



@CARE

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NEWSLETTER

FROM CARE FINDER



CARE
FINDER™

CELEBRATE YOUR SILVER YEARS



Life is too wonderful to be spent worrying! This is the mantra we believe in and it has become the driving force that our propels our entire team forward!

@Care is the culmination of months of research, dedicated to making your lives better. During the course of our intensive research and validation process that lasted nearly 18 months, we were able to comprehend your needs in a much better way. Consequently, this led us to identify ideal solution providers who could be counted upon to solve most of the problems that came to our notice, thereby helping you find much-needed relief from tension and stress.

Thus, we can proudly state that @Care is a comprehensive compilation of insights and solutions, gained from the different stages of our research. We have also come to realise that this process of identifying needs and finding suitable solutions for the same, will be a continuous process. This is a challenge we are only too happy to meet!

In our previous newsletter, we touched upon various topics like the re-emergence of the concept of the family doctor, the necessity for converting your documents into a digital format, the advantages of the short-stay concept, as well as a brief look at how Sacroiliac Belts can do wonders for those suffering from backaches.

WONDERING WHAT WE HAVE IN STORE FOR YOU THIS MONTH?

Bring your hands together as we introduce to you the idea of OPOS or One Pot One Shot. Meet the wonderful "senior" chef who is slowly taking the world by storm! Meet Mrs. Chitra Viswanathan, an inspiring and fun-loving 78-year-old, who is a habitual net user. She has provided close to four thousand recipes through her Cooking App – @askchitvish. If you are living by yourself and you hate the idea of ordering food from outside, you can try out her easy-to-prepare recipes that are not just tasty, but also nourishing for the body.

Are you keen on knowing what a special grandmother gifted her grandson? Turn to Gifting Ideas to read more on how gifting unique and customized gifts ended up bringing three generations of a family together! This story is a true tearjerker, guaranteed to moisten the eyes and warm the hearts of our readers.

Before we sign off, @Care would like to thank each one of you personally for coming up with unique and encouraging ideas. Most of the suggestions have been put to use, as you will see in our services and future publications. So, keep writing to us. Let's stay connected so that we may serve our loved ones better.

Celebrate and enjoy your silver years with us.

P.S. SRIKUMAR

Editor



MRS.CHITRA

OPOS - TURN COOKING INTO PASSION WITH MRS.CHITRA

We recently had a free-wheeling candid chat with Mrs. Chitra Viswanathan, the septuagenarian master chef, who has become highly popular amongst the net-savvy cooking enthusiasts, especially with the introduction of her nifty cooking app- AskChitVish!

Today, we present to you yet another of her ingenious ideas - OPOS. During our chat, she was kind enough to share the concept of OPOS and the reason that led to the birth of this interesting idea. According to Mrs. Chitra, the OPOS concept shortens cooking time, and creates tasty meals that preserve nutrition. This style of cooking varies from the traditional method and you can serve from a delicious Mysore Pak to Pongal in just a few minutes. All this, by using just a pressure cooker!

This concept interested us, and on further probing, she says the idea aims at providing clean, green, healthy and tasty food in a convenient way to anyone located anywhere at any point of time. All the recipes have been tried and tested and have been appreciated for its health benefits.

According to Mrs. Chitra, when you start with a recipe using the OPOS system, the size of the pressure cooker has to be considered, as it is an important factor. She quickly pointed out that OPOS is easy to understand and apply, making it quite useful for those engaged in geriatric food preparation.

We prodded Mrs. Chitra about her source of inspiration for OPOS. She explained it was not a single source but a group of like-minded people who were responsible for introducing OPOS. The rising popularity of this concept lies in the fact that the OPOS method of cooking saved valuable time, yielded the same result each time and was great at producing delicious food, without compromising on the nutritive value!

HOW EASY IS THIS METHOD?

You will be surprised to know that all it takes is a commonly available pressure cooker which can be easily handled like a mixie. The use of an electric induction stove further reduces your cooking time.

WHAT ELSE CAN YOU COOK APART FROM RICE AND IDLIS?

