

Care, Compassion, and Inclusive Empowerment Editorial

A chronic illness is a long-lasting health condition—typically lasting one year or more—that requires ongoing medical attention and often limits a person's daily activities. Unlike acute illnesses (like the flu) that appear suddenly and resolve quickly, chronic conditions are usually continuous and require long-term management. Chronic illness among elderly is very common. It also affects people with disabilities very badly.

Heart Disease & Stroke, Cancer, Diabetes, Chronic Respiratory Diseases like Asthma, Dementia, Arthritis etc. are examples of chronic illnesses in elderly. Many chronic diseases are driven by a combination of genetics, age, and environmental or socioeconomic factors. Most of the elders suffer from poor nutrition, physical inactivity and probably excessive alcohol consumption.

Living with a chronic disease requires active collaboration between the patient and healthcare professionals. While many of these conditions are lifelong, patients can often maintain a high quality of life through medication adherence, systematic monitoring, and healthy behavioral changes.

Chronic disease prevention relies on simple, consistent lifestyle habits and proactive healthcare. The majority of conditions—such as heart disease, diabetes, and certain cancers—can be delayed or avoided entirely through proper nutrition, regular exercise, avoiding tobacco, and attending routine medical screenings.

At Maya CARE, a task of giving moral support to elderly and disabled suffering with chronic illness is being done for many years. The moral support by volunteers has been appreciated by the beneficiaries time and again.

A few words of encouragement, a friendly phone call, a home visit, assistance in accessing healthcare services, or simply spending time listening can make a significant difference in the lives of those struggling with chronic health conditions. Many elderly individuals and persons with disabilities often feel isolated while coping with long-term illnesses. Compassionate human interaction helps reduce anxiety, improves emotional wellbeing, and restores confidence.

Maya CARE's volunteers continue to dedicate their time and energy to ensuring that no beneficiary feels forgotten or alone. Across India and the United Kingdom, volunteers provide companionship, emotional support, guidance, and assistance that help beneficiaries face life's challenges with greater strength and dignity.

Alongside supporting the elderly, Maya CARE remains committed to empowering persons with disabilities through meaningful employment opportunities, skill development, mentoring, and leadership roles. Through initiatives such as Project Bindu, persons with disabilities are not only beneficiaries but also active contributors, coordinators, and leaders who support fellow community members.

As the demand for our services continues to grow, Maya CARE welcomes compassionate volunteers who are willing to dedicate a few hours each month to support elderly and disabled beneficiaries. Whether through phone calls, online engagement, administrative support, fundraising, or direct community service, every contribution makes a meaningful impact.

We also appeal to individuals, organisations, and well-wishers to support Maya CARE through donations. Your generous contributions help us sustain and expand our services, train volunteers, create employment opportunities for persons with disabilities, and reach more elderly individuals who need companionship and support.

Together, we can build a society where every elderly person lives with dignity, every person with a disability has the opportunity to thrive, and no one feels alone in their journey. Your support—whether as a volunteer, donor, partner, or advocate—helps make this vision a reality.

Thank you for being a part of the Maya CARE family and for helping us create a more caring, inclusive, and compassionate world.

Service Testimonials



1. Compassion Beyond Care – Vinita Tai Mahajan's Unwavering Support

When families are separated by distance, compassionate and dependable care becomes invaluable. For the family of Smt. Alka Ketkar (76), (9820240758) , a cancer patient from Pune, Vinita Tai Mahajan and the Maya Care team became a true source of strength and reassurance.

With both of Alka Ketkar's daughters living abroad, Vinita Tai personally accompanied her to every hospital visit, coordinated appointments, assisted with hospital formalities, and ensured her comfort and safety throughout her treatment. Beyond medical support, she provided emotional encouragement and companionship, helping Alka Tai face her illness with courage and confidence. Her dedicated presence gave the family immense peace of mind, knowing their loved one was in caring and trustworthy hands.

