

---

## **WELLNESS OLDE FOUNDATION**

### The problem

With increased life expectancy, we have a rising aged population. Yet, while the elderly are living longer, there is no evidence to prove that they are able to spend these extra years in good health. It is not just physical good health that we are talking about; a good health includes mental and spiritual well-being too, and these are very much compromised (often more than physical morbidity) in the golden years.

Health (physical, mental and spiritual) is central to our experience of old age and poor health brings in misery for the elderly. Inadequate infrastructure, minimal emphasis on geriatric care, changing family structure, lack of social support and social inequalities make the experiences of the aged more complex; hence, these areas need our attention and retrospection.

Managing homecare for the elderly now – a- days is a challenging task. With the increase in the number of nuclear families, the pressure on the working children of aged parents have mounted; they find it difficult to take the responsibility of their parents' well-being single-handedly. Moreover, the multiple service providers presently operating are small, unorganized players extending sub-optimal care and cannot cope up with the ever-increasing problem.

Add to that, a definite marginalization of this group whose social contribution at this age is almost nil and it is no wonder that the plight of the elderlies is worsening from day to day. Hence our lack of understanding the geriatric population, the morbidity of ageing and the ever-increasing gap in our care delivery system make their lives progressively miserable.

### **OUR MISSION**

Wellness Olde foundation is a non-profitable organization that has been set up with these specific points in mind. Our mission is to work tirelessly in these areas to promote better quality of life (physical, mental and spiritual) for the aged.

### **OUR VISION**

Our vision is to have an age-integrated society that promotes the concept of Healthy Ageing (WHO 2015). *Healthy Ageing* looks at the functional ability of the aged population to be at ease with their own selves and to do what they have reason to value. This ability is determined not just by the intrinsic capacity of the individual, but also by the physical and social environments they inhabit. Both these elements need to be incorporated within a societal action that brings about a radical change for the better.

## **SANCHARI**

Since the first cries that we uttered, we have been constantly trying to perform the song of life to the best of our abilities. As the years mellow by and we progress with the second stanza or *Sanchari* of our life song, we feel a strange void, which triggers a stronger urge to complete the song in a more melodious and harmonious manner.

Wellness Olde Foundation hopes to fill in the abyss striking the right chords by establishing *Sanchari*, a senior citizen home with a difference. It is a revolutionary concept where we, the advocates of healthy ageing, create a very different physical and social environment and invite a few people to come and stay with us, thereby sharing the remaining part of our lives together.

*Sanchari* is a place with no boundaries; the emphasis is on peaceful, healthy, and joyous ageing in an exquisite environment equipped with well-designed comfortable living facilities.

## **Features**

### **ROOMS**

- Option of single or double occupancy, multiple floors.
- Various types of rooms to suit different categories of individuals.
- Split AC in each room (except for single occupancy).
- Designer tiled floors, fully furnished rooms ; TV is optional.
- All rooms are South facing with large sliding windows
- Adequate natural light and ample cross ventilation.
- Attached toilet with anti-skid tile flooring and state-of-the art fittings

### **SENIOR-FRIENDLY ARCHITECTURE**

- Wheelchair and walker-enabled spaces 5ft-wide verandah and ramps.
- Wide doorways and corridors for wheelchairs to swivel
- Electrical switches have easy accessibility
- Bathrooms with grab bars
- Comfortable and user-friendly door handles
- Landscaped 10,000 sq feet garden for walking and out- door activities.

### **SAFETY AND SECURITY**

- 24 hours-manned gate with security personnel

- High boundary walls
- Electronic surveillance; CCTV
- Emergency button in rooms and common areas.
- 24×7 ambulance service, attendant and emergency healthcare

#### **MODERN HEALTHCARE AMENITIES**

- Visiting doctors
- Specialists on call
- 24×7 ambulance service
- Tie-ups with diagnostic centres, and reputed hospitals
- Diet charts prepared by dieticians
- Regular health check-ups
- Rehabilitation programme

#### **ENTERTAINMENT, SPIRITUAL AND REHABILITATION CENTRE**

- Outdoor / Indoor practice of yoga & meditation, engagement in religious discourses, debates, etc.
- Radha Krishna temple next door for worship
- AC room for playing cards, watching movies, e-browsing
- Air-conditioned relaxing lounge with TV, library.
- Physiotherapy centre.
- Involvement in gardening & social activities.