Using the OPOS system, you can lay out a delicious spread consisting of a variety of dals, tasty sambhar, rasam, veg pulao, kheer to lip-smacking burfi. You no longer have to be a professional chef to churn out delicacies anymore. The clear advantage goes to bachelors and senior citizens staying by themselves who, thanks to OPOS, can now cook food by themselves, with minimal help. Just remember to follow all the safety precautions while cooking with the pressure cooker.

Once you do this, cooking will turn into a passion.

SAY BYE TO PILES OF DIRTY UTENSILS!

Our team wondered aloud about the benefits of using a cooker as the main source of cooking. As if reading our minds, Mrs. Chitra quipped that this method requires minimum vessels and you save time without compromising on the taste or quality of the food. You can do away with using several cooking vessels and you don't have to spend time washing mounds of dirty utensils. So, if you are worried about the hygienic factor, leave your worries behind as this method scores high on this point.

If your interest has been piqued by this article, then head on over to Youtube and search for videos that demonstrate the full use of the OPOS system. Alternatively, you may also find recipes for Payasam, Pudding, Mysore Pak, Burfi and other delicious items on her app- AskChitVish Premium which contains the link to her blog as well.

Happy Cooking Everyone!

GRANDMA'S GIFTS ARE ALWAYS SPECIAL

It is the duty of the parents to discipline a child. It is a pleasure for grandparents to spoil a grandchild. This is a universal truth. The love, care and tenderness grandparents shower on grandchildren is unparalleled. The bond between a grandchild and grandparent is therefore unique and extraordinary. Every one of us has felt that love at one phase of our lives. Here, we tell you the story of Mrs. Parvathy, a heartrending tale that brought to our minds the love and affection of our own grandparents.

THE PHONE CALL

The touching experience began with a phone call one afternoon. A Mrs. Parvathy introduced herself to us. She then requested to meet us in person. She wished to discuss a particular need of hers. We, hoping to cause her as little inconvenience as possible, urged that one of us from Care Finder would come over to meet her. Her hesitance at the idea convinced us to let her come to us. Braving the summer heat at 72 years, Mrs. Parvathy walked into our office with the brightest smile we have ever seen and determination in her eyes.

Without any procrastination, she said, "I want you to suggest a good gift for my grandson, who is leaving for the U.S. to pursue his masters." Our reaction was understandably puzzled. Here was a healthy lady we were meeting for the first time, and she apparently knew about our services. We graciously asked, "How do you know about us?" Her answer was simple. Her son had suggested us to her.

THE NEED

Mrs. Parvathy, as it turned out, has a very small family. For her, it was just the one son and an only grandchild, Raghav. Raghav was leaving for America to pursue his studies. As a loving grandmother, Mrs. Parvathy wanted to give her only grandchild a gift, a memoir, a piece for him to remember her by. All she sought was "something special". As the hour went by gradually, we got to know her better.

Every word that poured from the gentle lady was laced with love and affection. We could feel her devotion and adoration for Raghav. By the end of the meeting, we could relate better to her need. We also understood why she emphasised on meeting us. She wanted the gift to be a complete surprise for Raghav.

BEAUTIFUL MOMENTS OF TOGETHERNESS

For Mrs. Parvathy, the budget was not a constraint when it came to the gift for her only grandson. Her only limitation was time because the grandson was leaving in August and it was already June. Her first idea was to give Raghav a business suit but, for that, she did not need us. Very aware of the deadline, we requested her to give us just a day or two. After the tête-à-tête, we brainstormed. We shortlisted a few ideas and rejected many. We finally decided the best gift would be digitised records. Mrs. Parvathy absolutely loved the idea so much so that even her son and daughter-in-law pitched in when it came to scanning documents and papers. What began with only the core and the most vital records slowly spread to digitising every beautiful moment of togetherness. From certificates Raghav won in sports events to family photos of landmark moments, to even necessary medical records. With every new phone call to us, Mrs. Parvathy had a new addition to the gift. She wanted a specific music folder with slokas, religious chanting and Nadaswaram for auspicious occasions should they so occur.

The list of cherished instances began to grow. The parents thought it would be an excellent idea to have a digital record of all the report cards and merit cards Raghav received. Starting from Kindergarten until he passed school meant a lot of documents. We, thus, suggested an external hard disk to store the complete information with space to spare for future records. A data drive would not only be a gift for today, but also for years to come.

