

Editorial

The metamorphosis of Maya Care, from a humble sapling to a magnificent tree, spans over 14 remarkable years. Once a fledgling initiative, it now blossoms with the fragrant fruits of its labor, cherished by the elderly who have savored its offerings. Today, the organization stands tall, thanks to the unwavering dedication of individuals who have triumphed over their disabilities, forming the backbone of this noble cause, along with a legion of committed volunteers.

These volunteers selflessly dedicate their time and energy, providing free services to the elderly to ensure they receive the support they need. From medical assistance and help with paperwork to organizing joyful celebrations, these volunteers play a crucial role in enriching the lives of senior citizens. Emerging from the shadows of loneliness, these elderly individuals now shine brightly, their lives touched by the compassion and dedication of Maya Care's volunteers.

With the aid of 2,000 volunteers, the branches of this tree now extend to 74 cities across India and four cities in the UK, with plans to expand to Nepal, Sri Lanka, and Singapore. Maya Care brings transformative changes to the lives of the elderly through collaboration with corporations and citizens. The organization has conducted over 32,600 visits to spread empathy and understanding. Their mission transcends the organization itself, empowering individuals with disabilities under Project Bindu. Through partnerships with companies like Indigo and Future Generali, they provide a platform for economic independence. Currently, 24 individuals are in the process of being placed, a testament to these efforts.

The vibrancy of Maya Care's activities, from city and state coordination to the celebration of significant days such as Good Deeds Day (which included a tree plantation and an eye camp for senior citizens), Mother's Day, and Father's Day, offers the elderly moments of relaxation and mental rejuvenation. Participation in VolFest, a celebration of Volunteer Day, significantly raised awareness in the community and brought more volunteers, helping develop their network with other NGOs. Yoga Day celebrations and cultural integrations, like serving cultural banquets in Milton Keynes, resonate with the songs of integral cultural events like India Day in Milton Keynes (IDMK). In every aspect, Maya Care's anthem of compassion and service reverberates, proclaiming its mission through poetic lines.

The expansion of services in Nepal is progressing smoothly, with volunteers joining hands to serve Nepalese senior citizens with pride and compassion. With every milestone achieved, Maya Care prepares to spread its wings further, expanding globally and singing its song of glory. The journey continues, with miles to go, as Maya Care reaches for the skies, rooted deeply in its mission of empathy and care.

Feedback From Beneficiaries

1. Maruti Datta Shinde :- At first, I found the mobile device a little challenging to navigate on my own. However, thanks to the amazing support of Maya CARE , I was able to get the help I needed. A kind volunteer, Prasad Shinde, patiently assisted me in using the device. With Prasad's guidance, I was able to make call, use whatsapp. Maya CARE's dedication to helping people like me is truly commendable. Their assistance made a real difference in my experience.

Age 81, Umarkhed Yavatmal, +91 7066145883

2. Maya Vaidya :- The service provided by Maya CARE Foundation is very good. I was fortunate to have Manik Vaishampayan visit me yesterday. She helped me with two bank tasks, and I'm very happy with MayaCARE's service. It makes me feel great that Maya CARE does such good work for the elderly.

Thank You.

Age 81, Pune, +91 9767917024

3. Jatshna Adak :- I love the service of Maya CARE Foundation when I need help, volunteer Paulmi Chaudhary comes and talks with me, she guides me properly , takes me out and brings me back in a good way. A big thank you to Maya CARE and its members.

Age 70, Shyampur Howrah, +91 9748447798

4. Mrs. Lakshmi :- Dear Pallavi, I am writing to express my heartfelt gratitude for the wonderful support provided by your volunteer, Vivian. He spent an hour patiently helping me with the difficulties I was experiencing with my Mac laptop. His explanations were clear and easy to understand, making the entire learning process smooth and enjoyable. I am delighted with the assistance I received and look forward to practicing what he taught me before requesting further help. Thank you so much for this invaluable service.

Age 72, Bengaluru, +91 9880406906.

