

Hope Ek A.S.H.A

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

HOPE 2017

SOUVENIR



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Hope Ek A.S.H.A



*Whose love can equal
the love of a mother
Whose devotion, so loyal and true
Who suffers so much
for the joys of another
who works with such pleasure
as mother, for you.*

*You hail with delight
the friendships of others
you revel in love of the sweetheart you've won
yet where can you find a friendships like mother's
unbroken till death calls and life's
work is done.*



Hope Ek A.S.H.A

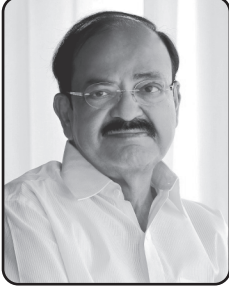
*Alzheimer's caregivers
ride the world's biggest,
fastest, scariest,
emotional roller coaster
every day.*

Bob Demarco



Hope Ek A.S.H.A

एन. युवराज, भा. प्र. से.
N. YUVARAJ, IAS



Venkaiah Naidu
Vice President



भारत के उप-राष्ट्रपति के निजी सचिव
PRIVATE SECRETARY
TO THE VICE-PRESIDENT OF INDIA
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16th October, 2017

MESSAGE

It is to acknowledge with thanks the receipt of your letter dated 12th October, 2017 requesting message from Hon'ble Vice President of India for organizing 16th Annual Caregiver Meet on December 10, 2017 at Constitution Club of India, Rafi Marg, New Delhi.

The Hon'ble Vice President conveys his best wishes for the success of the event.

With regards,

Yours sincerely

(N. YUVARAJ)



Hope Ek A.S.H.A

JUSTICE (Retd.) P. SATHASIVAM
GOVERNOR OF KERALA



RAJ BHAVAN
KERALA



12th October, 2017

MESSAGE

I am glad to know that the “Hope Ek A.S.H.A. (HEA)” in New Delhi intends to bring out a souvenir HOPE 2017 in connection with its 16th Annual Caregiver Meet on 10th December, 2017 at New Delhi.

I convey my hearty greetings to everyone behind this endeavour. I wish the Annual Meet as well as the commemorative volume all success.

(JUSTICE (Retd.) P. SATHASIVAM)



Hope Ek A.S.H.A

(Mrs.) Mridula Sinha
Governor of Goa

डा. (श्रीमती) मृदुला सिन्हा
राज्यपाल, गोवा



RAJ BHAVAN

Goa-403004

राज भवन

गोवा-403004

MESSAGE


I am pleased to know that the "Hope Ek A.S.H.A. is organizing its 16th Annual day on 10th December, 2017 and releasing a souvenir on this occasion.

I am aware that Hope EK A.S.H.A. is a charitable organization that renders commendable services to the patients suffering from a traumatic incurable disease - Alzheimer.

Alzheimer Disease (AD) is a progressive, degenerative disease that attacks the brain, causing impaired memory, thinking and behavior. It is an intimidating and threatening disease. There is no cure yet for this disease but with all the continued research, hopefully in the future, researchers will find one. In such a scenario, all the efforts of your organization in creating awareness of this disease amongst people and helping the ones suffering from it, is worth appreciating.

I wish the annual day all the success and wish you luck for all your future endeavors.

16th November, 2017.


(Mridula Sinha)
Governor of Goa

स्वच्छ गोवा – स्वच्छ भारत



Hope Ek A.S.H.A

डॉ. हर्ष वर्धन
DR. HARSH VARDHAN



मंत्री
विज्ञान और प्रौद्योगिकी एवं पृथ्वी विज्ञान
पर्यावरण, वन और जलवायु परिवर्तन
भारत सरकार
नई दिल्ली-110001

MINISTER
SCIENCE & TECHNOLOGY AND EARTH SCIENCES
ENVIRONMENT, FOREST AND CLIMATE CHANGE
GOVERNMENT OF INDIA
NEW DELHI-110001

MESSAGE

It is heartening to note "Hope Ek A.S.H.A." is going to celebrate its "Annual Day cum 16th caregiver meet" of Alzheimer (Memory Loss) Disease Patients on 10th December, 2017 at Constitutional Club of India, Rafi Marg, New Delhi-110001 and bringing out a souvenir on this occasion.

The efforts made by the society in providing support to patients of the disease on their caregivers are praiseworthy and exemplary.

I wish the society and its forthcoming events all success.

DR. HARSH VARDHAN



Hope Ek A.S.H.A

डॉ. थावरचन्द गेहलोत
DR. THAAWARCHAND GEHLOT
सामाजिक न्याय और अधिकारिता मंत्री
भारत सरकार
MINISTER OF
SOCIAL JUSTICE AND EMPOWERMENT
GOVERNMENT OF INDIA



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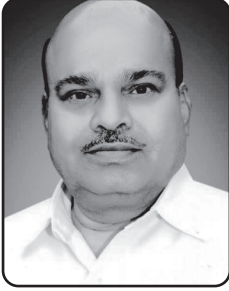
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MESSAGE

I am happy to know that Hope Ek A.S.H.A. is organizing "16th Annual Caregiver Meet" of the caregivers of Alzheimers Disease Patients at Constitution Club of India, Rafi Marg, New Delhi on 10th December, 2017.

I have been informed that Hope Ek A.S.H.A is dedicated to the care of Senior Citizens suffering from Alzheimers/Dementia and their caregivers through its committed team of medical professionals and volunteers. I have also been informed that Hope Ek ASHA has completed 16 years in the service of humanity.

On this occasion, a souvenir is proposed to be brought out by the Hope EkASHA.

I send my good wishes to Hope Ek ASHA for all success of the event..


12.10.17

DR. THAAWARCHAND GEHLOT



Hope Ek A.S.H.A

विजय गोयल
VIJAY GOEL



राज्य मंत्री
सांख्यिकी एवं कार्यक्रम कार्यान्वयन मंत्रालय
संसदीय कार्य मंत्रालय
भारत सरकार

MINISTER OF STATE
STATISTICS & PROGRAMME IMPLEMENTATION
PARLIAMENTARY AFFAIRS
GOVERNMENT OF INDIA

12th October, 2017

MESSAGE

I am glad to know that the 16th caregiver's meet of the caregivers of Alzheimers Disease patients is being organized by "Hope Ek A.S.H.A. (HEA)" in New Delhi on 10th December, 2017 and that a Souvenir is being brought out to mark the occasion.

As Alzheimers disease is incurable and is degenerative, care giving and management of patients are essential. However, it places a great burden on caregivers and involves social, psychological, physical and economic elements of the caregiver's life. Therefore, it is essential to train the caregivers of such patients by trained and dedicated medical professionals. The job being done by HEA in this direction is indeed laudable.

I extend my good wishes to the organizers and the entire team of HEA for success in their endeavour.

(Vijay Goel)



Hope Ek A.S.H.A

MANISH SISODIA
मनीष सिसोदिया



DEPUTY CHIEF MINISTER
GOVT. OF NCT OF DELHI
उप मुख्यमंत्री, दिल्ली सरकार
DELHI SECTT, I.P. ESTATE,
दिल्ली सचिवालय, आई. पी. एस्टेट,
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नई दिल्ली-110002
EMAIL: msisodia.delhi@gov.in

D.O. No.: DyCM/2017/525
Date: 04/12/2017

MESSAGE

It gives me immense pleasure to know that “**Hope Ek A.S.H.A.**” (Regd.) is bringing out a Souvenir “Hope-2017” on the occasion of “16th Annual Caregiver Meet” of the caregivers of Alzheimer disease patients to be held on 10th December 2017.

I applaud the achievements of the organization in the years gone by and believe that constant efforts would certainly show the best direction & help to the society.

I congratulate the organization for bringing the Souvenir and convey my best wishes on this occasion.

(MANISH SISODIA)



Hope Ek A.S.H.A

सत्येन्द्र जैन

Satyendar Jain

स्वास्थ्य, उद्योग, लोक निर्माण, ऊर्जा,
गृह, एवं शहरी विकास मंत्री
Minister of Health, Industries, PWD,
Power, Home & Urban Development



राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार
Govt. of National Capital Territory of Delhi
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D.O. No. Min/Health/2017/11010
Date: 28.11.2017

MESSAGE

I am happy to learn that the "Hope Ek A.S.H.A." (HEA)-a charitable society is organizing a Caregiver meet of the caregivers of Alzheimers disease patients to mark its 16th Annual day on 10th December, 2017. I am also glad that a souvenir "Hope-2017" is being released to mark the occasion.

I hope the society would countinue its endeavour to serve the Alzheimers disease patients and their Caregivers.

I wish all success for the Annual Day Celebration of Hope Ek A.S.H.A.


Satyendar Jain



Hope Ek A.S.H.A

डॉ. कीर्ति भूषण

महानिदेशक स्वास्थ्य सेवाएं

DR. Kirti Bhushan

Director General Health Services



महानिदेशालय स्वास्थ्य सेवाएं
राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार
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PS/DGHS/PB/-227546

MESSAGE

It is a matter of immense pleasure to note that Hope Ek A.S.H.A. is bringing out 16th edition of its souvenir "Hope-2017" on the occasion of its Annual Day on 10th December, 2017 .

I appreciate the efforts of the organization for coming to the rescue of the ALZHEIMER DISEASE patients and feel that the Souvenir will be a useful instrument to spread the knowledge far and wide to acquaint them with this dreaded disease, its symptoms and early detection methodology and precautionary safety measure etc.

I wish the events grand success.

Kirti Bhushan

(DR. Kirti Bhushan)



Hope Ek A.S.H.A



MESSAGE

It is a matter of immense pleasure to note that Hope Ek A.S.H.A. is bringing out 16th edition of its souvenir "Hope-2017" on the occasion of its annual Day on 10th December, 2017.

I on behalf of The Hans Foundation appreciate the efforts of the organization for coming to the rescue of the ALZHEIMER DISEASE patients and feel that the Souvenir will be a useful instrument to spread the knowledge far and wide to acquaint them with this dreaded disease, its symptoms and early detection methodology and precautionary safety measure.

I wish the event a grand success.

[Lt. Gen. S.M. Mehta (Retd)]
Chief Executive Officer

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Hope Ek A.S.H.A

तलवंत सिंह
जिला एवं सत्र न्यायाधीश(मुख्यालय)
तीस हजारी न्यायालय
दिल्ली -110054, (भारत)



TALWANT SINGH
DISTRICT & SESSIONS JUDGE (HQs)
TIS HAZARI COURTS
DELHI-110054 (INDIA)



MESSAGE

I am happy to learn that the Hope Ek A.S.H.A. (HEA) is organizing a Caregiver's meet for Alzheimers disease patients on its Annual day on 10th December, 2017 at **Constitution Club of India, Rafi Marg, New Delhi-110001** and also bringing out a souvenir Hope-2017 on the occasion.

