

# Hope Ek A.S.H.A. (Regd.)

(A Voluntary Research Organisation Dedicated to Care of the Alzheimer's Disease Patients and their Caregivers)

# HOPE 2014

## SOUVENIR



CARE OF CAREGIVER

Give care...  
who can't take Care of themselves

## Alzheimer's Disease

A Challenge to Quality of life

[www.hopeekasha.org](http://www.hopeekasha.org)

# Tourism Finance Corporation of India Ltd.

TFCI is a specialised financial institution catering to the requirements of India's tourism industry through innovative and convenient forms of assistance.

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- Market assessment
- Loan Syndication
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To develop tourism as one of the main industries in the country, and to ensure optimum utilisation of rich resources in building sustainable tourism growth.

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## Hope Ek A.S.H.A



*There are Angels  
God puts on this Earth*

*Who care for us and guide us.  
You can feel their love and gentleness  
as they walk through life beside us.*

*They do great things for us every day  
they whisper in our ears,  
they even hold us in their hearts  
when we are filled with all our fears.*

*They are always there to give a hug  
and try to make us smile.  
They treat us with respect and love,  
they treat us like their child.*

*God blessed me with an Angel,  
I'm proud to call my own.  
She's been with me throughout my life,  
been with me as I've grown.*

*She's guided me the best she can,  
she's taught me like no other,  
and I'm thankful I'm the lucky one  
who get's to call her...*

*Mother*



## Hope Ek A.S.H.A



Life is a Song - sing it

Life is a Game - Play it

Life is a Challenge - Meet it

Life is a Sacrifice - Offer it

Life is a Dream - Realize it

Life is a Love- Enjoy it



# Hope Ek A.S.H.A

Minister  
**DR. HARSH VARDHAN**



Minister  
Science & Technology and Earth Sciences  
GOVERNMENT OF INDIA  
NEW DELHI-110001

10th July 2014

## Announcement

The Government of India, Ministry of Science and Technology, is pleased to announce that...

Dr. Harsh Vardhan, Minister of Science and Technology, Government of India, will be visiting...

for a visit to the Centre for Cellular and Molecular Biology, Hyderabad, from July 10 to 12, 2014.

Minister  
Dr. Harsh Vardhan



## Hope Ek A.S.H.A

सर्बानन्दस नोनोवाल  
SARBANANDA SONOWAL



भारत सरकार

राज्यमन्त्री (स्वतंत्र भार)  
कौशल विकास, उद्यमिता,  
युवाक कार्यक्रम और खेल मंत्रालय  
भारत सरकार

MINISTER OF STATE (INDEPENDENT CHARGE)  
SKILL DEVELOPMENT, ENTREPRENEURSHIP  
YOUTH AFFAIRS AND SPORTS  
GOVERNMENT OF INDIA

### MESSAGE

It gives me immense pleasure to know that Hope Ek A.S.H.A. (HEA), the charitable society, is organizing 13th Annual Caregiver Meet for the caregivers of Alzheimer's disease patients on 21st December, 2014 at Constitution Club of India, New Delhi.

I appreciate the HEA for their dedication to the care of senior citizens suffering from Alzheimer's and Dementia diseases the caregiver of these diseases would gain knowledge and experience through such meets to spread awareness among the senior citizens and achieve the aims of objectives of the Society. I am sure the 13th edition of the Souvenir HOPE - 2014, bringing out on this occasion, will be informative and useful for all the participants of the meet.

I congratulate the organizers and participants all success in their endeavors for this noble cause.

**SARBANANDA SONOWAL**



Hope Ek A.S.H.A



**RAKESH NATH**

Technical Member

Tel.: 24368474

Fax : 24368492



विद्युतअ पीलअ धिकरण  
कोर 4,स ततवाँत ल,र कोपक ऍप्लेक्स,  
लोधीर रोड़,न ई दिल्ली- 110 003

APPELLATE TRIBUNAL FOR ELECTRICITY  
Core 4, 7th Floor, SCOPE Complex,  
Lodhi Road, New Delhi - 110 003

### **MESSAGE**

I am very happy to learn that Hope Ek A.S.H.A. is celebrating its Annual Day on 21st December, 2014 on this occasion bringing out at Souvenir.

I had occasion to attend some of the Caregiver Meets organized by Hope Ek A.S.H.A. and had opportunity to meet the volunteers and medical professionals who are dedicated to the care of senior citizens suffering from Alzheimer's/Dementia and their caregivers and also providing valuable information not only to caregiver but also to the public. The success of an organization of this kind depends entirely on the selfless services rendered by its organizers. I have found that the team of Hope Ek A.S.H.A. is extremely dedicated fully committed and full of enthusiasm I am especially impressed by the dedication and commitment of Dr. Sushma Chawla who is always willing to give helping hand and devote her personal time to reduce the misery of the persons has dreamt about this organization come true.

I convey my best wishes to the team of Hope Ek A.S.H.A. on this occasion

**RAKESH NATH**



## Hope Ek A.S.H.A

### Talwant Singh

Principal Judge, Family Court



East District Court,  
Vishwas Nagar, Delhi  
Ph. : 011-22389209  
Email: talwantsingh@gmail.com

### MESSAGE

It gives me great pleasure to know that Hope Ek A.S.H.A (HEA) is organizing its 13th caregiver's meet of the caregivers of Alzheimer's Disease patients on the 21st December, 2014.

Alzheimer's is a degenerative and incurable disease that generally happens in the old age and Hope Ek A.S.H.A (HEA) cares for the patients and also the carers. Hope Ek A.S.H.A (HEA) is a charitable society dedicated to caring for patients with Alzheimer's and providing medical, psychological, social and emotional support to the carers of such patients.

I applaud the dedicated team of Hope Ek A.S.H.A (HEA) for the services rendered by them and hope that the society would continue their endeavour of serving Alzheimer's patient and sharing the burden of the caregivers.

I wish them success for their annual day celebration and release of the souvenir "Hope 2014".

Dated: 03.12.2014

Talwant Singh  
Principal Judge  
Family Court  
District East  
Delhi-110032





## Hope Ek A.S.H.A



**Prof. Manju Mehta**

Prof. of Clinical Psychology  
Past President Indian Association of Clinical  
Psychology Dept. of Psychiatry  
All India Institute of Medical Sciences  
New Delhi 110029

### MESSAGE

It gives me immense pleasure to know that 13<sup>th</sup> caregiver meet of the caregivers of Alzheimer's Disease Patients is being organized by "Hope Ek A.S.H.A (HEA)" on 21<sup>st</sup> December, 2014.

Incidence of Alzheimer's disease is on the rise due to the longevity of human life; it is incurable and is degenerative. Care and management of these patients is very long and tedious process. It places a great burden on caregivers and involves social, psychological, physical and economic burden on the caregiver's life. Therefore, it is important to help the caregivers of such patients by trained and dedicated medical professionals. I appreciate the commendable task being done by HEA in this direction.

I am also happy to know that HEA is also bringing out a Souvenir "Hope – 2014" on the occasion and a Seminar is also being organized.

I extend my good wishes to the organizers and the entire team of HEA who are putting their untiring efforts to make this occasion a grand success.

**Prof. Manju Mehta**



**Hope Ek A.S.H.A**



**Hope Ek A.S.H.A**

**Dr. Sushma Chawla**

Founder President

D-52, Greater Kailash Enclave-II

New Delhi-110048.

Mob.: 98101-30635

E-mail : hopeekasha2001@gmail.com



Hope Ek A.S.H.A

## ABOUT THE FOUNDER



Doctor by profession Mrs. Sushma Chawla was born in 1951, and had her basic degree in Medicine M.B.B.S. from Maulana Azad College, New Delhi in the year 1972.

**Dr. Chawla** has been in family practice since 1978 have specialization in the field of Gynecology & Obstetrics. She is running her own clinic in Greater Kailash - II, New Delhi. She is also on panel and visiting doctor to various corporates. She is Chief Medical Officer for IDBI, IFCI and UTI and also contributing to the fraternity by being a Lifetime Member of Delhi Medical Association, Indian Medical Association, Indian Menopause Society and Delhi

Diabetic forum. She has carried the glory of Indian medicine in National and International conferences and presented papers on subjects of interest and research.

