



Jeevodaya Hospice

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Sr. Hermas F.C.C., Chairman

Dr. R. Nanjunda Rao, President

Editorial

September and October are festival months at Jeevodaya - 22nd September is Rose Day and 8th October is World Hospice Day.

This year the planning of Rose Day celebration was entrusted to the young MSW students of Loyola College and they did a tremendous job as can be seen in the account "Jeevodaya celebrates Rose Day". Thanks to the Almighty, the programme was a grand success.

For the first time the workers in Palliative Care all over the world will be observing 8th of October as World Hospice Day and Jeevodaya as the first hospice in South India will be celebrating too. Jeevodaya wishes all her colleagues in Palliative Care 'A happy hospice day' and best wishes in all their endeavours.

It is also time to wish all our readers a very happy and prosperous Diwali.

– Sr. Lalitha Teresa F.C.C
Editor

"Jeevodaya celebrates Rose Day"



Rose day rally enters Jeevodaya

It was an unusual afternoon on Thursday - the 22nd of September, 2005. The usually calm and serene village of Mathur, in the suburb of Chennai was abuzz with activity - reason? - Jeevodaya Hospice for Cancer patients, situated in Mathur had got the whole local community involved in celebrating Rose Day. As we all know, Rose Day is a celebration of Life for all patients with cancer. It is held in the memory of Melinda Rose, a Canadian born 14-year old, who though herself afflicted with cancer, spent her last days spreading cheer and happiness.

The afternoon started off with a massive rally, with more than 500 participants gathered at the MMDA Electricity office. The participants belonged to

1. Corporation Higher Secondary School, Bunder Garden, Perambur [Students belonging to Red Cross, Scouts and Guides,]
2. Loyola College
 - NCC - Army and Navy Wing.
 - Outreach programme students
 - NSS students
 - AICUF students

3. Agarsen College, Madhavaram - NSS students
4. Mar Gregorious College, Mogappair - MSW students.
5. Mathur Youth Group.
6. Women's self-help groups - 'NEWS' - from MMDA, Mathur

Each of them sported a trendy cap that read 'I don't smoke. Do you?' and wearing the Rose Day badge designed by Jeevodaya.

The rally was flagged off by the Chief Guest, Mr. B. K. Prasad, IAS, Special Officer and Managing Director of Tamilnadu Co-operative Milk Products Federation Ltd., – [Aavin] [incidentally Aavin is Jeevodaya's neighbour] and the flag was handed over to Mr. Pratapan – Vice-President, Mathur Panchayat - who headed the procession along with Mr. B. K. Prasad and Dr. Nanjunda Rao, President, Jeevodaya. Earlier Mr. Prasad had visited Jeevodaya, interacted personally with all the patients and evinced a keen interest in all the activities of Jeevodaya.

The rally wound through the Mathur streets with messages from a public address system in an auto-rickshaw creating awareness on Cancer. The messages were 'Do not be afraid of Cancer', 'Cancer is curable if detected early', 'Many cancers are preventable', 'Cancer is not contagious', 'Support Cancer patients.' The main thrust, however, was on the ill-effects of tobacco and its usage in any form – the AICUF students enacted a street play in a junction – the placards read 'Tobacco is a killer', 'Ban Tobacco', 'Tobacco causes Cancer, Heart attack, Stroke and other Life threatening diseases', 'Say No to Tobacco', 'Smoking Kills', 'Ban paan paraag' etc. The rally ended at Jeevodaya where the participants were treated to delicious rose milk courtesy Aavin.



Chief Guest flags off the rally

Next followed, the main event of the evening. A beautiful stage had been erected with seating for the public in the ethereal garden of Jeevodaya. Prominently on display was the 6" long cigarette with the tip glowing and ash dropping into a giant ashtray [ash of cigarette or was it the ash of the human body itself, consumed by all the diseases caused by smoking?] The spectacular model was created by none other than the famous Mr. Thota Tharani – the art director of many award winning films.

The VIP's were of course the patients from Jeevodaya who were seated in the front rows. Our special invitees were Sr. Ronald, Sr. Sammuvel and Sr. Balred – all former executive directors of Jeevodaya. The programme started with a prayer song by the home-care nursing trainees. Sr. Josy, Nursing Supdt., of Jeevodaya gave the welcome address. Dr. Nanjunda Rao, President, Jeevodaya inaugurated the proceedings and in his speech outlined the services rendered by Jeevodaya and he extolled the youth to be the ambassadors of change – to bring forth a lifestyle minus tobacco in any form.

The entertainment part started with a padai attam from the students of Loyola College moving rhythmically to the sound of the traditional drum, Thapadam.

Little Preeti Ravi was a treat to the eyes as she danced to 'Senthamizh then Mozhiyal' – her eyes and her smile said it all. Her next number 'Taal pe Taal mila' was an embodiment of grace itself.

Thanks to Ms. Mala Manyan of Seventh Channel – we had an excellent programme from two renowned artists. Mr. 'Mimicry' Senthil had the crowd in splits as he spoke in the voice of all the famous stars of the Tamil Cinema with a generous sprinkle of enjoyable comedy. 'Robot' Ganesh had everyone



Women's groups carrying anti-tobacco placards

8th October, 2005

gaping as he came on stage painted silver and gyrated to astounding music.