During the past few decades, Alzheimers disease has emerged from obscurity. Once considered a disorder, it is now seen as a major public health problem that has a severe impact on millions of older persons and their families.

The disease results in decline in mental faculties of memory, reason and judgment to such an extent that it severely interferes with a person's daily life and activities.

The handing of the patients has to be essentially by a caregiver who becomes an important part of handing this disease.

I wish the Hope EkA.S.H.A. its meet and the souvenir all success.

Dated 24.11.2017

(TALWANT SINGH)
DISTRICT & SESSIONS JUDGE HQs
TIS HAZARI COURTS DELHI



Hope Ek A.S.H.A

Prof. Manju Mehta

Retd. Prof. of Clinical Psychology,
All India Institute of Medical Sciences
New Delhi - 110029



MESSAGE

It is a matter of great pleasure that Hope Ek A.S.H.A. is bringing out a Souvenir, “**Hope-2017**” on the Annual day function on 10th of December, 2017 to be organized **Constitution Club of India, Rafi Marg, New Delhi – 110001.**

The programme and services rendered by Hope Ek A.S.H.A. towards this human cause is exemplary and such awareness programme for the caregivers will help them to combat with the magnitude of stress experienced by them and will help them.

I wish all success to the organizers for the release of the souvenir.

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



Hope Ek A.S.H.A

ABOUT THE FOUNDER



A doctor by profession Sushma Chawla was born in 1951. Academically inclined she studied medicine at the prestigious Maulana Azad Medical College, New Delhi and earned her degree in 1972. As a specialist in Gynaecology & Obstetrics she has been in family practice since 1978 at her own clinic in Greater Kailash - II, New Delhi. Today, she is a Chief Medical Officer at IFCI, TFCI, IVCF and BMB. She is also a lifetime Member of Delhi Medical Association, Indian Medical Association, Indian Menopause Society, AMWI and Delhi Diabetic forum.

In last 35 years she has carried the glory of Indian medicine at National and International conferences and presented papers on subjects of interest and research.

Dr. Sushma Chawla is the Founder President of Hope Ek A.S. H.A. She is on a mission to create awareness about the dreadful disease - Alzheimer's. For last fourteen years she has been working relentlessly to make life better for Alzheimer's patients and their caregivers. She visits patients across Delhi to provide them care, compassion and motivation to stand against this disease. She also mentors and guides caregivers of the patients on several of aspects of care-giving and how to make it less stressful.

Her ultimate aim is to build a DAY CARE CENTER for the Alzheimer's disease patients who are in stage 1 & 2. The proposed day care centre will have trained caregivers, doctors and modern facilities to ensure the patients are well taken care of during the day, thereby giving respite to their caregivers.

Dr Chawla's inspiration is her mother who unfortunately suffered with Alzheimer's disease. She was the only caregiver for her. With little awareness about the disease, in five long years of caring she could realize the quantum of physical and emotional stress one had to through.

It was only after her mother passed away, she decided to form a support group and a platform for caregivers to help them deal with their Alzheimer's patients. Hope Ek A.S.H.A is that institution that aims to provide succor to caregivers and Alzheimer's patients with its efforts.

In her this noble endeavour, she is ably supported by her husband, her children and her dedicated team of volunteers.

Dr. SUSHMA CHAWLA

Founder President,

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

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E-mail: drschawla@rediffmail.com Website : www.hopeekasha.org



Hope Ek A.S.H.A

Hope Ek A.S.H.A. a humble Journey - Sixteen Years

Alzheimer Disease is not like any other disease . It not only affects the Brain causing slow progressive cognitive decline, it robs the very existence and personality of a person. While caring for such a patient the Caregiver undergoes insurmountable stress because he loses the person before he actually dies.

It was way back in 1994, when my mother started showing signs of depression which we attributed to the recent death of my father and her loneliness in a house which was always full of activity. By nature also she was a very quiet and a sensitive person. Time passed by and somewhere in 1997, the doctors gave the diagnosis of Senile Dementia, a term unheard of. For 2 years my world was only around my mother who had different moods on different days ranging from sadness to delirium. I was completely confused and helpless.

My mother breathed her last in December 1999 and in February 2000, my interview appeared in TOI " Life in Twilight Zone".

A harsh reality was seen with a stream of people calling me to share their stories and how they were still in the dark regarding the diagnosis.

I decided to hold the hands of these distressed caregivers and thus began the " Journey of Hope Ek A.S.H.A. "

Hope Ek A.S.H.A was formally registered in 2001 and we were joined by volunteers, Medical professionals, Paramedicals, caregivers and the families of the Alzheimer Disease patients.

Mission of Hope Ek A.S.H.A

To create AWARENESS about this disease among masses

Home Care - Counselling the caregiver, the family regarding the care and progress of the disease and how to deal with day to day issues.

VISION of Hope Ek A.S.H.A.

To bring up a Day Care center for these patients in order to give respite to the caregiver and the family.



Hope Ek A.S.H.A

It has been a long journey of 15 years and it is not easy to list the whole list of activities, programmes and camps conducted over this long span so here is the later part of the journey starting from 2011.

2011 was a eventful & a prestigious year for Hope Ek A.S.H.A

Our paper " Fading Memories - A concern for caring for Dementia patients" was accepted the Annual ADI conference at Toronto.

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.

Regular visits were started in the Neurology OPD at RML Hospital where the volunteers of Hope Ek A.S.H.A introduced many brain stimulating exercises and other activities to the Dementia patients and their caregivers by the volunteers of HEA for one year.

Home Care:

Sixteen new patients were registered and were visited at home. Proper counselling , training of the caregivers and showed very good results.

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 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 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.



Hope Ek A.S.H.A

Dr. Priya Jha , Dr. Beena Nangia and Dr. LK Malhotra were the main Speakers at the meet. It was attended by more than 60 persons and was very useful to the caregivers

Every Sunday 2-3 patients with their caregivers for guidance, treatment and counseling were seen. 8 new patients were recorded.

On 10th March, 2013 a Mega Health camp was organized 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, General check up and Dental check. 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 were assisted by the efficient staff of HEA.

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, 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. It was attended by the senior class students and the teachers. Their interaction was praiseworthy.

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 .The souvenir HOPE 2012-13 was released by the Chief Guest and other dignitaries. 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.



Hope Ek A.S.H.A

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

Year 2014-2015

Annual Caregivers Meet was held on 21st December, 2014 at Deputy Chairman Hall, The Constitution Club of India, Rafi Marg, New Delhi 110001.

Dr. Vijay Chandra, HOD Neurology, Fortis Hospital, Vasant Kunj along with Dr. Manju Mehta, Professor of Psychology AIIMS, Mrs. Renu Gulati, Vice President, Varishthh Nagrik Kesari Club, Punjab Kesari and Er. Rakesh Nath, released the souvenir HOPE - 2014.

Informative talks were given by Dr. Sushma Chawla on the developments during 2013-14, Dr. Vijay Chandra highlighted the "Developments in the Management of Alzheimer's Disease" and Dr. Manju Mehta on - "Facing the Challenges of Care giving"

Benu Bhargava narrated an inspirational poem by Sh. Harivansh Bachhan "Koshish Karne Walon ki kabhi haar nahin Hoti"

The interactive session saw a large number of caregivers coming up with their doubts and anxieties.

The meet ended with a vote of thanks by the Vice President and High Tea

Mass Awareness Camps

During the year 5 mass awareness camps were organized for senior citizens and younger group of people.

The seniors were of the opinion that these awareness camps should be conducted at the school and amongst the younger generation so that they are sensitized for the needs and problems of the elderly

World Elders Day

A weekly Q & A column was started for the masses in the senior citizen supplement of Punjab Kesari Newspaper

On 1st October, 2015, an awareness talk was held at the Library Hall, Safdarjung Enclave which was attended by more than 300 senior citizens. Counseling for them was taken up by Dr. Priya Jha and Dr.



Hope Ek A.S.H.A

Sushma Chawla for more than one hour on individual basis. It was a very interactive meet.

Home Care

During the year we conducted 15 home visits and counseled the family as well as professional caregivers and how to combat the day to day issues.

More than 10 calls are received by us every fortnight to enquire about the solutions for day to day problems.

The home visits are carried out by our volunteers Rita Sehgal, Benu Bhargava, Dr. Beena Nangia and Dr. Priya Jha.

HEA Caregivers Forum was setup on WhatsApp.

A group of medical professionals, volunteers and caregivers has been set up on WhatsApp so that people can post their queries and anxieties and it is immediately resolved. The members spread all over India and abroad.

Training the professional caregivers

Two batches of ten caregivers each were trained for caring of Alzheimer disease patients in particular were conducted. It was a two days concise course.

We realised that there is urgent need to properly train these carers specifically for AD patients who need different levels of care at different stages of the disease. We have applied for the same to the National skill development department, Government of India and hope to take up the next batch very soon.

Mega Awareness Meet was organized on 5th May, 2015 for the 2nd and 3rd year students of Master of Social Welfare (MSW) from Indira Gandhi National Open University(IGNOU) and it was attended by 95 students followed by a Motivational Talk, Interactive session and Lunch.

The role of Life style modifications and The future role of Stem Cells in the treatment of Alzheimer Disease was discussed by the professionals.



Hope Ek A.S.H.A

2016:

This year Shri. Satya Pal Trehan Ji who was the backbone of Hope Ek A.S.H.A left very peacefully for his heavenly abode at the age of 84 years. He was the real Benefactor of Hope Ek A.S.H.A.

We lost Sh. Lajpat Rai Ji at the age of 91 years this year. His concern for the senior citizens was commendable.

A medical camp was organized at village Garh Neelkanth near Alwar, in association with Nashdeep Foundation. HEA distributed 50 reading glasses to the elderly. Around 300 patients were examined with the help of paramedical staff. More medical camps will be carried out in future for senior citizens.

Awareness Program on the "Basics of Memory Loss - Dementia & Alzheimer Disease" for Students of Masters of Social Work (MSW), Indira Gandhi National Open University (IGNOU) at Greater Kailash - II, New Delhi on 15th May 2016. It was attended by 94 students with active interaction. A motivational talk followed by a sumptuous lunch was a treat for the students.

