

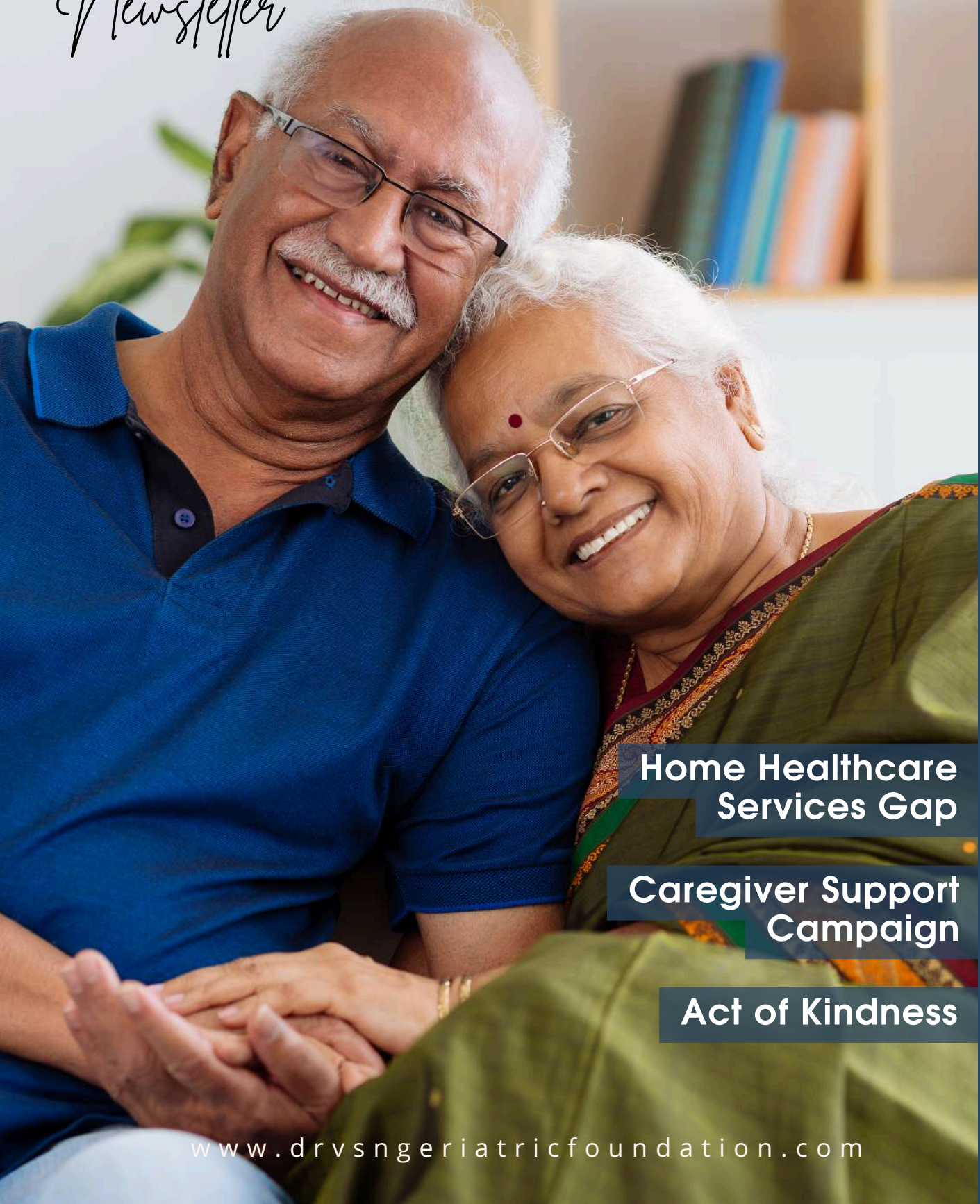


Dr. V.S. NATARAJAN
Geriatric Foundation
encourage • support • achieve

HAPPY ELDERHOOD

Newsletter

VOL 1 ISSUE 1, OCT - DEC 2024



**Home Healthcare
Services Gap**

**Caregiver Support
Campaign**

Act of Kindness

www.drvsngeriatricfoundation.com



FROM THE FOUNDER'S DESK

Dear Friends,

It gives me immense pleasure to share with you all the inaugural edition of **Happy Elderhood - the official Newsletter of Dr. V. S. Natarajan Geriatric Foundation**. Our newsletter offers a glimpse into the impactful work we have undertaken over the past few months.

