

This is a monthly diary giving updates on activities at Graceful Living and providing information on ageing 'gracefully' to help elders live a life with maximum ease



GRACEFUL LIVING

LOVE LIFE LIBERTY

THE WISDOM OF THE UROLOGIST

What would you do if you were diagnosed with a cancer that might not kill you if you just let it be? More importantly, what does your urologist say?

Let me tell you about a curious cancer. Let's call it that. One in three men over 70, and half the men who reach 80 or 90 have it. And yet, they typically die with it, not of it.

There is no accurate test for it. So if a healthy 80-year-old is found to have this, a small number will have the fast-growing, aggressive, life-threatening variety.

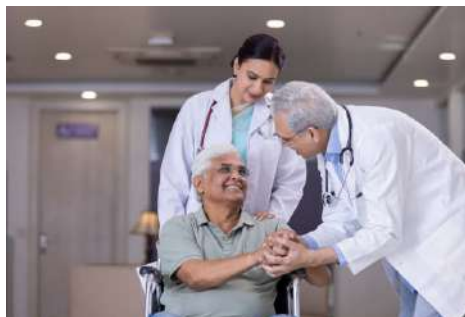
What would you do if your urologist called one day and said, "Your biopsy results are in. Are you by yourself or is there someone with you?"

I first got interested in the prostate gland because I have one. When you're around 50, they'll start screening for Prostate-Specific Antigen (PSA) as part of your routine work-up. If it's elevated, the doctor may wonder: what is not well with your prostate gland. Is it inflamed? Is there an infection? Could it be a cancer?

The second time I got interested in the prostate gland was because Joseph Biden has one. News came about two days ago that America's ex-president had been diagnosed with aggressive Grade II prostate cancer. He had the type of tumor that's scored with a Gleason number (a system used to grade prostate cancer based on how abnormal the cancer cells appear under a microscope) which assesses how similar or different the cancer cells are from normal cells.

It made me ask, "Your urologist just said, 'Your biopsy is in. Your biology is out.' What would you do?"

I had the obvious question. Why was the US President's cancer discovered only when it was at this advanced stage?



You'd expect that every aspect of such an important man's health would be closely and continuously monitored.

But I got curiouser. Biden's last PSA test was in 2014, 11 years ago, when he was 71. Many professional organisations will recommend discontinuing PSA screening for a man after 70, not before.

The rationale is this: men over 70 are more likely to die of other causes than of prostate cancer.

Doctors will advise men not to screen for prostate cancer if they're not going to live at least 10 more years. That's the amount of time it takes for a diagnosis to turn into an illness.

So, PSA screening is a good place to begin this conversation about how the prostate works, the system that comprises the pipes, tanks and valves that filter out your fluid wastes as urine.

The kidneys, your master filters, each about the size of your clenched fist, sit high up in your lower back. Under the skin at the back, behind the ribcage, they suck blood into themselves, heading down to the ureters, taking about six quarts of fluid a day and turning them into 1.5 quarts as needed.

You need the bladder (and your brain) to hold the urine in your drum-shaped warm seaweed, doughnut-shaped gland we've just been introduced to: the prostate.

The prostate has a peculiar job — to produce the fluid in which the sperm will float and be nourished until they reach the egg.

When the prostate gets cancer, well, nothing often happens. And if it is cancer?

"In about 40 percent of cancers, you might live 10 or 20 years without any trouble," he says. "Many prostate cancers can be left untreated — about 200 men get it without ever knowing it."

"We predict which will be aggressive, and which won't," he says. How?

"First, check the Gleason number," he says. "If it's mild, we watch and wait. But if it's high, we recommend prostate surgery right away."

That's what the US President had last week. A robotic prostatectomy, a procedure that removes the entire gland. Was it necessary?

"If I were less cowardly, I wouldn't have chosen surgery," said Pintu, a Delhi businessman who was offered the same prostate surgery after a PSA test triggered further tests. He had no symptoms.

"I now suffer from side effects that include incontinence and loss of libido. I think I should have waited. I'll never know what might have been." What would you do?

Don't just react. Protect. Be clear about what kind of prostate cancer you have. Ask about the Gleason score.

Ask if you are going to die of it. Or with it. Ask if surgery is really needed. Ask if active surveillance is a better option.

