



VEDAANTA
SENIOR LIVING

AUG - SEP 2023

VEDAANTA CHRONICLES

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EMPATHY

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FROM THE EDITOR

Dear Residents

September has come and along with it, we have been blessed with some good rains. Most of our residents in Bangalore and Chennai would have been able to witness the good rains. While the rains have arrived, so have the festivities. All our communities are preparing and planning the schedule for the next few months.

I have always felt, that retirement communities provide services beyond facilities. While exploring communities, we often talk about kitchen, medical, and housekeeping services. I feel these are just facilities. True service comes from the people around and the environment they create. It is in knowing each and every resident personally, understanding their needs being a family with everyone, that services can be done. Whereas facility management involves understanding the walls and bricks and seldom involves understanding people.



FROM THE EDITOR

As we grow in our communities, we are trying to incorporate more systems and processes, nevertheless keeping in mind that we never give up on the human element. Very often when marketing Vedaanta, we tend to list down our facilities, but now we list down our services and talk more about our human interaction. There may be several issues ongoing here and there but when we conduct an event in our community and all residents come together, celebrate, and enjoy a good meal we feel the very purpose of creating this organization and all the efforts we have put behind it to be worthwhile.

Looking forward for a fabulous season of festivities, until we catch up next time!



HOBBY CORNER

Photography: A Window to the World



Recently, We Celebrated World Photography Day on August 19th. So, in This Month's Hobby Corner, Let's Dive into the Enchanting World of Photography as a Hobby.

Photography, often described as the art of freezing moments in time, has an almost magical quality. With the click of a button, it transports us back to the past, captures the essence of the present, and invites us to envision the future.

Photography: A Window to the World

Photography is more than just a hobby; it's a way of observing and appreciating the world around us in a unique light. It allows us to frame everyday scenes and transform them into extraordinary works of art. In the quiet corners of [Senior Living Community Name], photography can be a source of endless inspiration and creativity.



Why Photography?

Photography offers a myriad of reasons why it's an ideal hobby, especially for seniors:

1. Capturing Memories: Every photograph tells a story. It captures the smiles, the laughter, and the shared moments of our lives. With a camera in hand, we can immortalize cherished memories and revisit them whenever we please.

2. Artistic Expression: Photography is an artistic outlet that encourages us to think creatively. It challenges us to experiment with composition, lighting, and perspective, transforming the ordinary into the extraordinary.

3. Community Connection: Photography is a hobby that brings people together. It's an opportunity to connect with fellow residents, share photography tips, and embark on group photo walks, forging friendships through a shared passion.

4. Observing Beauty: Through the lens, we discover beauty in the everyday. The colors of a garden in bloom, the play of light and shadow, and the changing seasons come alive when viewed through a camera.

5. Lifelong Learning: Learning photography is a lifelong journey with boundless opportunities for growth. It keeps our minds engaged, encourages adaptability, and provides a sense of fulfillment.

Your Photographic Journey Begins Here

Whether you're a seasoned photographer or have never ventured beyond the basics of your camera or smartphone, the world of photography beckons, eager to be explored. It's a hobby that invites you to celebrate life, embrace your innate creativity, and share your unique perspective with the world.

As we embark on this photographic adventure together, remember that each picture you take is a piece of your world, your story, and your heart. It's a testament to the beauty that surrounds us, waiting to be discovered and captured through the lens. Happy clicking!



HEALTH

Maintaining Bone Health in Your Golden Years: A Guide for Seniors

As we age, our bodies go through various changes, and one crucial aspect of senior health that often takes center stage is maintaining strong and healthy bones. Bones provide the structural foundation for our bodies, and their well-being directly impacts our mobility and overall quality of life. In this article, we will explore the importance of bone health for seniors and provide practical tips to help you maintain and even enhance your bone strength in your golden years.

Understanding Bone Health:

Bone Density and Aging: As we age, our bones naturally lose density and become more fragile. This process, known as osteoporosis, can increase the risk of fractures and limit mobility.

The Role of Calcium and Vitamin D: Adequate intake of calcium and vitamin D is essential for maintaining bone health. Calcium is the building block of bones, while vitamin D helps the body absorb calcium efficiently.

