

NEWSLETTER

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

YOU ARE NEVER TOO OLD TO BE BOLD

The author, Gary Buzzard, who writes for Medium Newsletter, says the cruellest thing that anyone can tell you is that you are over the hill, or you're not good enough

Once upon a time, I was an enlisted man in the Air Force during the Vietnam era (1967). I told a young lieutenant that I wanted to go to college when I got out. And he told me I didn't have what it takes to make it in college.

He said I should go to a trade school instead. Can you imagine the ignorance and arrogance it took for a wet-behind-the-ears lieutenant to tell a 21-year-old he's not smart enough for college?

Why didn't he have the humanity to say, Go for it, Sergeant Buzzard. Why did he have to come down on the negative side? Some people always come down on the "you can't do it" side.

Of course, when I was discharged, I went straight to a Community College in Oakland, California, during the flower-power era, and transferred to San Francisco State University and graduated. I will never forget him telling me I wasn't good enough for college.

That's why I'll never tell someone they can't. No one knows what you can do because they are not you. No one — absolutely no one — has ever been incarnated exactly the same as you. You are unique, yet still interconnected with everyone and everything.

You are the universe, yet you are unique.

My work as a writer on ageing is not to be a hard-nosed objectivist doling out tough love about diet, exercise, and illness to people who are struggling. There are plenty of people who help people with those things. That's not my mission.

My mission is to encourage, uplift, and inspire you to thrive amid the



mental and psychological challenges of old age. Every day, I'm working up the courage to do that myself. I'm writing about old age here — not only to help you — but to help myself.

I am not objective about it. I'm biased toward you and me — adults of a certain age. And I will never tell you when you are wrong. How can I? I don't know you. I'm just a guy writing on the internet. I have never met you, don't know your history, or how you think.

But I know for sure that you're older, and some of you may be scared of what might be coming next. I am. Whenever someone dies, you check the obituary for their age, cause of death, and do the numbers. You don't dwell in the future as much as when you were young. You're in the thick of the here and now — now!

At least I imagine that's what you do, because I do it. I believe we are more alike than different, more positive than negative, more kind than cruel, and more forgiving. After a relatively short time as a writer (four years) the responses from my readers tell me that my beliefs about humans are

accurate. Older adults crave empathy, optimism, kindness, and happiness.

Happiness In Old Age

New studies show that older people are happier than middle-aged people. One reason is that we have less of a future left to look forward to. We're not worried and fearful about it — we're dealing with it.

I know this because I'm 80 and I am going through the same kind of things you are. I worry about whether my social security deposit will appear on the third of every month. Whether I'll have enough money in late retirement.

I worry because he's back for a second term, but I've made a decision. I'm not going to let him live rent-free in my head this time. I've got myself, my family, and my elder brothers and sisters to think about.

The only way to thrive in old age is to be bold. Do something new, be a super-ager, keep ticking items off your bucket list, throw a party, vote, go out on the streets and demonstrate if you can — and don't forget to smile and have fun every day. Be kind to yourself and love your neighbour. And if you really want to be the boldest of the bold — love your enemies too.

Love is the answer.



FINDING JOY IN YOUR ABILITIES

It is important for a senior to find the joys of living. Here, the writer shares her experiences at a care home for senior citizens in Mumbai

Working in a care home for senior citizens in Mumbai has been one of the most profound learning experiences of my life. Among the many lessons I absorbed, one stood out clearly: when working with older adults, especially those living with Alzheimer's Disease, it is essential to focus not on what they have lost, but on what they can still do. Their remaining skills, talents, and interests can become powerful tools to bring them joy, dignity, and a sense of usefulness.

During my time at the care home, I witnessed several heart-warming examples of this approach. One lady, despite her memory challenges, found happiness in something as simple as cleaning vegetables. This was a task she had always done in her own home, and when we encouraged her to continue with it, she felt cheerful and useful. Such small, meaningful activities often made a world of difference in her day.

There was another resident who had a habit of trying to run away from the home. Instead of confining her or reprimanding her, we made the



thoughtful decision to take her out on outings. To everyone's surprise, this simple adjustment gave her the freedom and attention she craved, and her attempts to escape eventually stopped.

