

Autumn Times

A Quarterly Newsletter of Nightingales Medical Trust | January 2023



New Year: New Beginnings

A note from our Founders

As we stand at the threshold of a new year, it is with immense gratitude and joy that we reflect on the remarkable journey of Nightingales Medical Trust over the past 25 years. The trust and support you have extended to us have been the bedrock of our success, and as we embrace the dawn of another year, we are excited to share our plans for the future, including an ambitious new project - Smriti Gram.

Twenty-five years ago, Nightingales Medical Trust was born out of a vision to provide compassionate and comprehensive care to elderly in need. Since then, we have grown, evolved, and expanded our reach, touching the lives of countless individuals and families. Your unwavering support has been our driving force, empowering us to make a positive impact in the lives of senior citizens.

As we step into this new year, we are thrilled to introduce a project close to our hearts - Smriti Gram. Derived from the Sanskrit word for 'memory,' Smriti Gram represents our commitment to creating a holistic and affordable dementia care facility. Smriti Gram will be a haven that harmonizes modern living

with the warmth of community and tradition. It is designed to be a place where persons with dementia can thrive, supported by a strong sense of belonging and safety.

As we embark on this new chapter with Smriti Gram, we want to express our deepest gratitude to each and every one who has been a part of the Nightingales Medical Trust journey. Your trust, generosity, and dedication have been the driving force behind our ability to serve the community for a quarter of a century.

As we usher in the new year, let it be a time of renewal, hope, and collective commitment to making a positive difference in the lives of those in need. May the coming year bring health, happiness, and prosperity to you and your loved ones.

In the spirit of new beginnings, we invite you to join us in shaping the future of healthcare and community well-being. Your continued support will be instrumental in making Smriti Gram a reality and in extending the reach of our healthcare initiatives.

Dr Radha S Murthy & S Premkumar Raja
Co-Founders - Nightingales Medical Trust

Celebrating 25 years of Service

Nightingales Medical Trust marked a significant milestone - 25 years of compassionate service - with immense pride and gratitude. The colourful event on 18th November was celebrated at the Royal Orchid Hotel bringing together our dedicated board of management, staff, supporters, beneficiaries, and like-minded organisations. This momentous occasion was a poignant reflection on our unwavering commitment to eldercare. Over the past quarter-century, our vision has illuminated a path towards quality dementia care, combating elder abuse, mitigating loneliness, care for the marginalized, enabling livelihoods and enhancing the skills of others interested in aged care. Despite facing challenges along the way, our determination has only intensified.

In the captivating ceremony filled with nostalgia and anticipation for the future, we were honoured to host

esteemed guests, Capt GR Gopinath, the visionary founder of Air Deccan, as chief guest, alongside Dr. Shalini Chandrashekar Nooyi, Principal and Dean of Ramaiah Medical College, and Dr. Uma Nambiar, CEO of Bagchi Parthasarthy Hospital, IISC. Their presence added a touch of brilliance to our celebration, symbolizing the convergence of healthcare, education, and philanthropy. During this celebratory event, we unveiled a commemorative book, 'Modest Beginnings to Monumental Dreams', chronicling our 25-year journey through images and articles contributed by those integral to our cause. As we express heartfelt thanks for the support received and embrace the future with unwavering belief, we commemorate the years gone by and the journey ahead. In the spirit of unity and resilience, we reaffirm our dedication to dismantling barriers, healing hearts, and instigating profound change, one step at a time.



Sandhya Suraksha Completes 5 Years

Sandhya Suraksha home for destitute elderly women completed 5 years of service. Over the past five years, we have diligently rescued and provided a secure haven for numerous elderly women, fostering an environment of care and compassion. Additionally, our efforts have extended beyond shelter, as we have successfully reunited many with their families, reinforcing our commitment to holistic well-being.



Inauguration of Hiriyara Vadi at Vannarapet

Responding to the pressing needs of urban elderly in India, particularly those deprived of essential support, we inaugurated the second Hiriyara Vadi Day Care Center at Vannarapet on 20th October. Our initiative is dedicated to identifying and empowering vulnerable elderly residing in urban slums. At the Hiriyara Vadi, elderly will receive nutritional support, basic healthcare, and guidance on hygiene and healthy practices. Elderly will also engage in income-generation activities like making of paper covers and candle-making. All services will be completely free.



