



nandhavanam

The Castle for Dignified Seniors

Welcome!!

To our sixth
edition of
our monthly
newsletter
for this year.



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LOVE AND COMPASSION



In order to renovate the house, someone in Japan breaks open the wall. Japanese houses normally have a hollow space between the wooden walls.

When tearing down the wall, he found that there was a lizard stuck there because nail from outside hammered into one of its feet.

He sees this, feels pity, and at the same time curious, as when he checked the nail it was nailed 5 years ago when the house was first built!!!

What happened?

The lizard has survived in such position for 5 years!. In a dark wall partition for 5 years without moving, it is impossible and mind boggling.

Then he wondered how this lizard survived for 5 years! without moving a single step since its foot was nailed!

So he stopped his work and observed the lizard, what it has been doing, and what and how it has been eating.

Later, not knowing from where it came, appears another lizard, with food in it's mouth.

Ah!, he was stunned and touched deeply. For the lizard that was stuck by nail, another lizard has been feeding it for the past 5 years.

Imagine? It has been doing that untiringly for 5 long years, without giving up hope on it's partner.

Imagine what a small creature can do that a creature blessed with brilliant mind can't.

Please never abandon your loved ones.

Never say you are Busy When They Really Need You... You May Have The Entire World At Your Feet. But You Might Be The Only World To Them...

A moment of negligence might break the very heart which loves you thru all odds...

Before you say something just remember... it takes a moment to break but an entire lifetime to make.

~ Author Unknown

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Do what you can, For who you can, With what you have, and Where you are.

Importance of Exercise

The importance of exercise for the elderly cannot be overstated. Regular and doctor-approved exercise is a great way to live happily and it also improves seniors health.

Lots of physical changes happen with ageing. Body weight is usually less in late adult-hood as one loses muscle tissues. Reduced muscle strength results in loss of strength in the legs, arm, and other parts of the body. Loss of bone calcium is responsible for some weight loss and possibly a stooped posture. It may also result in decrease of bone density (or) osteoporosis. Other body functions slow down due to a loss of organ reserve.

Exercise not only slows down or reduces the effects of age-related degeneration, but also significantly lessens the impact of illness. One who exercises regularly gains more energy, feels more optimistic, healthier and always inspired. Generally exercise is considered as 'feel good' phenomenon.



Benefits of Regular Exercise

- Better quality of sleep
- Walking with friends or meeting new people in gym gives way for greater social interaction
- Release of natural endorphins which gives more contented and happier feel
- Improved brain functionality helps preventing alzheimer disease and dementia
- Reduces excess weight, especially if done with calorie-controlled diet
- Builds the muscles around certain joints and makes it strong
- Improves immunity system of the body.



General Safety Guidelines for Exercising

- Exercises for the elderly should be as recommended by Doctors
- To be followed regularly and the activity level should be increased gradually
- A 10 minute warm-up before exercising is advised for elders. As with age, sudden intense exercise may be a challenge for the heart
 - A 10 minute cool-down session is also important, as quick stopping may cause blood to pool in legs, increasing the strain on the heart
 - Practice good breathing. Never hold the breath. Try to breath-in through nose and breath-out through mouth
 - Monitor for overexertion that is indicated by shortness of breath, nausea, dizziness or getting shaky feeling
 - Correct posture prevents injuries

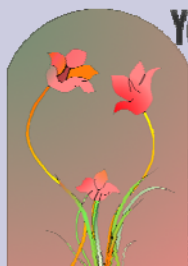


Lack of activity destroys the good condition of every human being, however movement and methodical physical exercise saves and preserves it.

Developmental Activities - Nandhavanam



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