Music also became a powerful connector in the care home. One senior lady with a gift for singing began performing light music sessions for the other residents. The joy in her voice resonated not just with her audience but with her own sense of self-worth. She was no longer just a resident in need of care—she was a contributor, sharing her passion with others.

Similarly, another gentleman had a lifelong interest in the stock market. Even though his health prevented him from

following it in-depth, we found creative ways to keep him engaged. Crossword puzzles based on the stock market terms became his favourite pastime, offering both stimulation and satisfaction.

These experiences taught me that all seniors, regardless of their limitations, carry within them unique strengths, talents, and interests. When caregivers recognize and nurture these abilities, they help residents feel valued and purposeful. In many ways, this approach transforms the care home from being just a place of residence into a place of life—where seniors continue to grow, contribute, and find joy in their every day moments.

My time at the care home in Mumbai continues to remind me that caregiving is not just about providing medical or physical support. It is equally about seeing them beyond their illnesses, celebrating their individuality, and enabling them to live with dignity and happiness.

Ms. Amruta Lovekar

Project Coordinator,
Graceful Living

GOLDEN YEARS, JOYFUL MOMENTS

There are several fun ways to keep seniors involved

Social connection plays a central role in keeping Mumbai's seniors active and happy. Many older adults live in housing societies where community life thrives. Regular evening walks in society compounds, festive celebrations, or friendly rounds of cards and carrom with neighbours provide everyday moments of joy. Technology also makes it easier for seniors to stay connected with their children and grandchildren who may live abroad, through video calls or WhatsApp chats. For those who prefer face-to-face interactions, Senior Citizen Mandals or Associations across the city offer opportunities for group gatherings, singing, informative sessions, and even day trips. These bonds of friendship and togetherness are invaluable in a big city where loneliness can creep in despite the constant crowds.

Lifelong learning is another enriching way for seniors to spend their time. Mumbai is full of opportunities to explore new skills. Local libraries, cultural centres, and community halls often host workshops ranging from computer literacy to art and dance. Many seniors find joy in joining book clubs or movie discussion groups, while others try their hand at Laughter Therapy and Yoga, maybe other classes like drama and music programs held in

parks. For those who prefer staying at home, online platforms now bring classes in cooking, languages, or even photography right into their living rooms.

Volunteering is another fulfilling avenue for seniors in Mumbai. Many organizations, NGOs, and charitable trusts like Graceful Living value the time, skills, and wisdom that older adults bring. Whether it is taking sessions on a subject of their expertise or assisting in administration and field work and taking sessions on Active Ageing topics, seniors find both joy and purpose in giving back. These activities not only keep them engaged but also strengthen their sense of identity and belonging in the city's social fabric.

Physical activity is crucial for healthy ageing, and Mumbai offers plenty of options that suit varying energy levels. People take morning or evening walks along the sea side or in the many gardens scattered across the city. For those who love group activities, laughter clubs in open spaces have become a popular choice, combining exercise with humour and camaraderie. Dancing at cultural gatherings, bowling leagues in suburban clubs, or simply chasing after

grandchildren in society playgrounds bring joy while keeping the body active. The city's lively spirit encourages seniors to step out, move, and remain part of its rhythm.

Creative pursuits add yet another layer of happiness to senior life in Mumbai. Art and craft workshops are popular in senior citizen mandals, while bhajan mandals and cultural singing groups provide a musical outlet for many. For others, writing poetry, cooking traditional recipes, or practising mindfulness over a cup of tea while watching the sunset from their balcony brings peace and satisfaction. Ultimately, what matters most is personalizing these activities to match each senior's interests and lifestyle. Families/caregivers can play an important role by encouraging exploration of both new and familiar activities, ensuring that seniors remain engaged in ways that feel comfortable and rewarding. The essence of healthy ageing lies not just in maintaining the body but also in nurturing the mind and spirit. Staying engaged is the true secret to staying young at heart, even in the city that never sleeps.

Ms. Tanvi Jadhav

Project Officer, Graceful Living

LETTING GO: THE GRACE IN ACCEPTING CHANGE

We present excerpts from the above article by Jaya Prasad Tripathy (Ref. NIH - National Library of Medicine)



There was a time when we believed we had control over everything—our days, our children, our careers, even the direction of life itself. We planned carefully, held tight to dreams, routines, people. And perhaps that was needed then.