She is the Founder President of **Hope Ek A.S. H.A.** She is working tirelessly for the care of caregivers of Alzheimer's disease patients. She has also been running a free Alzheimer's Clinic.

### **What Prompted the Founder To Form this Support Group?**

**Dr. Chawla** cared for her mother who suffered from Alzheimer's disease for more than five years. By doing so, she realized that she was becoming very stressful day by day, month by month and year by year. This stress of caring did take its toll on her health but she carried on. Her mother passed away peacefully, after five years of suffering.

She decided to come forward with a support group to be with the stressed caregivers and founded "**Hope Ek A.S.H.A.**"

### **What the Founder desires?**

To establish a Day Care Centre for patients to give respite to the stressed caregivers.

### **How to Contact**

If any one of your family members or friends knows anyone who has such symptoms of Dementia can contact at the address given as under

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### **Dr. SUSHMA CHAWLA**

Founder President,

D-52, Greater Kailash Enclave-II, New Delhi-110048.

Phones : 2922-1714, 2933-8341, Mob: 98101-30635

E-mail: [drsshawla@rediffmail.com](mailto:drsshawla@rediffmail.com) Website : [www.hopeekasha.org](http://www.hopeekasha.org)

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## Hope Ek A.S.H.A

### **Hope Ek A.S.H.A. a humble Journey - Thirteen Years**

Hope Ek A.S.H.A., is a registered society and a voluntary organization dedicated to the Care of the Caregiver of Alzheimer's Disease patients. It was registered in the year 2001 and has been granted exemption under section 80 G of the Income Tax Act, 1961.

#### **Aims & Objectives**

- Support for the Caregivers.
- Train the Caregivers within the family & outside.
- Interaction amongst the Caregivers.
- Help the caregivers on individual basis
- Arrange outings for the Caregivers along with their patients.
- Provide medical assistance and guidance.
- To set up a day care home for Alzheimer's patients.
- To provide training to the home caregivers.
- To provide employment opportunities to the professional caregivers.

#### **How can you support Hope Ek A.S.H.A?**

- Work as a volunteer.
- Share your precious time to help the patients and their families.
- Donate liberally to support the project.
- Your one step can give a sigh of relief to someone who needs you.
- Future Plans of Hope Ek A.S.H.A.

#### **To build a Day Care Centre with following facilities:**

- Physiological and occupational therapy



## Hope Ek A.S.H.A

- Neuropsychological rehabilitation & fun activities to stimulate the mental capabilities.
- Group & individual exercises.
- Regular Health Screening.
- Social interactions with staffs / residents during events.
- Improve mobility, verbal ability and behavioral moods.
- Relief to working families who may not have anyone to look after dementia patient during the day.

### **Legal Assistance**

Hope Ek A.S.H.A. has started a legal Aid Cell to provide guidance to the Caregivers of the patients of Alzheimer's disease. You may refer your queries to the President of the Society. The advice is given free of cost, but if a case is to be filed in the Court of Law, the the Lawyers on the panel of the Legal Cell will charge concessional fee. These Lawyers are specialists in the emerging field of Law for Elders and you may take benefit of their services.

### **Its Progress and activities since its inception**

- The first informal meeting with only ten caregivers / volunteers held at D - 52, Greater Kailash Enclave - II on 15th Sep. 2000 to share each others problems.
- More and more people contacted me as doctor and first formal Caregivers Meet was held in December 2000 at D - 52, Greater kailash Enclave - II where a group and a society "Hope Ek A.S.H.A." was registered.
- Second Caregivers meet was held on 21st September 2001, the "World Alzheimer's Day" at D – II/95, Kaka Nagar, New Delhi. Looking at our grass root work, HelpAge India donated a vehicle "Tata Sumo" for visiting patients and their caregivers. By that time we had many out station patients and we visited each one of them till Haridwar.



## Hope Ek A.S.H.A

- Journey continued, our volunteers were invited to give awareness lecture on the disease in the RWA's, schools, women forum, Rotary clubs GK - II and corporate like BSES, Mumbai at large scale and thereafter annual Third Caregivers Meet held in September 2002 at India Habitat Center, New Delhi where many caregivers shared their experiences about their patients.
- For the first time on our Fourth Caregivers Meet at IHC, New Delhi on 22nd September 2003 one day seminar was organized where leading medical professionals were invited to give informative talks on the subject.
- On the fifth Caregivers meet on 21st September 2004. our first informative Souvenir "HOPE –2004" was released. Media gave a lot of coverage on the subject.
- Mass awareness camp named "Vichar Goshti" was organized by "Jain Samaj" at Faridabad in Dec. 2005 attended widely by about 100 people specially from rural areas. There after patients were also examined throughout the day.
- Again a Mass Awareness programme for Rotarians was organized in Greater Kailash - II.
- A Presentation on "A Study on the caregivers' Stress" was made at the Annual National Conference of Indian Menopause society at Ahemadabad February 2005
- Presentation of "Dementia & Menopause" purely a chapter on women caregivers at the Indian Menopause Society, Kolkata was conducted.
- "Understanding Memory Loss" – Mass awareness programme was organized by Sanatan Dharam Mandir at Jullandhar which was attended by over 100 people.
- A Special Memory Clinic was also organized where out of 15 patients examined, two patients were identified as Alzheimer's patients



## Hope Ek A.S.H.A

and they are still with us and HEA is taking care of them by guiding their caregivers.

- On 21st Sept 2006 “World Alzheimer's Day” a talk on “Understanding Memory Loss” for Senior citizens of GK - II was organized followed by High Tea.
- Our Sixth Caregivers meet was held in 24th December' 2006 and our next informative Souvenir “HOPE –2006” was released. “HOPE – 2005” could not be released due to shortage of funds.
- Our Seventh Caregivers meet was held in January 2008 and “Hope-2007 was released.
- In addition to many more activities, we are running a “Free Memory Clinic” on every Sunday. Ayurvedic Clinic for Alzheimer's Patients on 3rd Sunday of every month by Vaidya Harsh Sehgal of Dehradun. More than 150 patients have been benefitted.
- We are running this small set up only with small donations from members, individuals & corporates.
- M/s Sai Bliss Pharmaceuticals have procured the license to manufacture and pack Rivastigmine & Memantine Hydrochloride especially for Hope Ek A.S.H.A. and it will be provided free of cost to the needy patients.
- We have applied for allotment of a space for first “ Respite Care Center for Dementia Patients” and papers stand submitted in MCD and are in process.

### **Hope Ek A.S.H.A a Family**

It is a form of an extended family, and someone to stand by you.

- Our eighth Caregiver meet was held on 15th Feb 2009 and our 5th Souvenir “Hope – 2008” was released.
- Five mass awareness camps were organized at Public Forums, schools and Corporates.



## Hope Ek A.S.H.A

- Training the Caregivers at homes in NCR and around Delhi.
- Activities sessions started at homes for patients.
- Memory exercises with family caregivers started.
- Voluntary Training in Adult Day Care from USA
- Ninth Annual caregiver's meet was held on 11th April, 2010 at Maulana Azad Medical College, New Delhi and the souvenir HOPE – 2009 was released by the chief guest Dr. A.K. Walia. The brain storming scientific session was followed by a colourful ballet by the students of “Sri Natraja Nritya Kala Academy”.
- 29 New patients of Alzheimer's disease visited our clinic for counselling and treatment.
- Seven Mass awareness camps were organised at corporate, school and senior citizens forums
- Dr. Sushma Chawla was awarded a Gold Medal at House of Lords in London on 9th September, 2010 for her work in this field.
- Regular home visits were done by the volunteers of Hope Ek A.S.H.A. to give respite to the caregivers and train them.
- First quarterly newsletter “ HOPE NEWS” was released on 26th September, 2010 at PSK, Delhi, by Dr. AK Walia.
- On 19th December, 2010 a separate “ Activity and Training “ session started at Neurology OPD , RML Hospital, New Delhi. These sessions are proving to be extremely useful for the caregivers and for the patients. It is held every alternate Saturday.
- Dr. Sushma Chawla & Mrs. Rita Sehgal attended the ADI conference on 26th March, 2011 at Toronto, Canada where Dr. Chawla gave the Poster presentation “Fading Memories – A concern for caring for Dementia patients”. It was widely appreciated by people from all walks of life.