Vinita Tai's compassion extends beyond caregiving. She also thoughtfully arranged a memorable pilgrimage to Shegaon for a family friend visiting from Canada, creating cherished memories through her warmth and dedication. Such gestures reflect her commitment to making a meaningful difference in people's lives. The Ketkar family remains deeply grateful to Vinita Tai and Maya Care for their unwavering support during a challenging time. Her kindness, reliability, and selfless service embody Maya Care's mission of providing dignified, compassionate, and holistic care to those in need.

2. Mrs. Pushpa Jana, Bengal , +91 7001314685 – Finding Compassion and Support Through Maya Care

Living alone can make even simple daily tasks challenging, especially during times of need. Mrs. Pushpa Jana from Bengal turned to Maya Care's toll-free helpline when she required assistance in obtaining her medicines. Responding with warmth and compassion, Maya Care volunteer Arpita Bera promptly came forward to help. Beyond meeting Mrs. Jana's immediate need, Arpita spent time reading the Bhagavad Gita with her, offering emotional comfort, companionship, and a sense of peace. This thoughtful act made Mrs. Jana feel cared for, respected, and supported. Expressing her gratitude, Mrs. Jana shared that Maya Care's timely assistance and Arpita's kindness gave her confidence that she could always rely on the organization whenever she needed help. Her experience reflects the trust and reassurance that Maya Care strives to provide to every beneficiary.

Mrs. Pushpa Jana's story is a beautiful example of Maya Care's mission to deliver not only practical support but also compassion, dignity, and meaningful human connection. Through dedicated volunteers like Arpita Bera, Maya Care continues to brighten lives and ensure that no one feels alone in times of need.

Department of Empowerment of
Persons with Disabilities (Divyangjan)
NATIONAL HELPLINE NUMBERS

☎ **14456**

011-44739626 (Voicebot)

9646622622 (WhatsApp Chatbox)

Maya Care Foundation Activities



1. Abhaya Old Age Home, Hyderabad

A special music program was organized on the occasion of Father's Day and Music Day, spreading joy through music. By Volunteer Sonali Kulkarni, City Coordinator Anuradha.

2. Gokul Old Age Home, Dombivli (East): A lively session of singing songs, entertainment, and yoga was conducted for the residents. The activities created a cheerful atmosphere, encouraged active participation, and brought smiles to everyone. The program was successfully organized by volunteers Praveen Deshpande and Anuja Kadam.

3. Sri Charana Elders Home & Holistic Care, Bengaluru: J.P. Morgan and Maya CARE volunteers organized an engaging Art with Elderly activity at Sri Charana Elders Home & Holistic Care. The session brought smiles, creativity, and meaningful interactions to the residents. Volunteers: Sumana, Shailja

4. Brahma Kumaris Ashram, Kanpur: On the occasion of World Environment Day, an environmental awareness program was conducted with the residents. The celebration highlighted the importance of protecting nature and encouraged everyone to contribute towards a greener environment. The activity was organized by volunteer Ashish Kumar Saxena.

5. Jai Ma Durga Vridhi Ashram Old Age Home, Jalna: A walker distribution program was organized to support elderly residents with mobility assistance. The initiative promoted safety, independence, and comfort for the beneficiaries. The service was carried out by volunteers Deepa and Priyanshi.

6. The Jalna District Central Co-operative Bank Ltd., Jalna: A Senior Citizen Pension Help Desk was organized to assist elderly beneficiaries with pension-related guidance and support. The initiative helped ensure that senior citizens received the necessary information and assistance in accessing their pension benefits.

7. Akshaya Trust Old Age Home Chennai: A fun-filled session featuring Pass the Ball and Riddles was conducted for the elderly at Akshaya Trust. The activities encouraged participation, laughter, and meaningful social interaction. Volunteer: Mary

8. Sewadham Swami Samartha Old Age Home, Nagpur: A devotional Bhajan session was conducted with the residents. The spiritual gathering filled the atmosphere with positivity and devotion, bringing peace, happiness, and a sense of togetherness. The activity was organized by volunteers Manisha Kharabe and Vaishali Tupkar

9. Krishnaprabhu Dementia Care Center Laxminagar Parvati, Pune: A music program was arranged on behalf of Maya CARE Foundation by artists of Music Masti and Meditation group. The elderly enjoyed the program and got refreshed with energy and some of them danced to the tunes with joy. Volunteers Mahesh Kulkarni and Dhanajay Bhat managed the event.