Mr. Harish Chawla, Secretary General, Hope Ek A.S.H.A. on the "Missions and Vision of HEA" at the "35th International Congress of NRI's" at EROS Hotel, New Delhi on 24th January 2016.

"Swami Vivekananda & Sister Margaret Award - 2016." presented to Hope Ek A.S.H.A. for its community service at Kolkata on 25th November, 2016. Dr. Sushma Chawla received the Award.

18.12.2016

15th Annual Day was held at the Deputy Speaker Hall, The Constitution Club of India, Rafi Marg, New Delhi 110001, on 18th December, 2016

Er. Rajiv Sharma, Chairman & Managing Director of Power Finance Corporation of India was the Chief Guest and Dr. Rajesh Sagar, Professor of Psychiatry, AIIMS, New Delhi was the guest of honor.

The Souvenir HOPE - 2016 was released by Dr. Rajesh Sagar and the First book "FAQs of Alzheimer Disease" was released by the Chief Guest.



Hope Ek A.S.H.A

30.12.2016

With an aim of opening a Day Care Centre at Delhi, Dr. Sushma Chawla and Secretary General of Hope Ek A.S.H.A. visited Nightingales Medical Trust in Bangalore where Alzheimer patients of stage I, II and III are taken care of. It was at the instance of Wing Cdr. Dharampal Sabharwal whose wife is suffering from Alzheimer for the last 8 years and is being taken care by this trust.

This gave a lot of guidance which will be helpful in opening of Day Care Centre in the near future.

25.02.2017

Survey

Hope Ek ASHA and Nasdeep Foundation on the request of one of member from Nasdeep Foundation decided to visit Tarola village near Mathura in connection with conducting a medical camp and a survey of the village was done on this day along with 20 members of both the organization.

11.03.2017

Hope Ek A.S.H.A. organized "Free Eye Camp" in association with Nasdeep Foundation at Village Tehla, Distt. Rajgarh, Alwar.

Our organization distributed 50 reading glasses to the senior citizen and others needy persons.

10.05.2017

Day Care Centre for Alzheimer patients are very common in USA. While in USA on this day our Founder president attended 2 days workshop at Alzheimer Resource Center, Connecticut, USA.

She exchanged her views about the difficulties experienced by the caregivers of Alzheimer disease patients in India as there is hardly any such centre in our country.

Various techniques were studied in their centre to deal with the Alzheimer patients which will be applied in India.



Hope Ek A.S.H.A

23.08.2017

Dr. Sushma Chawla, President Hope Ek A.S.H.A. (HEA) was invited to be a panelist at project GAYE (Give As You Earn) - Regional Partners Meet by CAF (Charities Aid Foundation) at Vishva Yuva Kendra, Chankya Puri, New Delhi. Mr. Puran Singh Verma, Co-ordinator HEA accompanied Dr. Chawla for the meet.

The meeting was attended by forty six NGOs all around Delhi NCR.

As a panelist Dr. Sushma Chawla introduced herself as the Founder President "Hope Ek A.S.H.A." among audience.

It was a surprise to note that out of an audience of 100 in numbers only 6 were aware of the Alzheimer disease.

Thereafter Dr. Chawla explained what this disease is and what "Hope Ek A.S.H.A." is doing for this cause.

The work of HEA was widely appreciated by the audience and other panelist present at the dais.

03.09.2017

Dr. Chawla was invited at the launching ceremony of "Old Age Forum" of Ward No. 89S of South Delhi Municipal Corporation in Arya Samaj Mandir, East of Kailash, New Delhi

It was attended by 50 senior citizen of the area. Dr. Chawla highlighted the importance of various community based programs which were earlier a part of our Indian Culture and now has been adopted by Western Community under the style "Community connection".

She stressed that "Home Care" should be a part of the community based program for the senior citizen.

She also introduced her society "Hope Ek A.S.H.A." dedicated to the care of Senior Citizens suffering from Alzheimer's / Dementia (Memory Loss) and their caregivers through its committed team of medical professionals and volunteers, registered in 2001.

Doctors present and Shri Raj Pal Singh, MLA present on the dais lauded the work done by "Hope Ek A.S.H.A."



Hope Ek A.S.H.A

17.09.2017

Hope Ek A.S.H.A. Conducted an Awareness Programme on “Alzheimer Disease” at Arya Samaj Mandir (Anarkali), Mandir Marg, New Delhi on Sunday, 17th September 2017.

It was attended by 70 persons of the area. Dr. Chawla gave talk on “How to improve your Memory”.

24.09.2017

Hope Ek A.S.H.A. in association with IMA South Delhi Branch Commemorated “World Alzheimer's Day” on 24th September 2017, Sunday at their office D - 52, Greater Kailash Enclave – II, New Delhi.

Chief Guest of the event was Lt Gen S M Mehta (Retd.), AVSM, SM, VSM** CEO, The Hans Foundation. Guests of Honour of the event were Smt. Mrs. Vaidhei Subramani, Member, Juvenile Justice board – II, Delhi Gate, New Delhi and Er. Rakesh Nath, Former Member Technical Appellate Tribunal of Electricity (APTEL)

The event was attended by 68 participants including reputed doctors of South Delhi, Executive members of IMA SDB, Volunteers, Caregivers and students.

Dr. Sushma Chawla, Founder President and Dr. Priya Jha, Associate Doctor of NGO delivered a speech on “Aging Gracefully & Facing Challenges” and “Importance of Sharing”. Mrs. Rita Sehgal and Mrs. Benu Bhargava demonstrated the importance of Sooksham Kriyas and Pranayam in Brain health.

Ms. Shalini Bhutani and Sh. S C Kalra shared their experiences as a caregiver for their beloved ones and with Hope Ek A.S.H.A. It was an Academic, Interactive and an Emotional seminar followed by Question & Answer session and Lunch.



Hope Ek A.S.H.A

28.09.2017

On the "W.H.O World Elder's Day" Hope Ek A.S.H.A. in association with "Efforts Group" conducted a Mass Awareness Meet on " Aging Gracefully & Facing the Challenges at Recreational cum Library Centre, B-4 Block, Safdarjung Enclave, Delhi on 28th September, 2017.

Dr. Sushma Chawla Founder President of Hope Ek A.S.H.A. delivered a talk on "Aging Gracefully & Facing Challenges" along with a presentation on Tips to Improve the Memory and its prevention.



"Let us join hands"





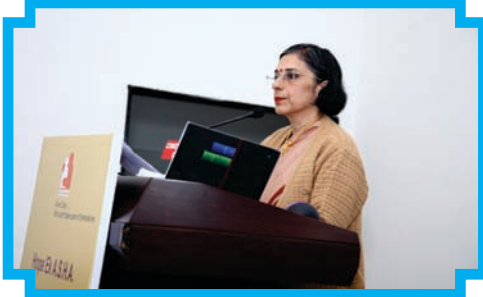
Hope Ek A.S.H.A

Fifteenth Annual Caregivers Meet of the Caregivers of Alzheimer Disease Patients at Deputy Speaker Hall, Constitution Club of India, Rafi Marg, Delhi on 18th December 2016





Hope Ek A.S.H.A





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**"Release of the first book
"FAQs of Alzheimer"
by Dr. Sushma Chawla and Mrs. Rita Sehgal
on 18.12.2017"**





Hope Ek A.S.H.A

CARING FOR MY MOTHER

With the recognition that we are taken care of while we are small and young, comes an understanding that sooner or later we will go through role reversal and become a caregiver. Time flies and our parents who took so much care of us with dedication, seemed helpless and dependent. When we understand this equation, then caregiving need not become stressful.

My sister Lata and me recognized this fact soon when we saw our mother deteriorating physically and mentally. At first, her slowness, losing short term memory felt like any other age related symptom. Having seen my father go through Dementia and Alzheimer disease, made us more receptive to her condition. But all said and done, when it involves a loved one, all your understanding as a person or a professional flies out of the window.

It was not denial, but we were maybe not ready for her condition. After having series of health issues and medications there was no denying of the fact that her nervous system was getting affected. In my father's case it was sudden and the disease progressed fast, but with her it was gradual and took many years.

The incident which first triggered our doubts was when she took her usual market visit by herself, and forgot her way back home. This route had been familiar and she was conditioned to going back and forth. Having a series of medical health issues, including epilepsy since many decades her neurologist decided not to put her on any more medications but suggested management of her illness.

The best part was her spirited nature which helped my sister manage her condition wonderfully well. It was at this time that I gathered that Dr. Sushma Chawla has an NGO called Hope Ek A.S.H.A and guides the caregivers. I joined her as a volunteer and learnt a lot about caregiving skills and management with other patients.

Being in another city I became a shadow caregiver with Lata. We discussed my mother's condition and her needs everyday. This is where the importance of support to the caregiver comes in. He/she



Hope Ek A.S.H.A

feels overwhelmed with the caregiving and need direct support. Even hearing the caregiver out with their fears and confusions reduces the already stressed situation.

The problems were endless. Beginning with the helpers who were kept for her management and their issues, gradual **Cognitive Impairment** and physical inabilities kept coming up. It felt as if Lata was trying to fight a battle between the helpers and my mother. But in the midst of all of this what helped was maintaining a good and practical routine for my mother. Every activity was timed and meticulous, so even my mother felt in control.

Exercises, rest, memory games (suggested by Dr. Chawla) were daily routine. There was no time when she was left to herself. Conversations, reading the newspaper to her, singing songs with her, kept my mother's spirits high. Her diet kept changing according to her condition and needs. From regular food to mashed, maintaining the nutrients.

Here it is important to note that even though the patient may seem disinterested and bored, the routine should continue because that is the missing link to keep the cognition going. The sounds, feels, hugs and loving words maintain the relationship between the patient and caregivers.

Might seem a huge task, but patience is the key. So it is important that caregivers get respite from caregiving and can go for a movie or outing. Give yourself permission to take this break as it does wonders to your wellbeing.

The online **WhatsApp** support group of caregivers initiated by Dr. Chawla is a blessing in disguise. Every query is promptly taken up and suggestion given. I am sure like me and Lata all other caregivers feel supported and blessed. It could be simple things like my mother having itching all over her body or not sleep on some days. The suggestions were practical and prompt. This feeling of being together with other people with similar situations and professionals eases the stress on caregiving to a very large extent.



Hope Ek A.S.H.A

Being a bit philosophical now, I wish to say that caregiving comes to only those who the Lord chooses. His work to care for others is delegated to sensitive, compassionate people and the payoff is huge.

Lata carried this role to perfection amazingly well and I bless her from the bottom of my heart. (My mother passed away few months ago)

Wishing strength and love to all caregivers. God bless you always.