## Hope Ek A.S.H.A

### **Year 2011-2012**

#### **Regular visits at RML Hospital:**

Every Saturday Dr. Chawla and two to three volunteers from Hope Ek A.S.H.A visited RML Hospital in the Neurology OPD for two hours where intensive counselling of the caregivers of Alzheimer's disease/ Dementia patients was conducted.

Various activities for the patients were given to the caregivers which they practised at home and came for regular follow ups showing marked improvement in their behaviour and skills.

The program was successfully conducted for one year and it is being followed up at the OPD and clinic of HEA.

Materials for the activities was provided free of cost.

#### **Home Care:**

Sixteen new patients were registered and were visited at home. Proper counselling , training of the caregivers, Interaction with the patient was carried on by volunteers, doctors and clinical psychologists and showed very good results.

Twenty two patients were given regular counselling on the phone clearing their doubts and giving a patient hearing to the caregivers.

#### **Rotary Club of Chanakya Puri**

A presentation of Vision and Mission of Hope Ek A.S.H.A was given at Rotary Club, Chanakya Puri branch and this year they have taken up Alzheimer's disease and caregivers as one of their projects.

#### **Day Care Center:**

Still a dream in the horizon but the spade work for its development is going on with full zeal.

The Eleventh Annual care givers meet was held on 6th October 2012 at Constitution Club of India, New Delhi. Dr, A K Walia Hon'ble Minister of Health, Delhi Government was the chief guest. The theme of



## Hope Ek A.S.H.A

the day was "Facing the Challenges of Caregiving of AD patients" and need for elder health care and establishing Day Care services for the patients. Dr. AK Walia assured us of all the possible help from the Delhi Government.

Regular meetings with the Psychologists and Neurologist were held to decide the protocol of home visits and counseling.

Dr. Priya Jha, Dr. Beena Nangia and Dr. LK Malhotra were the main participants of the meetings.

RML hospital visits were discontinued temporarily due to some repair work going on in the OPD.

The patients and caregivers were in touch with the volunteers for support and advice and they were attended at GK II clinic for activity sessions.

On every Sunday we saw 2-3 patients with their caregivers for guidance, treatment and counselling. 8 new patients were recorded.

Four patients are receiving regular sessions of home caring by our volunteers and psychologists at an interval of 10 days.

Three patients of lower Socio Economic group were given free diapers to take care of the incontinence.

On 10th March, 2013 a Mega Health camp was organised at an Old Age Home "**GURU VISHRAM VRIDH ASHRAM**" at Badarpur where destitute elderly stay. The activities in the camp included the Blood Sugar check, BP Check, Weight Check Up. A general medical check up was done along with the dental check up. We saw 82 patients in all out of which 19 new cases of Dementia were identified. This activity was done with the support of 301, Inner Wheel Club the women wing of the Rotary club and Indus pharmaceuticals. The doctors of Hope Ek A.S.H.A conducted the medical check up, Dental Check up and Neuro screening and they were assisted by the efficient staff of HEA.



## Hope Ek A.S.H.A

### Year 2013 -14

On 5th April 2013, Rotary Club Of Chanakya Puri donated a Mahindra Xylo Van to Hope Ek A.S.H.A. in the august presence of Dr. A.K.Walia, Honable Health Minister of Govt.of NCT, Delhi.

19th April,2013 an awareness talk for the senior students of Govt. School Kalka ji was conducted to create awareness about Alzheimer's disease and its early symptoms in an individual. The students participated in a long interactive session.

On 28th December 2013, Annual caregivers meet was held at The Constitution Club of India attended by more than 80 persons. Dr. Anil Goyal, President Delhi Medical Association was the chief Guest, Dr. MPS Gandhi and Sh. Rohit Seth, President FAFAI were the Guests of honour and released the souvenir HOPE 2012-13. Dr. Pravat Mandal gave a talk on Newer developments in the diagnosis of Alzheimer's disease. Ms. Riya Bhatia recited a beautiful poem for the elderly.

29 visits were conducted by the volunteers of Hope Ek A.S.H.A to various families, supporting the families of Alzheimer's disease patients.

12 patients availed the benefit of the Memory Clinic every Sunday. They were screened and advised accordingly.

Dr. Beena Nangia and Dr. Priya Jha counselled the caregivers regularly and trained them accordingly.

***"Let us join hands"***





Hope Ek A.S.H.A

## BOUNDARIES

Boundaries, locations, the space we occupy

Becomes home, love; our  
mainstay

Since change is the only  
absolute

Minor changes are made to  
home, to love,  
everyday.



We find ourselves at crossroads,  
Worthwhile in its own way,  
Every so often.

Choosing the path,  
We must walk on it every day.  
Choosing what to become,  
What to form,  
Of our home and love  
Today.

When a loved one, changes  
It is the hardest to accept  
Our world comes crumbling  
But that is the nature of knowledge  
Ever-changing, evolving and growing With time.



## Hope Ek A.S.H.A

When Dadaji passed away,  
I was numbed  
To witness the absence.  
There is no greater change.  
And yet,  
He lives

In memories, bhajans and songs...  
In eating halwa or gulab jamun...  
In sitting on his chair  
In photographs, in home videos  
And in Dad & Ma.

To think all this changed for him,  
That his world was wiped clean by the end,  
Both in memory and cognition  
As well in actuality,  
Shatters and humbles,  
What is reality.

**Nidhi Kalra**

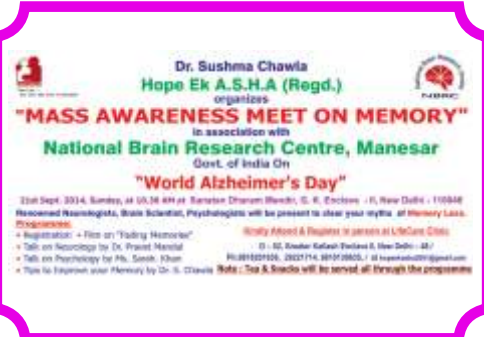




Hope Ek A.S.H.A

## World Alzheimer's Day 21st September, 2014

On the "World Alzheimer's Day" Hope Ek A.S.H.A. (Regd.) - HEA, a charitable society, registered under the Societies Registration Act 1860 in the year 2001, dedicated to the care of Senior Citizens suffering from Alzheimer's / Dementia (memory Loss) patients and their caregivers through its committed team of medical professionals and volunteers.





Hope Ek A.S.H.A

## On the “World Alzheimer’s Day”

HEA in association with National Brain Research Centre, (NBRC) Manesar, Govt. of India, conducted a “Mass Awareness Meet on Memory” at Sanatan Dharam Mandir, Greater Kailash Enclave – II, on 21st September, 2014.





## Hope Ek A.S.H.A

### **My Beloved Wife Santosh Suffering From Dementia**

I am happy to share my experience – good or bad with my family, well-wishers and friends as to how our life changed after 2010.

Till Nov 2010 Santosh was normal and alright except a few falls a couple of times leading to minor injuries. I assumed them to be accidental.

In Nov 2010 our children organised our golden wedding Anniversary and she was very happy and absolutely normal. Later some behavioural changes, confusion and memory loss were noticed. We discussed this problem with our G P and he promptly fixed up an appointment with a leading Neurologist in Australia.

After preliminary reports, X-rays brain scan, ultrasound and all brain related tests, the Neurologist diagnosed it as an EARLY ONSET OF DEMENTIA, but no medicine was prescribed until the symptoms appeared more prominently, however such cases are reported to the government of Australia.

