

# No Prescription Point,

Enhancing the Lives of Senior Citizens

## Objective:

To transform the lives of senior citizens in Chhend by implementing a holistic approach that focuses on their physical, mental, and emotional well-being, making them feel energized, healthy, and more productive.

### 1. Daily Morning Routine: Energize the Body and Mind

- **Morning Walks:**

- ☐ Organized group walks in a nearby park or safe area, led by a fitness instructor.
- ☐ Include light stretching and breathing exercises to enhance flexibility and respiratory health.

- **Yoga and Meditation Sessions:**

- ☐ Daily yoga sessions focus on joint flexibility, balance, and mental relaxation.
- ☐ Meditation practices reduce stress, improve concentration, and promote mental peace.

### 2. Nutritional Guidance: Promote Healthy Eating Habits

- **Therapeutic Nutrition Workshops:**

- ☐ Regular workshops led by nutritionists to educate seniors on balanced diets, portion control, and the benefits of local foods.
- ☐ Special focus on therapeutic foods that help manage age-related conditions like diabetes, hypertension, and arthritis.

- **Healthy supplement Information:**

- ☐ Interactive sessions where seniors learn the facts about supplements, and nutritious food available in the market.
- ☐ Emphasis on the benefits of millet biscuits and other locally available, nutrient-rich foods.

### 3. Mental Stimulation: Keep the Mind Sharp

- ☐ **Brain Fitness Activities:**

- ☐ Daily puzzles, memory games, and activities designed to keep cognitive functions sharp.
- ☐ Regular sessions on learning new skills or hobbies, like painting, music, or gardening.

- **Storytelling and Knowledge Sharing:**

- ☐ Weekly storytelling sessions where seniors share life experiences, wisdom, and cultural stories with peers.
- ☐ Encourage them to document their stories, creating a community memory book.

#### 4. Social Engagement: Build a Supportive Community

- **Peer Support Groups:**

- ☐ Create small support groups for discussing common concerns, providing emotional support, and fostering friendships.
- ☐ Monthly group outings to local places of interest, religious sites, or social gatherings.

- **Intergenerational Activities:**

- ☐ Organize interactions with younger generations through storytelling, mentoring, and joint activities like gardening or art.
- ☐ Encourage seniors to share their skills and knowledge, giving them a sense of purpose and connection.

#### 5. Physical Health: Improve Mobility and Strength

- **Therapeutic Exercises:**

- ☐ Regular strength training sessions using light weights or resistance bands to maintain muscle mass and bone health.
- ☐ Physiotherapy consultations for those with specific mobility issues or chronic pain.

- **Health Monitoring:**

- ☐ Regular health checkups, including blood pressure, glucose levels, and cholesterol screenings.
- ☐ Collaboration with local healthcare providers for ongoing medical support and advice.

#### 6. Creativity and Productivity: Encourage Selfexpression and Purpose

- **Creative Workshops:**

Weekly art, music, or craft workshops to help seniors express themselves and explore new interests.

Showcase their work through community exhibitions or online platforms.

- **Volunteering Opportunities:**

- ☐ Encourage seniors to volunteer within the community, offering their time and skills to local schools, NGOs, or community centers.
- ☐ Provide them with leadership roles in organizing events or mentoring younger members of the community.

## 7. Spiritual Wellbeing: Foster Inner Peace

- **Spiritual Discussions and Practices:**

- ☐ Organize weekly spiritual discussions or satsangs, allowing seniors to explore different spiritual practices and philosophies.
- ☐ Offer guided meditation sessions that focus on spiritual growth and inner peace.

## 8. Evaluation and Continuous Improvement

- **Feedback Mechanism:**

- ☐ Regular surveys and feedback sessions to understand the impact of activities and make necessary adjustments.

***Monthly meetings with senior citizens to discuss their needs, challenges, and suggestions.***

### **Performance Metrics:**

- A. Track improvements in physical health (e.g., mobility, strength), mental well-being (e.g., cognitive function, mood), and social engagement (e.g., participation, community ties).
- B. Measure success through the number of active participants, reduction in health issues, and overall satisfaction.

### **Implementation Timeline:**

Month 1: Introduction of morning routines, nutritional workshops, and support groups.

Month 2: Start brain fitness activities, storytelling sessions, and creative workshops.

Month 3: Launch volunteering opportunities, spiritual well-being programs, and regular health monitoring.

Ongoing: Continuous improvement based on feedback and performance metrics.

### **Expected Outcomes:**

Improved physical health and mobility among seniors.

Enhanced mental sharpness and reduced stress.

Stronger community ties and social support.

Increased sense of purpose and self-worth.

Overall improvement in the quality of life for senior citizens in Chhend.

## **Exclusive Member Benefits(Summery)**

### **1. Weekly Discussion Forum**

Engage with health experts and fellow members to discuss the latest in self healthcare, wellness, and more.

**2. Weekly Health Checkups**

Stay on top of your health with regular checkups tailored to your needs.

**3. Blood Collection Services**

Convenient blood collection services for routine health monitoring and chronic disease management.

**4. Health Counseling**

Personalized health counseling to help you adopt and maintain a healthy lifestyle.

**5. Therapeutic Yoga & Meditation Services**

Participate in therapeutic yoga and meditation sessions designed to enhance mental and physical well-being.

**6. Therapeutic Nutrition & Cafeteria Services**

Access to expert advice on therapeutic nutrition and enjoy healthy options like millet, sprouts, tea, and juices at our cafeteria.

**7. Therapeutic Games & Lifestyle Advice**

Engage in therapeutic games that promote both mental and physical health, coupled with expert lifestyle advice.

**8. Storytelling & Share and Inspire Show**

Connect through storytelling sessions and be inspired by others in our Share and Inspire Show.

**9. Book Reading Sessions & Library Access**

Enjoy book reading sessions and explore a wealth of knowledge in our well-stocked library.

**10. Home Gym Facility**

Work out at your convenience with access to our home gym facilities.