Dr. Bina Nangia

*To care for those,
who once cared for us,
is one of the
HIGHEST HONORS*





Hope Ek A.S.H.A

How Anxiety affects the Elderly.



Feeling anxious or nervous when you are stressed out is common, but when this anxiety is frequent, overwhelming, and affects daily tasks, social life and relationship, it may be an anxiety disorder. Anxiety disorder can affect anyone at any age, and the elderly are no exception.

In fact anxiety may affect as many as 10 to 20 percent of the older population, although it is often undiagnosed and often goes hand in hand with depression.

Anxiety Disorder: Why the Elderly are affected.

Although anxiety disorders beginning in later life are uncommon, the symptoms of anxiety are quite common in older adults. The main reason is that older adults are subjected to a variety of stresses and losses, any of which can cause or be accompanied by anxiety symptoms.

These stresses can include retirement, loss or illness of a loved one, a decline in physical, cognitive or emotional health, or financial concerns. Many older adults are also afraid of falling, being dependent on others, being left alone, and death.

Anxiety Disorder: Getting Needed Help for Loved Ones

Left untreated, anxiety and anxiety disorders can lead to other problems, such as cognitive impairment, poor physical health, and a poor quality of life. So have your loved one examined by a primary care physician if you suspect that he or she has an anxiety disorder. Fortunately, there are a variety of treatments available if an anxiety disorder is diagnosed:

- **Psychotherapy or Counselling.**

A mental health professional, such as a psychiatrist, psychologist can help determine what is causing the anxiety disorder and how to deal with its symptoms. In many cases, a 'behavioral' approach, such as cognitive-behavior therapy, gives a person the tools to manage



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themselves. CBT shows therapeutic benefits in treating anxiety in older adults. It does not carry the risk of side effects or potential dependence.

- **Medication.**

While drugs won't cure anxiety disorders, they can help control these disorders while the person is in therapy. Mild tranquilizers are commonly used to control anxiety in older adults.

- **Stress reduction.**

Adopting stress management techniques, such as meditation, prayer, and deep breathing from the lower abdomen, can help lower anxiety. Yoga, progressive relaxation can also be beneficial.

- **Getting better-quality sleep.**

A good night's rest may also help. Sleep disorders are rampant in those with anxiety, and improving sleep with the help of medicine will be a big help.

- **Staying active.**

Activity of any kind, be it physical or intellectual, can ease anxiety symptoms. Encouraging the daily routines, exercise and activity, and socialization may be useful. Relaxing activities and hobbies should be encouraged. Gardening, fishing, art and music are particularly relaxing for some older adults.

- **Avoiding triggers.**

They should avoid things that can aggravate the symptoms of anxiety disorders, such as caffeine, smoking, over-the-counter medications, and alcohol.

As a caregiver for an older person with anxiety or an anxiety disorder, the responsibility may be on you to ensure that your loved one is receiving appropriate treatment.

Dr. Priya Jha
Clinical Psychologist



Hope Ek A.S.H.A



अल्जाइमर (ALZHEIMER) यानि भूलने की बीमारी कारण व निवारण

अल्जाइमर आम तौर पर 60– 65 साल की उम्र के बाद होती है पर आज कल भागम-भाग की तनाव- युक्त जिंदगी में जवान लोगों को भी होने लग गई है । ये न्यूरोडिसऑर्डर के कारण होती है इस ग्रुप की दूसरी बीमारियां, डेमेंशिया, पार्किंसन भी हैं इसमें सिर में चोट लगने या और किसी वजह से सिर की किसी नस में खून या आक्सीजन की सप्लाई कम होने लगती है तब ये बीमारी हो जाती है ।

सिर की बनावट – अखरोट की तरह होती है इसमें नसों का गुच्छा होता है किसी वजह से कोई नस सिकुड़ जाये या ब्लाक हो जाये तो इस बीमारी के होने के चांस बढ़ जाते हैं ।

बीमारी के शुरू आती लक्षण – पड़ोसी या रिश्तेदार का नाम भूल जाना या ना पहचान पाना । जिनसे हम बराबर मिलते रहते हैं । टेलीफोन नं० भूल जाना कोई बीमारी का लक्षण नहीं है पर टेलीफोन कैसे करना, भूल जाना लक्षण है । शुरू में इंसान हाल की घटनाओं को भूलना शुरू कर देता है । बोलते वक्त सही शब्दों का चयन नहीं कर पाता है ।

बीमारी के दुखित पहलू बीमारी का अभी तक कोई सही इलाज नहीं निकल पाया है । हालांकि पूरी दुनिया में रिसर्च चालू है, जो भी इलाज है काफी मंहगा है । उससे बीमारी को बढ़ने से रोकने में तो मदद मिलती है पर बीमार पूरी तरह से ठीक हो जायेगा, इसकी उम्मीद कम ही रहती है । फॉटिस अस्पताल, बसंत कुंज, दिल्ली ने एक सर्वे करवाया है । उससे पता चला की 90 प्रतिशत से अधिक लोगों को इस बीमारी के बारे में सही जानकारी नहीं है । इस कारण बीमार को शुरू में इलाज भी नहीं मिल पाता है ।

बीमारी बढ़ने पर बीमार घर का पता तक भूल जाता है । किचन व बाथरूम का फर्क तक भूल जाता है । अपना नाम तक भूल जाता है ।

इस बीमारी की वजह से मरीज की मौत जल्दी नहीं होती यह दुःखद दिनों को पूरा भुगत कर ही मरता है । बीमार की देखभाल करने वाले अधिक परेशान होते हैं क्योंकि बीमार को तो कोई होश-हवाश होता नहीं है । घर वाले बहुत अधिक परेशान



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रहते हैं। क्योंकि कई बार बीमार बहुत अधिक खाना, खाने लग जाता है तो कभी यह बिल्कुल ही खाना छोड़ देता है। मेहमानों के सामने शिकायत करेगा उसे खाने के लिए पेट भर खाना भी नहीं दिया जाता। पूरे दिन की देखभाल के लिए केयर टेकर का इंतजाम करें। इसके लिए आपको थोड़ा प्रशिक्षित व्यक्ति की जरूरत पड़ेगी जो की बीमार की सेक्स का हो। पीडित की जेब में हर वक्त पूरा पता व टेलीफोन नं. के साथ कार्ड जरूर रखें।

डे-केयर होम – जैसे वुर्जुर्गों के लिए ओल्ड एज होम खुल रहे हैं, बच्चों के लिए डेकेयर सेंटर खुल रहे हैं। उसी ढंग से इस बीमारी से पीडित लोगों के लिए भी बड़े शहरों में डे-केयर सेंटर खुलने शुरू हो गये हैं।

बीमारी से कैसे वचे ?

अंग्रेजी में कहावत है “Either you use your brain, otherwise, you will loose it” यानि या तो अपने दिमाग का इस्तेमाल करें वरना आप इसे खो देंगे। इसके लिए आप छोटे बच्चों से पार्क में गपशप करें उनके साथ खेलें। कोई छोटी-मोटी समाज सेवा करें जिससे आप अपने आपको अकेला महसूस नहीं करेंगे। अपनी हॉबी (Hobby) बरकरार रखें। रिटायर होने पर आप अपनी पुरानी हॉबी को बनाये रखें। किसी वजह से छोड़ दी है तो उसे दूबारा से शुरू करें। जैसे संगीत में रुचि, पहेलियाँ सुलझाना, लिखने –पढ़ने का शौक, हल्का खेलकूद का शौक आपको मानसिक व शारीरिक रूप से स्वस्थ रखेगा।

सकारात्मक लोगों के बीच रहना बहुत ही अच्छा उपाय है इस बीमारी से बचने के लिए। आप प्रेरणादायक भाषण / व्याख्यान सुनें। जैसे सूधांशू जी महाराज को दिशा व संस्कार चैनल पर सुने। जी न्यूज का शाम को 7 बजे शुभ समाचार का प्रसारण काफी प्रेरणादायक होता है। इससे लगेगा की संसार में अच्छे काम करने वालों की भी संख्या काफी है।

सबसे बड़ी बात है किसी भी हालात में अपना आत्म विश्वास न खोये। कहावत है ‘मन के जीते जीत-मन के हारे हार’

खान-पान से सावधानी बरतें—सभी चिकित्सा पद्धति मानती है की बासी, गला –सड़ा खाना अधिक मिर्च मसाले, कोल्डड्रिंक, फास्ट फूड बहुत नुकसानदायक है, अनियमित खाना, व्यायाम न करना भी सभी बीमारियों की जड़ है। खाने में ताजा



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फल, हरी पत्तेदार सब्जियों को अधिक स्थान दें। भीगे हुए बादाम व अखरोट खायें। इनमें विटामिन बी-12 व बी-1, होते हैं। जो इस बीमारी को होने से रोकते हैं। सब सावधानियों के बावजूद भी अपने किसी परिचित या परिवार में किसी को हो जाये तो घबराने की जरूरत नहीं है। क्योंकि यह बीमारी छुआ-छूत की नहीं है। विज्ञान व चिकित्सा क्षेत्र दिनों दिन तरक्की कर रहा है हो सकता है इस बीमारी का भी कोई सटीक इलाज जल्द निकल जाये। तब तक अपने आप को थोड़ा प्रकृति के पास ले जाकर जिंदगी का आनंद लें जैसे सुबह-शाम पार्क में ठहलते हुए हरियाली के मजे के साथ-साथ पक्षियों के चहचाने का भी आनंद ले, थोड़ी समाज सेवा कर जिंदगी को सफल व धन्यवाद के पात्र बनायें। मेडीकल कालेजों में अधिक विस्तार से इस बीमारी के बारे में पढाया जाना चाहिए।

निवेदन – जैसा लेख में लिखा है इस बिमारी का बहुत कम लोगों को सही जानकारी है इसलिए थोड़ी जानकारी फैलाने की कोशिश करें।

सधन्यवाद – ये लेख डा० सुषमा चावला व श्रीमती रीता सहगल की किताब अल्जाइमर पर बार-बार पूछे जाने वाले सवाल-जबाब तथा उनके साक्षात्कार पर आधारित है। लेखिकाएँ 'होप एक आशा' के नाम का एक एन०.जी.औ. भी चलाती है। अधिक जानकारी के लिए संस्था की

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Phone 011-2921-6885, 2933-8341 Mob.: 9810034342,
WhatsApp No. 9810030302 सम्पर्क करें।

इंजी-कमलेश चन्द्र जाजू
270/16, फरीदाबाद
मो. 09599438488



Hope Ek A.S.H.A

The Past
Cannot
Be
Changed

Opinions
Don't
Define
Your reality

Everyone's
Journey
is
Different

Things get
Better
with
Time

Positive
Thoughts
Create
Positive things

12 Things
to
Remember
in Life

What goes
Round
Come
Around

You fail
Only
If
You quit

Judgments
are a
Confession
of character

Over
Thinking
Will lead
to sadness

Kindness
is
Free

Smiles
are
Contagious

Happiness
is
Found
Within

*Compiled by
Mrs. Benu Bhargava*



Hope Ek A.S.H.A

**The 26 letter of the English
alphabet are SO intelligently
arranged. They show you the
way of LIFE.**

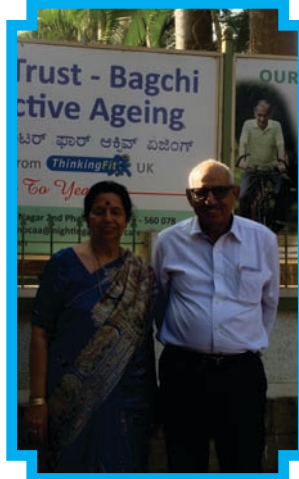
Always **B**e **C**ool. **D**on't have **E**go with
Friends and **F**amily. **G**ive up **H**urting
Individuals. **J**ust **K**ee**P** **L**oving **M**ankind.
Never **O**mit **P**rayers **Q**uietly **R**emember
God. **S**peak **T**ruth. **U**se **V**alid **W**ords.
Xpress **Y**our **Z**eal.