I must mention that AUSTRALIA is a great country and they take special care of Dementia patients. Soon after offers of help started coming from Govt and volunteer organisations.

Our house was inspected by the technical team who suggested some changes for better safety in the bathroom.

The team of Neurologists put her through MEMORY TEST every three months. The memory score started falling indicative of DEMENTIA progressing every month.

She was not allowed to do kitchen work, we were advised not to leave her alone, and we used to give her books to read and some paragraphs or famous quotations to copy and practise her signatures every day. We were also advised to show her old Album and discuss some important events, take her for morning and evening walks and to





## Hope Ek A.S.H.A

play memory games. In the evenings we used to have Dinner with children, go to movies and social visits. We tried to keep her mentally busy and alert and wanted her to talk to her friends and relations in India.

But she started losing interest in her day to day activities and the decline was very steep. When we came back to India in August 2013. Her condition started deteriorating very fast. Her medication – Allopathic and Ayurvedic did not show any positive result.

She became totally dependent in less than 6 months for all her daily activities. As a result, we had to deploy more care-givers to look after her 24/7. Five of them were engaged because even I needed assistance due to my old age.

In addition, we engaged epoch care for the old people –to keep her mentally busy try to maintain memory level by the expert psychologists. But this did not work.

As I am the sole care-giver and my age is same as hers , I try to help her in every possible way. For me it is a very sad and traumatic experience finding my life partner totally changed from being hyper –active to mentally sick, no recognition, no discussions and no interest in any one around, from communicative to non communicative. I am the only one in the family whom she still recognises and murmurs something to which I have to be responsive the way she wants. I may add she likes my presence.

I become awfully sad when I feel that she is really slipping away from all of us.

My immediate family is placed in Australia and all of them are involved in taking best care of her in all possible ways through all possible means.

I had attended some carer meetings while in Australia and the specialists and medical community including neurologists, geriatrics



## Hope Ek A.S.H.A

and teams of social volunteers who always emphasise and feel deep concern for the carers of dementia patients to lead a life free from stress and to be able to look after the patient better.

Until last year while in Australia, I helped her in all possible ways. I helped her a number of times whenever she needed any kind of assistance .I used to clean her, helped her in the bathroom and in dressing her up etc .She always resisted and was reluctant to be helped by me.

Here in India, we have a couple at home helping and running the everyday chores. In addition, we have a maid coming in the morning and staying with her to feed her and help her in every way. She is relieved by another maid coming for Night duty .We are 5 people to manage her and make her as comfortable as possible. I have now realised and would like to share my thoughts and experience with all the CARERS of the Dementia patients

Dementia is neither reversible nor curable and not treatable but controllable to some extent yet we hope against hope believing that Miracles do happen. I have accepted the painful fact. This is a difficult challenge & requires commitment devotion, perseverance and compassion.

We have been married for 54 years now and I cannot forget her day to day advices and reminders about the timings of my medicines, walking and other small things that I miss the most.

It is very difficult for the outside caregiver to understand the patient and her requirements except the life partner as to how a patient feels. what health problem any pain in the body ,stomach upset etc .I as a caregiver have the advantage to understand what she needs and what to avoid ;what medicines to use and what causes allergy . What she used for common ailments and her food habits and other problems. What causes problem, allergy etc. and take steps and precautions.



## Hope Ek A.S.H.A

The only purpose of my life is to provide best care to my beloved wife as much as I can until my last breath. May almighty give me strength and Good health to be able to meet the challenge as effectively as possible.

Of course, I make it a point to find time for myself -morning and evening walks and some socialisation at times to keep me physically and mentally fit to take care of my wife better and better and as longer as possible .

Patient is completely unmindful of her existence no feelings no thoughts no control and no emotions for anyone.

I experience Painful distressing and frustrating experience requires lot of courage and lifetime commitment on the part of the CARERS. Behind the camera when alone I feel like crying recalling our happy life. Apparently I show courage and patience to keep the morale of the Attendants high, and compose myself. I am always there to oversee all her needs that nobody understands better than me and provide all the guidance to team of Caregivers and also look after them to keep them happy and healthy.

### **Acknowledgements**

Our thanks to Dr Sushma Chawla, the pioneer and so selfless for the cause of Alzheimer's and always available for consultation ably assisted by Rita Sehgal from **HOPE EKA.S.H.A.** Our thanks are due to Dr Rajiv Motiani senior Neurologist consultant, Kailash Hospital Noida. We are grateful to Dr Khan our G P in Sydney and Dr Con Yiannkis senior Distinguished Neurologist internationally known based in Sydney who diagnosed and Dr Jennifer MC Meniman staff specialist geometrician, Concord Hospital Sydney.

I would like to appreciate with pride my lovely family both the sons and their families rising to the occasion in sharing full responsibility to fight the challenge shoulder to shoulder.



## Hope Ek A.S.H.A

Mohan and Keshriee, the couple who look after all of us are part of the family in fighting this mighty problem.

We are grateful to our family Dr Gita Prakash, Dr Shashi Prakash and Dr Vanita Manchanda who have been providing help and guidance in our struggle.

Why do bad things happen to good people???

O.C. Dewan





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### Meeting with a Caregiver

I visited Dewan family in April, 2014. Lady of the house Mrs. Santosh Dewan is suffering from Alzheimer's from last two years. Mr. Omesh Chander Dewan, the care giver was quite upset but is facing the situation like a strong man. He is a learned man and quite aware of the ups and downs of this disease. I could see his love for his wife from his caring attitude for her. He told me that his wife retired as a principal of a school. Before dementia over powered her she was a beautiful and a very intelligent active lady. She was famous for walking very fast amongst her morning walkers club. I was quite satisfied to see that Mr. Dewan was quite familiar with the way to take care of such patients, activities to be performed and had well trained his team of helpers accordingly. His two sons settled abroad, kept educating him and through internet, phone calls were a big support to him. Mr. Omesh became emotional at one or two instances but overall he showed a brave front.

I found this small visit very fruitful. Mr Diwan who is about 83 years old was once again emotional after this meet as he said " I always wanted a daughter and today I feel I have got one in you". I promised to extend any kind of support he needed at any hour. I am in constant touch with him and he keeps calling me for any kind of support he wants.

Rita Sehgal  
Editer Hope Ek A.S.H.A.





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## The Importance of Music to People with Dementia

We all respond to music: mothers sing to their new born babies to calm and make them feel secure, adults turn to music to express emotions, reflect feelings, to make them happy and to make them sad. Music is a core element in all our lives.



This is no less the case for people with dementia. As other experiences become confusing and communication becomes difficult the role and experience of music becomes even more important. Music stays with us long after speech and other skills have gone. Anyone who has worked with people with dementia will have witnessed people who have lost the ability to speak coherently or even find words at all but will sing an entire song perfectly. It is not only the words but the musical memory that stays so people will hum or whistle a tune even when the words to the song have gone.

One of the important aspects of supporting people with dementia is to minimise the impact of their losses and to play to their strengths. If people can sing then we should be encouraging this, maintain the skill and the sense of achievement and joy that goes with that.

There is a substantial body of research as evidence of the crucial role that music plays in our support of people, with dementia.

We know that music is effective in reducing a range of challenging behaviour. Playing calming music will reduce agitation (it is important, however, to note that music should not be played for more than 20 minutes at a time as the research shows that it can become a source of irritation and distress the person, this may not always be the case but carers need to monitor this and not just leave music on)



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Music can also reduce aggressive behaviour, 'wandering', repetitive vocalisation and irritability. This is perhaps not surprising if we recognise the calming effect that music can have.

We know that if care givers sing to people with dementia when carrying out intimate tasks that the incidence of challenging behaviour can be significantly reduced. This may be the result of a number of factors. For the care giver the mere act of singing reduces stress in them and this will be transmitted to the person with dementia. Also the sound of the person singing may be calming because it is reminiscent of the mother singing to the child.

