

NEWS LETTER FOR HEALTH ABOVE 60



Greetings from HealthAbove60.

As a healthcare service company, HealthAbove60 has a vision to make a difference on elder's health. Above60 years of age, health becomes the major part of their life, more than taking treatment they find challenges to get the treatment options at their home. HealthAbove60 completely focus to provide 360 support to elders regards to their health, at their home at any point of time, by providing quality nursing care, assistants, physio, counselors, doctors and few specialists. This is our first news later after we started our operation from 1st July 2014, within this few weeks operations, HealthAbove60 team provided home care services to good number of elders across Chennai. We have mentioned few activities conducted by our efficient HealthAbove60 team to reach out the communication of our services across Chennai. Hope you enjoy reading this first newsletter from HealthAbove60

Mr. G.Srinivasan CEO

Presentations of illness in old age are often non-specific and we see a broad range of illnesses particularly stroke, heart disease, infections, diabetes, delirium and the dementias. At its core, geriatrics requires comprehensive assessment of ill and disabled old people. This involves close interdisciplinary working with nurses, therapists, pharmacists, dietitians, social workers and many other health professionals.

HealthAbove60 is a brand which stands for its name that provides Home health care services for the Elders. As we people grow older, we are in need of an additional support to take care of us as we had in our childhood.

Trust Healthabove60 and be assured of the best healthcare services you can ever get for the elderly people.

DOCTOR'S TALK

Greetings from Healthabove60 to all the elders who have sailed the ocean called life, facing many hurdles and making many sacrifices. I would like to share a few words about the importance of right food for maintaining right health. Because, what you eat makes the body and hence it is the first medicine to keep the body healthy.

Many older persons tend to continue eating the same amount of energy that they did when they were young. One should be conscious of the need to reduce their energy intake over time as they get older.

On the other hand many older people tend to eat too little food and have a serious energy deficiency which can lead to emaciation and a variety of problems such as a suppressed immune system.

HEALTHY EATING

Older persons must focus on eating nutrient-dense foods and drinking nutrient-dense beverages.

The recommendations are as follows:

- Select fat-free or low-fat milk and milk products (yoghurt, cottage cheese) to boost calcium intake to maintain healthy bones and prevent osteoporosis.
- Eat seafood, lean meats, poultry and eggs, to boost the intake of high quality protein, vitamin B12, iron and trace minerals such as zinc, selenium and iodine to prevent anemia, suppressed immune function and thyroid problems

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BENEFITS OF WALKING

- Weight loss
- Increases metabolism
- Healthier heart
- Increases self-esteem
- Tones muscles
- Improves self image
- Increases energy
- Strengthens bones and joints
- Relieves stress
- Strengthens immune system
- Reduces risk of high blood pressure

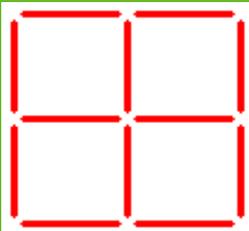
ART GALLERY



Art by
G.S. Mowlika

PUZZLE TIME

Twelve sticks form four equal squares.



The Question: How can exactly four sticks be moved to make three equal squares?

- Include dry beans, peas, lentils and soy products as an excellent source of dietary fibre, vitamins, minerals and plant protein, without added cholesterol or saturated fat.
- Concentrate on including vegetables as often as possible, particularly dark green or dark yellow vegetables which are rich in beta-carotene (e.g. spinach, butternut, pumpkin, sweet potatoes, peas)
- Try to eat at least 50% of all grains as whole grains. Seniors, who have problems with chewing high-fibre cereals and grains, may benefit from eating cooked porridges.
- Seniors should, whenever possible, eat actual foods rather than liquid meal supplements. Select whole foods that contain added vitamins, iron and other minerals to obtain as many nutrients as possible from a given food.

Additionally, limit your intake of sodium, solid fats, sugar and refined grains and increase physical activity and avoid being sedentary.

Dr V. Janakan

STAYING CONNECTED

One of the greatest challenges of aging is how your support network changes. Staying connected isn't always easy as you grow older even for those who have always had an active social life. Career changes, retirement, illness, death, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network.

It's important to find ways to reach out and connect to others, regardless of whether you live with a spouse or not. Having an array of people you can turn to a company and support as you age is a buffer against loneliness, depression, disability, hardship and loss.

The good news is that there are lots of ways to be with other people. It doesn't matter what you do, so long as you get out of the house (if possible) and socialize:

- Connect regularly with friends and family.
- Make an effort to make new friends.
- Spend time with at least one person every day.
- Volunteer.
- Find support groups in times of change.

CARE



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TESTIMONIALS

Srinath - 22nd July, 2014

We have experienced your courteous and prompt service for the elderly, whenever we have called you. You and your team have been Professional and Warm. Our Interactions have been trouble free, which is quite often ignored by professionals while measuring service levels. Thanks

Charumathi - 8th August, 2014

Thank you for the visit by Dr. Janakan and Saraswathy to my home. It certainly helped my mother to talk to someone to understand her concerns. You're courteous and confident demeanor put her instantly at ease. The organization you both are involved in every inch of the way and I appreciate the sensitivity you bring to your job. I wish you all the success one can attain.

Happy Birthday



shrihari s/o saraswathy

ACTIVITIES OF HA60

As a part of our communication activities we had done the brochure distributions in Besant Nagar, Marina Beach, Anna nagar tower park and also in the pensioner's association.

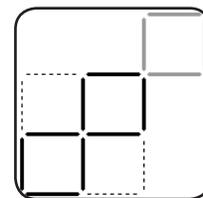


OFFSITE TRIP

We are proud to share the offsite trip photos from Pollachi which made us to learn many aspects like team building, Leadership abilities etc and helped us to understand each other.



PUZZLE ANSWER



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