*Compiled by
Mrs. Benu Bhargava*



Hope Ek A.S.H.A

Dr. Sushma Chawla and Secretary General of Hope Ek A.S.H.A. visited “Nightingales Medical Trust” Bangalore where Alzheimer patients of stage I, II and III are taken care of on 30th December 2016.



President Hope Ek A.S.H.A being felicitated on “International old age Day” on 1st Oct. 2017





Hope Ek A.S.H.A

**Hope Ek A.S.H.A. organized
“Free Eye Camp”
in association with Nashdeep Foundation at
Village Tehla, Distt. Rajgarh, Alwar on
11th March 2017
and distributed 50 reading glasses to
the senior citizen.**





Hope Ek A.S.H.A

INSURANCE FOR SENIOR CITIZENS - A MUST

Health and home insurance are two products that elders must take under all circumstances. The elderly population in India is rising with improved life expectancy rate.

INDIA is one of the youngest countries with 45% of its population aged less than 24 years, indicating strong emerging economy, at the same time close to 12% of our population is nearing 60 years or is above it. To feel financially secure in old age one of the best ways is to buy Insurance policies at present, a number of reforms have been introduced for senior citizens offering them improved healthcare amenities coupled with tax relaxation benefits. However, the challenge for senior citizens is to derive the best from the offered facilities. Cognisance towards such initiatives, including insurance, at present is dismal in India.

RISKS FACED BY ELDERERS The nature of risks faced by senior citizens has changed in the recent past, ranging from being susceptible to a host of illnesses and expensive healthcare to being soft targets for burglary and assaults.

During last decade, family demographics have been changing while shifting more towards the concept of nuclear family. In this scenario, the closed relationships that were enjoyed earlier are gradually blurring, partially isolating the senior citizens and leaving a significant percentage of them to fend for themselves. Therefore, it is very essential for senior citizens to be well covered against the risks that they are vulnerable to health risks and other complications.

Few months ago, I was travelling to Kolkata and besides me was a gentleman in his late 60s, a retiree from an esteemed organisation. During the course of conversation, I told him about my work and further about insurance and its relevance. He averred that there could not be a suitable insurance solution for him or someone at that age. I informed him about the various options that could cover and address his healthcare needs and other risks. Since he travelled abroad frequently to meet his son, surprisingly, this information was an absolute revelation for him. Needless to say that majority of senior citizens in



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India are not well versed with the insurance buying process and guidelines.

I believe **HEALTH & HOME insurance are two products that senior citizens must be equipped with under all circumstances of living and earning.**

BASIC HEALTH COVER Given the growing incidences of infective, epidemic diseases and lifestyle disorders, health conditions at any age are highly unpredictable, more so when one is above 60 years. To address the medical exigencies that may arise anytime, a basic health insurance plan can be very helpful and can prevent loss of the hard earned savings. For general hospital admissions such as fever and infection the medical bills go beyond the range of just a few thousands while for a major procedure such as a heart or joint surgery the medical costs may run into lakhs. Without insurance coverage, one may have to compromise on facilities such as quality of hospitals, rooms and treatment as well. One should choose a plan that offers lifelong renewability so that one can enjoy health coverage as long as possible.

As per Indian government's welfare scheme for the aged person, senior citizens are eligible for tax deduction under Section 80D and Section 80DDB of the Income Tax Act in order to keep a health insurance in force. You can cover yourself with a good insurance cover at a nominal amount. However, it is imperative to know details about what you are choosing. Due diligence should be paid at the time of filling the proposal form. It is advised to be transparent about your current health conditions, especially the pre-existing conditions in order to avoid any claim rejection. Look for the health insurance plans that match your expectations of quality care and costs. A minimum health insurance plan should be a sum insured of Rs 5 lakh. Along with a base plan you can also opt for a super top-up, for emergencies involving higher hospital bills at a comparatively affordable premium. Details like the list and number of cashless hospitals empanelled in your city are important. Plans offering low or no co-payment are helpful in case of emergencies, when non-network hospitals are contacted for treatment.



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HOME INSURANCE In addition to a good home security system or a burglary alarm system that one ensures getting installed at home, buying a comprehensive home insurance policy is equally wise decision. Contrary to the popular belief, a home insurance policy is affordable and one can buy it for a period of up to 20 years. There are insurers that offer discounts on long term home insurance policies. Home insurance policies can protect you from any risk that your home is prone to by covering both its structure and contents. Additionally, you can cover your white goods and portable equipment. Always opt for a "new for old" cover, and one with a worldwide coverage.

You can also insure your jewellery kept in your house and lockers. Some insurers offer worldwide cover for jewellery as well. The conversation with that gentleman propelled me to think that for this segment, suitable options covering the entire gamut of risks faced by them are far more crucial than a perfect solution. These days customised housing societies, townships are gradually picking up in India for bringing in ease of domestic activities and enhancing experience of community living. All these facilities can be availed if our elders are in strong financial condition with good savings in place. Insurance can be instrumental in ensuring that these savings are intact and used for the purpose they are planned for. How the senior citizens safeguard the assets built with life-long hard work, how they ensure to get timely help in case of any mishap - the right answer is insurance, and that too adequate and accurate insurance. With this they can definitely lead a healthier, happier and secure life.



Compiled by :-
Harish C. Chawla
Secretary General



Hope Ek A.S.H.A

My experience of caregiving for my late father

My late father was diagnosed with signs of dementia in March, 2001 at the age of 75. Suddenly one fine morning, we found him behaving abnormally, losing touch with his surroundings. During early stages of the disease he would start talking out of context and mentioning events of his past life in a disjointed manner. He would often have hallucinations and become uncontrollable at nights. We had to sit all night on his bedside to help him calm down and try to put him to sleep and to ensure that he did not fall down from the bed. Even the sleeping pill would not work on him.

We consulted Dr K.S. Anand, Head of Neurology Department at RML Hospital, under whom he was getting treatment for Parkinsons. The Doctor advised MRI of brain which pointed towards onset of Alzheimer's disease. He was then prescribed Exelon starting with 1.5 mg dose, which was gradually increased to 6 mg. He responded to the medication and it slowed down the progression of the disease.

Not knowing much about the Alzheimer disease we got quite a bit of information from the internet and also lot of tips and help from Dr Sushma Chawla, Founder of Hope Ek Asha, an NGO giving support to caregivers of dementia/alzheimer's patients.

During early days, my father would not welcome visitors. This would embarrass us a lot and we had to tell the visitors in advance about his disease and his abnormal behaviour to save the situation, but everyone would not understand since there was lack of awareness about the disease.

During later stages, once he locked himself in the washroom. We could not break open the door since he had fallen down near the door and any forced entry by us would have hurt him. We then had to go to the small window opening on the other side of the washroom and helped him get up with the support of door handle and open the door from inside. After this we removed all bolts from inside the washrooms and installed support bars at convenient places.

To keep his brain occupied we encouraged him to write his life story. This he did quite accurately but it took him more than a month's time.



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Also he made a family tree going back three/four generations. He looked forward to playing badminton with my younger daughter as in his younger days he was a badminton player. To keep him busy my mother used to play Ludo with him. He was also given puzzle pieces to solve which he did with reluctance.

To stimulate his memory, we placed family pictures in his room and in the living area and would frequently ask him to recognise the family members there. He loved devotional music and we used to play this in the background with low volume during daytime. At times he would show signs of aggression and would become violent. When he showed such signs, we would try to calm him and leave him alone.

My father's eyes were very expressive. Often when I returned from office and other close family members met him we made it a practice to give him a soft hug and touch his forehead that he liked most. He was quite aware of what was happening around him but was unable to express himself. This we could make out with the way he would look at us as if he wanted to say something.

We could do all this on the expert advice of Dr. Sushma Chawla during her numerous regular visits. Our family is very grateful to her for her unstinting support and guidance at all times in caring for our late father.

During the last stages of the disease, he became totally dependent for his personal needs and hygiene. He could not eat by himself and was spoon-fed. It was difficult to give him medication as he would throw it out. Dr Anand then prescribed the Exelon patches instead. He stopped recognising my mother and other family members. Although we knew then that we have lost him as a personality and did not know how long this agony will last, but we did whatever we could to keep his dignity and quality of life intact. It was a hope against hope that the medical fraternity would find some answer to this disease.

After brief illness, he breathed his last on 10 April 2011 at the age of 86. We miss him a lot.

Suresh Kalra



Hope Ek A.S.H.A

The Elderly Need Music More Than Ever

Sumit Paul

Music at any age and stage of human life is a boon. Yale University researchers have found it to be an even greater boon for the elderly. The Lancet recently carried an exhaustive study on the benefits of music at old age. Music has the potential to drive away 'old age blues' experienced by most senior citizens. The study urges senior citizens to listen to music of their taste and also suggests that they play a musical instrument, if they know how to play it.

Writer Somerset Maugham, a medico who never practised, learnt to play the violin to tide over his loneliness in his old age. Bertrand Russell would regularly listen to Beethoven's ethereal symphonies to fight his sporadic schizophrenic bouts. He too had a long and highly productive life, and died at the age of 98. Victorian English poet

Alfred Tennyson started playing the piano at 70 when he felt that his poetic prowess was waning. He got that back, thanks to taking to the piano.