#### **ADDED AMENITIES FOR A HASSLE-FREE LIFE:**

- Nutritious and delicious meals suitable for elders in a sprawling AC dining room
- Landscaped garden and walking areas.
- Wi-fi, streaming music in corridors and general spaces.
- 24×7 common attendant, housekeeping, laundry and maintenance services
- Guest rooms for visitors with provision for short stay.
- Adequate 24x7 power back up
- Fire fighting equipment.

## TYPES OF ROOMS

Different people have different tastes and different priorities. Keeping in mind their requirements, Sanchari offers 5 different room types for long term residential stay. All of them are furnished with bed, almirah, side lockers, table with chairs and attached bathroom.

1. **Single:** It is for those who want privacy exclusivity and comfort living. These rooms are structured differently and are at a different level from the rest, accessed by a short flight of steps. They will have additionally a 15 ft long verandah on the eastern side exclusive for themselves. These rooms are South and East open.
2. **Double (twin sharing basis):** For those who cannot afford the security deposit, we have the option of twin sharing where the security deposit is necessarily halved. These fully furnished AC rooms are North-South open and the resident may choose the location of the bed on a 'first come first served' basis. A 5ft wide and 50 ft long common verandah will be accessible to them. There are 8 (eight) such rooms, 4 (four) each in ground and 1<sup>st</sup> floor respectively.
3. **Double:** We have exclusive AC double bed rooms in a separate wing in each floor, which are fully furnished including TV. These rooms are South and West facing with easy accessibility to the dining room / recreation room / or the meditation room.
4. **Double Deluxe:** A separate AC living room is offered in addition to the features of a standard AC double bedroom. The living room is equipped with a sofa set, center table, chairs, a relaxing area with TV and other facilities. The toilet is larger with additional facilities.
5. **Guest Rooms:** We have 2 guest rooms in the 3<sup>rd</sup> floor, where the guests of residents may stay for a short while. Charged on a nominal daily basis, these rooms have to be booked in advance to ensure availability. In special circumstances, we may convert these rooms into short-term stay, but that is subject to management discretion and approval. We also arrange for a pick up and drop from the airport, railway station or bus stand on an actual cost basis.

## WHY US

At the outset, may we remind the reader that *Sanchari* is completely different from the other senior citizen homes in and around Kolkata in several aspects:

1. To the best of our knowledge, this is the probably for the first time that the advocates of healthy ageing and promoters of a senior citizen home are co –residents in the same building as other residents and guests. Yes indeed, we are here to stay with you, for the rest of our lives, your partners in joy and sorrow...
2. *Sanchari* does not believe in filling up rooms with people for business. In fact at full occupancy, there will be only 27 residents with us. Our main objective is to spend these

- golden years happily in peace and joy, among a small coterie of friends. Hence we are looking forward to a select group of like-minded people and not a huge crowd with diverse interests. Sanchari believes in quality instead of quantity.
3. It is fortunate that, we have a doctor as one of the founders of *Sanchari* who will be a co-resident and be there to care for the residents. Moreover, ambulance will be there in the campus 24x7 to tackle any emergency.
  4. *Sanchari* believes in total transparency and we have an admission protocol that is fair and transparent.
  5. Of a total land area of 14000 sq ft., only 2000 sq ft has been utilized in the construction, leaving almost 85% of the land to be landscaped in garden and walking areas, assuring us of a minimal carbon count.
  6. The rooms have been very carefully thought of and designed to give you exclusivity, privacy and yet be inter connected. All rooms are South facing and with no hindrance around, natural light and fresh free flowing air are guaranteed.
  7. Rooms are for residents and not residents for rooms. Should the need arise we can convert a type of room into a different type to honor your wishes and accommodate you, subject to discussion and financial approval from the management.
  8. Lastly we operate on a “first come, first served“ basis...the management has no role to play in the selection and distribution of rooms to residents. All applications are to be initiated online and can be personally tracked by logging in separately, making the application process very transparent.

These features make *Sanchari* unique; a place with no boundaries; the emphasis is on peaceful, healthy, and joyous ageing in an exquisite environment equipped with well-designed comfortable living facilities, it is a home like no other...