International Day of Older Persons

International Day of Older Persons is observed on 1st October every year throughout the world. Our team had the privilege of participating at an event held at Ravindra Kalakshethra, organised by the Department for the Empowerment of Differently Abled and Senior Citizens, Government of Karnataka. During this occasion, we had the opportunity to present our initiatives, including the Elders Helpline 1090, Jobs 60+, Dementia Care, and more, to the distinguished Chief Minister of Karnataka, Shri Siddaramaiah, and other visitors. It was also an honour to meet Smt Lakshmi Hebbalkar, the Minister for Women and Child Development, Disabled, and Senior Citizens Empowerment, Government of Karnataka.



Corporate Support

Celebrating Community Harmony and Empathy at CISCO: 122 employees demonstrated the power of unity by coming together in a burst of creativity on 11th October. They volunteered to paint exquisite Diyas and craft paper covers, all while enjoying the company of elders from our Sandhya Kirana Day Care Centre. The day was filled with laughter, colours, and a connection that transcended age and time.



Multivista Global Pvt Ltd - ECG machines for Dementia Care Centres: Grateful to Multivista Global Pvt Ltd for donating two ECG machines, which has profoundly enhanced our ability to provide comprehensive healthcare to the elderly community we serve.



Smriti Gram: Reshaping Dementia Care

Dementia, a silent epidemic sweeping through our elderly population, often remains unspoken, yet its impact is profound. In India, an estimated 7.4% of people aged 60 and above, approximately 90 lakh people, battle this relentless condition. Bangalore alone shoulders the weight of around 1 lakh individuals with dementia. However, dementia's reach extends beyond the affected individual, casting a heavy burden on their families, who grapple with physical, financial, and emotional strains, resulting in poor quality of life for both patients and caregivers. There's no cure for dementia, but there's hope in improving the quality of life for those living with it.

At Smriti Gram, we take the wisdom and learning from existing residential care centers for persons with dementia and applying it to create a dementia inclusive and friendly facility. Our aim is not just prolonging lives; it's about enhancing the quality of life. At Smriti Gram, we blend the wisdom of expertise, the richness of diverse cultures, the healing touch of indigenous therapies, and the power of cutting-edge technology to craft a safe and nurturing environment for dementia care.

Our vision is clear – to pioneer a new standard of dementia care, one that sets an example for the world. Smriti Gram is

not just a facility; it's a movement that places dignity, compassion, and humanizing care at its core. Together, we can make dementia care more compassionate, humane, and uplifting.

Smriti Gram, a 300-bed facility, with a dedicated 100 beds for marginalized elderly with dementia, is conceived as a comprehensive care ecosystem, offering innovative and affordable solutions for quality dementia care. Nightingales Medical Trust, with its proven track record spanning over two decades, brings a wealth of experience to this project.

The groundwork for Smriti Gram is complete, with suitable land procured near Doddaballapur, 46 km from Bangalore. The first phase, involving the construction of the initial 100 beds for the marginalized and Training Academy will be completed by June 2025. The second phase, accommodating an additional 200 beds, is scheduled for completion by December 2026.

Nightingales Medical Trust urges you to join us in building Smriti Gram - a revolutionary approach to dementia care. Your support will not only help build the physical structures of Smriti Gram but will also the creation of a network of care, compassion, and understanding.

Dementia Care Workshop

Dementia India Alliance organized a workshop in Bangalore on the 16th of December in association with NIMHANS, Nightingales Medical Trust and Apollo hospitals. The workshop titled “Caring for dementia across the spectrum – effective management strategies for different stages” aimed to promote a better and deeper understanding of dementia in its various stages and share effective management strategies to family caregivers and service providers. 118 persons attended the workshop.

Dr PT Shivkumar, Head of Geriatric Psychiatry at NIMHANS spoke about managing person with dementia during hospitalization, Dr Srikala Bharath, former Professor of Psychiatry, Consultant at NIMHANS highlighted on management strategies for mild to moderate stages of dementia and; and Dr Vyjayanthi Venkataramu, Assistant Professor at MS Ramaiah Medical College, guided participants through management strategies during severe stages of dementia.



Get Involved in our Services:

At Nightingales Medical Trust, we always do our best to fulfil the needs of older persons through various activities and services. Yet, there is ample opportunity for you as a volunteer, contributor or wellwisher to get involved. You can choose to spend time with elders as a volunteer, organize activities and games, teach our day care centre members new skills or craft, sponsor meals for disadvantaged elders or donate items required at our centres, For details, please write to us at contact@nightingaleseldercare.com or call us on 080-424426565. More details can also be found on our website.