Cells and neurons in the human brain tend to relate to the cadences of music, known as 'neutral dance' in the parlance of neurobiology. That's why some homes for the elderly and geriatric hospitals in the West have a room meant for listening to slow and lilting music. Freud would advise his elderly patients to listen to Sebastian Bach's minor and major compositions as they've a proven quality to make geriatric patients feel euphoric for a long time.

Contrary to general belief that Mughal emperor Aurangzeb abhorred music, some accounts say that the Mughal court chronicler Khafiz Khan mentioned in his court dispatches

written in Persian that Aurangzeb's chronic insomnia at the age of 78 was cured by the court musician Ahmad Rasool Khan. He'd reportedly play a three-stringed modern sarangi-type instrument—called 'wazaaf' in Persian—to help the emperor fall asleep and would also sing khayal as he was a trained vocalist. It is said that Aurangzeb gave away 14 villages near Badaun in today's Uttar Pradesh as reward to the gifted musician who induced sleep for the emperor. Aurangzeb died at the age of 89.

The brain may be in an agitated state during old age, reliving unpleasant memories. Music works miraculously to help one forget the (unpleasant) memories.

The frayed nerves during old age feel rejuvenated when music is played.

William Shakespeare termed old age as the 'second childhood'. Researchers like Statham and Barnes have noticed that the inmates of homes for the aged often quarrel like children and it's not good to do with maturity or the lack of it. The degeneration of cells and weakening of neuro-responsive system could be the reason behind this child-like behaviour among old people living together. Music comes to their rescue and it amazingly gives them a sense of bonhomie and newfound maturity which's called 'MM' or 'musical maturity'. That's the reason, in many old-age homes in the US and UK, their residents are encouraged to listen to a session of vocal and instrumental music. It helps them stay calm.

Yehudi Menuhin and Italian virtuoso Massimo Quarta never missed a single opportunity in their lives to play the violin for old and disabled people. Menuhin often played for homeless old beggars on the streets of New York.



Falls are a common occurrence in the elderly. As the associated complications can be fatal, it is best to adopt preventive measures

NIDIA'S elderly population is growing rapidly. In 2008 at least 30 per cent of Indians (300 million) will be above the age of 60. Getting old can seem quite daunting. Be it the occasional forgetfulness or more serious health problems, aging can bring about many worrisome experiences.

Many elderly people develop long-term physical conditions or illnesses which can have an impact on their gait and balance. This leads to another age-related issue, that of falls.

According to the Centers for Disease Control and Prevention (CDC), about 14 per cent to 58 per cent fatal and nonfatal injuries in the elderly (above the age of 65) are due to falls, with the associated mortality standing at as high as 88 per cent. What is also noteworthy is that women fall more often than men.

Although falls are a common occurrence in the elderly, it is the associated complications of these falls that can make matters worse. People tend to believe that those are a common side-effect of old age and cannot be prevented. Often, the falls occur at home itself. Falls can cause complications such as hip fractures, broken bones, and head injuries. The elderly may even become fearful or depressed, and therefore choose to be inactive.

Causes: Health conditions: A high percentage of the elderly have diabetes, strokes, hypertension or arthritis. These lead to loss of function, instability, pain, etc., which are some major causes of falls.
Psychological issues: Depression, dementia, and hearing problems are also some other reasons for falls in the elderly, particularly due to their psychological effects on them.
Loss of balance and gait: With age, people lose coordination, flexibility, and balance, which are some common causes for falls.
Weak vision: Old age means a weak-

Avoid this fall



er or overweight as less light reaches the retina. This makes it harder to spot any obstacles on the way.
Medications: Certain medications can cause dizziness in the elderly leading to falls.



er or overweight as less light reaches the retina. This makes it harder to spot any obstacles on the way.
Medications: Certain medications can cause dizziness in the elderly leading to falls.

twice as long as those admitted due to other causes. They also use a greater functional decline in activities of daily living (ADL) as well as subsequent institutionalisation.

There are certain preventive measures one can take at home to prevent an elderly person from falling and getting injured. Here are some of them:

Timely medications: Medications should be given to the elderly at appropriate intervals as prescribed by the doctor. Skipping medications causes the body to become weak and thereby result in falls.

Physical activity: It is important for the elderly to get enough physical activity for their health. This will help in improving their overall health and quality of life.

Clutter-free surroundings: The best way to prevent falls in elderly people is to maintain cleanliness at all crucial points. Be it getting up and down the stairs, in and out of the wheelchair or any other place, there should be adequate provisions for the elderly to support themselves.

Proper lighting: A home with inadequate lighting is not suitable for the elderly. Make sure to install sufficient lighting in all areas such as the stairways and hallways. Also, ensure that the night lights in the bedroom so that they are able to see well even at night.

Non-slippery mats, anti-slip tiles: Ensure that non-slippery matting/covering are placed in the kitchen and bath-rooms, as these are the most accident-prone areas. Also, it is advisable to use anti-slip tiles in bathrooms.

Conclusion: Falls are a sign of declining fertility and poor health in the elderly. It is important to question elderly patients for falling on a periodic basis. This is more so because many elders may not come out in the open about it, fearing institutionalisation. They should also be examined for any physical injuries.

—The writer is medical director, Purvis Medicines, Bangalore.

FOLLOW A MEDITERRANEAN DIET TO REDUCE THE RISK OF DEMENTIA

A Mediterranean diet—low in red meat and dairy and high in omega-3 fatty acids found in oily fish and nuts—can help preserve memory and reduce dementia risk, say researchers. A study went through the diets of 17,478 people with an average age of 64. Those who followed the Med diet were 19% less likely to develop problems with memory. You also need to watch your food intake. Eating too much can double the risk of memory problems in old age. Studies found a high-calorie intake can increase the risk of developing mild cognitive impairment, or MCI, characterised by memory loss, which can precede dementia.



—The writer is medical director, Purvis Medicines, Bangalore.

The Tribune, 14.11.2017 (Tue)

Bill Gates promises \$100 million to fight Alzheimer's

LONDON, NOVEMBER 13 Microsoft co-founder Bill Gates will invest \$50 million in the Dementia Discovery Fund, a venture capital fund that brings together industry and government to seek treatments for the brain-wasting disease. "The investment—a personal one and not part of Gates' philanthropic Bill & Melinda Gates Foundation—will be followed by another \$50 million in start-up ventures working in Alzheimer's research," Gates said.

- Investment to be split
 - Investment to be split 50-50 between fund and start-ups
 - Bill Gates says some family members have suffered dementia
 - Alzheimer's and dementia affect 50 million people in the world
 - Billionaire also plans grant for global data platform



from Alzheimer's and other forms of dementia, the disease is taking a growing emotional and financial toll as people live longer, Gates said in an interview. "It's a huge problem, a

growing problem, and the scale of the tragedy is very high," he said. Despite decades of scientific research, there is no treatment that can slow the progression of Alzheimer's. Current drugs

can do no more than ease some of the symptoms. Gates said, however, that with focused and well-funded innovation, he's "optimistic" treatments can be found, even if they might be more than a decade away. "I'll begin immediately before new theories are tried enough times to give them a high chance of success. I hope that in the next 10 years that we have some powerful drugs, but it's possible that won't be achieved," he said. Dementia, of which Alzheimer's is the most common form, affects close to 50

million people worldwide and is expected to affect more than 131 million by 2050, according to the non-profit campaign group Alzheimer's Disease International. The DDF, which was launched in 2015 and involves drugmakers GlaxoSmithKline, Johnson & Johnson, Eli Lilly, Pfizer and Biogen Idec as well as the UK government, has already invested in at least nine start-up companies investigating potential ways to stop or reverse the biological processes that lead to dementia.

Gates said the additional \$50 million would be put into start-ups working on some "less mainstream" approaches to the disease, but said he had not yet identified these companies. The philanthropist, whose usual focus is on infectious diseases in poorer countries, said Alzheimer's caught his interest partly for personal reasons, and partly because it has so far proved such a tough nut to crack. "I know how awful it is to watch people you love struggle as the disease robs them of their mental capacity. It feels a lot like you're experiencing a gradual death of the person that you knew," he said in a blog post about the dementia investments. "Some of the men in my family have suffered from Alzheimer's, but I wouldn't say that's the sole reason for this investment," he added. Jeremy Hughes, chief executive of the Alzheimer's Society charity, welcomed Gates' "significant personal investment", saying, "It would speed up progress towards a cure and help reduce stigma around dementia." — Reuters





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How to improve your memory

Many of us can lose our train of thought midway through a sentence but when you're in an important meeting, it can spell disaster. And this doesn't just happen to older adults. Absent-mindedness is not just about senior moments, says neuropsychologist Dr Joanna Iddon. "In a recent study of healthy adults, the average number of memory slips, like putting the coffee jar in the fridge, was around six per week, irrespective of age, gender and intelligence. In fact, it was the younger people who were the most absent-minded. Making the best of your memory involves paying better attention, planning and organising. Luckily there are some tricks and strategies to help you with such moments," she says.

ASSOCIATE A MEMORY WITH THE ENVIRONMENT

So if, for example, a joke is learned in the

presence of a particular smell, that same aroma may cue the memory for that joke. "More simply, when in an exam, I advise my students to visualise the place in which they were revising as a cue to memory," says Andrew Johnson, memory specialist and lecturer in psychology.

CLENCH YOUR FIST

Research suggests that balling up your right hand and squeezing it tightly actually makes it easier to memorise phone numbers or shopping lists. Later, when you want to retrieve the information, clench the left fist. Researchers think the movements activate brain regions which are key to the storing and recall of memories.

LEARN SOMETHING BEFORE BED

"The best way to 'consolidate a memory' is to go through the information just before going to sleep," explains Dr Johnson. "This is because there are fewer 'new' interfer-

ing memories so you will remember it better the next day."

WIGGLE YOUR EYES

Wiggling your eyes from side to side for 30 seconds could be the key to boosting concentration. That's because the left and right sides of the brain perform different functions and improving communication between them can bolster mental performance.

SAFETY IT OUT LOUD

This is the easiest of all methods for remembering everything from where you put your car keys to what you need from the shop to revising for a test. Studies found saying what you want to remember out loud to yourself – or even mouthing it – will help recalling things.

