

CONNECT WITH US ON



Instagram - Facebook - Threads
Click on the link above

NEWSLETTER

DECEMBER 2024



Sneha Sandhya AGE CARE FOUNDATION

Honouring the Dignity of Life



Getting Ready for the Grand Launch

Age Care Foundation's Geriatric & Palliative Care hospital, the epitome of care with compassion is in the final stage of preparation to commence services at the new health care facility. Our profound gratitude to Free Polio Surgical & Research Foundation and all the kind hearted donors for their support to our endeavour to serve the elderly and the seriously ill.





FROM THE CHAIRMAN



Greetings from Sneha Sandhya Age Care Foundation!

"Every journey starts with a small step" and the saying aptly applies to our journey at Sneha Sandhya Age Care Foundation!

The first seed was sown in 2012 by a group of senior citizens and Dr.N.S.Raju, to conceive the idea of giving birth to Sneha Sandhya Age Care Foundation with an aim to serve the elderly and the seriously ill by providing geriatric care and palliative care.

And that small step has shown the path and now we stand at the threshold of creating a model integrated health care facility in Visakhapatnam, for geriatric and palliative care. The benevolence of Free Polio Surgical & Research Foundation and many corporate, institutional and individual donors has been the lifeline for this gigantic effort.

In 2022 when the Bhoomi Pooja was performed for the hospital construction, the land provided by Free Polio Surgical & Research Foundation and the enormous belief that this noble endeavour will receive the required help from kind-hearted donors is all the capital that we had at our disposal.

When the construction commenced in Dec-2022, the wholehearted and spontaneous support that we received from a great number of corporate, institutional and individual donors has not only given a fillip to our endeavour but also strengthened our resolve to make this health care facility the most unique and one of its kind dedicated to serving the elderly and the seriously ill.

CONNECT WITH US ON



Instagram - Facebook - Threads

Click on the link above



We are now on the verge of a formal inauguration and launch of services from the hospital. As a prelude to the same, the Gruhapravesh ceremony and Yagam seeking divine blessings for the noble effort have been performed on 12th October 2024. We will very soon be witnessing an epoch-making inaugural ceremony and on that day, I will be looking forward to personally meeting all the noble souls who have made this massive task possible.

I would be failing if I do not mention here that this is only the journey well begun and there are miles to go before we can look back and say that we have reached the destination. The exponential increase in the number of needy people requiring geriatric and palliative care, that we envisage to serve and sustaining the services with quality and in quantity need continued support from all the donors and well-wishers. We will be working with renewed vigour and determination to make this health care facility a centre of excellence.

I once again thank all the donors for their steadfast support and last but not the least, I commend the team of Sneha Sandhya Age Care Foundation for their commitment, dedication and hard work towards the noble cause of serving the elderly and the critically ill.

With Best Regards,
Dr. G Sambasiva Rao
Chairman
Sneha Sandhya Age Care Foundation

INVOKING THE DIVINE BLESSINGS FOR THE NOBLE CAUSE

- *Gruhapravesh Ceremony* - @ GERIATRIC & PALLIATIVE CARE HOSPITAL

As a prelude to the grand opening with formal inauguration and launch of services at the new Health Care Facility, the traditional Gruhapravesh Ceremony and Chandi Homam were performed on 12th October, the auspicious day of Dusserha.



CONNECT WITH US ON



Instagram - Facebook - Threads

Click on the link above

WITH HEARTFELT GRATITUDE TO ALL THE DONORS

Thank you *for Your Support*

Your generous donations have made a **significant impact** on our cause. We appreciate every contribution and look forward to **continuing this journey** together. Thank you for believing in our mission!



Sneha Sandhya
AGE CARE FOUNDATION
- Honouring the Dignity of Life



Serving the Underserved



Every month, eighteen outreach clinics, consisting of old age homes and designated places in and around Visakhapatnam, are conducted to provide basic health care services to the aged and underprivileged in the society.



Serving the Underserved



Age Care Foundation's medical team consisting of doctors, nurses and volunteers provide basic health check-up and medicines free of cost to those availing the services at these out-reach clinics.



CONNECT WITH US ON



Instagram - Facebook - Threads
Click on the link above

www.agecarefoundation.org

06/10



Dr SURYATEJA. V
 MBBS, DNB (Internal Medicine)
 PGDG - CMC Vellore
Asst. Professor, Gayatri Medical College,
Physician and Consultant Geriatrician
MV SPECIALITY CLINICS
 Geriatric and Endocrine Centre
 MVP Colony, Visakhapatnam

Knowledge Hub

Healthy Aging - 'live long, be well'



Healthy aging refers to the process of maintaining physical, mental, and emotional well-being as we grow older. It involves adopting lifestyle habits that help preserve function, improve quality of life, reduce the risk of age-related diseases, and promote longevity.

One of the most crucial components of healthy aging is regular physical activity. Exercise helps maintain muscle mass, flexibility, and bone density, reducing the risk of falls and fractures. Aerobic activities like walking, swimming, or cycling improve cardiovascular health, while strength training helps with maintaining mobility and independence.

Additionally, regular exercise boosts mood, improves cognitive function, and lowers the risk of chronic conditions like diabetes, heart disease, and arthritis. For older adults, staying active is key to preserving functional independence.

A balanced, nutrient-rich diet is another key factor. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats supports immune function, maintains a healthy weight, and combats the effects of aging.

Antioxidants, found in foods like berries, nuts, and leafy greens, help fight oxidative stress, which can contribute to aging and disease. Proper hydration is also essential to maintain bodily functions and promote skin health.