5. Mrs. Pushpa Jana :- I am Pushpa Jana, a beneficiary of Maya Care. Living alone, I needed help obtaining my medicine, so I reached out to Maya Care's toll-free number. A kind volunteer, Arpita Bera, assisted me with reading my Gita book. Her help was prompt and compassionate, and I am deeply grateful for the support provided by Maya Care. I am confident that if I need assistance in the future, I can rely on Maya Care for the same excellent service.

West Bengal, 7001314685

Shielding Seniors: Effective Strategies to Combat Cybercrime Targeting the Elderly

The rise of cybercrimes has overshadowed various traditional crimes, with cybercrime being the most advanced. Many real-life crimes now occur online, such as credit card fraud, identity theft, and embezzlement. Seniors are often targeted due to their trustful nature, better credit, and wealth. Criminals see them as easy targets, partly because they might not know how to report cybercrimes. Seniors also might feel shame and guilt, fearing loss of family trust in their financial management.

Common cybercrimes affecting the elderly include:

1. Tech Support Scam: Criminals pose as tech support, gain remote access to devices, and steal sensitive information.
2. Government Impersonation Scam: Criminals pose as government employees, threatening arrest or prosecution unless payments are made.
3. Financial Scam: Criminals use fake credentials from legitimate services to deceive victims.
4. Romance Scam: Criminals pose as romantic partners on social media or dating sites, especially targeting recently widowed individuals. They may also recruit victims for illegal activities like money laundering.

Prevention Methods for Seniors:

1. Limit Personal Information: On social media, post minimal personal information and only add known contacts.
 2. Resist Urgency: Scammers create fake emergencies to provoke quick action. Take time to think and resist immediate action.
 3. Verify Information: Research the offer and contact information given by potential scammers. Seek help from trusted people or agencies to verify legitimacy.
 4. Avoid Online Transactions: Refrain from giving money through uncertain online transactions and sharing bank or credit card information with strangers.
 5. Protect Financial Information: Keep financial account details private, monitor accounts and credit for unusual activity, and report suspicious activity to local law enforcement and financial institutions.
- By following these guidelines, seniors can better protect themselves from cybercrimes.

MAYA CARE activities

1. **Heartfelt Celebrations and Transformative Initiatives:** Maya Care, a beacon of compassion and service, embarks on a journey of heartfelt celebrations and transformative initiatives. On Mother's Day and Father's Day, we honor the irreplaceable essence of all mothers and fathers. These joyous celebrations are designed to bring boundless joy to the elderly, while also fostering a deep awareness of Love and Gratitude creating a sanctuary of well-being for all.
2. **Yoga Day:** In the serene embrace of Yoga Day, we invite our elders to experience the profound tranquility and rejuvenation that yoga brings. This celebration not only refreshes the mind but also illuminates the significant role yoga plays in our lives, promoting holistic well-being. Through yoga, we quiet our minds, open our hearts, and embrace our true essence while shedding the illusions of ego.
3. **Day of Volunteers:** On the Day of Volunteers, we pay homage to the selfless dedication and unwavering compassion of our volunteers. Their empathetic understanding and boundless love towards the elderly are the cornerstones of our mission, and this day celebrates their noble contributions.
4. **Project Bindu:** Our collaboration with esteemed companies like Indigo and Future Generali through Project Bindu empowers persons with disabilities, providing them with meaningful job opportunities. This initiative is a testament to our commitment to enable them to stand tall and independent, fostering a spirit of empowerment.
5. **Good Deeds Day - Eye Camp:** On the Day of Good Deeds, we organize an eye camp, providing essential eye care services to those in need. This initiative reflects our dedication to improving the health and well-being of our community.
6. **Good Deeds Day - Tree Planting:** On the same day, we also plant trees, a gesture that underscores our dedication to nurturing an environment that is both friendly and green. This celebration is a vibrant reminder of the power of community and environmental stewardship.
7. **IDMK Cultural Event:** The grand cultural event, IDMK, is a spectacular tapestry of rich cultural heritage, serving as an aromatic banquet for the elderly. This event is designed to bring immense joy and cultural enrichment to their lives, making every moment a cherished memory.
8. **Pune Activities - Singing:** In Pune, we organize singing sessions for the elderly, bringing music and joy into their lives. These sessions are designed to uplift spirits and provide a source of entertainment and connection.
9. **Pune Activities - Newsletter Distribution:** Additionally, we distribute newsletters in Pune, keeping the elderly informed and engaged with various happenings and important updates, fostering a sense of community and involvement.
10. **International Expansion:** As Maya Care spreads its wings, our branches now flourish in Nepal, Sri Lanka, and Singapore, a testament to our ever-growing family. These expansions proclaim the illustrious fame of Maya Care, echoing our mission of love and care across borders.