10. Volunteer Gauri Kshirsagar from Nigdi, Pune arranged a meeting of Pimpri Chinchwad Volunteers on 11 June 2026 and guided them for spreading awareness for MayaCare cause. Volunteers can play such role in their nearby areas to engage other volunteers



11 Snehasparsh Elderly Care Home Karvenagar, Pune: A tree plantation drive was conducted by Sr Volunteer Vinita Mahajan. to promote environmental conservation. Volunteers Mahesh Kulkarni and Mukund Diwakar explained the importance of protecting the environment, reducing carbon footprints, and planting more trees. The residents and staff appreciated the initiative and took an environmental protection pledge. One elderly resident became emotional while expressing concern for the environment, making the event deeply meaningful for everyone present.

Important Do's and Don'ts for Senior Citizens.

Compilation in Marathi by Vidyadhar Joshi.

Translated to English by Mahesh Kulkarni.

Do's

1. Please have a balanced and nutritional diet. Please consume all seasonal fruits.
2. Drink water every hour during daytime even if you don't feel thirsty.
3. Avoid or limit sugar and salt.
4. Please have prescribed medicines as per dosage suggested.
5. Please do a health checkup at least once a year.
6. Please have regular checkups of your Vitamin D3 and B12 levels and have supplements, if prescribed.
7. Please do periodic and regular check-ups of your eyes.
8. Please stay away from harmful habits like tobacco, gutkha, pan masala and alcohol.
9. Walking, Swimming and Yoga helps in an active lifestyle.
10. Please engage your mind in in-house games like carrom chess or in Art. This helps to keep your mental health in good condition.

Don'ts

1. Please don't go for sedentary lifestyle. Be active and have regular small walks.
2. Please don't use slippers while walking. Use proper shoes.
3. Please don't use the staircase without taking support of the railing.
4. Please don't use Mobile phone from 9pm to 10am unless it is absolute emergency.
5. Please don't lock the bathroom, toilet door from inside. Keep a board of 'IN USE' displayed if you are using.
6. Don't drive vehicles on uneven roads.
7. Please don't overthink. Present is more important than past and future.
8. Please don't self medicate under any circumstances.
9. Please don't interfere in the financial matters of your next generation. You can advise them but be neutral.
10. Please don't stress yourself by participating in political debates.
11. Please don't ascend to a high chair to grab the things kept on top . Do take somebody's help for the same.

Financials

1. Please invest safely and in such a way that you can redeem when required.
2. Don't transfer your assets when you are alive.
3. Please purchase appropriate health insurance.
4. Please prepare your proper will with the help of a qualified legal consultant and get it signed from a qualified Doctor and two witnesses.

"The best way to find yourself is to lose yourself in the service of others."

— **Mahatma Gandhi**

"No one is useless in this world who lightens the burdens of another."

— **Charles Dickens**

"We make a living by what we get, but we make a life by what we give."

— **Winston Churchill**

"There is no exercise better for the heart than reaching down and lifting people up."

— **John Holmes**

"The highest result of education is tolerance."

— **Helen Keller**

When Friendship Becomes Healing - A Heartfelt Gratitude to Maya CARE and Mr. Mahesh Kulkarni



As a daughter and primary caregiver, I have come to understand that in advanced age and long-term illness, medicines and medical care are only one part of healing. Equally important is companionship, emotional connection, dignity and the reassuring presence of someone who genuinely cares.

My father, G. V. Dhere, now in his 88th year, has been battling multiple serious health conditions for many years—brain haemorrhage, strokes, paralysis, severe hearing loss, dementia, neuropathy, chronic kidney disease, diabetes, vertigo, and several other complications. Over time, illness has gradually affected not only his body, but also his peace, independence, and cognitive abilities.

