

JUN
2023



There is a saying that "The journey of a thousand miles begins with one step" and that one step was destined in 2012 when Sneha Sandhya Age Care Foundation was conceived by a group of senior citizens to fill an important gap in healthcare i.e. caring for the elderly and the seriously ill by providing Geriatric Care and Palliative Care. Since then it has been an effort fuelled by generous support from the kind hearted-

A Snapshot of Services (2012-23)

Service	Started in	No of persons served till 2022-23
Hospice Occupancy (Patient Bed Days)	2012-13	13,725
Palliative Home Care Visits	2017-18	7,636
Old Age Home Geriatric Services	2012-13	33,181
Outreach Clinics- Geriatric Services	2012-13	1,15,082



Sneha Sandhya AGE CARE FOUNDATION

- Honouring the Dignity of Life



News Letter

Jun 2023

It is with great pleasure that we bring out the quarterly addition of Sneha Sandhya Age Care Foundation's Newsletter, which is a sincere effort to reach out to the entire family of Age Care Foundation i.e. the donors, well wishers and all the stakeholders, to present the service activities, the progress of the new chapter in the making i.e. construction of the integrated centre for geriatric and palliative care and last but not the least to thank all once again for the unflinching support and encouragement to our mission of caring for the elderly and the seriously ill.



donors, the never tiring work of trustees, doctors, nurses of age care foundation and the "always there for you" help from the volunteers, all in unison, resulting in Age Care Foundation making a difference in the lives of the elderly and the critically ill. Age Care Foundation's mission marches on with wholehearted support from all corners.



Reaching out to the needy

Every month seventeen outreach clinics and visits to old age homes are conducted on designated days of the month, where the basic health check up is done and medicines dispensed free to the patients registered at these clinics and all the inmates of old age homes where the OP clinics are held. The outreach clinics are also held at two tribal areas in Paderu and Chodavaram.



*"The Best way to find yourself
is to lose yourself in the service of others"*
- Mahatma Gandhi



Caring with Compassion



Fulfilling the Patient's wishes –
might be a small wish but giving
significant emotional happiness



Compassionate care when it matters most. Humanism, mindfulness and reflection are priorities in the practice of geriatrics and palliative care. Age Care Foundation is dedicated to support patients and their loved ones in the management of chronic and advanced illnesses. Focussing on care beyond cure, palliative care improves the quality of life of the patient and also empowers the family with knowledge, skills, and the courage to take good care of the patient till the very end.

Nursing Team – The Epitome of Care with Compassion



"Too often we underestimate the power of a touch, a smile, a kind word.... or the smallest act of caring, all of which have the potential to turn a life around"

- Leo Buscaglia



The New Chapter



FROM THE CHAIRMAN

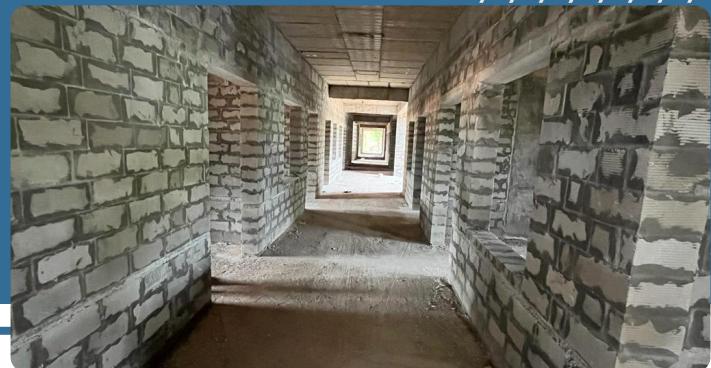


Greetings from Sneha Sandhya Age Care Foundation,

It is with immense pleasure that we share with you the progress being made in the construction of Age Care Foundation's integrated Geriatric and Palliative Health Care Centre at Gambheeram, Visakhapatnam. It is really heartening to note the kind hearted and benevolent support from many institutional and individual donors. All your support is giving us renewed energy and strengthening our resolve to bring to life the unique and first of its kind health facility in the state of Andhra Pradesh, which will be a centre of excellence for two medical sub-specialities i.e., Geriatric and Palliative health care, serving the elderly and the seriously ill.



