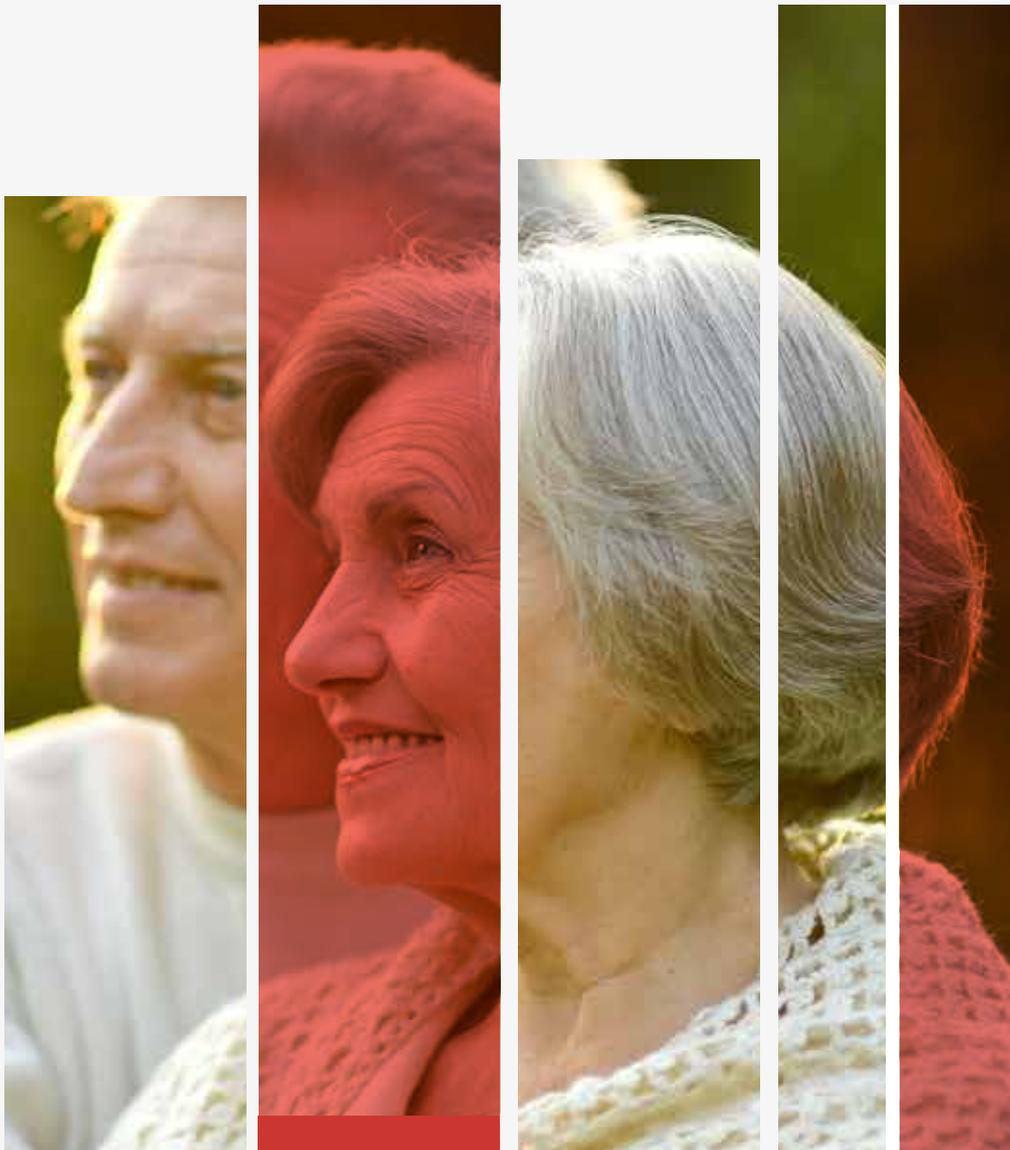


NEWSLETTER

FEBRUARY 2018



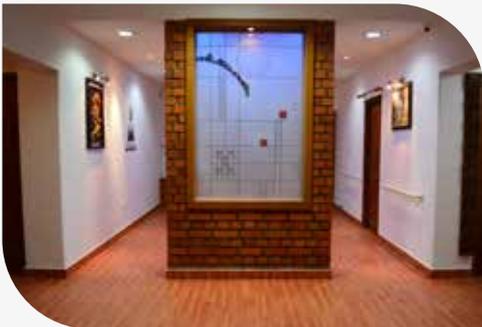
ATHULYA
ASSISTED LIVING



Greetings from Athulya – the Premium Senior Living Community

Age Better with Precise Infrastructural Design!