Mental health is equally important in aging well. Staying socially active, engaging in mentally stimulating activities, and practicing stress management techniques like mindfulness or meditation can help maintain cognitive function and emotional well-being. Having strong social connections has been shown to reduce the risk of depression and promote a sense of purpose and fulfillment.

Regular health check-ups and preventative care also play a vital role in healthy aging. Screening for conditions like high blood pressure, diabetes, and certain cancers, along with vaccinations, can help detect problems early and improve overall health outcomes.

Ultimately, healthy aging is about more than just physical health—it's about living a full, engaged life and taking proactive steps to ensure well-being at every stage of life.

CONNECT WITH US ON



Instagram - Facebook - Threads

Creating Awareness



@ Waltair Club, Visakhapatnam



In association with Inner Wheel Club of Waltair, a program titled ఉద్దీపన (Uddepana) was launched in Jul 2024 to conduct cognitive stimulation sessions for residents of old age homes in Vizag. One such program was held at Premasamajam, Visakhapatnam on 16.09.2024.



@ Dept. of Social Work, Andhra University, Vizag



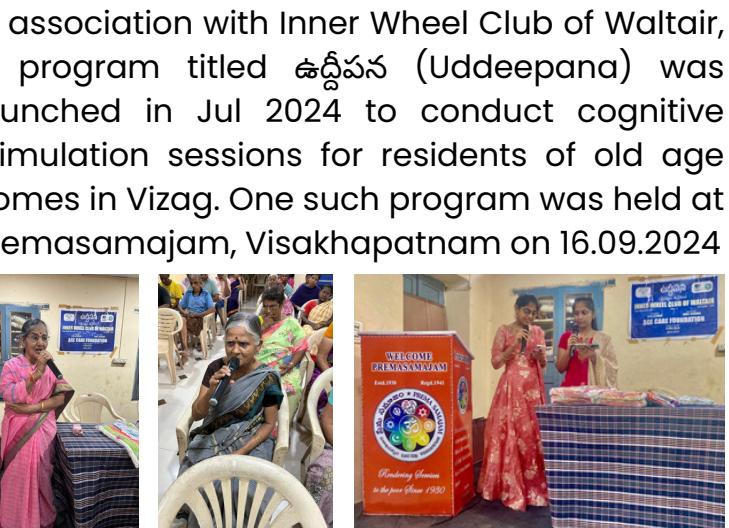
Dementia awareness session at Non-Teaching pensioner's association, Andhra University.

The speakers at these sessions included Dr K Venkateswarlu, Dr N S Raju, Dr G Sravani, Dr S Srinivas, Mr. K Ravikanth, Dr Rajeev Khaja

HelpAge India, in coordination with Age Care Foundation conducted a workshop on 26.09.2024 on Mental wellbeing of Elderly. The sessions were around Status of Mental Health in Older Persons, Common Mental Health Issues, Role of Caregiver/ Health Worker in Mental wellbeing of Elders.

Age Care Foundation is working closely with Dementia India Alliance, a non-profit family carer-centered national organisation, with primary focus on supporting family caregivers and fostering a dementia-inclusive society.

Several Dementia awareness programs were organised during which dementia screening test was also done from among the elderly participants.



CONNECT WITH US ON





Instagram - Facebook - Threads

Click on the link above

Spreading Wings

Age Care Foundation had the privilege of being represented at the International Conference on Dementia Care, **DemCon'24**, held in Bengaluru on 29.11.2024 organised by Dementia India Alliance.

The conference attended by over 900 participants, 135 speakers, 25 exhibitors and 40 diverse sessions was an enriching experience.

Dementia India Alliance (DIA) has truly become a pioneering organisation in India to enhance the well-being of those living with dementia and their family care givers.

Age Care Foundation is closely working with DIA to care for those suffering from Dementia and supporting the family care givers.



Team Age Care Foundation @ DemCon24

Dementia, a condition often misunderstood as mere forgetfulness, is a complex issue requiring early detection and understanding. Dementia is currently the seventh leading cause of death globally and a major contributor to disability among older individuals.

5 in 100 individuals over 65 years in India suffer from dementia, and the number jumps to 1 in 4 for those over 85 years. These figures underscore the critical need for awareness, involvement, and a supportive environment to alleviate the suffering caused by dementia.

To address the growing need for improved dementia care, Age Care Foundation's upcoming hospital in Gambheeram is set to have a dedicated wing for dementia care and also a comprehensive training facility for healthcare professionals and caregivers. A separate clinic specializing in Geriatrics and Memory Clinic is operational in MVP Colony, Visakhapatnam aiming to elevate healthcare services by providing personalized care tailored to the unique medical needs of the elderly.



“Care with Compassion”

To support the cause
**CLICK
HERE**

“There is an End
to CURE..
But,
there is no End
to CARE”

“We all together
can make a
difference to
the lives of
the elderly and
the seriously ill”



Sneha Sandhya
AGE CARE FOUNDATION
- Honouring the Dignity of Life

Regd. Charitable Trust No.VSP/274/2012

Regd. Office
#9-41-31/1, Pithapuram Colony,
Opp. Maddilapalem Bus Complex
Visakhapatnam-530 003



Palliative Care Centre
Gayatri Vidya Parishad Hospital,
2nd Floor, #6-25, Maridi Valley, Marikavalasa,
Madhurawada, Visakhapatnam-530 048

 info@agecarefoundation.org

 +91 89859 52000

 www.agecarefoundation.org

CONNECT WITH US ON



Instagram - Facebook - Threads
Click on the link above