Shri. Viswanath, a dance master, gave an excellent rendering of Bharathanatyam as he danced to 'Raa, raa' from Chandramukhi.

The local lads stole the show by enacting a skit to highlight the dangers of smoking and at the end of the play made all the audiences take a pledge along with them, never to fall into the bad habits of smoking cigarettes or chewing paan paraag.

Two inmates of Jeevodaya – Ms. Lakshmi and Mr. Paul Raj spoke emotionally about their life and the love and care they received in Jeevodaya,

Mr. Pratap, Vice-President, Mathur Panchayat, commended the work done by Jeevodaya to the community and said that Mathur was fortunate to have their services.

The best was of course yet to come – Ms. S. P. Shailaja – the famous playback singer came on stage to enthrall the audience with some lilting melodies. She willingly obliged the audience by singing the songs they requested. But what was even more touching was what she said – while she thanked the staff of Jeevodaya for taking care of one of their staff, she said that she felt like one of the family of Jeevodaya and would not hesitate to help Jeevodaya in any capacity she could.

With emotions running deep, the programme was brought to a close with Fr. Dolphy thanking all those involved, mentioning individually those who were instrumental in making the function a great success. Sr.Lalitha invited on stage the MSW students, Fr. Dolphy, Henry Joe, J. Rosario and Bardot S. V. of Loyola College, the brains behind the entire programme, for a standing ovation.

– M. K.



Chief guest Mr. Prasad IAS visits patients at Jeevodaya

Hospice and palliative care associations worldwide are observing 8th October, 2005 as World Hospices and Palliative Care Day. It is a new unified day of action to celebrate and support hospice and palliative care around the world.

Every year, millions of people around the world living with a terminal illness experience unnecessary pain and distress, either unaware of or unable to access the care they need. More than 50 million people die every year around the world and it is estimated that 60% of these would benefit from hospice and palliative care but the majority are not able to access these services. This Day is for everyone who cares and would like to make a difference.

PALLIATIVE CARE is defined as *“the active, total (holistic) care of patients and their families by a multi-professional team, when the patient’s disease is no longer responsive to curative treatment”*.

Palliative Care integrates the physical, psychological, social and spiritual care into a Holistic approach

It assures the achievement of the best possible quality of life for the terminally ill patients.

Palliative Care affirms life and regards dying as a normal process.

It provides relief from pain & other distressing symptoms.

Affirms family commitment through team work, education and empowerment so as to enable them to live and die in comfort and dignity.

It is estimated that there are more than 8 million people in India suffering from one or the other of the chronic illnesses such as cancer, cardiac, respiratory, neurological and AIDS who would benefit from a sustainable system of care.

Access to, and acceptance of, palliative care services are very limited in India today.

But the existence of many palliative care services in our country, have proved that good quality, cost effective palliative care can be offered in our resource poor settings with the active participation from the community.

Indian Association of Palliative Care (IAPC), formed in 1994 aims to promote and develop a sustainable network of palliative care services throughout the country to meet the needs of patients and families

irrespective of the diagnosis, socio-economic status or cultural background.

On this day IAPC aims to bring together a collective voice for the issues affecting hospice and palliative care in our country.

- ★ To raise awareness and understanding of the needs – medical, social, emotional, spiritual – of people living with a terminal diagnosis and their families.
- ★ To explain how hospice and palliative care can transform peoples' lives and to show how it can help to meet those needs.
- ★ To improve the participation of the community in the planning and delivery of palliative care which is sensitive to the local needs.
- ★ To include palliative care in the national health care programmes.
- ★ To make available essential low cost medicines for pain and symptom control.
- ★ To integrate palliative care into all health care professionals' education programmes.

"Copy of flyer issued by the Indian Assn. of Palliative Care"



Jeevodaya Invites You

Jeevodaya Hospice **will be celebrating 'The World Hospice Day' at a function to be held on the 8th of October at the Music Academy Mini Hall [Dr. Radhakrishnan Salai, Chennai] from 6 to 8 pm.**

Dr. V. Shantha, Chairperson, WIA Institute of Oncology, Adyar and the Magsaysay Award recipient for 2005, will deliver the first 'World Hospice Day' Oration.

Dr. A. S. Thambiah, renowned physician and B. C. Roy award winner will be the Chief Guest and he will be honouring Dr. R. Nanjunda Rao on behalf of Jeevodaya for 'Lifetime Dedicated and Distinguished Service to Humanity.'

Dr. Udaya Mahadevan, well known social worker and a founder member of Jeevodaya will be releasing a public awareness booklet on hospice care compiled by Dr. Manjula Krishnaswamy - Hon. Medical Director, Jeevodaya.

Sr. Hermas, FCC, Sr. Provincial and Chairman, Jeevodaya will preside over the function.

Jeevodaya requests all of you, our well wishers, to kindly treat this as a personal invitation and attend the function without fail to make it a grand success.

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