Tips for Maintaining Strong Bones:

1. **Balanced Diet:** Incorporate calcium-rich foods like dairy products, leafy greens, and fortified foods into your diet. Ensure you also have a source of vitamin D, either through sunlight exposure or supplements.
2. **Regular Exercise:** Engage in weight-bearing exercises like walking, dancing, or resistance training. These activities help strengthen bones and improve balance, reducing the risk of falls.
3. **Stay Hydrated:** Proper hydration is essential for bone health. Drink enough water to support overall bodily functions, including the maintenance of bone density.
4. **Limit Alcohol and Caffeine:** Excessive alcohol and caffeine consumption can negatively impact bone health. Moderation is key.
5. **Quit Smoking:** Smoking can weaken bones and increase the risk of fractures. Quitting smoking is one of the best things you can do for your bone health.
6. **Medication Review:** If you are taking medications, consult your healthcare provider to ensure they do not negatively affect bone health. Some drugs can lead to bone density loss.
7. **Bone Density Tests:** Regular bone density tests can assess your bone health and help identify any potential issues early. Discuss this with your healthcare provider.

Remember, it's never too late to invest in your well-being, and strong bones are a vital part of that equation.

FROM OUR BLOGS SECTION



- *Click on the above image to visit our Blogs Section*

SIX TECHNIQUES TO COUNTER SLEEP PROBLEMS IN THE ELDERLY

"Oh, I couldn't fall asleep for a long time last night. I'm feeling so tired now!"

I would hear this so often from my septuagenarian mom. She would reminisce about how easily she would sleep in her younger days and how that has gradually changed to her being almost an insomniac. After battling many such days, we visited her physician and experimented with a few solutions before finding a combination that worked for her, at least on most days.

Sleep problems are typical for the elderly. The usual solution, and one that even doctors recommend, is a low dose of hypnotics. However, regular usage of sleep pills can trigger other conditions, such as drowsiness during the day, brain fog, and general dullness. Moreover, the body might soon get used to the medication, which means after a point, you would still not be able to fall asleep as fast as you did when you began the pills. The vicious circle might continue if the physician decides to ramp up the dosage. We need to explore other ways to combat the condition.

So, how to ensure you sleep better as you grow older?

Here are six practical and easy tips to improve sleep for the elderly.

1. Follow a bedtime routine:

The body loves predictability. As parents, we created routines for our kids to develop healthy bodies and minds. As older adults, we should follow suit to reap the same benefits. So, it's a good idea to go to bed around the same time each night, even though you might not be sleepy. The idea is to let the body fall into the pattern.

2. Switch off the devices:

Our lives revolve around our phones, TVs, and laptops. However, the mind needs time to wind down from the stimulating environment. Experts suggest switching off all electronic gadgets at least an hour before bedtime to ensure a good night's sleep. Take the help of music or a favorite book to lull you into sleep.

3. A warm bath:

Taking a warm shower melts away the day's tiredness. Studies show that water, medium in temperature, increases blood flow to the hands and feet, helping the body cool down and relaxing tense muscles.

4. Add daily movement:

Include a daily dose of movement in your day. It could be a brisk walk, yoga, cycling, gym, or anything else you prefer. When the body gets the required workout (make sure you don't over-tire), it will regulate the sleep cycle and improve sleep quality.

5. Skip the afternoon nap:

While a short afternoon nap is beneficial since it refreshes the mind, a long one could upset the night schedule. If you wake up very early or have a busy schedule, you must rejuvenate with a brief spell. In any case, set the alarm and sleep no more than 15-20 min. Make sure you don't nap post 4 p.m. to ensure you don't stay awake late into the night.

6. Sleep meditation:

Often our minds are racing with thoughts, worries, and anxious feelings, not letting us focus on the present moment. Mindfulness is a conscious thought process that trains the mind to stay in the now. This process is a journey and does not happen at once. There are dedicated guided meditation techniques to promote better sleep.

Listening to Meditation music is also an excellent method to relax the mind and fall asleep.

Do you also suffer from irregular sleep patterns? Let us know if these tips helped you.

THE FLAVORS : RECIPE SECTION



Sweet Coconut Modak

Modak, with its delectable outer layer and sweet, flavorful filling, holds a special place in our hearts during this festive season. Let's delve into a simple yet delightful Modak recipe that you can prepare and share the joy with loved ones.

