



Volume 1 Issue 2

NEWSLETTER

December 2010



Dear Readers,

Melur Meadows wishes you all warm greetings.

Thank you for the overwhelming response to the first issue of our newsletter. We look forward for your active support to continue the good work and ensure to bring quality information and articles in every issue of our newsletter.

Diwali celebrations at Melur Meadows were colourful. We hope to have the next festival celebration with more people participating in it.

In this issue we have tried to bring out some of the important issues related to old age and keeping fit.

Please bear with us, if some of your suggestions, articles, comments, suggestions etc. have not found place in this issue of the newsletter. The idea is to being in the best of what we have and the editor's decision in this regard is final.

However this does not restrict the readers to send in their comments, suggestions, observations, articles and more. Your inputs are valuable and we assure you that the same would be given preference in order of priority and value addition to our objective. Happy reading |

Sincerely,

Sundar Varadarajan
General Manager @ Melur Meadows
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Laughter is strong medicine for mind and body

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.



Globe Thistle

Globe thistles are stalwart perennials that produce metallic-blue blossoms with perfectly round flower heads atop ribbed stems. Plants grow two to five feet tall and almost as wide. The spiny-edged leaves are white and woolly underneath.

GOOD FOODS

Source: www.health-heart.org

FOODSTUFF

Unprocessed foods provide original nutrients that prevent deficiencies and keep your body in peak condition to fight heart & artery decline. Veggies: especially, but with some exceptions, the "above ground" type or portion.

HOW MUCH

Any amount; dark colored ones are best. Fresh & little processed (steamed) is preferred. Go easy on the rapidly absorbed starchy carbohydrates from potatoes.

WHY

The colored ones have many types of carotenoid (like vitamin A) & flavonoids (phytochemicals) that prevent all kinds of unhappy events (cancer, heart & vascular trouble, strokes, etc). Especially the "above-ground" portions of veggies have fiber, slow-release energy and no fat. Cabbage, broccoli & Brussels sprouts are anti-cancer. Garlic is probably heart-healthy.



The problem of old age in India

Source: <http://www.azadindia.org>

A man's life is normally divided into five main stages namely infancy, childhood, adolescence, adulthood and old age. In each of these stages an individual has to find himself in different situations and face different problems. The old age is not without problems. In old age physical strength deteriorates, mental stability diminishes; money power becomes bleak coupled with negligence from the younger generation.

There are 81million older people in India-11 lakh in Delhi itself. According to an estimate nearly 40% of senior citizens living with their families are reportedly facing abuse of one kind or another, but only 1 in 6 cases actually comes to light. Although the President has given her assent to the Maintenance and Welfare of Parents and Senior Citizens Act which punishes children who abandon parents with a prison term of three months or a fine, situation is grim for elderly people in India.

According to NGOs incidences of elderly couples being forced to sell their houses are very high. Some elderly people have also complained that in case of a property dispute they feel more helpless when their wives side with their children. Many of them suffer in silence as they fear humiliation or are too scared to speak up. According to them a phenomenon called 'grand dumping' is becoming common in urban areas these days as children are being increasingly intolerant of their parents' health problems.

After a certain age health problems begin to crop up leading to losing control over one's body, even not recognizing own family owing to Alzheimer are common in old age. It is then children began to see their parents

as burden. It is these parents who at times wander out of their homes or are thrown out. Some dump their old parents or grandparents in old-age homes and don't even come to visit them anymore. Delhi has nearly 11 lakh senior citizens but there are only 4 governments' run homes for them and 31 by NGOs, private agencies and charitable trusts. The facilities are lacking in government run homes.

Rights of the Elderly

- Parents cannot be evicted from a house without due process of law if they have been staying there from before. There is, three enactments that can be applied.
- Under section 125 of the CrPC, a magistrate can order a child to maintain his old parents under the Maintenance of Parents Act.
- The Hindu Adoptions and Maintenance Act say an aged parent can demand maintenance from children in the same way that a wife can demand it from her husband.
- The Domestic Violence Act too provides parents with the right to seek relief from any kind of abuse.

A National Policy on older persons was announced in January 1999 which identified a number of areas of intervention-financial security, healthcare and nutrition, shelter, education, welfare, protection of life and property for the wellbeing of older persons in the country.

A National Council for Older Persons (NCOP) was constituted by the Ministry of Social Justice and Empowerment to operationalize the National Policy on older persons.



Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.



Reader's Comment:

"I ... would like to congratulate your team for bringing out the new Newsletter. It is informative and has info on well being for the Sr. citizens. I am sure all the present and future residents in MM will thoroughly enjoy this Newsletter."

-Ravindran's and Naqaraian's, Owners at MM

Quotable Quotes

"All men who have achieved great things have been great dreamers." - **Orison Swett Marden**

"Do not dwell in the past; do not dream of the future, concentrate the mind on the present moment." - **Buddha**

KEEPING FIT BY REST AND SLEEP

<http://www.hindustanlink.com>

The normal day may be considered divided into three equal parts-of eight hours for work, eight hours for recreation, and eight hours for sleep. Accordingly a person should spend at least one-third of life in sleep. To many people this seems a waste of time, and a great many do their utmost to change Nature's demands and obtain as little sleep as possible. Some people seem to require a smaller amount of sleep than others do, while some seem to require more than the average. But if a person's individual requirements are eight hours of sleep and less than this amount is obtained there will be a reckoning, soon or late.

Work and exercise, or even merely consciousness, produce a fatigue of the nervous system. Just what cause sleepfulness and the need for sleep is not positively known, so far as changes in the nervous system are concerned. One theory is the through fatigue, nerve fibers become contracted and draw away from each other so that there is a break in the impulses which travel through them. In the course of sleep, these nerve fibers again stretch out until their contact is completed, and when this has been perfect over the entire nervous system one awakens from sleep and needs no more sleep until a similar condition of broken impulse is created again.