The nature of designing spaces for seniors has changed over the past decade as people placing more value on wellness and quality of life. Few thoughtful features in a home would make a great difference in the lives of the elders. Some of the important features that have to be considered from the myriad of things are as follows:



Lighting:

It's essential for senior to have sufficient lighting in their living spaces. Well-lit spaces have many benefits not only do they help to prevent trips, slips and falls, but they also allow seniors to continue to engage in tasks they enjoy reading or doing puzzles.

Option for natural light:

Ensuring windows at specific locations of houses is very important to let in natural light, so our loved elders can enjoy the benefits of vitamin D and a balanced circadian rhythm.





Colors:

Eyesight changes as one gets older. Color choices can help create a comforting, nonthreatening environment that contributes to the healing process and helps compensate for physical and cognitive losses. Strong contrasts in color between furniture, surrounding walls, drapes and floors improves the visibility during day.

Doorways:

It should be of minimum 36 inches wide which will allow them to move through without risking any damage to them. Easy open-doors with viewing panels must be installed throughout the building to enhance security.



Lever Door Handles:

Lever handles allow easier access to the elderly where the lack of hand strength can prevent opening a door. It provides an environment for the elderly to do the things more independently restoring their sense of self dependence

Handrails :

Handrails should be installed on both sides of stairs, ramps and hallways at high and low levels to prevent falls of elders. They should be provided with a slip-resistant surface for secure grip even if the floor slope is not steep enough for great support of balance.



Grab Bars:

Grab Bars provide stability for seniors and help to prevent falls. Grab bars make the washrooms elderly-friendly by providing enough support. They should be installed with wall reinforcement to support enough weight.

Slip-resistant floors:

Falling is one of the serious concerns for the elderly. Including slip-resistant floors provides high level of protection from slipping and falling. These floors do also comfort underfoot which becomes more important as one age.



Pull-out shelves:

Shelves that pull out allow much easier access to stored items. These possibly decrease strains from reaching too far and prevent seniors from having to bend too often. It puts everything at your reach without having to bend lift or twist.

Faucets:

Lever-shaped faucet handles in the tub, shower and at the vanity sink are easier to use than smaller, round knobs. Controls shaped like a cross are another easy-to-grip option. Having these types of faucet gets rid of the twisting and turning that can be difficult for the elderly.



Seating:

All furniture should be easy to get in and out of. Narrower or shallow seats are better for elders with bad knees or someone who has difficulty rising out of a seated position. Microfibers for the cushions are the good option providing soft and comfortable insulation.

Pest Management:

Pests can affect indoor air quality and can trigger allergic reactions or asthma attacks in some senior elders. Pests should be managed throughout the building to help keep elders healthy. Proper guidance on waste management has to be carried out to keep the pests at bay.



Medical Alarm System:

Makes a real difference at the lives of senior citizens suffering from chronic ailments. Assists in keeping the lines of communication open between elderly and individuals who provide required assistance.



Open floor plan:

A clutter-free living space means greater freedom of movement for elderly. Apart from providing a wider passage ways for them to navigate around, it also minimizes the risk of them tripping over objects or knocking into furniture.

We at Athulya Assisted Living for seniors have meticulously designed each facility by taking all the above points into consideration to provide a comfortable living space. With our site being flourished in Mylapore, we have now launched a new site at the central hub of Chennai- Arumbakkam!