Life asked us to build, to care, to lead, to protect. But slowly, life shifts. One by one, the things we held so tightly start slipping away—not always with pain, but sometimes with quiet dignity. The children grow up and move away—not out of disregard, but because they must build their own lives. Beloved homes are sold, not because they weren't cherished, but because climbing those stairs became harder.

Our roles—as manager, mother, engineer, teacher—fade into the background, like names written in soft sand.

And then, there is a moment—a quiet afternoon, perhaps—when we look around and realise: life has changed. The people we used to call every day now send messages. The faces around us are new. Even our own reflection carries gentle lines we never noticed forming.

But instead of grief, something else begins to settle in. A kind of peace. We understand, slowly, that letting go is not about losing. It's about making room—for stillness, for peace, for reflection.

Letting go means allowing our hearts to carry memories without chains.

It means accepting that we are no longer the centre of the world—but we are still part of it, deeply and beautifully. Letting go is not weakness. It is grace—the grace of the river that flows forward, not resisting the rocks, but dancing around them. It is in these years—when the world becomes quieter—that we learn the true strength of acceptance.

We hold less, but we feel more.
We chase less, but we appreciate more.
We speak less, but what we say carries depth.

And so we sit by the window, sip our tea, and smile—not because life was perfect, but because we lived, we loved, and we let go... with grace.

(Author unknown) This is another Whatsapp doing the rounds on our mobile phones.



RECENT ACTIVITIES OF GRACEFUL LIVING

- Thursday, 11 September 2025 – Walkeshwar Mahila Mandal, Malabar Hill, Mumbai. A basic technology training session was conducted by Salil Datar (Simpli5) to teach members how to use GPAY and pay electricity bills online. Participants: 24
- Monday, 15 September 2025 – Dignity Foundation, Vashi. Mr. Kishor Golatkar led an awareness session to mark World Alzheimer's Day, introducing the condition and its impact. Participants: 20



- Thursday, 18 September 2025 – Omkar Jyestha Nagrik Mandal, Thane. As part of World Alzheimer's Month, Mr. Kishor Golatkar conducted an awareness session on the subject. Participants: 40
- Friday, 19 September 2025- Jaslok Hospital - A session on understanding Dementia and Alzheimer's Disease, along with brain health tips (steps to a healthier brain), was hosted by Graceful Living. The session on the subject was conducted by Dr. Azad M. Irani. Plus a skit by Nana Nani Khushiyaan; aim: to promote quality of life for Alzheimer's patients. Participants: 70

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FUN TIMES

Hey Seniors! Have fun reading these teasers. They will make you feel good. These are not grey hairs! They are wisdom highlights

- Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!
- You're not getting old; you're becoming a classic.
- Old age is a heck of a lot better than the alternative.
- Stop thinking of them as "hot flashes". Think of them as your inner child playing with matches.
- One benefit of old age is that your secrets are always safe with your friends ... because they can't remember them!
- Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.
- Now that I've gotten older, everything's finally starting to click for me. My knees, my back, my neck ...
- I've decided: Whatever age I am is the new 30.
- Don't let ageing get you down; it's too hard to get back up again.
- When you consider the alternative, old age really isn't so bad.

(Ref: Internet)

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

VIEWPOINT

November is the last issue of the year as the next one will be our 'big, fat, anniversary issue' 2006 to be released late December, early January 2026. So what do we have lined up this time!

'You are never too old to be bold' – gives us seniors a lot of confidence and hope. But as the author suggests, it is so true. No one – absolutely no one – has ever been incarnated exactly the same as you. You are unique, yet still interconnected with everyone and everything. So does anyone else know better? Don't let anyone tell you that you are over the hill, or you're not good enough.

Also, Amruta Lovekar gives us an article on how to help others find joy in their abilities, more so in a care home. On the same page, we have 'golden years, joyful moments' written by Tanvi Jadav. She avers that the essence of healthy ageing lies not just in maintaining the body but also in nurturing the mind and spirit. Another interesting piece doing the Whatsapp rounds is about 'letting go, accepting the change'. There was a time when we believed we had control over everything but now we know better. LIFE SHIFTS. We have also listed the recent events of Graceful Living.

Our last page gives you interesting teasers on Fun Times. HAPPY READING.

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