Ask what your urologists would do if they were in your place. That's what I'd do. ((IMHO))

C. Y. Gopinath

Send your feedback to

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Courtesy: Mid-Day English 03/06/2025



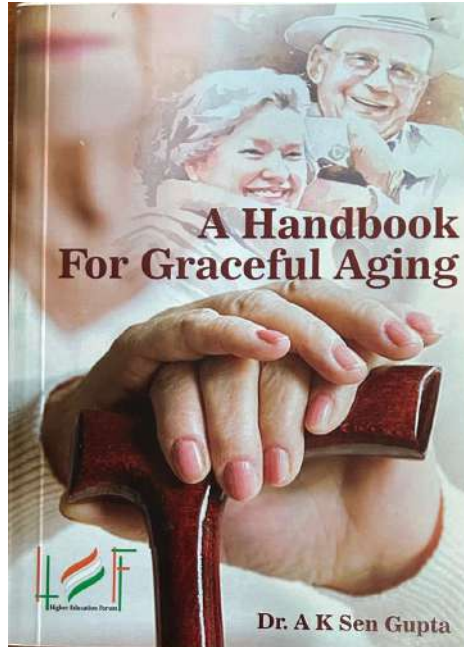
BOOK REVIEW: A HANDBOOK FOR GRACEFUL AGING

By Dr. A.K. Sen Gupta

Dr. Sen Gupta, co-founder and chief trustee of "My Retired Life Foundation" (MRLP) has in his book's preface mentioned that as per the recent report of the UN, the population of people of age 65 plus is going to more than double in India between 2023 and 2050. The problems and issues associated with the elderly all over the world are alike; they range from decline in physical/mental agility, reduced social connectedness, sense of loneliness, financial dependence and other fallouts of old age.

The book is very informative and it covers topics like 'Elders must be aware of Dementia and Alzheimer's', the need for care, practice of self-management and so on. What is striking is the chapter, 'Live with Happiness can be the only Axiom of Life'.

Its importance in an elder's life is highlighted. Happy persons are found to have 'good feelings' about themselves and their surroundings. This is important as old age is synonymous with difficulties.



According to the author, it is that phase of life that should be considered a "Gift of God" for enjoyment alone. This requires a transition of 'attitude towards life'.

He feels that one must appreciate that life is a journey that is filled with happy and sad tales. And of course, the drivers of happiness are within and outside the person. A synchronization of the two and looking positively is the crux of life.

So remain connected to people, remain active, find a purpose in life, (something that is dear to you), develop EQ (Emotional Quotient) and AQ (Adversity Quotient). These quotients are essential to manage emotions and adversity ... bounce back from your troubles and come back to your normal self. Reason: as we grow old, our resolve dissipates. Hold on to it. One has to accept reality and move on in life.

Lead a meaningful life; unhappiness does not lead to anything meaningful; it has a destructive role. The very purpose of life is to live happily and make the world a happier place. This is just one of the chapters in the book.

A book worth reading for the geriatrics.

-AGV

WHAT IS GENERATIVITY IN OLD AGE?

My grandfather always used to say that ageing is a curse. In contrast with this traditional model defining ageing as a period of decline and decay, we have witnessed more alternative and positive views of ageing which include the possibility of growth and development as intrinsic features of old age

One of the major purposes of Tulsi Trust's project, Graceful Living, is to reframe our negative attitude towards ageing. One such concept is called Generativity.

What is this generativity and who introduced this term? This was coined by the most influential psychoanalyst of the 20th century called Erik Erikson. He formulated that there are different stages in life and each stage of life is associated with a specific psychological struggle and if this struggle is not resolved, then a person finds it difficult to cope.

Ericson's seventh stage of life talks about generativity vs stagnation. Generativity refers to the ongoing concern and commitment to nurturing and guiding younger generations, often extending beyond midlife and into later years - a stage of psychosocial development where individuals find meaning and satisfaction in contributing to the well-being of future generations.

This stage focuses not on grooming or molding one's own future generations but also includes contributing to one's community or society at large. Generativity in old age can involve maintaining social connections and participating in activities that benefit others, fostering a sense of belonging.

But why is generativity important in old age?

Engaging in generative activities can lead to a sense of purpose, well-being, and life satisfaction in older adults. Generativity concerns serve as a motivational force which helps people prioritise and pursue their goals. It can lead people to strive to make a broader impact in the world through contributions at work, in civic engagement, and to their families and friends.

Erik Erikson's theory of psychosocial development identifies four types of generativity: biological, parental, technical, and cultural.