Dr. Karthik Ramakrishnan MBBS, MHA
Managing Director, Athulya Assisted Living

Wellness Words

In the present scenario, diabetes remains to be a biggest nightmare among elders. Though it can't be cured it can be managed. Here are few tips on how to manage it an effective way:

- ▶ Make a plan
- ▶ Eat smaller portions
- ▶ Choose whole grain breads and cereals
- ▶ Eat a wide variety of low-calorie products
- ▶ Avoid sugary drinks and foods
- ▶ Get moving

With these few above mentioned changes in your lifestyle help your body's ability to manage sugar.

CULINARY CORNER

“Thalipeeth- A Multi-Grain Pancake”



Thalipeeth a Maharashtra snack is a powerhouse of nutrition. The blend of various grains makes these little pancakes satisfying nutritious dish.

Ingredients

- ▶ 1 cup Bajra Flour
- ▶ 1/2 cup Besan Flour
- ▶ 1/2 cup Rice Flour
- ▶ 1/2 cup Jowar Flour
- ▶ 1/3 cup Urad Dal Flour
- ▶ 1/2 cup Wheat Flour
- ▶ 1 cup finely chopped Onion
- ▶ Finely chopped coriander
- ▶ Green Chillies – 2, finely chopped
- ▶ Salt to taste
- ▶ Oil for Greasing and Cooking

Method

Combine all the ingredients in a deep bowl along with approx. 1/2 cup water and mix well.

- ▶ Mix the entire flours together and dry roast those in a low-medium flame until the flour changes its color to light brown
- ▶ Add all the remaining ingredients to the roasted flour in a deep bowl with water and mix well to make thick dough.
- ▶ Cover and let the dough rest for about 10 minutes. After that, make small balls of the dough.
- ▶ Pat each ball with fingers on a wet muslin cloth or a greased plastic cover to roll out the thalipeeth.
- ▶ Grease a non-stick pan with a little oil and transfer the flattened dough to hot pan
- ▶ Toast until it turns golden brown on both sides
- ▶ Serve hot with dry garlic chutney

Beat the Heat this Summer!



Keep Hydrated

Drink plenty of water and avoid drinks with caffeine, alcohol and sugar

Eat Fresh

Try eating more cold foods like salads and fruits. They contain water and are more refreshing in hot weather than hot spicy foods.

Get enough rest

Make sure you get enough sleep and rest if you feel tired

Stay Cool

Make sure you get enough sleep and rest if you feel tired

Dress with Sun-Smart Clothing

Be very cautious in picking up the dress. Opt for lightweight, light colored clothing that won't absorb the sun's heat

Soak in cool shower

Wear a hat or take an umbrella with you for shade if you're outside on a hot day

Seek Shade

Take a cool shower or bath to help you cool down when you feel hot

Gear Up for Summer

Older people may face a tough time with scorching summer heat. Increased temperature may also cause health-related illness like headache, confusion, dizziness or nausea.

Be Cautious on Heat!



Photo Gallery



Pongal Celebrations at Athulya



Unscramble the Words

1. RAGVCEIER _____

Known for providing non-medical care for seniors who need assistance with activities of daily living

2. UARECEATC _____

Provided to seniors for a short-term medical condition from which they are expected to recover

3. NITACRIEARGI _____

Specialized in providing care to elderly patients

4. OLTBANHRITEIAI _____

Therapeutic care for persons requiring intensive physical, occupational, or speech therapy

5. IEPHCOS _____

Program that alleviates the symptoms but does not cure the underlying cause

6. ANCNIOPMO _____

People who provide in-home care and companionship for seniors

Answer for Last Edition's Word Search

V	H	I	R	N	P	K	F	Z	W	R
A	T	J	B	A	U	D	V	R	L	K
Q	Y	W	R	I	N	K	L	Y	I	D
T	Z	Z	I	Y	V	B	X	U	W	Q
Y	C	G	O	L	D	E	N	A	G	E
R	S	V	K	J	I	F	U	N	D	B
X	G	P	T	D	A	G	R	E	Y	S
L	F	J	O	L	D	C	H	A	M	P
U	N	Q	I	M	J	L	K	T	W	O
B	S	I	L	V	E	R	H	A	I	R

Word List

- ▶ **Twilight**
- ▶ **Wrinkly**
- ▶ **Golden Age**
- ▶ **Greys**
- ▶ **Silver Hair**
- ▶ **Old Champ**

Athulya

Assisted Living