If we play the right music at mealtimes people will be more relaxed, will sit longer at the meal and will eat more. Given that people with dementia have problems with eating this seems to be an opportunity not to be missed. Remember to be sure that you use music that is important to the person with dementia. Different people will respond to different music. There is evidence that the music we remember best is the music that we heard between the ages of 16-24

Using music appropriately can lead to an improvement in reality orientation scores, memory recall and social behaviour. The use of music will often trigger communication. It may trigger speech but it can also allow the person with dementia to sing something that reflects their mood or articulate something they want to say but can only sing it. The lady who sang to me 'Show me the way to go home' is an excellent example of that!

Even at the end stage of the condition when people are close to death music will reach them. It is important not to assume that the person lying inert and apparently not responding is oblivious to the sound of music. Play or sing to people at end stage and you will see changes in their facial expression, even vocal activity and physical movement. Music can provide one last way to reach the person and enable them to respond at an emotional level.



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Music can awaken our senses; it can give us energy and stir memories. This is as true for people with dementia as it is for those of us without the condition.

The following case study is a wonderful illustration of this.

### **Case Study**

Malcolm heard of a music group being set up in his local community for people with dementia and their carers. His wife Isobel, who had dementia, had not spoken for the last 5 months. She no longer showed any facial expression and seemed to be in a world of her own.

With great trepidation Malcolm brought Isobel to the group.

To begin with Isobel appeared agitated and just sat and stared as the singing got underway. Slowly her hand started to tap her thigh then she moved her body, then she began to make some humming noises. By the end of the session Isobel was singing and smiling.

The next morning she woke up and said to her husband 'I think we should bake a cake today' and they did!

It would be foolish and wrong to pretend that music always leads to such dramatic events.

My own experience is that this is not uncommon but even small changes are to be valued. Even if the person with dementia forgets that they were singing soon after the event this does not negate its worth. They will still feel good even if they cannot remember why. People with dementia live much in the moment so we should be trying to make as many of those moments, as possible, good ones and music undoubtedly achieves this.

We know that singing and listening to music can make us feel happier so, If you are not using music either as something to listen to, dance to, or sing along to then people with dementia are being deprived of a wonderful, core human activity that will enrich their lives.

Diana Kerr





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## Alzheimer's and Ayurveda

Alzheimer's disease can be stated as jara janya smriti bhransh in ayurveda.

Jara=old age, janya=due to, smriti=memory, bhransh=loss

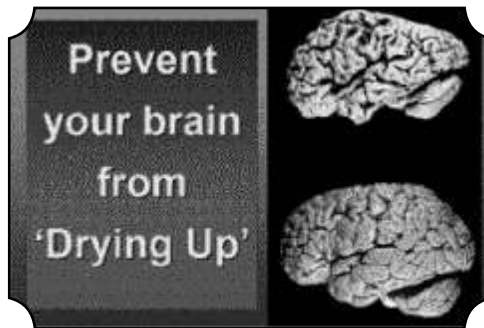
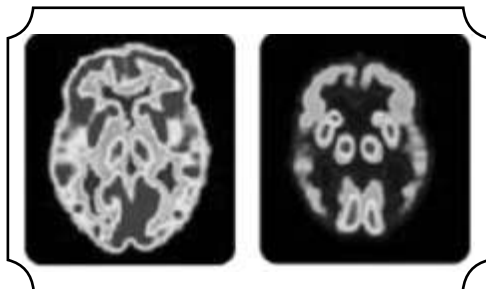
Alzheimer disease (AD) is a neuro-degenerative disease.

People with Alzheimer's experience difficulties in communicating, learning, thinking, and reasoning. These problems are so severe that they could affect the individual's work, social activities and family life.

The disorder marked by memory and judgment loss usually occurs in people older than 65, and has defied a cure so far but some promising results have been seen with ayurvedic treatment.

Ayurveda states that with advancing age, the makeup of the brain and body gradually becomes more and more agitated and dry. Alzheimer's is often associated with marked shrinkage of the brain. This "drying" effect is a powerful tendency that must be remedied by proper diet, digestion, routine, and rejuvenating medicines:

The primary risk factor for acquiring Alzheimer's disease is age. Alzheimer's starts early in life and progresses to a point, where we can detect noticeable declines in cognitive functions, such as memory gaps or loss.



PET or MRI may detect and track early preclinical changes as early as 30 years of age. PET research offers dramatic insights into changes in brain metabolism,



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blood flow, and receptor functions. This neuroimage shows two aging brains: on the left, one of a healthy individual; and on the right, one of an Alzheimer's individual with greatly reduced metabolism.

### **Precipitating factors of Alzheimer's disease**

1. Prakriti (Temperament) Genetic linkage - Vaatik Temperament is prone to the disease.
  2. Aahar Vihar (Life Style)
    - Imbalanced diet
    - Stress – physical and mental
    - Malnutrition
    - All nerve racking activities
  3. Negative emotions - Anxiety, anger, worry, fear etc.
  4. Aayu (Advancing age) - Vaata increases with age
- All these factors cause a decline in mental faculties.

### **Ayurvedic aspect of Alzheimer's disease management:**

It is predominantly a vata disorder. The line of action for its management lies in using herbs to normalize vata and improve memory, retention and recalling.

### **Following procedures are proposed for the management -**

- Snehapanam (The medicated ghee treatment)
- Rasayana Chikitsa (Rejuvenation)
- Sodhana chikitsa (Elimination therapy)

There are various types of herbs described in Ayurvedic texts for the above-mentioned procedures. Ayurvedic regimen of drugs is worked out after assessing the Pulse (Naadi) and Temperament (Prakriti) which is variable from person to person.



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- Naadi – depicts current state of humors Vaata, Pitta and Kapha in the body.
- Prakriti – depicts in born traits of a person.

The medicines used in Ayurvedic System have anti-ageing effects. It tones up the functioning of Nervous System without any side effects.

For this, medicated ghrits, lehams, combination of medhya rasayanas are used. The combination of herbs used has variable permutation and combinations as per prakriti (genetic composition) of a person.



**The results of this treatment have been very encouraging.**

Vaidya Harsh Sehgal.  
[www.trilokayurveda.com](http://www.trilokayurveda.com)  
09837071030





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## 12th Caregiver's Meet on 28th December, 2013 at The Constiution Club New Delhi





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## 12th Caregiver's Meet on 28th December, 2013 at The Constiution Club New Delhi





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## A Cardiac (Heart) Check-up Camp

Camp was organised by Dr. Sushma Chawla Director, Life Care Clinic, Greater Kailash Enclave – II, New Delhi - 110048 in association with Max Hospital, Saket & Hope Ek A.S.H.A.

Free ECG, ECHO and Blood Sugar were done and there after Consultation by the Eminent Cardiologists from Max Hospital was given to each one of them.





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## World Elders Day Celebration 1st October 2014

On the "World Elder's Day"  
Dr. Sushma Chawla President Hope Ek A.S.H.A. delivered a talk on  
"Tips to Improve the Memory". at DDA Community Centre &  
Library, Block - B, Safdarjung Enclave,  
on 1st October, 2014,





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## CAREGIVER'S STRESS

Caring for someone with Alzheimer's disease impacts every aspect of one's daily life. As the disease progresses the patient loses one ability after another, the caregiver faces tests of stamina, problem solving and the ability to recover quickly from various setbacks. Maintaining one's emotional and physical fitness is very important and crucial. Alzheimer/Dementia caregivers frequently experience high levels of stress. It is quite taxing to take care of a loved one



diagnosed with Alzheimer's/dementia. The caregiver faces stress of various kinds – physical, emotional and intellectual and it is characterized by a feeling of being burdened, of being unable to cope.

### Symptoms of caregiver stress

- Feeling tired most of the time;
- Feeling overwhelmed and irritable;
- Lack of proper sleep and rest;
- Losing interest in activities that one is used to enjoy;
- Denial about the disease and its effect once it is diagnosed and hoping that it will get cured;
- Anger towards the person (diagnosed with Alzheimer's disease) one is caring for, even though one knows it is irrational;
- Social withdrawal from relatives and friends;
- Anxiety and worry as to what would happen next and that would it be





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possible if one is able to handle it as the disease progresses;

- Unable to concentrate in performing familiar tasks; and
- Health problems that begin to emerge as care-giving leaves little time to take care of one's own health needs and scheduled doctoral visits.