Certain it is that one cannot keep vigorous and youthful with an insufficient amount of sleep. Sleep imparts vitality and resiliency to the mind and body as nothing else can. It is Nature's "sweet restorer, knitting up "the raveled sleeve of

care". The loss of one night's sleep is far more detrimental to the body than the omission of several meals. In fact, in most cases the latter results may result beneficially. It has been repeatedly called to our attention that Edison habitually slept only four hours or so at night. But it is well known that he had a cot in his laboratory where he would nap frequently during the day. However, he probably did get less sleep than many people require.

One of the reader's years ago endeavored to see how long he could go without sleep. Instead of sleeping his usual eight hours the first night of the experiment, he slept seven; the next night he slept six hours; and then slept one hour less each night until he was not sleeping at all. At the end of about four days without sleep he found that he could not sleep, and for six months he was slowly coming back from and extreme nervous prostration.

It does not pay to see how little sleep one can get. One need not fear sleeping too much. Sometimes an individual may get more sleep than is good for him, but this is rare. There is a definite need for sleep when there is the ability to sleep. The object should be to secure enough sleep that one awakens refreshed, eager for the day's activities, and fully aroused on a moment's notice.

Nervous, high-strung individuals require somewhat more sleep than those who lead a placid, uneventful life -the slow-going, phlegmatic type. Children need more sleep than adults, and young adults more than

those in middle life. In old age we may find the condition of either more sleep or less sleep being required. Since all physiological activities slow down in old age, it is my opinion that there should be not only less sleep required but an inability to sleep long hours when one has reached old age. There is less wear and tear, hence less need for repair. When old people need much sleep it is because they continue to eat more than is required and are doped with the toxins of mal-assimilated foods and of toxemia generated in the intestinal tract and in every organ and cell of the body.

It is better to wear out than to rust out. We all can do more work than we actually do if we make up our minds to do so. There is such a thing as developing a "second wind" in a foot race, and likewise in the race of life.

One who does little mental or physical work seems to require as much sleep as the man who does a great deal. If a farmer comes to a great city, the noises and the excitement wear him out for the first few days. After that he no longer reacts as he did; he grows accustomed to it and becomes no longer tired and exhausted. He is living upon a higher plane of vitality, he lives more fully-yet he requires no more rest and sleep. He has tapped his reserve-which is what too many of us fail to do; we go along too much on one level. We all should strive to live more fully during our waking hours; and then we sleep more deeply and restfully at night without necessarily sleeping any longer.



Cottages Studio, Studio plus, Semi Deluxe, Deluxe getting ready Central Plaza: Conference Hall, Dinning, Kitchen
Developments at Melur Meadows

What Are the Benefits of Senior Citizen Nursing Homes?

By Laura Rico, www.ehow.com

Nursing homes typically serve as full-time residential care facilities for elderly adults who can no longer take care of themselves in their own homes. Family members might choose a nursing home for their aging relative when they cannot perform the duties of safe, proper elder care themselves. A quality, reputable nursing home can make an elderly person's life less stressful and give him or her a sense of security and community with others.

Daily Task Services

Daily tasks, which might be considered regular chores in a household, can be daunting or even impossible for an elderly person in need of nursing home care. Nursing home attendants and staff can perform duties like laundry, making the bed and changing bedding, cleaning, emptying the trash, and providing clean towels and other essentials. These are all tasks that elderly nursing home residents cannot safely complete on their own because of physical or mental infirmities.

Food Service

Nursing homes provide meals appropriate for their elderly residents. If the resident cannot leave his or her room, staff will bring food to the room. Other residents may choose to eat together in a dining room setting. Easy-to-chew and easy-to-digest food is served at least three times a day, and staff makes sure residents remember to eat. Some elderly people with physical or mental health issues do not eat regularly or get proper nutrition when they live on their own or are not monitored by family.

Living Assistance

Daily assistance with bathing, dressing, eating and going to the bathroom are what make caring for an elderly person a full-time job. Many family members simply cannot perform these duties because they have careers and/or children to care for. A nursing home provides nurses and attendants with professional training to help elderly residents with these daily living tasks 24 hours a day. Depending on the facility, daily living assistance can range from the most basic needs to quality of life activities like outdoor walks and crafts.

Health Care

Nursing homes provide professional health care services to their elderly residents. Even if a doctor is not in the facility around the clock, trained nurses will always be on hand to monitor health situations. Many elderly residents require medication, and a team of doctors and nurses make sure each person is taking proper medications in proper doses. They can also observe any changes in health and consult with family members to implement changes in care. Most medical services can be performed at the nursing home, decreasing the need for hospital and doctor's office visits.

Community

Living alone is an extremely isolated and lonely existence for an elderly person with physical or mental limitations. A nursing home provides a community of people of similar age and circumstance. Many nursing homes facilitate group activities like games, movie nights, day trips and crafts. This community should not take the place of family visits and regular contact, but it helps residents feel connected with others on a daily ba



First set of produce @ Melur Meadows



Deluxe Unit getting ready for occupation in January 2011

Some cleaning tips:

Regular house cleaning can protect your home from moisture content in the air. Air conditioners and dehumidifiers are good options to reduce humidity levels inside your home. Expose upholstery and rugs to sunlight to protect them from moisture.

Carpets get damp and create musty smell during rainy season. They are vacuumed regularly with carpet cleaners to remove dirt and moisture. The rugs should be rolled up and wrapped in polythene sheets during rainy season to protect them from water and insect infestation.

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