DON'T SWALLOW IT WHOLE

When someone gives you a phone number, use 'chunking' as a way of remembering it, suggests memory expert Dr Chris Moulin. "So, when given a string of numbers to remember such as 12357001066, break it down into 12 39 57 00 10 66 or even 1239 5700 1066. Try to chunk numbers according to something you find meaningful, like the age of someone you know, an address or a famous date so that they form a story to help you remember."

QUIT SMOKING

It can cause significant damage to your memory, say researchers. A study found that middle-aged smokers didn't perform well in tests compared with those without the tobacco habit.

USE YOURSELF A CUE

If there's something you have to do every day at a specific time and often forget, a technique called implementation intentions is simple, says Dr Moulin. For example, say to yourself "Whenever I have my first cup of tea in the morning, I will also take my pills". Or "when lunchtime news finishes, I'll do my exercises".

USE IMAGERY

One type of mnemonic – or memory aid – relies on imagery rather than words. "A

classic way of remembering a person's name is to try and imagine it (or something associated to it) on the person's face," says Dr Moulin. Psychologists have found that the more bizarre and vivid the image, the better it works.

VISUALISE WHAT YOU NEED TO DO

If you are in the kitchen, and want to remember you need to close the bedroom window, think of the curtains flapping. Once you have paused to form the vivid association between the room and the rea-

FOLLOW A MEDITERRANEAN DIET TO REDUCE THE RISK OF DEMENTIA

A Mediterranean diet – low in red meat and dairy and high in omega-3 fatty acids found in oily fish and nuts – can help preserve memory and reduce dementia risk, say researchers. A study went through the diets of 17,478 people with an average age of 64. Those who followed the Med diet were 19% less likely to develop problems with memory. You also need to watch your food intake. Eating too much can double the risk of memory problems in old age. Studies found a high-calorie intake can increase the risk of developing mild cognitive impairment, or MCI, characterised by memory loss, which can precede dementia.



GET ENOUGH SLEEP

A good sleep triggers changes in the brain that help to improve your memory considerably. Sleep helps new memories to 'stick' in the brain – a process, scientists call memory consolidation. This happens when connections between brain cells are strengthened by proper rest. Researchers said, "When you are asleep, it seems as if you are shifting memory to more efficient storage regions. When you wake up, memory tasks can be performed way more quickly"

Living near busy roads raises dementia risk

Study Suggests Pollutants Can Enter Brain Via Blood Stream Leading To Nerve Problems

London: People who live near roads laden with heavy traffic have a higher risk of developing dementia than those living further away, possibly because pollutants enter their brains via the blood stream, according to researchers in Canada.

A study in The Lancet medical journal found that people who lived within 50 metres of busy roads had a 7% higher chance of developing dementia compared to those who lived 200 metres away from high-traffic roadways. Lead scientist Dr Hong



People who live within 50m of busy roads have a 7% higher chance of developing dementia compared to those who reside 200m away

Chen analysed records of 6.5 million Ontario residents aged 20 to 85 and found 2,43,611 cases of dementia between 2001 and 2012. Then they mapped residents' proximity

to roadways using postal codes. The increase in the risk of developing dementia went down to 4% if people lived 50 to 100 metres from major traffic, and to 2% if they lived within 101 to 200 metres. At more than 200 metres, the elevated risk faded away.

"Air pollutants can get into the blood stream and lead to inflammation, which is linked with cardiovascular disease and diabetes. This study suggests pollutants that can get into the brain via the blood stream can lead to neurological problems," said Ray

Copes, a health expert at Public Health Ontario, who conducted the study with colleagues from Institute for Clinical Evaluative Sciences.

Population growth and urbanisation has placed many people close to areas with heavy traffic, and with growing rates of dementia even a modest effect from near-road exposure can pose a large public health burden. Other results from the study suggested a connection between dementia and exposure to two common traffic pollutants, nitrogen dioxide and fi-

ne particles of sooty material generated by diesel engines.

The WHO estimates the number of people with dementia in 2015 at 47.5 million, and the number is rising rapidly as life expectancy increases and societies age. It is starting to overtake heart diseases as a major cause of death in some developed countries. Tom Denning of the Centre for Old Age and Dementia in UK said, "It is unlikely that Ontario has the worst air quality in the world, so the risks might be even greater in cities that are habitually wrapped in smog." **AGENCY**



Hope Ek A.S.H.A

उम्र की एसी की तैसी

घर चाहे कैसा भी हो
उसके कोने में खुलकर हंसने की जगह जरूर रखना ॥

सूरज कितना भी दूर हो, उसको घर आने का रास्ता देना,
कभी छत पर चढ़कर, तारे अवश्य गिनना,
हो सके तो हाथ बढ़ा कर—चांद को छूने की कोशिश करना।
करो लोगों से प्यार से मिलना जुलना, घर के पास पडोस जरूर रखना ॥

घर चाहे कैसा भी हो
उसके कोने में खुलकर हंसने की जगह जरूर रखना ॥

जीवन में प्रभु प्रेम की अगरबत्ती जला के रखना।
जीवन की कशती उन्हें सौंप, उनकी रहमतें सजा के रखना।
घर की नीव को, अंहकार से बचा के रखना।
मुस्कराते हुए सेवा भाव बना के रखना॥

घर चाहे कैसा भी हो
उसके कोने में खुलकर हंसने की जगह जरूर रखना ॥

घर के सामने रखना इक पेड़
उस पर बैठे पक्षियों की बात अवश्य सुनना ।
अपनी वाणी में कोयल सी कूक और कथनी में फूल सी महक रखना ॥

घर चाहे कैसा भी हो
उसके कोने में खुलकर हंसने की जगह जरूर रखना ॥

चाहे जिधर से गुजरिये, मीठी सी हलचल मचा दीजिए ।
उम्र का हरेक दौर मजेदार है, उम्र को सलाम कीजिए ।
उम्र को करने दो अपना काम, आप खुद पर ध्यान दीजिए ॥

जिंदा दिल रहिए हर हाल में
ये चेहरे पे मायूसी और उदासी कैसी
वक्त तो बीत ही रहा है
उम्र की एसी की तैसी

रीता सहगल



Hope Ek A.S.H.A

**Founder president of Hope Ek A.S.H.A.
attended two days workshop at
Alzheimer Resource Centre,
Connecticut, USA on
10th & 11th May 2017.**





Hope Ek A.S.H.A

**Dr. Sushma Chawla, President Hope Ek A.S.H.A.
attended Regional Partners Meet by
CAF (Charities Aid Foundation) as a panellist
(Project Give As You Earn)
at Vishva Yuva Kendra, Chankya Puri,
New Delhi on 23rd August 2017.**





CARE OF CAREGIVER

Hope Ek A.S.H.A

**Hope Ek A.S.H.A.
Conducts an Awareness Programme on
“Alzheimer Disease”
at Arya Samaj Mandir (Anarkali),
Mandir Marg, New Delhi on
17th September 2017.**





Hope Ek A.S.H.A

On the "W.H.O World Elder's Day"
Hope Ek A.S.H.A. in association with
"Efforts Group" conducted a Mass Awareness Meet on
"Aging Gracefully & Facing the Challenges"
at Recreational cum Library Centre,
B-4 Block, Safdarjung Enclave, Delhi on
28th September, 2017





Hope Ek A.S.H.A

UNDERSTANDING ORAL HEALTH AND DENTAL CARE OF ELDERLY -- A COMPASSIONATE APPROACH

Aging is a natural process. Old age should be regarded as a normal, inevitable biological phenomenon. The life-stage of older adulthood has considerable variation depending on age and underlying genetic and medical conditions. Frailty, both physical and neurological, in older people represents the move from independence to dependence which can have an impact on oral health and affect the efficacy to perform oral hygiene on a daily basis.

Oral health status in the elderly reflects the cumulative outcomes of oral health behavior, diseases and their treatments during a lifespan. Nowadays, it is increasingly common for the elderly to retain most of their teeth, presenting a challenge for oral self and professional care to maintain the dentition for a lifetime. The management of older patients requires not only an understanding of the medical and dental aspects of ageing, but also many other factors such as ambulation, independent living, socialization, and sensory function. These problems can be overcome by proper diagnosis and treatment planning for the elderly that must include considerations of the biological, psychological, social and economic status of the patient in addition to the obvious dental issues.

AGING PRESENTS NEW ORAL CHALLENGES

Nutrition and its implications on oral health:

Disorders of the oral cavity have contributed to poor eating habits in the elderly. Missing or loose / painful teeth or ill-fitting dentures may result in a reduced desire or ability to eat. A compromised nutritional status, in turn can further undermine the integrity of the oral cavity.

Changes in teeth: With aging, the appearance and structure of teeth tend to change. Geriatric patients are prone to wasting diseases of teeth such as attrition, abrasion, abfraction and erosion. Older people are more vulnerable to tooth decay, possibly due to a preference for sweeter foods, less care with their oral hygiene and inability or reticence to access dental treatment.



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Changes in salivary secretion (Dry Mouth): Xerostomia is the subjective sensation of dry mouth caused by decreased saliva production. Although salivary flow does not decrease with age alone, certain medications and illnesses increase the risk of Xerostomia in older persons. This would affect the ability to speak, and chew, and would increase the rate of caries, periodontal disease, traumatic ulcers, fungal infections and reduces denture retention in the edentulous patient.

Systemic diseases and its dental relation: Almost all systemic diseases have oral manifestations, the first sign of which may be seen by the dental clinician. Recent research suggests a relationship between oral disease and systemic diseases such as diabetes, cardiovascular disease, stroke, respiratory infections, Alzheimer disease and other medical conditions.

Periodontal Changes: Gum diseases have been associated with general health problems such as, diabetes and increased risk of cardiovascular disease. The major local cause of gum disease is dental plaque (sticky, colorless film containing bacteria, food debris and salivary products that build up on all surfaces of the teeth, dentures, gums and tongue) leading to periodontitis (pyorrhea).





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DENTAL TREATMENT CONSIDERATIONS FOR THE ELDERLY

With the rapid progress in dentistry over recent years, geriatric dentistry has been able to help people who have dental problems that are age-related.

The treatment modalities can be broadly divided into:

1. Preventive measures and
2. Restorative measures

Preventive measures:

Active preventive measures include oral health-maintaining behavior.

- A well balanced diet is the key to oral health because nutrients have an impact on overall development, growth and maintenance of teeth and its supporting structures.

- Sweet or sticky foods should be avoided in between meals

- Regular brushing after every meals or at least every meal at night which helps to keep teeth free of plaque and fight decay.

- Choose right toothbrush that fits comfortably in hand and is easy to control. Massage the gums after brushing and gently brush the tongue too.