Every document was categorised and put into its specific folder, by us. We even included a legend to explain the contents of each. Finally, we enclosed the data drive in a safe and secure drive box and then gift wrapped it. The gift was handed over to Mrs. Parvathy.

THE SPECIAL LUNCH

A lunch date was set for the adoring grandmother and the loving grandson. At last, the magical afternoon arrived. Mrs. Parvathy presented the gift to Raghav with hands shaking in anticipation. Upon opening the gift, Raghav said, "Patti (Grandma) this is a handy gift. I am sure to use this drive". Sensing that her grandson had mistaken the hard drive as an empty one for him to use, Mrs. Parvathy gently insisted that he to explore the drive once he reached home.

Later that evening, an unsuspecting Raghav, opened the drive on his laptop.

THE GIFT OF LOVE

The next morning, we got a call from a sobbing Mrs. Parvathy. Naturally, we became worried. We fervently hoped that everything was okay and gave her time to calm down before we enquired. Later that afternoon, we got another call from a now calm grandmother. We were glad to know that the tears were in fact seeded with joy!

Mrs. Parvathy then told a very moving tale. She said, "After his 10th Class, Raghav pursued science in academics. He became incredibly busy with school and professional coaching".

Though she would long to spend some time with Raghav, it never happened. Her tale continued, "He then joined a college outside Chennai. He used to come home for the holidays, twice or thrice a year. But, whatever time I hoped to have with him was eaten away by his friends who always arrived before he did". The caring grandma was left with the occasional festive lunches or dinner to enjoy with her grandson. She insisted that Raghav was very fond of her and would speak to her regularly. But, they were not able to spend quality time together.

That feeling of bonds weakening vanished last night; she said, "Raghav came to my room last night, after opening the gift in the evening. He sat by my bed, like he used to do as a young boy, but this time his eyes were brimming with tears. I hugged him and asked if he was okay". Seeing him cry made her feel guilty for

Then, with words that will forever be etched in Mrs. Parvathy's heart, Raghav clarified, "Patti, I now realise how time has flown. And, I feel guilty that over the years I have hardly spent any time with you. I love you, and I will miss you a great deal." Those words led to a cathartic experience for the grandson and grandmother. By now, they were joined by Raghav's teary-eyed father.

Reminiscent of old times, Raghav then asked her, "Grandma, can I sleep in your room tonight?"

CREATING MOMENTS OF JOY

Mrs. Parvathy ended the story with a soulful picture. A grandchild was holding the hand of his grandma, as she went off to sleep. She thanked us from the bottom of her heart for the wonderful gifting idea. It got her the moment she had been longing for. She now knows that every time Raghav would need a record or stores a new document, he will remember her. For her, we had created countless moments of joy.

With our scanning and record keeping services, we now cater to more than 20 grandparents. From legally downloading songs to digitising records to encapsulating memories, we do it all for you. With this story, our perspective has changed. We now think about gifts elders can give their young and not just vice versa. We urge you to preserve your records and those of your loved ones. Protect your documents by storing them safely in both a hard and soft format.

The best gift, as proven here, are cherished memories of moments spent together!

WE HELP YOU EXPRESS YOUR LOVE AND CONCERN BETTER



ABOUT CARE FINDER

Care Finder is the result of a simple observation — children living away from their ageing parents find it challenging to take care the needs of their loved ones.

When you are not around, it becomes essential to find relevant, helpful, reliable and personalised care and support for your elderly parents or loved ones.. However, finding the right care providers and senior specific services can be quite arduous. And Care Finder was specifically started to bridge this chasm.

We want to help families to make the most informed decisions when it comes to finding the most reliable senior care and elderly support services. And we're striving to build a personalised marketplace that will help you find and manage your elderly parents' care needs.

At Care Finder it is our vision to transform the way families receive and give care. Our services are provided by hand-picked and verified network of service providers who predominantly focus on senior citizen services. And while our mission is to provide families with the most comprehensive marketplace for senior citizens services, we also want to build a top-quality databank of the most trusted senior citizen needs-specific service providers in the country.

We know that you want only the best for your parents / loved ones and we're here to make that a reality.

We provide Living solutions, health care , legal & digitization, property management, concierge services and work on a consulting basis. We understand your needs before suggesting a solution.

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