From addressing critical gaps in home healthcare by launching the Caregiver Support Campaign, to the creation of Neighbourhood Senior Support Groups and celebrating milestones like the graduation of Geriatric nursing students, each initiative reflects our mission to enhance elder care in India.

This issue also celebrates collaborations with organizations like the Women's Indian Association and Government Sidha Medical College showcasing the power of partnerships in creating sustainable change in the lives of our elders.

A special highlight for the Foundation is our **Act of Kindness** initiative, which supports healthcare for disadvantaged elders and demonstrates the profound impact of collective generosity.

I am deeply thankful for the unwavering support of our partners, caregivers, and well-wishers in our decade long journey. I am looking forward to bringing more dynamic socio-medical initiatives for our elderly with your support. Together, we can create a future where elders are cherished, caregivers are uplifted, and no one feels alone.

Warm regards,

Padma Shri Dr. V. S. Natarajan
Founder & Chairman
Dr. V. S. Natarajan Geriatric Foundation



Home Healthcare Services Gap

COVER STORY

The Silent Crisis of Ageing

India is on the brink of a caregiving crisis as the elderly population rises at an alarming rate. According to the India Ageing Report 2023, this population will reach 347 million by 2050, making up more than 20% of the country's total. The BMC Public Health journal highlights this urgent issue, noting that as the elderly population grows, the weight of caregiving is increasingly borne by family members, who often experience physical, emotional, and mental exhaustion under the pressure. The gap between this growing demand for care and the lack of skilled home health caregivers is fast becoming a **silent crisis of ageing**, one that impacts not only the elderly but the well-being of entire families.



Caregiver Support Campaign

A Lifeline for Caregivers

In response to the growing crisis in elderly care across India, the Dr. V. S. Natarajan Geriatric Foundation has launched the Caregiver Support Campaign (CSC)—a true lifeline for both our elders and those who tirelessly care for them. This heartfelt initiative goes beyond simply filling gaps in home healthcare; it aims to uplift, support, and protect the compassionate individuals who devote their lives to nurturing our ageing loved ones. Together, we are striving to build a future where caregivers feel valued and every elder receives the dignity and care they deserve.

Join the **movement to restore dignity to caregiving and bring hope to our elders**. Let us create a future where both the elderly and those who care for them are supported, respected, and safe.

Payment Options

UPI:

drvsnatarajangeriatr.99704620

@hdfcbank

Bank details for online transfer:

Dr.V.S.Natarajan Geriatric Foundation

HDFC Bank Ltd.

A/C No. 50200045462330

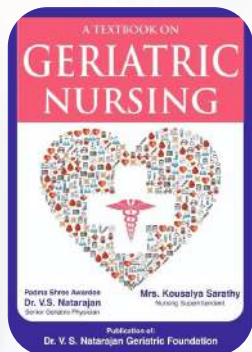
IFSC: HDFC0002590

HAPPENINGS -UPDATES AND MILESTONES

Academic Events

Book Release: Siddha Medicine for Elder Wellness

On behalf of Dr.V.S. Natarajan Geriatric Foundation, the book 'Muthiyor nalanil Siddha maruthuvam' (Siddha Medicine for elder wellness) was released at the Government Sidha Medical College, Arumbakkam, Chennai on 15/11/2024 by Honourable Justice S. Rajeshwaran, Former Judge, Madras High Court.