In these myriad ways, Maya Care continues to weave a tapestry of joy, empowerment, and cultural richness, making the world a better place, one celebration at a time.

Health tips for Elderly

HIGH BLOOD PRESSURE IN ELDERLY AND HOW TO AVOID IT

Blood pressure (BP) is a measurement of the extent of the force of blood on your blood vessel walls as your heart pumps. BP tends to rise with age, generally after age 55-60 years. Age, weight, lifestyle and family history are the main contributors towards high BP. Average BP for aged persons is about 135 / 68 mm/Hg.

If high blood pressure isn't controlled with lifestyle changes and medication, it can lead to serious health problems, including cardiovascular disease (such as heart disease and stroke), vascular dementia, eye problems, and kidney disease.

Blood pressure can be controlled by:

- Eating a healthy diet
- Getting regular exercise
- Maintaining a healthy weight
- Avoiding alcohol, not smoking and managing stress.
- Limit the amount of sodium (salt) that you eat and increase the amount of potassium in your diet.
- It is also important to eat foods that are lower in fat, as well as plenty of fruits, vegetables, and whole grains.
- Bananas, oranges, grapefruit, dried fruits like raisins, dates, potatoes, peas, cucumbers etc are good for health. .

Practicing yoga may help lower blood pressure and blood sugar levels and improves circulation. Regular practice may help reduce your risk of other complications of diabetes, such as heart disease. Avoiding high BP is entirely in your hands.

Dr. Muralidhar Patkar

Pune Volunteer,

Advisor AERO & Counseling Psychologist

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Advice on making Important Decision:

WRITING YOUR WILL:

Source : Internet

It is important for every living adult to make a "Will". This is particularly so for seniors. We want to help you to start planning it. In case you have already made your will, then it is very good; this article will help you to educate, inspire and assist others to make theirs.

"Will" refers to a legal document or declaration that a person makes during his/her lifetime in order to plan the distribution of his/her assets and properties in a way he/she wants. Writing a will as an instrument enables the heirs and survivors of the deceased to inherit the property in the way the deceased wanted. In the absence of a Will, the assets may not reach them, or it could cause fights between relatives or claimants. Writing a will is not as difficult as one may imagine. The most essential legal requirements for making a will are:

- The adult should be of sound mind.
- Should be capable of making valid judgment.
- The will should be made of the free will of the person without any compulsion from others.
- Prepare yourself to make your Will. Speak about it either to your spouse, one of your most trusted friends or successors. You can clear your doubts from someone who has already made their Will. You will need the help of your lawyer and your family Doctor. The 3 basic steps you need to follow are:
 - Listing of all movable and immovable Assets,
 - Division of Assets and
 - Taking Signatures of all concerned, including witnesses.