Ingredients

For the Outer Layer (Rice Flour Dough):

- 1 cup rice flour
- 1 cup water
- A pinch of salt
- 1 teaspoon ghee (clarified butter)

For the Sweet Filling:

- 1 cup grated coconut
- 1/2 cup jaggery, grated
- 1/2 teaspoon cardamom powder
- A pinch of salt

Instructions:

Making the Outer Layer (Rice Flour Dough):

1. In a saucepan, bring 1 cup of water to a boil.
2. Add a pinch of salt and 1 teaspoon of ghee to the boiling water.
3. Reduce the heat to low, and slowly add 1 cup of rice flour to the water while stirring continuously.
4. Stir vigorously until the mixture forms a smooth dough-like consistency.
5. Turn off the heat and allow the dough to cool slightly.

Making the Sweet Filling:

1. Heat a non-stick pan on medium-low heat.
 2. Add the grated coconut and grated jaggery to the pan.
 3. Stir the mixture continuously until the jaggery melts and blends with the coconut. This will take about 5-7 minutes.
 4. Add a pinch of salt and cardamom powder for flavor. Mix well.
 5. Once the mixture thickens and starts to leave the sides of the pan, remove it from heat and let it cool.
-

Shaping the Modak:

1. Grease your palms with a little ghee to prevent sticking.
2. Take a small portion of the rice flour dough and flatten it in your hand to create a small, round disc.
3. Place a spoonful of the sweet coconut filling in the center of the disc.
4. Carefully gather the edges of the disc and pinch them together at the top, forming a pointed tip. This gives the Modak its iconic shape.
5. Repeat the process to make more Modaks.

Offering to Lord Ganesha:

1. Steam the Modaks in a steamer for 10-12 minutes until they become firm.
2. Allow them to cool slightly before offering them to Lord Ganesha.
3. You can also serve them as prasad or enjoy them with your family and friends.

These homemade Sweet Coconut Modaks are a delightful way to celebrate Vinayaka Chaturthi. May your celebrations be filled with joy, blessings, and the sweet flavors of this beloved treat. Ganpati Bappa Morya! 🙏🐘



TECH-TALK

Staying Secure Online: A Senior's Guide to Internet Safety

In our increasingly connected world, the internet offers a wealth of information, entertainment, and communication. However, it's essential to navigate the digital landscape safely. This guide is tailored to seniors, providing valuable insights and practical tips to help you protect your online presence and personal information.

Step 1: Understanding Online Threats

- **Identifying Common Threats:** Learn about phishing emails, malware, and other online dangers that can compromise your security.
- **Recognizing Scams:** Understand how to spot online scams and fraudulent websites.

Step 2: Creating Strong Passwords

- **Password Best Practices:** Discover the importance of strong, unique passwords for your online accounts.
- **Password Management Tools:** Explore password manager apps to help you generate and store secure passwords.

Step 3: Safeguarding Personal Information

- **Privacy Settings:** Learn how to adjust privacy settings on social media platforms and websites to control what information is shared.
- **Protecting Personal Data:** Understand the importance of not sharing sensitive information, like Social Security numbers or financial details, online.

Step 4: Secure Browsing Habits

- **Safe Browsing Practices:** Explore tips for secure internet browsing, including avoiding suspicious websites and using secure connections (HTTPS).
- **Updating Software:** Understand the importance of keeping your device's operating system and apps up to date.

Step 5: Email and Social Media Safety

- **Email Safety:** Learn how to recognize and avoid phishing emails and ensure the safety of your email account.
- **Social Media Security:** Discover how to protect your social media profiles and avoid sharing too much personal information.

Step 6: Online Shopping Security

- **Safe Online Shopping:** Tips for secure online shopping, including using reputable websites and payment methods.
- **Recognizing Fake Online Stores:** Learn how to spot fraudulent online stores and avoid online shopping scams.

Step 7: Cybersecurity Tools for Seniors

- **Antivirus Software:** Explore the importance of antivirus software for protecting your computer from malware.
- **Firewalls and Security Suites:** Learn how firewalls and comprehensive security suites can enhance your online safety.


Step 8: Reporting Online Threats

- **Reporting Scams and Threats:** Understand how and where to report online scams and cyber threats to relevant authorities.

With the knowledge and tools provided in this guide, you can confidently navigate the digital world while safeguarding your personal information and online security. Staying secure online is a crucial step in enjoying the internet safely and responsibly. By implementing these best practices, you'll have the peace of mind to explore the digital landscape with confidence and peace of mind.   



What's New on our Youtube Channel?



