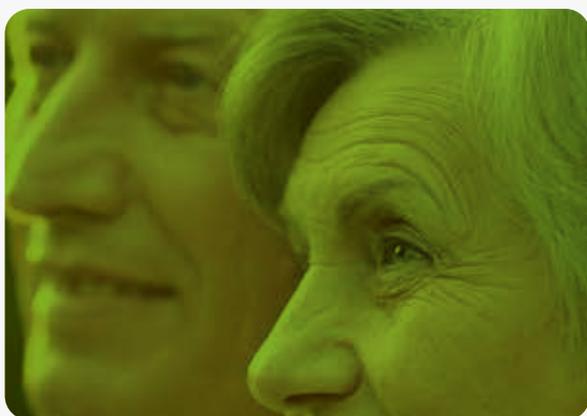


**NEWSLETTER**

**JANUARY - 2018**



**ATHULYA**  
**ASSISTED LIVING**





## Greetings from Athulya - The Premium Senior Living Community

*“Every act of Love and Kindness matters. When our actions and words are loving and kind, they create positive healing energy in our world”*

*-Helen Berry*

### ***Get into our world of Athulya!***

Committed to redefine the living standards of the elderly in every aspect, Athulya offers to be the perfect platform for the seniors to live a quality life with dignity amid like-minded people. When your loved ones experience the transition into an assisted living facility, they will expect to have their needs are recognized and fulfilled while making them as comfortable as possible to adjust to their new living environment.

We, at Athulya, understand this and make the Athulya Difference in their lives by providing proactive care coupled with compassion. Here is how we take efforts to fill our facilities with the feel of warmth and tenderness:

At Athulya, the day begins with fresh aromas of perfectly blended coffee and tea to energize the body and spirit of our inmates to experience another positive day. We encourage seniors who are willing to do exercise in the fresh and breezy mornings as it opens the door to the immense calmness of mind. As these routine morning activities fill a part, the breakfast gets ready with solicitude. They are served compassionately with medications (if any). The day progresses to witness various activities that are engaging and create a special bond among the inmates, as we believe being socialized is the key to tackle depression which is often experienced by seniors. Post the relaxing afternoon, the typical evening at Athulya begins with

small physical activities or board games or movie time, based on the choice of our elders.

We make sure the food is prepared with fresh ingredients and all nutritional values, based on personal preferences. The personal assistants, who accompany our inmates around the clock ensuring that the seniors are getting the proper diet as advised by the dieticians, sleep adequately and take medications on time. Our housekeeping staffs strive to create the environment to keep it fresh and clean.

We assure that your elderly are in safe hands and we are taking utmost care of them.

### ***Wellness Words***

#### ***Kick off healthy living from this New Year!***

Health is a dynamic process because it keeps on changing. We all have times of good health, times of sickness and maybe even times of serious illness. As our lifestyles change, so does our level of health. At the start of this New Year let's all hope to maintain a healthy life. It helps us to feel better and stay sharp so we can get more done this entire year. Let's all put forward a little time for ourselves to better living!

# CULINARY CORNER

## “Cabbage Pancake- For the great start of day”



**Cabbage Pancake**

Cabbage mini pancake is delicious and wholesome. Serve hot and fresh with chutney or ketchup.

### Ingredients

- ▶ 1 cup grated cabbage
- ▶ 1/2 cup besan (bengal gram flour)
- ▶ 1/4 cup finely chopped onions
- ▶ 1 tsp finely chopped green chillies
- ▶ 1/2 tsp turmeric powder
- ▶ 1/2 tsp cumin seeds (jeera) powder
- ▶ 1/2 tsp ginger paste
- ▶ Finely chopped coriander
- ▶ 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.

- ▶ Grease a non-stick pan with a little oil
- ▶ Pour a little batter on the pan and spread it lightly
- ▶ Cook on a medium flame, using little oil till they turn golden brown in colour on both sides
- ▶ Serve hot with coconut chutney



### Cabbage- A Miraculous Addition to your Diet

Cabbages are composed of 90% of water making it a best option for the individuals who are in diet. A myriad of nutrients in cabbage helps to protect us against many ailments and diseases. It's richness in antioxidants has been recently proved that it's one of the superfood to prevent and treat many different forms of cancer.