And this has been especially painful to witness because my father has always been an extraordinarily intelligent, thoughtful, and deeply curious person who loved meaningful conversations, discussions, puzzles, spirituality, engineering, politics, history, and ideas.

In this difficult journey, MayaCare has been much more than an organization for us. It has been an emotional support system and, in many ways, an extended family. Through MayaCare, Mr. Mahesh Kulkarni entered my father's life around three and a half years ago and gradually became far more than a volunteer. He became a true friend, companion, and source of emotional warmth for my father.

What has touched me most is the sincerity and commitment with which he connects with Baba. He never visits casually. He comes thoughtfully prepared—with topics of discussion, puzzles, quizzes, games, and conversations designed specifically to engage Baba's mind and bring him joy.

Despite Baba's severe hearing loss, Mr. Mahesh Kulkarni patiently writes down questions and discussion points so that Baba can read, respond, and participate. In today's fast-moving world, where people often lack patience even for ordinary conversations, this effort feels truly extraordinary.

I still remember the happiness on my father's face when Mr. Kulkarni visited after returning from the UK after a long gap. In that moment, I realized something very deeply: sometimes companionship reaches where medicine cannot. And for a caregiver, that means more than words can express.

Caregiving can often feel emotionally exhausting and lonely. But when someone enters your home with genuine care, consistency, respect, and affection toward your loved one, it changes the emotional atmosphere of the entire household.

I express my heartfelt gratitude to MayaCare and especially to Mr. Mahesh Kulkarni for this extraordinary companionship, kindness, sincerity, and emotional support. Because sometimes the greatest medicine is not found in tablets or treatments. Sometimes it is simply a familiar knock on the door.

Sucheta Dhere Pune

Phone 8446432338

Founder WiMLDS Pune Community.

Savita Subedar from Mumbai – A Story of Strength and Resilience



Savita's journey is a powerful example of courage, resilience, and determination. A polio survivor since the age of three, she overcame family hardships, limited education, and the challenges of raising her daughter as a single mother. Despite these obstacles, she remained committed to building a better future through hard work and perseverance.

Her life changed when she joined Maya Care Foundation through Project Bindu, where she gained new skills, confidence, and opportunities. Over the past three years, she has grown from engaging volunteers over phone calls to becoming the City Coordinator for Mumbai and Bengaluru. She has successfully led elderly care helpdesks and coordinated the efforts of more than 150 volunteers.

Savita has also managed BPO projects for organizations such as ICICI Lombard, Anade Foundation, WayCool, and Mahika, delivering quality outcomes with dedication. Through Maya Care's UWD project, she has supported persons with disabilities by providing training and employment opportunities in collaboration with hospitals, Rotary Clubs, and community organizations. Today, Savita's inspiring journey demonstrates that determination, compassion, and perseverance can overcome any challenge and create lasting social impact.

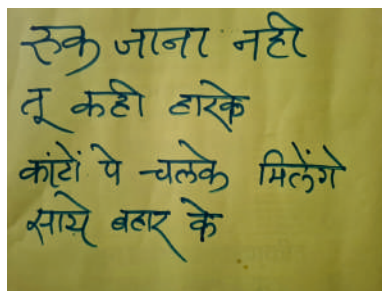
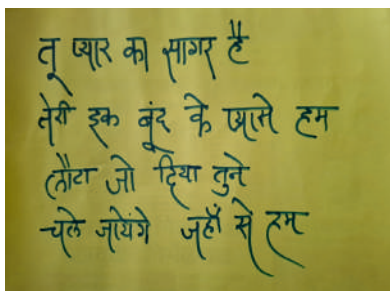
Art Therapy For Seniors And Disabled

Art is known to be therapeutic and beneficial for everybody, especially for the seniors and disabled. Art therapy is a powerful, non-verbal outlet that helps reduce anxiety, ease chronic pain, and improve cognitive, memory and motor skills. It provides a safe space to process emotions, overcome grief, and feel a renewed sense of purpose and social connection.