Vedaanta Senior Living
@VedaantaSeniorLiving 2.41K subscribers 110 videos
With the combined efforts of successful individuals who built India's large... >
vedaanta.com and 4 more links

HOME VIDEOS SHORTS LIVE PLAYLISTS COMMUNITY CHANNELS ABOUT

Latest Popular Oldest

22 MYSTERIOUS WELLS
SHREE RAMESHWARAM JYOTHIRLINGA TEMPLE
Exploring Shree Rameshwaram Jyotirlinga Shiva Temple | Temple Stories | 22 Differen...
788 views • 1 day ago

CHAIR YOGA FOR RESTRICTED MOBILITY
For seniors 65+ and above
Chair Yoga for Restricted Mobility | 5 Minute Quick Yoga Routine for Seniors | Health &...
1.3K views • 7 days ago

AAYIRAM KAAL MANDAPAM
Madurai Meenakshi Temple
Meenakshi Temple, Madurai | Dravidian Architecture | Temple Stories | Sacred...
5.1K views • 8 days ago

UDUPI KRISHNA MATHA
Know about the "kanakana kindi"
Exploring Udupi Krishna Matha | Unique Rituals Revealed | Temple Stories | Origins ...
12K views • 2 weeks ago

TEMPLE Style PONGAL
Quick Pongal Recipe | Sattvic Recipes | Vegetarian Food | Healthy Masala Khichdi
4.4K views • 3 weeks ago

PRESSURE POINT THERAPY
Acupressure for instant pain relief
Acupressure Points for better Health | Pressure Point Therapy | Yoga for Seniors |...
2.2K views • 3 weeks ago

4 Best YOGA POSES FOR DIABETES
Asanas to control diabetes
4 Yoga Poses to Cure Diabetes | Diabetes Prevention Asanas | Yoga for Seniors |...
2.1K views • 3 weeks ago

FOLLOW THIS TO GET A GRIP ON
High Blood Pressure
Natural Ways to Lower Blood Pressure | Health & Wellness | Hypertension...
4.3K views • 4 weeks ago

RIPE MANGO CURRY
ORIGINAL STYLE
Ripe Mango Curry | Udupi Style Mango Gojju | Sattvic Recipes | Mango Gravy
3.7K views • 4 weeks ago

- Click anywhere on the above image to visit our youtube channel

We're happy to bring you an exciting array of content on our YouTube channel this Month. Dive into a world of culinary delights with new recipes that promise to tantalize your taste buds. Get active and stay healthy with our fitness and exercise videos, suitable for all fitness levels. And for those on a spiritual quest, our "**Temple Tales**" series explores the profound history and significance of sacred temples like Shree Jyotirlinga Rameshwaram and Dwarka. Subscribe, engage, and embark on this journey of discovery and inspiration with us.

Thank you for being part of our online community.

P.S. Like, share, and comment on your favorite videos to help us reach more like-minded individuals. Your engagement is greatly appreciated!



VEDAANTA
SENIOR LIVING

COMMUNITY STORIES

- Aug- 2023 -

CELEBRATING INDIA,
HERE AND ON THE MOON!

The success of Chandrayaan 3 is a defining moment for India. August 23rd, 2023, will forever be etched in our memories to have witnessed a historic moment, to be the first country to land on the south pole of the Moon.



August is about remembering our past and celebrating our successes as a Nation despite the adversities. Stepping into the 77th year of Independence is a matter of great pride and happiness. We have come a long way to become the 5th largest economy today, aiming to occupy the third position in the next five years.

While we pay our tribute and respects to the Bravehearts of the past and the ones who continue to lay down their lives for us on Independence Day, we have a greater responsibility as citizens to preserve and pass on the true legacy of our nation by not forgetting history and standing up for every unjust behaviour. The battle today is not just with outside enemies but with elements within that are working against the betterment of our country.

On that note, let us look at the events of this month and how Vedaanta communities celebrated Independence Day.

Keep your heart safe and healthy.

Cardiovascular irregularities go undetected at times, posing severe health risks. Routine screening is one of the effective practices to keep your heart healthy. Vedaanta places the health of its senior residents at the highest level. To ensure a good health routine for our members, we conduct regular health camps and check-ups.

Vedaanta Hub conducted the cardio camp in association with Chettinadu Hospital, Chennai.



A mélange of music and masti

Residents of Elements were in their elements as they played antakshari in its true spirit. The music continued even after, with some talented members taking centre stage to present some of their favourite songs.

Three cheers to health-hear, hear!

Hearing deficiencies can be managed or treated effectively with cutting-edge technologies available today. The key is to detect the issues and take corrective measures in time.