- Regardless of dentate status, it is recommended that the elderly make dental visits at least once in every 6 months for clinical re-evaluation, depending upon their ability to perform oral hygiene.

- **Cognitive Limitations Affecting Dental Care and Self-Care:**

Patients with severe cognitive impairment, including Dementia, are at increased risk for caries, periodontal disease, and oral infection because of decreased ability to engage in self-care. Education of the caregiver, as well as the patient, is an important part of the prevention and disease management phase of dental care. Dentate patients with cognitive limitations should be encouraged to brush their teeth two or more times daily; use of an electric or battery-operated toothbrush should be considered. In patients with removable prosthetic devices, the device(s) should be removed, inspected, and cleaned before bed and returned to the mouth in the morning.



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Restorative measures:

Geriatric dentistry excels in restoring decayed teeth, gingival margins, discolored teeth, missing teeth, various types of other cosmetic and health related issues and it also helps people who may be taking excessive medications or may be slow to recover from or have sensitivity to dental surgery.

- **Dental caries:** Minimal intervention dentistry (MID) as a treatment model can be adopted in elderly patients which includes assessment of risk disease with emphasis of early detection and prevention, selection of material and equipment and surgical intervention only when required.

- **Replacement of Missing teeth in elderly (Prosthetic Rehabilitation):** When teeth are missing, prosthodontics restore oral functions such as masticating (chewing), speaking, appearance and oral comfort.

There are numerous types of simplified methods and materials that may be indicated for elderly in specific situations. Examples are dental implants, fixed partial dentures (FPDs) also called bridges, removable partial denture (RPDs) and complete dentures.

- Advantages of FPD are that they can be accomplished in shorter and fewer appointments compared with conventional methods. RPDs are always contra-indicated, except as temporary restorations, because of convincing documentation that long-term use, causes irreversible harm to oral tissues, reduced function and poorer prognosis of the dentition. Also, geriatric patients have more difficulty in adapting to a removable denture resulting in dissatisfaction.

- **Dental implants and implant-retained and/or implant-supported prostheses are viable treatment options for older patients.**

- Universally, the older population has not experienced much access to dental implants as a treatment option. **While there is a myth that implants are not effective for older people, the truth is that these devices work for the aged just as well as they do for younger**



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patients. Even patients with diabetes, heart disease and other health issues have been able to successfully get dental implants.

- Another myth is that many people avoid dental implants because they believe they are painful. This is completely untrue. Dentist performs implant surgery under local anesthesia with **no pain** to the patient. An experienced surgeon will follow a less complicated procedure, offering a wide range of anesthesia options to suit the needs and preferences of patients.

Older patients are at risk for oral health problems, resulting from declining physical and/or mental status, medications, and reluctance or failure to seek routine dental care. The elderly population must recognize that tooth loss is preventable. They need to understand the risks associated with untreated dental disease, the signals indicating that dental care is required, the importance and value of thorough daily oral hygiene practices, as well as regular professional cleanings and examinations. Through educational efforts, optimal oral health for the life of the individual may be ultimately attainable. The elderly deserve the best care the dental profession can offer.



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GOD'S GRACE

I Thank God for everything I have today as they are all a gift to me from God. As humans we enjoy the freedom to choose, yet what happens ultimately is God's Will.

One day I was sitting with my MENTOR complaining for a problem in life. He told me to take a paper and a pen and start writing about the blessings of God around me, forgetting about my present problem. He told me to start with the sentence "I am blessed to have two eyes and keep adding. While writing about my blessings like healthy body, all organs functioning, air I breathe, water, sunrise, sunset, abundance in nature, food, good sleep, clothes, comfortable house and much more I felt so blessed. My problem looked so small to me. I realised only if we let go our grievances we see miracles happen and God's grace flowing on us. We are so blessed in ways we may never even know.

He read a small story to me making me understand how blessed. I am by the grace of God. A man reached seventy years of age and was affected by a disease which made him unable to urinate. The doctors told him that he needs an operation to cure the disease. He agreed to do the operation as the problem was giving him severe pain for days. When the operation was completed the doctor gave him a bill which covered all the costs. After looking at the bill, the man started crying. Upon seeing this, the doctor said, "If the cost is too high then we could make some other arrangements for you" The old man replied, "I am not crying because of the money but I am crying because GOD let me urinate for seventy year and he never sent me a bill. God has given us free oxygen (air) since we were born. God is so gracious, merciful and full of compassion"

God has sent each one of us as an angel - pure and fearless. But the conditioning of mind from our parents, teachers and past life experiences generate fear. If we face our fears with faith in God and courage they disappear like darkness disappear as soon as a candle is lit. "Those who joyfully leave everything in God's hand will eventually see God's hand in everything." It is not God's lack of resources or our lack of talent that prevent us from prospering. It is our own wrong thinking that keeps us away from God's best. Faith in God is the best



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medicine. The problem today is that we have doubts in our faith and have full faith in our doubts. Lord Jesus said “The kingdom of God is with in.” If we don't trust God we don't have true joy in our heart and we do not find true joy and peace outside even if we are in heaven in the company of angels. We tend to use prayer as a last resort but God wants it to be our first line of defence.” This line reminds me of a story I read in speaking Tree.

“There was a sea captain who in his retirement skippered a boat taking day trippers to the Shetland Islands. On one trip the boat was full of young people. They laughed at the old captain when they saw him say a prayer before sailing out, because the day was fine and the sea was calm. However they weren't long at sea when a storm suddenly blew up and the boat began to pitch violently. The terrified passengers came to the captain and asked him to join them in prayer. But the boatman replied, “I say my prayers when it's calm. When it's rough I attend to my ship” If we cannot see God in quiet moments of our lives, we are not likely to find him when trouble strikes. We are more likely to panic. But if we have learnt to seek him and trust him in quiet moment, then most certainly we will find him when the going gets rough.

I Love this line “If you never want disappointment in your life then never miss your dally appointment with God” It is our strong faith in God's grace that fortifies us with a healing power within us. Even Doctors' say “We treat but God heals and no physician is greater than God”

“A man got a beautiful house constructed spending enormous amount of money. Shortly after the house was completed gutted. The man's friends and colleagues consoled him about the absolute waste of all the money he had spent. Do you know what was that man's reply? He said, he was grateful to God because he was going to move into the house the next week and he was happy that his family was spared. This is strong faith in the grace of God.

“God helps those who help themselves” is an old adage. God understands our desires through every thought we think, every word we speak and everything we do. Our thoughts, our words and our actions are our prayers sent right to God. It is not between you and me. It is between me and God.



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God is our best friend and has given us so much power to create the reality and experience heaven for us on earth. We need to make God our partner in every undertaking and get away with the thought that. I am doing It. Always think "God is getting it done from me and we are doing it together.

Let's always feel the flow of God's grace on us by trusting him and trusting ourselves. We can love someone only if we love ourselves. We should believe in God like we believe in sun, not because we can see it but we can see everything else because of it.

COUNT YOUR BLESSINGS

*Mrs. Rita Sehgal
Editor "HEA"Pic*

*" Caring for our seniors is
perhaps the greatest
responsibility we have.
Those who walked before
us have given so much and
made possible the life we
all enjoy. "*

- John Hoeven



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माँ की ममता

बाजुओं में खींच के आ जायेगी जैसे काएनात
अपने बच्चे के लिए ऐसे बाहें फेलाती है माँ

जिंदगी के सफ़र में गर्दिशों की धुप में
जब कोई साया नहीं मिलता तब बहुत याद आती है माँ

प्यार कहते हैं किसे और ममता क्या चीज़ है
कोई उन बच्चों से पूछे जिनकी मर जाती है माँ

सफा-ए-हस्ती पे लिखती है असूल-ए-ज़िंदगी
इसलिए तो मकसद-ए-इस्लाम कहलाती है माँ

जब ज़िगर परदेश जाता है ए नूर-ए-नज़र
कुरान लेके सर पे आ जाती है माँ

लेके ज़मानत में रज़ा-ए-पाक की
पीछे पीछे सर झुकाए दूर तक जाती है माँ

काँपती आवाज़ में कहती है बेटा अलविदा
सामने जब तक रहे हाथों को लहराती है माँ

जब परेशानी में फँस जाते हैं हम परदेश में
आंसुओं को पोंछने ख्वाबों में आ जाती है माँ

मरते दम तक आ सका न बच्चा घर परदेश से
अपनी सारी दुआएं चौखट पे छोड़ जाती है माँ

बाद मरने के बेटे की खिदमत के लिए
रुप बेटी का बदल के घर में आ जाती है माँ...

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Hope Ek A.S.H.A. in association with IMA South Delhi Branch Commemorated "World Alzheimer's Day at their office D - 52, Greater Kailash Enclave – II, New Delhi on 24th September 2017





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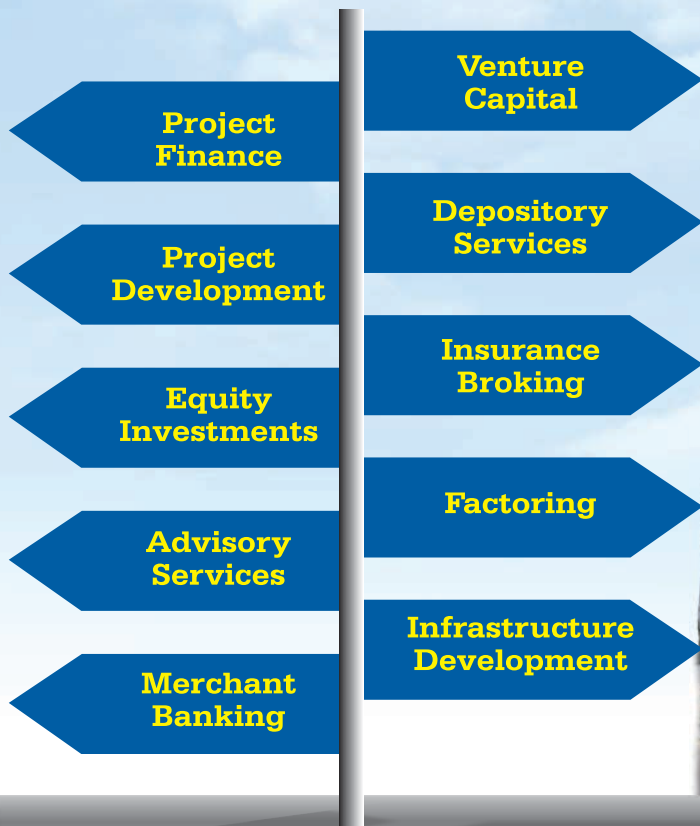
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