Art therapy is fast emerging as an integrative mental health practice that combines psychotherapy with creative expression. Art activities like drawing, coloring, painting, craft, collage-making and clay-work etc. provide a safe, non-verbal outlet to process emotions, reduce stress, and resolve conflicts. The important point to be noted is that one does not need any artistic skill or prior experience to participate. One can start from any age and at any level. One can draw on paper with pencils or pens. Writing on paper also makes the hand steady and improves focus. Calligraphy is the artistic way of writing. Nowadays coloring books are available where outlines of designs are printed and one has to choose and fill colors. Painting may usually require some previous skill and experience. Craft can be done with the help of paper and scissors. Collage can be made from old magazines also. Rangoli is a traditional art form. Making greeting cards by hand is done by many. The family and care-givers need to give a lot of encouragement to the seniors to practice some form of art. Emphasis should be always given on the process and participation, and never on the outcome. When art is made alone, it reduces the feeling of loneliness. When done in a group, it increases the sense of belonging and happiness. Nowadays, there are trained professionals offering art as a therapy.

Some Maya CARE volunteers regularly conduct drawing and art sessions for seniors, disabled and old age homes. This is well received by all participants. They express great joy at the end of the session and look forward to more.

Article by Avanish Thanawala, Sr. Volunteer, Pune.



Calligraphy Art
By Mahesh Kulkarni,
Sr. Volunteer, Pune.

Our Volunteers Serve the Elderly



1. Wheelchair Distributed at MadhurBhav Old Age Home, Pune



2. Wardha: Volunteer Divya Khairkar supported a beneficiary by assisting with the payment of a water bill



3. Pune: Pamphlets were distributed to create awareness among the community.



4. Bengaluru: J.P. Morgan and Maya CARE volunteers Sumana and Shailja conducted an "Art with the Elderly" activity for the residents.



5. Ujjain: World Environment Day at Atal Vruddhashram with the elderly residents.



6. Delhi: A Walker Distribution Drive was conducted at Swarag Old Age Home



7. Coimbatore: Volunteer Mahisma assisted a beneficiary by bringing the required medicines.



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MAYA CARE FOUNDATION

Year : 4th Issue : 3rd July - September 2026

MAYA CARE NATIONAL HELPLINE : 1800 572 1343

Maya Care Operates in 72 cities of India as mentioned below

Nashik, Parbhani, Ahmednagar, Jalana, Jalgaon, Dhule, Wardha, Mumbai, Sangli, Yavatmal, Nagpur, Nandurbar, Pune, Satara, Amravati, Chandrapur, Solapur, Akola, Buldhana, Kolhapur, Aurangabad, Beed, Latur, Jalalpur, Ujjain, Bhopal, Chhatarpur, Gwalior, Rewa, Indore, Jhansi, Lucknow, Kanpur, Chandigarh, Jalandhar, Ludhiana, Abohar, Surat, Vadodara, Ahmedabad, Gandhinagar, Katchch, Coimbatore, Chennai, Pondicherry, Hyderabad, Bengaluru, Panipat, Sonapat, Guwahati, Hallikandi, East Medinipur, West Medinipur, Kolkata, Bankura, North 24 pargana, Malda, Howrah, Delhi, Bhubaneswar, Angul, Sambhalpur, Dholpur, Udaipur, Jaipur, Jodhpur, Jaisalmer, Baran, Cochin, Thiruvananthapuram, Dehradun, Haridwar.

FOR WHATSAPP

9552510400/9552510411
8055995966

Following free services offered to Sr. Citizens, which are entirely managed by Professionals who overcome disabilities :

1. Accompanying senior citizens for a walk within or around the premises of their residential area.
2. Accompanying senior citizen to visit doctor / hospital / bank work.
3. Seeing them off / receiving them at the railway station / bus station / airport.
4. Sitting with a patient during hospitalization / outside the ICU.
5. Reading newspaper, magazines / religious books to senior citizens.
6. To withdraw / deposit cash / cheques in Bank, Technical help for smartphone.

Note: Maya Care does not offer Nursing, Emergency Service or Financial Aid.

Website - www.mayacare.org | Email : service@mayacare.org



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