Biological Generativity:

This involves having and raising children, contributing to the continuation of the human species.



Parental Generativity:

This focuses on nurturing and guiding children, passing down family traditions, and providing support for younger generations.

Technical Generativity:

This type involves sharing skills, knowledge, and expertise with others, often through teaching or mentoring.

Cultural Generativity:

This refers to contributing to the preservation and transmission of cultural values, ideas, and traditions to future generations.

In essence, generativity is about making a lasting impact and contributing to the well-being of those who come after us.

-Ms. Amruta Lovekar



REJUVENATE YOURSELF

Many factors can influence healthy ageing. While some of these factors, such as genetics, are not within our control, research shows there are steps you can take to help manage your health as you age. Even making small changes in your daily life can help you live longer and better

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

-  Get moving — try gardening, biking, or walking.
-  Choose healthy foods rich in nutrients.
-  Manage stress — try yoga or keep a journal.
-  Learn something new — take a class or join a club.
-  Go to the doctor regularly.
-  Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



RECENT ACTIVITIES OF GRACEFUL LIVING

PHYSICAL MEETINGS

- On 6th June 2025, Mr. Kishor Golatkar led a Music Therapy Session at Dignity Foundation Daycare, Jogeshwari. Attendance: 60
- On 10th June 2025, Ms. Tanvi Jadhav and Mr. Prakash Apte conducted a session on Prevention of Elder Abuse at Utakarsh Jyeshtha Nagrik Mandal, Nerul. Attendance: 30
- On 13th June 2025, at Mackichan Hall, (Nana Nani Khushiyaan Group) GL hosted a session on Mental Fitness: Psychological Issues in Old Age, conducted by Ms. Mihika from MPOWER. Attendance: 60
- On 25th June 2025, Mr. Prakash Apte conducted an awareness program on Elder Abuse Prevention at BEST Nagar, Goregaon Senior Citizen Association. Attendance: 40



- On 28th June 2025, a Support Group Meeting was held at Jaslok Hospital, covering Fatty Liver Disease - Lifestyle Management by Dr. Manek Kuttar. Also, a Laughter Yoga Session was conducted by Mrs. Viju Chavan. Attendance: 62

ONLINE WEBINAR

- An online guest lecture on Strengthening Emotional Health in Older Adults was conducted on 20th June 2025 by Dr. Mamta Kakde. Ways of maintaining balance and resilience in later years was explained. Attendance: 20.
- On 23rd June 2025, Ms. Richika Gupta, in collaboration with Omni Healthcare Foundation, conducted an online session on 'Counselling Agenda' for the elderly. Guidance was given on emotional issues and coping mechanism. Attendance: 20

GUEST LECTURE

- A Guest Lecture was organized by Graceful Living on 21st June. Dr. Sujata Yadav spoke on Ayurvedic Principles for a seasonal diet and ideal lifestyle practices for the elderly. Seniors spoke about adopting these practices for healthier living. Attendance: 30

DO SUBSCRIBE FOR OUR *GRACEFUL LIVING* 11 MONTHLY NEWSLETTERS AND ONE ANNUAL MAGAZINE AT A MERE RS. 250 ANNUALLY ...

ADVANTAGES: A physical newsletter to hold and read at your leisure with articles written by professionals on subjects ranging from physical and emotional care, tips on living healthy lives, and information on various ailments. This includes dementia, liver and kidney mal-functions and other body ailments. And much, much more.

These will be posted to you without any extra charge. Make the payment by scanning our QR Code on the side via GPay/UPI/PayTM OR through a bank transfer in the name of Tulsi Trust, A/c. no. SB 416116287; IFSC Code: IDIB000N052, Indian Bank, Mittal Towers, Nariman Point OR send a cheque in the name of Tulsi Trust to 112-A Mittal Towers, Nariman Point, Mumbai 400 021. Please send your Name, Address and your Whatsapp number.





AGEING WITH DIGNITY AND GRACE

Tulsi Trust was established by the Chanrai family in 1975 with an aim to fulfil basic needs of the poor and needy. At a deeper level, it's more than indulging in physical activities. Health care, skills development and education are top priorities. It envisages a fair world for all, working with partners to improve health care and opportunities for livelihood, & education. Add to this, the capacity to understand another's needs and do this with utmost integrity.