Compiled by

Avanish Thanawala

Pune Volunteer, Trainer, Yoga and Meditation

Serve with Excellence :

Tips for MAYA CARE Volunteers / Social Workers for Serving with Excellence:

Author : Mahesh Kulkarni (Pune Volunteer)

1. Leverage Time Effectively:
 - Retired volunteers often have ample time and can easily devote 4 hours per week. Start by explaining how MayaCare serves the elderly at senior citizen forums and distribute pamphlets
2. Communication:
 - When you start serving a senior citizen, save their phone number. If you miss a call from them, return the call within a few hours without fail.
3. Motivation:
 - Appreciate sincere service efforts posted on the WhatsApp group by a volunteer. It doesn't cost a single penny to motivate a dedicated volunteer through appreciation.
4. Community Engagement:
 - As part of community service, participate in community initiatives as a beneficiary. For example, have a meal at Mahaprasad or Langar occasionally and make an effort to donate there.
5. Punctuality:
 - Be punctual while serving and commit to a specific range of time for visits. For example, say "I will come between 11 to 11:15 am." For young active volunteers, this punctuality can also benefit their careers.
6. Respect All Services:
 - Most volunteers are highly qualified, but this should not make anyone feel above any kind of service for senior citizens. A healthy volunteer should not be selective; for example, they should not refuse outdoor work and only accept indoor tasks. Volunteers should hold the hands of the elderly while taking them for a walk or to an outdoor place.
7. Service Continuity:
 - If there is a gap in your service due to any reason, ensure that you arrange for a substitute volunteer. The service being free can make seniors feel helpless, and in many cases, they will not follow up for a substitute volunteer.
8. No Sales Efforts:
 - Do not attempt to sell any product or service to the senior citizen you are serving.
9. Travel and Awareness:
 - To spread awareness about the cause, be willing to travel beyond 15+ kms. If health permits, use public transport to commute. This is cost-effective and provides an opportunity to embrace simplicity and reduce carbon footprints.
10. Track Your Contribution:
 - Keep a record of how many hours you are devoting to this social cause. At the end of the month, sum it up and check actual hours against committed hours. Even if you contribute 40% of the committed hours, the contribution is valuable.
11. Encouraging Donations:
 - Volunteers should aim to serve elders consistently and with dedication, so that when an appeal for donations is made, the elders will be inclined to donate to the cause. If they don't donate, it doesn't mean there are flaws in your service, but making the appeal is important. You can also appeal to third-party donors.
 - Donation appeals are necessary because:
 1. Honest and sincere volunteers should not be taken for granted or exploited.
 2. For NGOs operating in non-profit mode, it is difficult to sustain without financial support.

Success story of Volunteers serving elderly

Sarojamma is an 83-year-old woman who lives in the heart of Nagavarapalya, Bangalore. Sarojamma's schooling was just till 2nd standard, like many girls of her age. Married at a young age, life took an unexpected turn when she lost her husband in 2003, leaving her to raise five children single-handedly. However, Sarojamma valiantly faced the challenges of life, ensuring her children received an education and were well-settled in life.

As time passed and her children built their own families, Sarojamma once again found herself alone in the sprawling city of Bangalore. The absence of family left a void in her heart, compounded by the challenges of advancing age and declining health.

One day, while struggling to procure her medicines from the KR Puram government hospital, Sarojamma was overcome with exhaustion. It was then that two strong hands extended towards her, offering assistance and solace. These were the volunteers from Maya CARE Foundation. They treated her not as a client, but as a cherished member of their own family. They provided assistance with her medical needs and offered companionship in her moments of loneliness. The foundation's coordinators, Pallavi and volunteer Selvaraj, became her pillars of support, ensuring she never felt abandoned or alone.

Today, Sarojamma's story reflects the experience of many seniors who are beneficiaries of Maya Care.



Our volunteer Dilip Kumar Barad bringing vegetables from the market for senior citizen Prafulla Kumar of Bhubaneswar, Odisha.



Our volunteer Rabia while taking Uma Rani Shashodia, a female senior citizen of Delhi, to the hospital.



Our volunteer Seemantini Sinha taking senior beneficiary Sanjeeb Chatterjee from Kolkata, West-Bengal to the hospital.



Poolrani Gulshan, our volunteer from Rewa Madhya Pradesh, during the huge Awareness Program of Maya Care Foundation.



Our volunteer Siddharth Jana while bringing medicine to senior citizen Bholanath Samani from North Pargana, West Bengal.