The civil works for the main structure of the building are nearing completion and the brick work is in progress. We are thankful to all the donors for their mighty contribution by way of financial support as well as in the form of Material contribution. To complete the project, we need further support and we request all the donors and well-wishers to lend their helping hand and partner in this epoch-making effort in serving the society.



Some of the Key Highlights of the project are:

- Spread across 1,02,814 Sq.ft of built up area in 5 floors.
- 90 Spacious and well-ventilated rooms for patients
- Assisted living facility
- Long term care facility
- Rehabilitation facility
- 43,148 Sq.ft of in-patient facility
- 3,200 Sq.ft of out-patient block with consultation chambers, counselling rooms, pharmacy and coffee shop
- Training facility for medical professionals, nursing staff, social workers & volunteers
- Auditorium for seminars and also for recreation
- Dining hall, activity room and Library
- Social spaces for patients to meet family members and visitors
- Separate accommodation for nursing staff and caregivers

*"There are only four kinds of people in the world..
Those who have been care givers
Those who are currently care givers
Those who will be care givers
Those who will need care givers"*
- Rosalyn Carter

The Support Supreme



Sri Divi Madhusudan Rao, Whole Time Director, Divi's Laboratories Ltd. breaking the coconut for initiating A&B Block Stilt Floor Work



Sri M S N Raju of SRK Projects and Swamy Ji of Ramakrishna mission Visakhapatnam .



Sri Mavuri Venkata Ramana, Chairperson, CMR Group with Age Care Foundation Team of Sri G Sambasiva Rao, Dr N S Raju & Sri O Naresh Kumar

The new chapter being written in the form of up-coming integrated Geriatric and Palliative Care centre in Age Care Foundation's journey of serving the elderly and the critically ill, would not have been possible without the spontaneous and big hearted support from many donors and well wishers. Age Care Foundation had the privilege of some of the donors and well wishers, visiting the project site at Gambheeram and the visits have given more strength to the mission.

Sri B Ramesh Babu, MD & CEO and Sri N Ramesh, DGM The Karur Vysya Bank Ltd. visited the hospital construction site and extended support from the CSR initiative of their Bank



Sri Pydah Krishna Prasad, President AP Chamber of Commerce & Industry and President Pydah Educational Academy, performed the Puja for laying the 3rd slab for C block

The Support Supreme

There are no words to describe the whole-hearted support coming from many well wishers, some of whom may not have been captured in camera but were generous to the core and have contributed for the project. Without all the support, the mission would not have been possible.



Sri P Subba Raju
MD, SLC Projects

Sri Naresh Raju
VysaRaju Jewellers



Sri G Sambasiva Rao, MD Sravan Shipping Services & Chairman, Age Care Foundation performing puja for start of 6th slab for A&B blocks



Sri Y Venkanna chowdary , Sri Surya of NATS
(North America Telugu Sangham) visited the site



TANA president Sri Lavu Anjaiah Chowdary, TANA
Chaitanya Sravanti Co-Ordinator Sri Sunil and
Sri T Hanumantha Rao at the project site

Once the FCRA application, which has been submitted to the Ministry of Home Affairs, Govt of India is approved, Age Care Foundation's health Care centre will receive further fillip from many of the overseas Indians who have expressed their desire to support this project.



Age Care Foundation is thankful to Sravan Shipping Services P Ltd for donating seven electric scooters for the foundation's Home Care nursing visits

The Support Supreme

It was a celebration of the mission "care with compassion" that has been given roots in 2012 when Age Care Foundation was born and is now poised to spread its wings to reach out to more and more number of people who are in need of its specialised Geriatric & Palliative Care services. The integrated health care facility will bring much needed solace from pain to the target patients suffering from critical illnesses and improve their quality of life. It will be an embodiment of Age Care Foundation's commitment to extend compassionate care when it matters most.