Vedaanta Satsang conducted an Audiogram test with the help of a team from the Global Hearing Aid Centre, Ltd.

76 years of Independence - celebrating Azadi ka Amrit Mahotsav

At Vedaanta Elements

We had the flag hoisting done by Mr. Sundaravaradan. Patriotic songs added to the pride and oneness of seeing the tricolour flag flutter in the wind.

The Bharatanatyam recital by Sri Sai Shruthi Krishnaswamy on this occasion was exquisite and brought our rich cultural heritage to the fore.



At Vedaanta Vaibhava

Col. Lakkaraji Murthy hoisted our National flag, after which all the residents sang several patriotic songs as a tribute to our freedom fighters and soldiers who defend our borders and keep us safe.

It was inspiring and goosebump-inducing to hear Col. Murthy speak about his military life. Salute to such bravery and passion for our Motherland.

Mr Venkatarajan had us all teary-eyed as he fondly remembered Mr Vedanthan, who recently passed away, and his selfless service to our community.

The Tiranga rice at lunch was a fitting finale to the patriotic fervour.



At Vedaanta Hub

We watched with pride as Mrs Banumathy hoisted the National flag at Vedaanta Hub.

The group patriotic song by Mrs Andal, Mrs. Rajalakshmi, Mrs. Uma Raghavan, Mrs. Gunasundari, and Mrs. Nandini soaked us in the spirit of freedom, and our hearts swelled with gratitude.

'The one who plants trees, knowing that he will never sit in their shade, has at least started to understand the meaning of life.' - Rabindranath Tagore.

We offer our heartfelt thanks and gratitude to the following members who planted trees on this occasion:

Mrs Kamala Ramamoorthy (President), Mr Kannan (Treasurer), Mr Ram Mohan, and Mr Srinivasan.

Vedaanta sponsored a special lunch for the residents.

At Vedaanta Brindavanam

Don't we love it when our women take centre stage? Even as Mrs Geetha Srinivasan hoisted the National flag at Brindavanam and led the National Anthem, Mrs Jayalakshmi and her disciples regaled us to iconic songs like Jayati Jayati Bharata Mata and Thayin Mani Kodi.

The poem expressing love for our country by Mrs Gowri Ramani in the language of our Vedas- Sanskrit - filled us with pride for our rich heritage.

We are not ones to only look at our past nostalgically; we walk in the present and adapt to the newness too. Gowri Ramani and Padmini Kannan had all of us foot-tapping and crooning to the Bollywood melody- Ye Duniya Ik Dulhan.

Indeed, it was lovely to hear everyone sing - Ye mera India, I love my India!

Mr. Srinivasan wrapped up the program with an eloquent speech. Our staff at Brindavanam are not ones to be left behind. They sponsored the decadent Mysore Pak prepared by one of the chefs, Prabhu. They also contributed funds towards the pole for the flag in front of every house. We thank the staff members and Mr Balaji, who took care of the Mic system.

How can we forget to mention Mrs ARM Maheshwaran for her excellent kolam!



At Vedaanta Satsang

Mr Sundaresh Raju, Mr Subramaniam and Mrs Rajalakshmi hoisted the flag. Mr Sundaresh began the program with a speech. We celebrated Mrs Sudendra Devi's birthday by cutting a cake. It was a perfect ensemble of songs and dances by the ladies of Satsang to commemorate the 76 years of Independence.



Baramma Lakshmi Baramma.

Satsang welcomed Goddess Lakshmi with a pooja. It was a blessing to soak in the atmosphere charged with divinity and peace. We are grateful to Mr Krishnamurthy and Varalakshmi for all the arrangements.



Together on a Temple Tour

Residents of Vedaanta Elements got together to visit the Prithyangira Devi temple and Iskcon on ECR road, Chennai. They had a great darshan and trip. While the destination matters, the journey and company make it more enjoyable and worthwhile. Don't you think so?



Welcoming an artist in our midst

Mrs Bharathi Sitapathe, a new resident of Godrey E-city, is a talented artist. We are so thrilled to share her paintings with you all.



Invoking auspiciousness through a thousand names

Chanting, or merely listening to, the Vishnusahasranamam brings immense benefits to our mind and body. Residents of Vedaanta Elements chanted the Vishnusahasranamam for everyone's well-being.



September

it's when the year shifts gears with Festive fervour!