### **Tips to Manage Stress**

If you are the primary family caregiver, you can't do everything on your own. Trying to do everything by yourself will leave you exhausted. You will need help from friends, siblings and other family members, as well as medical professionals.

It will be useful to make an effort to stay emotionally connected with friends and family. Allocate some time each week for socializing, even if it is just a talk with a friend over phone. Socializing can help you feel connected and may help in reducing stress.

Take time off to relax for sometime daily and learn to regulate yourself and de-stress when you start feeling overwhelmed. Set aside a minimum of 30 minutes every day for yourself. Do whatever you like or enjoy, whether it is reading, working in the garden, playing or watching a game, going for dinner or a movie.

Use relaxation techniques such as mentally picturing a place that is peaceful and calm, meditation, breathing exercises, pranayam, listening to soft music, morning walks etc.

Find something to laugh about every day. Laughter is an excellent antidote to stress – and a little goes a long way. Read a funny book, watch a comedy or call a friend who makes you laugh and whenever you can, try to find the humor in everyday situations.

Physical activity in any form can help reduce stress and improve overall well-being. Regular exercise is one of the best ways to relieve stress and boost your energy. Take a walk, or do an activity you enjoy, such as gardening, yoga or dancing.



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Eat a well-balanced diet. Well-nourished bodies are better equipped to cope with stress and get through busy days. Keep your energy levels up and your mind clear by eating nutritious meals at regular intervals during the day.

Get plenty of rest and enough sleep, making sure you stay healthy. Have hot milk before going to bed to promote better sleep. Try to have an average of eight hours of uninterrupted sleep every night to keep up your energy level, productivity and ability to handle stress.

Organise yourself by prioritizing tasks, make lists and set up a daily routine and take one thing at a time. Try to avoid multi-tasking as it would be stressful.

Become an educated caregiver. As the disease progresses, new care-giving skills may be necessary. Educate yourself about your loved one's medical condition. Find out all you can about the condition, the treatment he or she is going through and its side effects. Being well informed can give you a sense of control.

Seek counseling. Recognizing that you need help, takes strength and courage. Sometimes it is helpful to talk to a counselor/professional healthcare about how you are feeling. It will help in de-stressing yourself.

Join a support group which can be a great source of encouragement and advice from other caregivers by attending their caregiver meets. It can also be a good place to make new friends. Support groups give you the opportunity to share your feelings and experiences with people who are going through similar situations. Hope Ek Asha is doing a great job in this direction.

**Compiled by:  
Suresh Kalra**



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## ATTITUDE

Very Interesting and Meaning Full Massage :-

If A B C D E F G H I J K L M N O P Q R S T U V W X Y Z is equal to  
1 2 3 4 5 6 7 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Then,

H + A + R + D + W + O + R + K  
 $8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98\%$

K + N + O + W + L + E + D + G + E  
 $11 + 14 + 15 + 23 + 12 + 5 + 4 + 7 + 5 = 96\%$

L + O + V + E  
 $12 + 15 + 22 + 5 = 54\%$

L + U + C + K  
 $12 + 21 + 3 + 11 = 47\%$

None of them makes 100%. Then what makes 100%?

Is it Money?

M + O + N + E + Y  
 $13 + 15 + 14 + 5 + 25 = 72\%$  No.

Is it Leadership?

L + E + A + D + E + R + S + H + I + P  
 $12 + 5 + 1 + 4 + 5 + 18 + 19 + 8 + 9 + 16 = 97\%$  No.

Every Problem has a Solution, only if we can change our "Attitude"

A + T + T + I + T + U + D + E  
 $1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100\%$

It is therefore our ATTITUDE towards Life and Work that makes our Life 100% Successful.

*Compiled by  
Benu Bhargava*



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## 20 Points Programme To Keep Your Brain Active

The prospect of developing Alzheimer's disease is a frightening one for many People. However, staving off the disease could be as simple as making some sensible lifestyle choices now, helping you towards a brighter future and a happier old age. Here are 20 of the best tips to help you avoid Alzheimer's - an edited extract from *100 Simple Things you can do to Avoid Alzheimer's*, by Jean Carper

### 1. Keep your balance

Include exercises to maintain and improve balance in your daily routine, especially after the age of 60. The advice from the Mayo Clinic is: "Try balancing on one foot while waiting in line, or stand up and sit down without using your hands." Work on specific balance exercises at your gym, or check with local senior centers and hospitals to see if they conduct balance classes.

### 2. Get smart about alcohol

If you do drink, stick to low or moderate amounts, sipped slowly, preferably with food. That means no more than one drink a day for women and two for men. One drink usually means a 350-millilitre beer, a shot of liquor or 147 milliliters of wine.

### 3. Beware of bad fats

Think of saturated and trans fats as brain enemies and stay away from them as much as possible. Restrict fatty meats, which also destroy cognitive function in other ways. Buy low-fat or fat-free dairy products, trim skin from poultry and run like crazy from trans fats.

### 4. Control blood pressure

Do everything to keep your blood pressure down, starting early in life. Cut your salt intake. Exercise. Give up sugary soft drinks - one study found more than two and a half soft drinks a day raised the risk of developing high blood pressure by 87 per cent. Take up meditation. Take appropriate blood-pressure-lowering drugs as prescribed by your doctor; their impact can be huge in keeping your brain dementia-free.



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### **5. Be a busy body**

Keep your foot jigging, your fingers fidgeting, use stairs whenever you can. Just remember to move those muscles - little ones, big ones, whenever and wherever. As far as your brain knows, all activity counts to help deter memory loss and possibly Alzheimer's.

### **6. Treat yourself to chocolate**

Choose dark chocolate high in flavonols and low in kilojoules and fat. Cocoa powder has the most flavonols, says Dr Joe Vinson, a professor of chemistry at the University of Scranton in the US. It has twice as many flavonols as dark chocolate, which has twice as many as milk chocolate. White chocolate has zero.

### **7. Go crazy for cinnamon**

Cinnamon is effective at reversing insulin resistance. Sprinkle it on liberally - a half to one teaspoon a day.

### **8. Eat antioxidant-rich foods**

Never miss a chance to eat a fruit or vegetable to infuse your brain with antioxidants. Five to nine daily portions are great, but every little bit counts. Blueberries, strawberries, figs, asparagus, garlic, spinach and avocados are some of the best options.

### **9. Say yes to coffee**

Coffee has many ways of protecting your brain. If you like coffee and it likes you, go for it. The Mayo Clinic says: "For most people, it appears that a moderate daily intake of coffee - two to four cups - doesn't seem to hurt and may even help."

### **10. Eat curry**

Did you know that India has one of the lowest rates of Alzheimer's in the world? One expert recommends two or three curries a week, but even an occasional curry is better than none. Make it a yellow curry, as yellow signifies the presence of turmeric and curcumin - the key ingredients. And make sure the curry contains a little fat to help absorb the curcumin.



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### **11. Take a hike**

Walking in nature not only boosts your physical activity levels, it offers an added bonus of relaxation and a boost of short-term memory - the type most vulnerable to Alzheimer's damage.

### **12. Drink apple juice**

Go with the old adage that an apple a day (make that two apples or two cups of juice) keeps the doctor away. Apples help fight inflammation, reduce the risk of type 2 diabetes, high blood pressure, stroke and gum disease and promote a smaller waist - all factors that contribute to Alzheimer's disease.

### **13. Overcome depression**

If you're depressed, you are more apt to develop Alzheimer's, and at an earlier age. Do not let depression go untreated, especially if you already notice memory problems. Drugs and therapies such as exercise can make a difference.

### **14. Get a higher education**

Study after study shows that the more years of formal education you have, the better your brain can withstand the onslaught of Alzheimer's. If you can go to university and beyond, do it, because the experience is apt to enrich your life occupationally, socially, emotionally and intellectually. Preventing Alzheimer's is an unexpected bonus. Consider taking adult education courses, continue to learn on the job and engage in leisure-time intellectual activities.