Sri J Prasad of M/s.NSDL
with team A.C.F



Dr N S Raju, performing
puja, for start of work,
5th slab, C Block



From the Architect's View



PROFESSOR V.BALAMOHANDAS

Former Vice-Chancellor,Acharya Nagarjuna University ,
Former Professor of Mgt.Studies,Andhra University
Former AICTE Emeritus Fellow at Andhra University
Former UGC Emeritus Professor at Andhra University
President , Gandhi Centre, Visakhapatnam
Trust Board Member, Age Care Foundation

Sneha Sandhya Age Care Foundation - Where Care Comes First

Some people are old at 18 and some are young at 90 – Time is a concept that humans created. We are not human beings having spiritual experience – We are spiritual beings having a human experience. Mark Twain said once – “Do the right thing. It will gratify some people and astonish the rest”. Some people take pride in their own work. We at Sneha Sandhya Age Care Foundation take pride in our concern for Geriatric Care and Palliative Care for the Terminally ill.

Sneha Sandhya Age Care Foundation is the brainchild of service minded selfless medical professional – Dr.N.S.Raju, who joined a senior citizen welfare association – Sneha Sandhya , when he was just 55 years old and not yet a senior citizen. Sneha Sandhya was fortunate to have him as an active member and have his constant guidance on the medical front to all its members. Soon he came up with a proposal to create an exclusive institution under the initial sponsorship of Sneha Sandhya for assisting the members and all senior citizens in the city. The result was the formation and registration of ‘Sneha Sandhya Age Care Foundation (ACF)’ as a Public Charitable Trust in 2012.

‘Hospice’ is derived from a Latin word ‘Hospes’, meaning Guests & Hosts, originated by Crusaders in 1065 AD. The first known Hospice in the modern world was the ‘Knights Hospitaller’ of St. John of Jerusalem in Rhodes. Hospice and Palliative care movement started in India in late 1980s to early 1990s with cancer centres established in Ahmedabad, Bangalore, Mumbai, Trivandrum and Delhi. Professor D’Souja opened the first Hospice ‘Shanti Avedna Ashram’ in Mumbai in 1986. However, the movement in India is slow. Thanks to Dr.M.R.Rajagopal, Founder of Pallium India at Trivandrum, started in 2004, palliative care and hospice are now common words among the people in Kerala. It is said that more than fifty per cent (about 1,550) of India’s palliative care centres are in Kerala.

The Words of Encouragement

Dr.N.S. Raju, who attended a training program organized by Dr.Rajagopal in Kerala was impressed by the service orientation there, became a true disciple of Dr.M.R.Rajagopal, and wanted to familiarize the concept of palliative care in Andhra Pradesh. With like-minded people joining Dr.N.S.Raju to support him in this noble cause, Visakhapatnam is blessed to have ACF with its manifold free service activities for all senior citizens at homes, special camps, and hospice centre.

Having established the need for palliative care in Visakhapatnam for the first time in Andhra Pradesh (Before Bifurcation), ACF initiated the hospice service in 2012. It is the dream of the ACF founder, Dr.N.S.Raju and the supporting Trust Board to have a permanent hospice facility with all the needed infrastructure to take up our services in a big way. This ten year old dream is becoming a reality very soon, thanks to the generous gesture of Padma Shree Awardee, Dr. S.V.Adinarayana Rao and his noble wife, Dr.Sasi Prabha, by providing 1.08 acres of land of the Free Polio Surgical and Research Foundation and many socially conscious individuals and institutions who have come forward to donate liberally for the project thanks to the untiring efforts of the Fund-Raising Committee consisting of ACF Chairman, Sri G.Sambasiva Rao, Vice-Chairman, Dr.K.Kumar Raja, and Trust Board Member, Sri O.Naresh Kumar and other Trust Board members. The hospital construction which is fast progressing will open new vistas of care and scale up ACF’s services manifold. We appeal to all philanthropic institutions and individuals to help the completion of this noble project and also for its sustenance.

It will be apt to sign off quoting Bhagavadgita Chapter-2, Sloka 27 states – “Jathasya Hi Dhruvo Mruthyur Dhruvam”, meaning – “For certain is Death to the Born and certain is the Re-Birth for the Dead”. While we should not grieve about the inevitable, let us make the death painless and qualitative. No one should have to face death without appropriate care and support. Rebirth needs positive and peaceful mind at the time of death.