The last quadrant of the year is like the climax of a movie - fast-paced and exciting, with several festivals dotting it. Soon, we would be gearing up for the New Year. We love this phase as we meet family and friends, decorate the home and pooja space, and soak in the cultural spirit. Not to mention indulging in the culinary delicacies that are an integral part of the celebrations.

Dealing with Diabetes- A talk by Dr. Nishchitha



As we move from one festival to another, we excuse ourselves to bite into just a little more of those modaks, holiges, laddoos and adirasams. What better time than now to address the elephant in the room - Diabetes!

The Sweet Talk by Dr. Nishchitha on navigating Diabetes (an online event) was insightful. She gave the residents tried-and-tested strategies and several practical tips to monitor and manage blood sugar levels. The valuable Q and A session at the end gave us all excellent takeaways.

Carrying forward the baton of preventive care and a healthy lifestyle, Vedaanta Elements conducted a Dental and Eye check-up camp in collaboration with SRM Hospital, Kataankulathur.

What a blessed affair when Mahabali and Lord Ganesh visited us!



Vinayak Chaturthi at Vedaanta Brindavanam

Vedaanta communities celebrated Onam and Vinayaka Chaturthi with great fanfare. Customary rituals, Homam, prasadam, music, and dance programs roused feelings of divinity and gratitude for all the abundance in our lives. May the Almighty ever shower His blessings upon us!

Namasankeerthanam by Mohanam Academy



Folklore and music form an integral part of our ancient traditions. Namasankeerthanam, or spreading the message of Bhagawan through Bhakti, music, and storytelling, has been a part of our sampradaya for ages. It was a sheer delight to listen to Kum. Rajeev as she led the program with other students of the academy on a spiritual and divine journey.

Financial Literacy Camp



The HDFC bank camp @ Vedaanta Elements highlighted the importance of financial freedom and intelligent investment strategies for the seniors in our community.

Grandparents' Day at Samriddhi Early Learning Centre



Samriddhi Early Learning Centre @ Electronic City is a Montessori preschool with an inclusive set-up. Our senior members of Godrej E-city attended their Grandparents' Day celebrations and enjoyed it thoroughly. The love extended by the school authorities and the little kids was touching. It was heartwarming to see how the school imbues the virtues of inclusivity, empathy, and care in the future generation through its pedagogy and ethos.

VEDAANTA'S LOCATIONS



Vedaanta Brindavanam
Coimbatore



Vedaanta Satsang
Coimbatore



Vedaanta Elements
Chennai



Vedaanta Hub
Chennai



Vedaanta Elements
Chennai



Vedaanta Vaibhava
Bangalore



Vedaanta Utsav
Hosur



Vedaanta Verandah Gardens
Cochin



Vedaanta Nandi Retreat
Bangalore



The Together Community
Hosur



Vedaanta @ Godrej E-city
Bangalore



Vedaanta Lotus
Guruvayoor

GALLERY



GALLERY

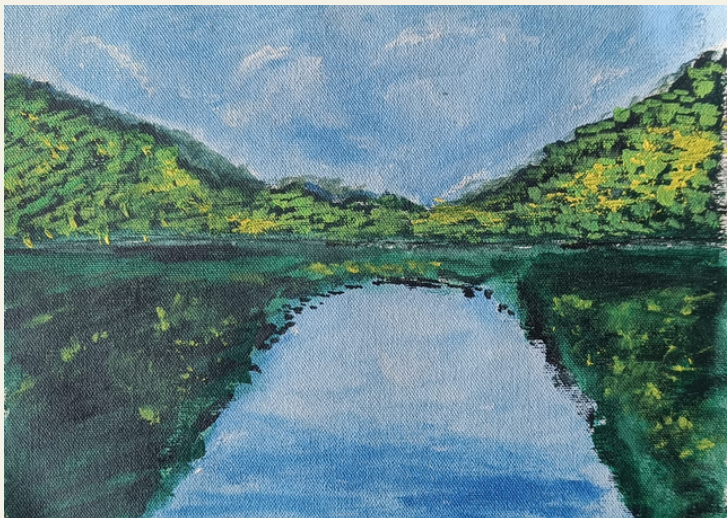


GALLERY



GALLERY

Paintings by Mrs Bharathi Sitapathe Godrej Ecity






We are a specialist senior care company that is run with the culminated efforts of successful professionals who grew the India's largest chain and brand in senior care housing.

If you are looking for a retirement home,
drop us an email at **info@vedaanta.com**
or call us at **844 844 4714**

To get information on all our projects,
visit www.vedaanta.com

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