Graceful Living (GL) is an arm of Tulsi Trust which came out of a realization of a social need for elderly care. After three active years, GL is now a recognized organization for those in their twilight years and has created an awareness through its activities and talks for senior citizens. GL has a social presence viz. Twitter, Facebook, Instagram and YouTube.

SERVICES PROVIDED BY GRACEFUL LIVING

COUNSELLING & MENTAL HEALTH SERVICES

- Mpower
- Dr. Mamta Kakade
- Echoing Healthy Ageing

COMPANIONSHIP SERVICES

- MayaCare Foundation

PHYSIOTHERAPY

- Praj- The Rehab Centre
- Dr. Pooja Gindra
- Dr. Alfiya Shaikh

TECHNOLOGY TRAINING

- Simpli5 - Mr. Salil Datar
- Mrs. Mansi Golwalkar
- Ms. Sakshi Kadam

ELDER COMPANIONSHIP COURSE AT MMP SHAH COLLEGE

YOUTH SENSITIZATION PROGRAMS & INTER-GENERATIONAL ACTIVITIES.

SUPPORT GROUP MEETINGS

- Conducted by Senior Citizens' Volunteers trained by Graceful Living

DIRECT INTERVENTION BY GL...

- Webinars – alternate month
- Guest Lectures by professionals/experts – mainly on Zoom
- Graceful Living Monthly Newsletter carrying important information for the elderly plus articles by known doctors and other professionals
- Co-ordination by GL to create platforms for senior citizen organizations in the city



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5 WAYS TO CREATE HAPPINESS AS A SENIOR

- Stay Connected with Loved Ones.
- Engage in Physical Activity.
- Pursue Lifelong Learning.
- Practice Mindfulness and Gratitude.
- Give Back to Others.

10 TIPS FOR GOOD HEALTH

- *Healthy eating and drinking.*
- *Giving up smoking.*
- *Getting plenty of fresh air.*
- *Keeping physically active.*
- *Being socially active.*
- *Drinking plenty of water.*
- *Keeping your brain active.*
- *Having regular health check-ups.*

Courtesy: Internet

VIEWPOINT

We are in the midst of the rains. Oh! Heavenly weather! As close as we can get to good weather! The ups and downs are quite acceptable right now. It's endurable.

The August Newsletter has an interesting article by C.Y. Gopinath. It was written for *Mid-Day* and we have given due credit. The introduction itself tells you what it's all about. "What would you do if you were diagnosed with a cancer that might not kill you if you just let it be? More importantly, what does your urologist say?" Men over 70 are more likely to die of other causes than of prostate cancer. Doctors will advise men not to screen for prostate cancer if they're not going to live at least 10 more years. That's the amount of time it takes for a diagnosis to turn into an illness. What a dilemma!

We have published a book review called, *A Handbook For Graceful Aging*, by Dr. A.K. Sen Gupta, co-founder and chief trustee of "My Retired Life Foundation" (MRLP) who has in his preface mentioned that as per the recent report of the UN, the population of people of age 65 plus is going to more than double in India between 2023 and 2050. The problems and issues associated with the elderly all over the world are alike; they range from decline in physical/mental agility, reduced social connectedness, sense of loneliness, financial dependence... and other fallouts of old age. He feels this requires a transition of 'attitude towards life'. Life is a journey that is filled with happy and sad tales. And of course, the drivers of happiness are within and outside the person. A synchronization of the two and looking positively is the crux of life.

What is generativity in old age? This has been explained by Ms. Amruta Lovekar. Generativity refers to the ongoing concern and commitment to nurturing and guiding younger generations, often extending beyond midlife and into later years - a stage of psychosocial development where individuals find meaning and satisfaction in contributing to the well-being of future generations.

Graceful Living's recent activities, physical and online, have been over a range of issues including fatty liver issues, counselling, elder abuse and more. Also, a visual on how to boost your health as you grow older. We have once again mentioned about our annual subscription (Rs 250) at the bottom of page 3. Those interested, kindly get back. Our last page gives you even more tips to ponder over.

Mumbai's Traffic: A Nightmare. Any one who is at the wheel and is driving in this 'beautiful' city will share the same thoughts. You really don't know where the next car comes from. Worse. The bikes as in two wheelers just wind around you from nowhere. So as not to be in trouble, the CAR DRIVER has to take good care to manoeuvre his vehicle (car) and avoid the mishaps. Phew! Most of us are always abusing under our breath. That's all we can do.

Asha Gurnani Vohra
Editor