Book Release: The Textbook on Geriatric Nursing

We're excited to announce the release of the Textbook on Geriatric Nursing, authored by Padma Shri Dr. V.S. Natarajan, a renowned leader in geriatric care, and co-authored by Mrs. Kousalya Sarathi. This comprehensive guide is an essential resource for healthcare professionals, offering detailed insights into elderly care.

(Contact for your copy – 99949 02173 or 72005 19167)

Graduation Ceremony of Geriatric Nursing Course

Dr. V. S. Natarajan Geriatric Foundation, in association with the Women's Indian Association (WIA) of Chennai, proudly celebrated the graduation of its latest batch of geriatric nursing students. Held at the WIA, this ceremony marked a significant milestone in our efforts to empower caregivers with specialised training.



National Conference on Rights of Older Persons

On 18 Oct 2024, Our Co-Founder spoke about Healthcare Challenges and Disability Prevention for the Elderly at the Technical session of the National Conference on Rights of Older Persons. The session was held at Vigyan Bhavan New Delhi by the National Human Rights Commission (NHRC).

In this session on Evaluating the Healthcare Scenario, Rajasekaran spoke about Healthcare Challenges and Key Opportunities for Disability Prevention for the Elderly.

SESSION 157

Dr. V.S. NATARAJAN Geriatric Foundation
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வழங்கும்

YOGA @ HOME FOR SENIORS

செவ்வாய் தோறும்

முதியோர்களுக்கான இலவச இணையவழி யோகா பயிற்சி

Dr. Abirami Premnath

Padma Shri Dr. V.S. Natarajan
வழங்கும்

முத்தான மூன்று நிமிடங்கள்

PRECIOUS THREE MINUTES

“ இந்த வார தலைப்பு

What is the reason for the Disability?

முதுமையில் இயலாமை வரக் காரணம் என்ன?

”

Dec 3, 2024 11am to 12noon

Weekly Webinars

Dr. V. S. Natarajan and Dr. Abirami Premnath host a series of live online sessions every Tuesday, offering expert insights and interactive discussions on key geriatric health topics.

During October to December 2024, Our webinars covered important issues such as - Low heart rate, Parkinson's disease, Silent tuberculosis, diarrhoea in old age, headache in the elderly, excessive heart rate, stomach pain in elderly, and acute confusion.

Mudhumai Enum Poongaatru

Dr. V. S. Natarajan Geriatric Foundation publishes Mudhumai Enum Poongaatru, a Tamil monthly magazine dedicated to the elderly. This exclusive magazine offers valuable insights from experts on a range of topics essential to senior well-being.

Call +91 – 44 – 4861 5866 and Subscribe to Mudhumai Enum Poongaatru—the only Tamil magazine focused on elderly care. It also makes a thoughtful gift for elderly friends and relatives.

மலர் 4 • இதழ் 9 • டிசம்பர் 2024 • ரூ.25/-

முதுமை எனும் பூங்காற்று

முதுமை ஒரு வரம் முதியோர் நலம் காக்கும் மாத இதழ்

உலக இயலாமை தினம்:
03.12.2024

முதுமையில் இயலாமை வரக் காரணங்கள்

கண் பார்வைக்குறைவு காதுகேளாமை மறதிநோய்

மூட்டுவலி உடல் உறுப்பை கீழ்த்தல் தனிமை

COMMUNITY

The Geriatric Dental Consortium (GDC)

GDC brings together Dental and Healthcare professionals to enhance oral health care for the elderly. Under the leadership of **Dr. J. Selvakumar (BDS, MDS - Periodontics)**—a seasoned expert with 29 years of experience and a deep passion for eldercare—GDC offers specialized training in Geriatric Dentistry. This empowers Dentists to expand their practices while delivering essential care to older adults. The initiative also promotes collaboration among a network of specialized Dental Practitioners and Institutions, ensuring comprehensive and compassionate care for the aging population.