### **15. Avoid environmental toxins**

Experts say chronic exposure to environmental toxins can increase the risks of age-related memory impairment and dementia. Do not use pesticides. Use baits and traps instead of sprays, dusts and bombs to control rodents and insects. Use non-toxic cleaning products. Use glass instead of plastic containers in the microwave. Wash your clothes instead of dry-cleaning them, or ask your drycleaner to wet-clean them.



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### **16. Google Something**

Studies show that doing an internet search can stimulate ageing brains more than reading a book. Go online to search for information.

### **17. Embrace Marriage**

Having a partner in midlife (about age 50) cuts the risk of being cognitively impaired after age 65 in half. If you don't have a spouse, form strong social ties among a circle of friends and relatives.

### **18. Go Mediterranean**

A Mediterranean diet can cut the odds of developing Alzheimer's by 48 per cent. The traditional Mediterranean diet is characterised by high consumption of plant foods (vegetables, fruits, legumes and cereals), high intake of olive oil as the principal source of monounsaturated fat, low intake of saturated fat, moderate intake of fish, low to moderate intake of dairy, low consumption of meat and poultry and low to moderate consumption of wine, normally with meals.

### **19. Take a multivitamin**

Start taking a daily multivitamin if you don't already. A once-a-day, low-dose multi that contains no iron should help slow ageing in your brain. For greater protection, choose a super-multivitamin formula high in vitamins C and E.

### **20. Have a purpose in life**

Even small things you do can make your brain come alive, Rush University's Dr Aron Buchman says. Volunteering is a powerful way to boost your sense of life purpose, studies show. So is having a part-time job if you are retired. Stay engaged with civic organisations and projects that make you feel needed and useful.

Compiled by  
Sunil Bhargava





## Hope Ek A.S.H.A

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## AGE GRACEFULLY

The graph of our life goes up till 50 years and thereafter it slides down. We have no control on our chronological age but we can take care of our biological and psychological age by having a positive attitude.

It is our mental attitude that profoundly affects our age and well-being. Those who keep their minds and bodies active and involve themselves in community activities always remain alert, brisk and young at heart.



To age gracefully we need to take care of major zones of life:

### 1) Emotional Zone

Common need of our life is love, peace and happiness. We keep looking for this outside forgetting that it is within. We need to work on our inner beauty to be a lovable person.

**'Mind'** is the barometer of health. It has been proved that a man is 98% mental and 2% physical. So we need to nurture our mind to keep fit.

God has made us masters of our mind but we have become its slaves. we should live in joy to experience blessings of a joyful body.

When we clutter our mind with various negative emotions we feel much under pressure of these unhealthy emotions that our mind stops thinking in the right direction.

### 2) Social Zone

Why do we feel lonely when we move towards old age?



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'Lonely feeling is not the creation of environment but a creation of our own mental attitude' – Dalai Lama

- When we do well to somebody we should feel proud not about the sacrifice we made but be thankful to God that he gave us this opportunity to do something for mankind.
- Stop blaming and complaining.
- Expectations Reduce joy in life.
- Practise Forgiveness .
- We should try to change our attitude.

### **To age gracefully:**

- Don't make long speeches as youngsters will tune you off.
- Don't threaten your grown up children by saying get out of the house, they may just accept the challenge.
- At home appreciate and encourage your children.
- Help them but don't interfere too much.
- Don't always answer according to your old beliefs.
- Don't expect everyone to agree with you as every individual has a unique perspective.
- Don't forget that power of authority makes more enemies than friends.
- Don't sit idle; rather develop a hobby to occupy you.
- Try to learn new skills to the extent possible.
- Engage yourself in social service in one form or the other according to your convenience.
- Engage in games that require reasoning, judgement and memory like crossword puzzles.
- Wear smart clothes; learn to use new gadgets, open educative and



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spiritual sites on the computer.

- For daily commitments use simple 'to-do lists' memos to make sure that you don't forget.
- Be a good listener and rather than always talking of your days.
- Make friends who are positive thinkers.
- Be a helping experienced hand in your family.
- What your children do to their children should not be your concern. Rather enjoy company of young ones.
- Do away with old belongings which are of no need. Give them to the needy to feel light and happy.
- Money is important. Keep yourself financially sound.

### 3) Spiritual Zone

- Our strong faith fortifies us with healing power within us. This is the reason why most doctors say 'we treat but God heals'.
- Regular prayers after retirement help reducing the vacuum created. Why fear when God is near.
- Desires are like weeds. We should enjoy and be satisfied with whatever God has given us.
- Read spiritual books to be inspired all the time.
- Be connected to nature.

Simplicity is the way of life . Take it as it comes and age gracefully.

Rita Sehgal

Editor – HOPE EK A.S.H.A





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## Today's Reality

Big house -----Small family  
More degrees -----Less common sense  
Advanced medicine -----Poor health  
High IQ -----Less emotions  
Good Knowledge -----Less wisdom  
Number of affairs -----No true Love  
Lot of friends on facebook ----- No best friends  
More Alcohol -----Less water  
Lots of human ----- Less humanity  
Costly watches ----- But no time





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## PARENT TO CHILD

### LACK OF COMMUNICATION – MOTHER OF ALL PROBLEMS

When I was child or you can say in my growing years, I often used to say to my parents *“lecture dena band karo”*. I believe that still is the common language of all children who receives instructions from their parents. We, as parents are in the habit of giving instructions so that our child imbibes moral values, right etiquette and proper education. But how successful are we in imparting the right message? We still feel there is something lacking. Thus, the root cause then and nowadays is only the **“Lack of proper communication”** among parents and children. As parents we need to understand that imparting “clear messages to the child will help the child understand the parent in a more appropriate manner which would make him/her less confused and frustrated. For e.g. a statement like: "Anil Go brush your teeth, it's time to go to bed" will be more appropriate rather than "Anil You never brush your teeth on time, it's getting late for bed."

It is very important to communicate clearly with the child, deleting all the unnecessary words from our dictionary as children only understand clear messages. In order to give clear messages to a child, it is important for us to observe a child closely i.e. observing his/her behaviour. What his/her actions are and then deciding on your messages.

It can be really frustrating and annoying for a parent if the child does not listen or respond even after repeated instructions or messages. But hold on! As parents if you are changing he is also trying to adapt that change and always remember that he is not as mature as you. All these years he has been brought up in a different manner and it will take time for him to change. Thus it is extremely essential for a parent to start the correct communication at an early stage of his life.





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Let me explain you with another example of a vague conversation and a specific communication:

Vague: Rahul “Don't eat like a pig”.

Specific: Rahul, “You are making those grunting noises while you eat, please take smaller bites and don't make those noises”.

Specific statements are long but the messages conveyed in them are clear and in their pure form. Clear communication will also save a lot of time with the child and hence the quality time will increase. So “Happy Parenting”.

Jasmine  
Parenting Coach  
(9810306724)





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## DEMENTIA NEWS 2014

### LEARNING MUSIC EARLY

New research suggests that music lessons during childhood can have some very positive long-term effects. Researchers have demonstrated that children who learn to play instruments during childhood show superior memory performance decades later compared to those who did not learn to play. Recently published research by neuroscientists in Illinois demonstrated that forty years after childhood music training, adults showed faster cognitive processing. In addition to these findings, research by Dr. Luis Fornazzari of St. Michael's Hospital in Toronto illustrates the relation between music and delaying the onset of symptoms of dementia. According to Fornazzari's research, older adults who were musicians at some point in their lives were protected from the normal decay in the discrimination of sounds over time. The positive cognitive effects of playing music are linked to activation of parts of the brain in learning music. In the same way that learning a second language can help delay the onset of symptoms of dementia, researchers believe that learning music may help to build up a cognitive reserve that has a number of positive effects on memory.