### HAPPY LIVING STARTS HERE

- The routine here is designed to provide you an active life that removes lethargy and depression. However, if you are nostalgic, you can share your experiences & feelings with your room mate or your friend across the hall
- Surrounded by nature, far away from the bustling noisy clutter of urban life, you will find peace and tranquility here. Enjoy long walks by the water bodies nearby early morning or sit in contemplation in the garden.
- No more sleepless nights. Your safety, comfort, & health will be taken care of.
- Apart from companionship, comfort and security, we appreciate the fact that you also want your freedom. You may opt to engage in various activities, participate in programmes for social causes, pursue your hobbies, read books, watch movies, play

- indoor games like cards or chess, do some gardening, cook if you want, sing or take music classes. Just be happy doing whatever you like.
- We have a library, e-browsing facility and reading lounges. With information, knowledge and entertainment easily accessible there is no place for boredom.
  - For those who still wish to learn we offer a wide variety of classes on music, painting, photography, gardening, flower decoration as well as learning of basic computer, and theater workshops.
  - We want you to enjoy the full spectrum of life by celebrating festivals and occasions round the year.
  - You don't have to worry over mundane things—your meals, or your diet; whether your help would turn up the following day; what medicines to take; whether to wear that particular sari or that shirt and so on. We take care of all your pressing worries to make you feel happy and young.
  - There will be periodical discourses on spirituality, spiritual well-being and wellness-related topics, with a dedicated area for meditation & discourses. and
  - Most importantly there will be, in house doctor and 24 hrs ambulance service.

*We promise you something that no one can match—personal care every moment of your stay, for we, the promoters and advocates of healthy ageing, are here to stay with you, by your side at all times and at every step for the rest of our lives.....*

### **ROOM TARIFF & SERVICES \*\*\***

**TYPE 1 Single Occupancy**.....Security Deposit\*: Rs. 8,00,000/- (Gr Floor)

- Rs. 8,50,000/- (1<sup>st</sup> Floor)
- Rs. 9,00,000/- (2nd Floor)
- Monthly charges\*\*: INR 12,000 (Stay & services Rs.5000/-, food Rs.7000/-)

**TYPE 2 Double Occupancy (on twin sharing basis)**...

- Security Deposit:\* Rs. 4,25,000/- per person (Gr Floor)  
Rs. 4,75,000/- per person (1st Floor)
- Monthly charges\*\*: INR 12,000 (Stay & services Rs.5000/-, food Rs.7000/-)

**TYPE 3 Double Occupancy** Security Deposit:\* Rs. 8,00,000/- (Gr Floor)  
Rs. 8,50,000/- (1st Floor)  
Rs. 9,00,000/- (2<sup>nd</sup> Floor)

- Monthly charges\*\* : INR 22,000/- per couple: a discount of Rs.2000/- per couple, (Stay & services Rs.8000/, food Rs.14000/-)

**TYPE 4 Double Deluxe** Security Deposit:\* Rs. 12,00,000/- (2<sup>nd</sup> Floor)

- Monthly charges\*\* : INR 22,000/- per couple (a discount of Rs.2000/- per couple, lodging & all services Rs.8000/-, food Rs.14000/-)

**TYPE 5 Guest Rooms** Security Deposit: Nil

- Daily charges: A nominal amount for all meals & snacks, lodging & allied services will be charged depending on the length of the stay.

\*The security deposit will not carry any interest and will be returned when the occupant leaves after deducting 10% (in some cases 15%) as handling charges.

\*\*Excluding electricity charges for AC and TV, which shall be levied exactly as per consumption (sub meter reading)

\*\*\* All statutory govt. taxes, levies, impositions if any are payable extra.

### **SERVICES PROVIDED**

The following services will be provided within the ambit of monthly staying charge:

- Daily cleaning of rooms and toilets
- Daily cleaning of common areas
- Proper security arrangement with 24 hours security at gate
- Monthly check up by doctor
- Normal electricity charges in room except AC & TV.
- Common area electricity charges including AC in recreation and dining room.
- Morning tea, breakfast, lunch, evening snack and tea, dinner every day
- Library, games, music, cinema, internet, religious discourses, social activities
- Daily newspapers in English, Bengali in lounge area
- Maintenance of garden, lawn, outdoor activities
- Generator charges for light and fans.
- Allied paramedical services that can be managed at Sanchari.

Emergency services (At extra cost):

- Ambulance on call
- Doctor on call

- Transfer to reputed hospital /nursing home , emergency related costs
- Wheel chair
- Oxygen Cylinder

Services on request (At extra cost):

- Car on hire
- Personal laundry services
- Outdoor work related jobs
- Personal Ayah

**www.wellnessolde.org ANANDA : 9163615458 SUDDHA : 9830193933**