Building Community with Neighbourhood Senior Support Groups

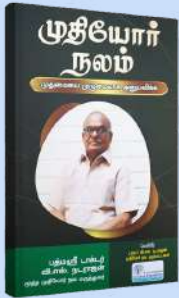
The Neighbourhood Senior Support Group (NSSG), initiated by the Dr. V S Natarajan Geriatric Foundation, tackles the isolation that many elders experience by creating supportive, hyperlocal communities. Through medical support, social activities, and group events, NSSG fosters an environment where seniors can stay active, engaged, and connected within their own neighbourhoods, enriching their later years.

Community Geriatrics



A successful community health camp was held in Ilanji, Tenkasi District, organised by the Tenkasi Senior Citizens Council in collaboration with the Dr. V S Natarajan Geriatric Foundation. The camp provided essential medical services, including geriatrics, naturopathy, dentistry, and nutrition assessments. A dedicated team of 4 doctors, 10 nurses, and 2 paramedics attended to over 100 patients, showcasing a strong commitment to enhancing healthcare access for the community.

PUBLICATIONS



Muthiyor Nalam delves into the challenges of ageing, particularly the decline in immune strength and the resulting vulnerability to infections. It offers a detailed exploration of common age-related health concerns and the vital role of vaccinations in prevention, aiming to clear up doubts and provide essential knowledge for better health management in the elderly.



Magalir Nalam is a practical guide to achieving a healthier and happier life for women. The book provides valuable insights into women's health and encourages readers to embrace aging positively, showing that old age can be a gentle breeze, not a storm. The book also covers important health topics, such as preventing breast cancer and cervical cancer.



Adavar Nalam delves into various aspects of men's health and well-being, with valuable insights from a mental health professional on dealing with depression in men. It highlights the importance of medical tests for aging men and provides guidance on identifying hidden illnesses. The book underscores a unique responsibility for husbands: to set aside a mandatory savings fund in their wife's name.



Kelvi Bathilil Muthiyor Nala Maruthivan addresses the common concerns of elderly patients and their families during doctor consultations. The book provides a structured Q&A format to help patients and caregivers get the clarity they need, ensuring a more fulfilling healthcare experience. Kalvi Bathil is a thoughtful guide designed to bridge communication gaps and provide peace of mind to elderly individuals.

Add these valuable books on Healthy Ageing and Happy Elderhood to your collection, or gift them to an elderly loved one. For more details, give us a call at **044 48615866, 7200519167, or 812210217.**

Act of Kindness

Supporting the Healthcare Needs of Disadvantaged Elderly

At the Dr. V. S. Natarajan Geriatric Foundation, we believe that no elderly person should face health challenges alone. That's why we've created a special fund dedicated to ensuring that vulnerable elders receive the compassionate care they need—from essential treatments to attentive follow-up support.

The mission of **Act of Kindness** is to reach out to the elderly who need help the most—those living alone, without family to support them, and without the financial means to afford healthcare.

To make this possible, we partner with Healthcare Providers and Philanthropic Institutions, building a Network of compassionate stakeholders in the Healthcare domain. Through this collaborative effort, we deliver quality healthcare services to underprivileged elders, either free of cost or at nominal charges, ensuring they never face their health challenges alone.

Join us in this Act of Kindness: We earnestly request your support in this ambitious initiative.

Partner- If you are a Hospital or a Healthcare Provider, collaborate with us to create a network of care that transforms the lives of our elders.

Volunteer- Be the light in an elderly person's life. Volunteer your time and skills to ensure they receive the care and companionship they deserve.

Donate-Your generosity can bridge the gap between despair and hope for an elderly person in need. Donate today to make compassionate care a reality-

Account Name: Dr. V.S. Natarajan Geriatric Foundation

Account Number: 50200045462330

Bank Name: HDFC Bank Ltd., T.Nagar-Usman Road, Chennai

IFSC Code: HDFC0002590



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Or, send the amount via UPI to **drvsnatarajangeriatr.99704620@hdfcbank**

You can send your payment via cheque or demand draft (DD) in favor of

"Dr. V.S. Natarajan Geriatric Foundation."

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