AUTHOR: Unknown

SOURCE: CBC news, January 10 2014

### SELF ADMINISTERED TEST

A new test called the Self-Administered Gerocognitive Examination (SAGE) may help individuals spot changes in their own cognitive health. The test, developed by Dr. Douglas Scharre, takes only fifteen minutes to complete and has been shown to yield a mental profile comparable to longer cognitive tests. The test assesses six separate areas of cognition: orientation, language, reasoning/computation, visuospatial comprehension, problem solving, and memorization. According to Dr. Scharre, "if we catch this cognitive change really early, then we can start potential treatments much earlier than without having this test."

AUTHOR: John Ericson

SOURCE: Medical Daily.com, January 13th 2014

caused by changes in a specific region of the brain and that this can be improved by a dietary intervention.

Previous work including by the laboratory of senior author Scott A Small had shown that changes in a specific part of the brain -the dentate gyrus -are associated with age-related memory decline. Until now the evidence in humans showed only a correlational link not a causal one. To see if the dentate gyrus is the source of age-related memory decline in humans, Small tested whether flavanols could improve the function of this brain region and memory.

In the CUMC study , 37 healthy volunteers, ages 50 to 69, were randomized to receive either a high-flavanol diet or a low-flavanol diet for three months. Brain imaging and memory tests were administered to each participant before and after the study.

### Cocoa Can Help Reverse Age-related Memory Loss

*Kounteya Sinha  
London:*

Cocoa has been found to reverse age-related memory loss and give people in their sixties the memory of a "typical 30 year-old". Scientists have found that flavanols -the antioxidants inside cocoa beans -reversed age-related memory decline in healthy older adults. Dietary cocoa flavanols are naturally occurring bioactives according to the study led by Columbia University Medical Centre (CUMC) scientists. The study provides the first direct evidence that one component of age-related memory decline in humans is



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### VITAMIN E PROVES BENEFICIAL

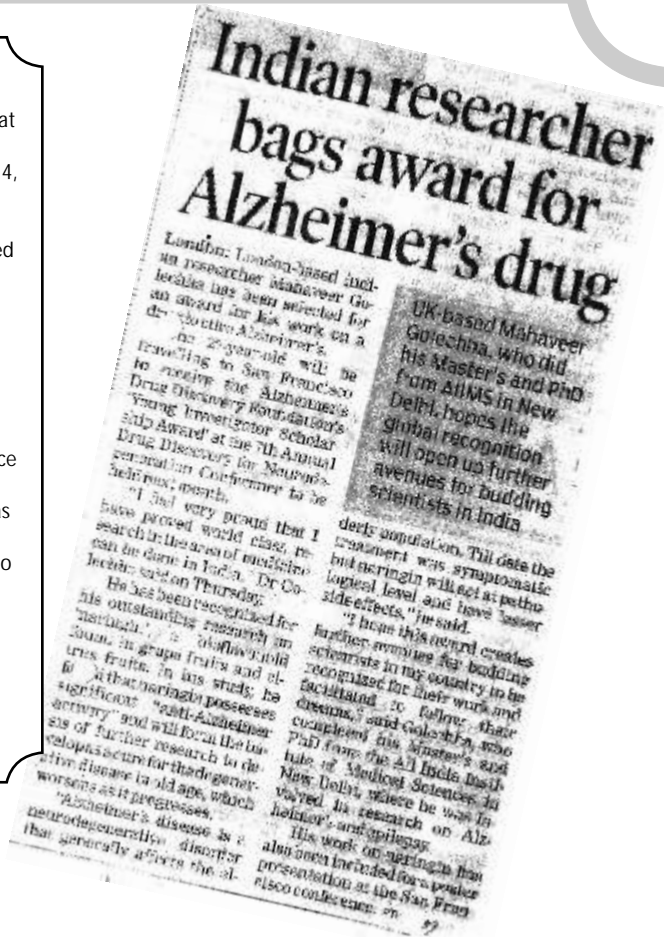
Research published in the *Journal of the American Medical Association* reveals that high doses of vitamin E may slow functional decline. *The Times of India*, 28.10.2014, p15

decline in those with mild to moderate Alzheimer's disease. Researchers followed 614 individuals with mild to moderate Alzheimer's disease at Veterans Affairs medical centers over 2.3 years. Results showed that those receiving 2,000 IU of vitamin E displayed a slowed decline in daily functioning compared to those not taking the vitamin. As explained by lead researcher Maurice Dysken, the difference in functioning between those taking and not taking vitamin E could be as drastic as those who can still dress or bathe themselves independently and those who cannot. The difference also translated to around a six-month slowing in the progression of the disease.

AUTHOR: Jennifer Corbett Dooren  
SOURCE: Wall Street Journal Online, December 31<sup>st</sup> 2013



12th Caregiver's Meet on 28th December, 2013 at The Constiution Club New Delhi



### Most People With Dementia Never Receive Screening November 26, 2014

MINNEAPOLIS -- November 26, 2014 -- The majority of people with dementia have never seen a doctor about their memory and thinking problems, according to a study published in the online edition of the journal *Neurology*.

In the study, 55% of the people with dementia had never had an evaluation of their thinking and memory skills with a doctor.

"These results suggest that approximately 1.8 million Americans over the age of 70 with dementia have never had an evaluation of their cognitive abilities," said Vikas Kotagal, MD, University of Michigan Health System, Ann Arbor, Michigan. "Yet early evaluation and identification of people with dementia may help them receive care earlier."

Dr. Kotagal said early diagnosis can help families make plans for care, help with day-to-day tasks and watch for problems that can occur. In some instances, these interventions could substantially improve the person's quality of life.



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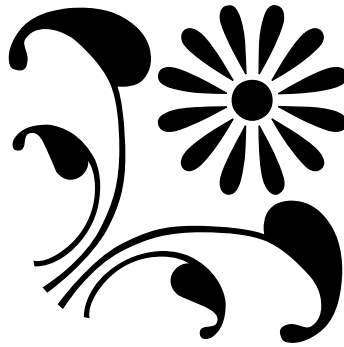
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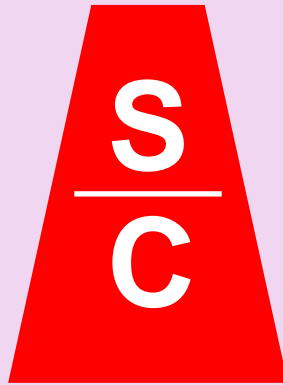
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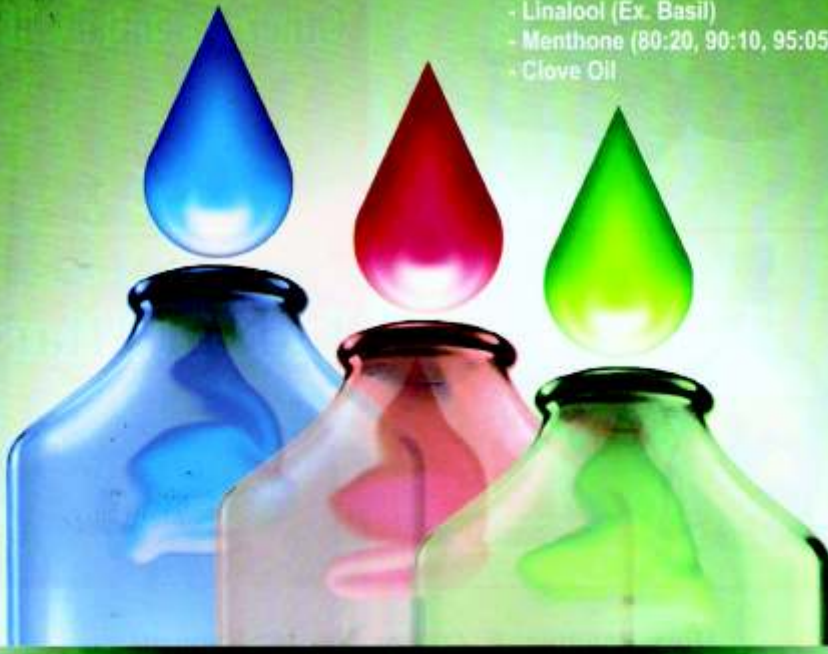


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