singh Langah (left), former minister, Government of Punjab look on. The home has been built on Punjab Government land and supported by Dr. Ashwani Kumar, MP; Rajya Sabha from his MP lads funds. The Chief Minister on behalf of Government of Punjab has also supported the initiative with a sum of Rs. 10 lacs. The home will be managed by HelpAge India. Mr. Avenash Datta, Country Head, Programmes & Emergencies, Mr. Bhaveshwar Sharma, State Head (Punjab), Chandigarh, Haryana & J & K), HelpAge India were also present on the occasion.

Chennai

CHENNAI
HelpAge's SAVE (Student Action for Value Education) programme is aimed at inculcating values of care & respect for the elderly in school going children, preparing today's children & youth for their old age and creating an age friendly society. More and more schools and students are joining in the programme and strengthening it everyday.

Muthulakshmi, a 71-year-old woman from Ariyankuppam, Puducherry, claims her right to property. Pained by all this, Dhanusu decided against bequeathing her mother's ancestral house. She was not visited by any of her children after she moved out and was left alone to take care of all her daily needs.

HelpAge India also guided her to the Union Territory Maintenance of Parents and Senior Citizens Act, 2007 by approaching HelpAge India, where the clauses in the Act were notified in the Union Territory in 2011.

Ms. Muthulakshmi (right) affixes her thumb impression after re-registering her property in her name. Looking on is Mr. V. Murugan (second from right), Counsellor, HelpAge India, Puducherry as office bearers, Office of the District Registrar, Saram, Puducherry assist her.

Pained by all this, Dhanusu decided against bequeathing her mother's ancestral home be transferred to her name. Muthulakshmi concurred and the property was quickly transferred to two of Dhanusu's daughters. As soon as the property was handed over, however, her daughter asked her to leave the house. Since then, Muthulakshmi was living by herself in her mother’s ancestral house. She was not visited by any of her children after she moved out and was left alone to take care of all her daily needs.

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Ms. Muthulakshmi (right) affixes her thumb impression after re-registering her property in her name. Looking on is Mr. V. Murugan (second from right), Counsellor, HelpAge India, Puducherry as office bearers, Office of the District Registrar, Saram, Puducherry assist her.

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Christmas Celebration with the Elderly

Senior citizens from Carmel Home, Varapuzha, Kochi, Kerala pose in their Christmas caps with Mr. Joseph Chakkalayil (left), Senior Manager Resource Mobilisation and Mr. Feby Mathew (second from left), Consultant Physiotherapist, HelpAge India, Kochi during a “Meet & Great Visit” organized by HelpAge India. 25 residents of the Home for the Aged and HelpAge India staff along with volunteers gave the residents a feel of Christmas by putting up Christmas decorations and organized activities like songs and games. Lunch & Christmas cake was distributed among all elders and Christmas gifts and Greeting cards were presented to them. The cards were made by the students of Naval Public School, Kochi for the elders.

HelpAge Advocates for Universal Pension

Mr. Mathew Cherian, Chief Executive Officer, HelpAge India advocates for Universal Pension for the elderly in Pension Parishad program held during winter session of parliament in Delhi. Looking on are (from left): Ms. Anjali Bhardwaj (Right to Information activist), Ms. Kouninika (from National Federation of Indian Women), Baba Adhav, Ms. Aruna Roy and other social activists. Ms. Manjira Khurana, Country Head Advocacy & Communications, Mr. Rajeshwar Devarkonda, Head of Social Protection & Emergencies and Ms. Anupama Datta, Director PR & D, HelpAge India also stressed on the need for Universal Pension. Two HelpAge Mobile Medical Units from Delhi/NCR provided medical services to the elderly during the program.

A Diwali to remember for Elders by Elders!

Elders from Bihar truly made it a Diwali to remember for other destitute elderly, mostly widows, in Gurdharia and Tarha villages of Supaul district, Bihar. This initiative was by members of Sant Elders Self Help Group, Dharmraj Baba Elders Self Help Group, Gurdharia, Kushwaha Elders Self Help Group and Jumit Vahan Elders Self Help Group, Tarha. The gifts of warm clothes, sari, dhoti, rice and sweets were given to 15 destitute elderly. They also distributed sweets to the children and destitute elders on the occasion.

Mr. Girish Chandra Mishra, State Head (Bihar), HelpAge India, hands over a sari to 85 year old widow Mangali Devi on Diwali on behalf of elders from Elder Self Help Groups in Tarha village, Supaul district, Bihar.

Health Check-up Camp in progress in Whitefield, Bangalore (Karnataka) supported by Container Corporation of India Ltd. (CONCOR) and organised by HelpAge India. CONCOR is supporting 6 General Health Check-up Camps benefiting elderly and the communities they live in for the year 2013-14 in Dronagiri, Mumbai (Maharashtra), Khodiyar, Near Ahmedabad (Gujarat), Ajni, Nagpur (Maharashtra), Majerhat, Kolkata (West Bengal), Whitefield, Bangalore (Karnataka) and Kanpur (Uttar Pradesh).

CONCOR supports Health Camps

Employees of Zydus Cadila hand over the employees collection of Rs. 14.15 lacs towards supporting a Mobile Medical Unit for a one year period which will serve in Munsiari, Pithoragarh, Uttarakhand to Mr. Anil Massey (sixth from right), State Head (Gujarat), HelpAge India in Ahmedabad, Gujarat.

Zydus Cadila supports Healthcare Services

Mr. Suresh Raj Singh, Health Minister, Government of Uttarakhand, flags off a Mobile Medical Unit (supported by JK Lakshimpat Singhania Foundation) for a one year period in Dehradun. This MNU will serve the people of Guptakashi, Uttarakhand. Looking on are (from right): Dr. Aapga Singh, State Head (Uttarakhand), HelpAge India, Dr. A. K. Jain, President, JK Tyre, Ms. Shaila Rani Rawat, Member of Legislative Assembly Rudraprayag, Uttarakhand, Mr. R. K. Gupta, JK Group and Mr. Kapil Kaul, JK Group.

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Fighting isolation, poverty, neglect
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All contribution to HelpAge India are 100% Tax Exempt under Section 35AC and 80GGA of Income Tax Act, 1961 for the projects covering medical care to old persons, leprosy and cancer patients, provision of home to old persons, rehabilitation of old women and conducting eye camps.

REFERENCES

1. Name ................................................. Address ..........................................................

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3. Name ................................................. Address ..........................................................

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