Our volunteer Arpita Behera reading the Bhagwad Gita to Senior Woman Citizen Pushpa Jana from Paschim Medinipur, West Bengal.



Shraddha Awasthi, our volunteer, bringing medicines for Mrs. Savitri Gupta, a senior citizen of Chhattarpur, Madhya Pradesh.



Our volunteer Rashmi Kushwaha while doing KYC of online documents of Mrs. Leela Devi, a senior citizen from Jhansi, Uttar Pradesh.



Our volunteer Hemant Kumar brings medicines from the medical shop to a 65-year-old female senior citizen Suvabai Jatav from Baran Rajasthan.



Nagpur Coordinator from Maharashtra Shri. Ramdas Kamdi inaugurating the Help Desk at Center Point Hospital on behalf of Maya Care Foundation for needy elderly beneficiaries.



Bengaluru MAYA CARE volunteers participated in the Elders Fest organised by VTVO. In that 800 elderly people & 700 volunteers participated. Our volunteers did a great job. Special thanks to Sandeep, Meeral, Ranjitha, Divya, Vikash Sharma, Madhusudan, & Prashant. May your dedication to serve the elderly continue to inspire!



Ashish Kumar Saxena, a volunteer of Maya Care Foundation from Kanpur, Uttar Pradesh brings smiles to the faces of elderly women at Brahmakumari Ashram.



Rashmi Kumari, our volunteer, bringing medicines for Mr. Matadeen, a senior citizen of Jhansi, Uttar Pradesh.



A view of yoga training conducted by our Maya Care Foundation at an old age home in Jhansi Uttar Pradesh. In this, our coordinator Mr. Narendra Singh Rajput had important support.



Our Volunteer Mr. Selvaraj, while bringing medicines and groceries for Mrs. Sarojama, an 80-year-old female senior citizen from Bangalore, .



Our volunteer Shri. Gyani Ranjan Behera while withdrawing money from Jan Seva Kendra for 76 year old senior citizen Mr. Duryodhan Sahu of Bhubaneswar Odisha.



MAYA CARE FOUNDATION

The next best thing to family
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MAYA CARE NATIONAL HELPLINE : 1800 572 1343

Maya Care Operates in 23 cities of Maharashtra & Below Cities

FOR WHATSAPP

Nashik, Parbhani, Ahmednagar, Jalana, Jalgaon, Dhule, Wardha, Mumbai, Sangli, Yavatmal, Nagpur, Nandurbar, Pune, Satara, Amravati, Chandrapur, Solapur, Akola, Buldhana, Kolhapur, Aurangabad, Beed, Latur, Jalgaon, Ujjain, Bhopal, Chhatarpur, Gwalior, Rewa, Indore, Jhansi, Lucknow, Kanpur, Chandigarh, Jalandhar, Ludhiana, Abohar, Surat, Vadodara, Ahmedabad, Gandhinagar, Katchch, Coimbatore, Chennai, Pondicherry, Hyderabad, Bengaluru, Panipat, Sonapat, Guwahati, Hallikandi, East Medinipur, West Medinipur, Kolkata, Bankura, North 24 pargana, Malda, Howrah, Delhi, Bhubaneswar, Angul, Sambhalpur, Dholpur, Udaipur, Jaipur, Jodhpur, Jaisalmer, Baran, Cochin, Thiruvananthapuram, Dehradun, Haridwar.

**9552510400/9552510411
8055995966**

Following free services offered to Sr. Citizens, which are entirely managed by Professionals who overcome disabilities :

1. Accompanying senior citizens for a walk within or around the premises of their residential area.
2. Accompanying senior citizen to visit doctor / hospital / bank work.
3. Seeing them off / receiving them at the railway station/bus station/airport.
4. Sitting with a patient during hospitalization / outside the ICU.
5. Reading newspaper, magazines / religious books to a senior citizen.
6. To withdraw/ deposit cash / cheques in Bank, Technical help for smartphone.

Note: Maya Care does not offer Nursing, Emergency Service or Financial aid.

Website - www.mayacare.org | Email : service@mayacare.org



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