The real awards & rewards

For all the Board Members, Doctors, Nurses, Staff and Volunteers what really matters as an award or reward is a word of appreciation and acknowledgment from the patient or the members of his or her family. There can be nothing more satisfying than the feeling that our services have indeed made a difference for the better in the lives of the patients or the family members who are the care givers at home.

"Dear Dr Raju
& Age Care Foundation,

I am writing to express my sincere gratitude for the care you provided to my father during his illness. I am so grateful that you were able to provide your services free of charge and I am also thankful for your on-time services and highly trained nurses.

Rahim was in a very difficult situation and I am grateful that you were able to provide him with the care he needed. You were always available to answer our questions and you always took the time to listen to our concerns. You also made sure that he was comfortable and pain-free and you helped us to make the most of his remaining time.

I am also grateful for the nurses who worked with you. They were always kind and compassionate and they went above and beyond to make sure that he was comfortable.

A special thank you to your nurse Syamala. Your care made a real difference in his life and I am so grateful for your compassion and expertise. On his deathbed, when he stopped breathing and no other doctor would come to confirm his death, your organisation wasted no time in responding and declared him dead."

Sincerely,
Fatima

A word of acknowledgement from the patient or the family member is the oxygen for Age Care Foundation and all who are part of the mission to care for the elderly and the seriously ill.

Produced hereunder are two such letters from the members of patient's family (names changed for protecting the privacy of the family) which motivate us at Age Care Foundation to strive harder for what the foundation has been conceived and destined to work for.

Dear Dr Raju
Age Care Foundation,

Undersigned along with my whole family would like to express sincere gratitude to all your team who took care of my wife during her illness at home & hospital for the last couple of months. She was given best care by your team & guided us 24x7 when needed at free of cost with highly trained nurses.

Your humanity, kindness & strength are really appreciated. Words could never express our gratitude for what your team did. Your team is truly amazing, compassionate & brilliant. We admire you and your team for your commitment to all those patients and families who you touch every day. You were always available to answer our questions and made Mrs. Parvati comfortable and painless with your treatment.

Special thanks to all the doctors, nurses and aayas who took care 24x7 at home with your home care service & at hospital. They were very kind and were available when needed to make Mrs. Parvati comfortable.

Once again thank you for the services provided from bottom of my heart.

Thanks and regards,
Rama Rao

Joining hands in Serving the Society

It was a momentus occassion on 1st of April 2023 when Age Care Foundation joined hands with the renowned L.V.Prasad Eye Institute, to provide free eye care to underprivileged senior citizens / inmates of old age care homes in and around the city of Visakhapatnam. An MOU was signed to this effect by Sri G Sambasiva Rao, Chairman, Age Care Foundation and Dr.Bhavik Panchal, L.V.Prasad Eye Institute.

Age Care Foundation will co-ordinate the identification of beneficiaries and places. L.V.Prasad Eye Institute will provide equipment and manpower to provide these services for 2 days every week, for all 52 weeks. The services include regular vision testing (refraction), screening for cataract, eye pressure testing, (glaucoma) and retinal inspection with latest equipment at the door step of beneficiaries.

Age Care Foundation will assign one room at the upcoming Gambhiram health care facility for establishing Control Room dedicated to this operations and will also arrange payment of Rs.21 lakhs to L.V.Prasad Eye Institute for purchase of equipment needed for the services. L.V.Prasad Eye Institute will also set up a dedicated command control centre at LVPEI campus for this purpose.

Age Care Foundation is thankful to the donors

- 1) Dr K.Kumar Raja,
- 2) Sri Kasi Viswanatha Raju and
- 3) Sri O.Naresh Kumar

who have made this arrangement possible by donating Rs.31.50 lakhs in total which includes the cost of one room ie Rs.10.50 lakhs apart from purchase of equipment costing Rs.21.00 lakhs.

Age Care Foundation will be making available a service which will provide world class eye care at the door step of beneficiaries in addition to regular free medical camps .where the senior citizens in old age homes / care facilities will be treated with best equipment free of cost round the year.



Sneha Sandhya Age Care Foundation Regd. Charitable Trust No.VSP/274/2012



Regd.Office:
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Visakhapatnam-530 003

Palliative Care centre:
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2nd Floor, #6-25, Maridi Valley, Marikavalasa,
Madhurawada, Visakhapatnam-500 048