# GET TO KNOW

## 6 Must Haves for Senior Safety at your Homes



### Why Senior Safety ?

One out of every three people aged 65 and older experience a fall every year, it's important to be aware of the dangers that could be lurking in our own home. Preventing falls in the homes of elderly is essential to ensure the best quality of life for our loved one as they age in place.



*Handrails on both sides of the stairwell*



*Non-slippery tiles to prevent slips*



*Properly lit pathways, entryways and stairs*



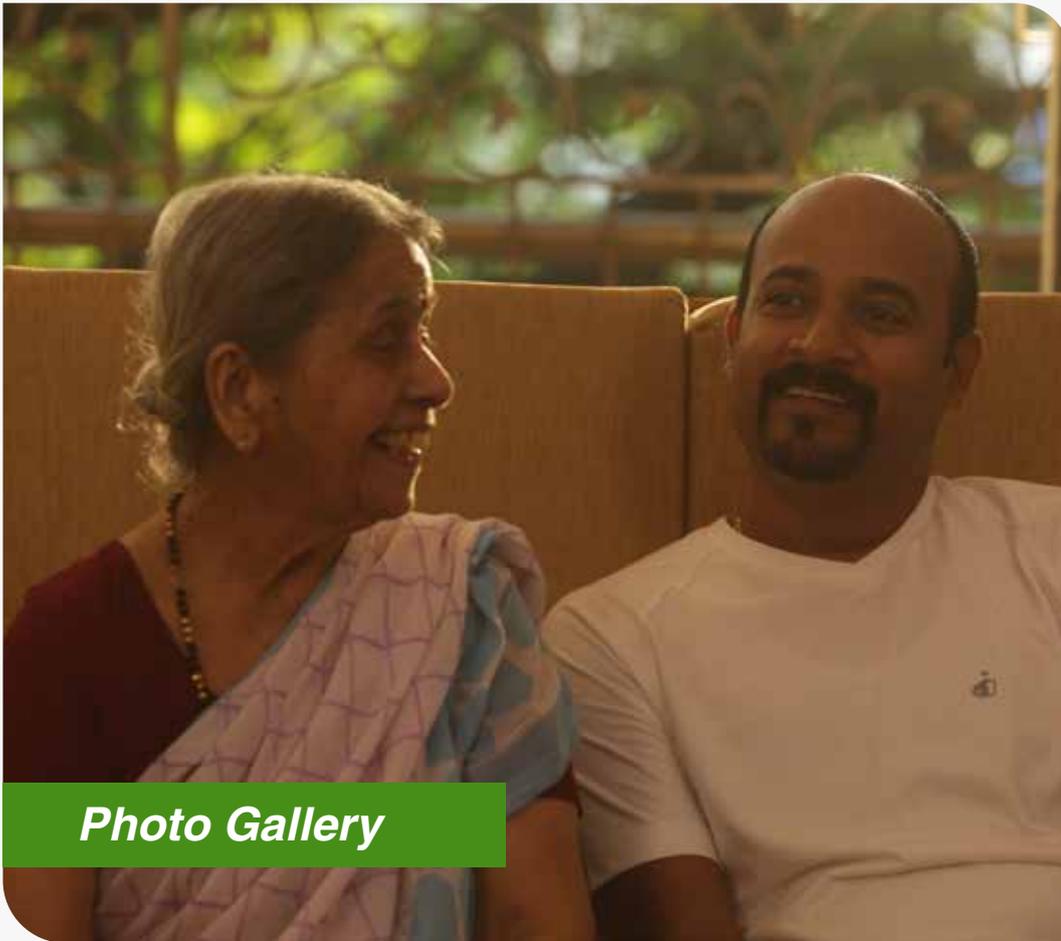
*Medical Alert Systems to help in an emergency*



*Add a raised toilet seat with arms*



*Properly Labeled and Stored Medications*



## Photo Gallery



Regular Doctor Visits



Chat Time with Visitors



Board Gaming

## 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

### Find these !

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

# Athulya

Assisted Living