

Food & Materials for an Old Age Home in Nepal

1. Project Introduction

This project will take place at Manakamna Old Age Home in Khandbari Municipality Wad no 13 of Sankhuwasabha district of eastern Nepal. The home is situated on the bank of Arun river, in the premise of Manakamana temple, a sacred pilgrimage site of eastern Nepal, about 3 Kilometer far from Tumligtar airport. The home has been running privately without any government support since 1961 .

There are a one-storey building with 16 small rooms with single bed and 15 other small Kutis (Huts). Now 35 elderly people (7 male and 28 female) between the ages of 55 and 91 have been living there. We see there are 10 old ladies who are above 80 years old.

Mrs. Biswananda Giri, who is 91 years old, has been losing her hearing capacity but can see well and can identify people. She needs help to cook and eat, to sit and move from one place to another. The other people are helpful to her.

Among the 7 male, 63 -year- old Mr. Narayan Timsina feels difficulty to pass the time at the home. He said, "There is nothing to do apart from taking part in prayer in the morning and evening". Since he has been losing his eyesight, he can't read books.

The elderly people gather in the prayer hall in the morning and in the evening and pray to God and also do meditation. In the evening sometimes their prayer is disturbed because the elect city goes off.

The people do not have any means of creation. They feel very difficult to pass the time without any means of recreation. They would like to watch documentaries about the pilgrimage sites and religion and pass the time.

Most of them have left home and come there to find shelter because of their household problems. Some have been chased by their sons and son - in laws. Their husbands remarried and were very badly behaved at home.

All the elderly people depend on charity donation from the pilgrims for food and clothing. Sometimes very few pilgrims come to the Temple. So they are forced to live without food.

The electricity is not regular. It goes off from time to time. Most of the people have very limited kitchen utensils. They cook with firewood in their own room. Since there is

a not proper ventilation system in the room, it is full of smoke while cooking. As a result almost all the elderly people have been suffering from respiratory disease like cough, asthma. etc. They collect the drift wood in the Arun River and make a bed of it

Their mattresses and blankets pillows, bed sheets are very old and torn. Their mosquito nets are full of holes. They have been suffering from lots of mosquito bites during the nights

A piped water supply has been managed at the Old Age Home. But the water is supplied on the alternate day. One day the water is supplied. The next day it is supplied. They have one 500 liter water tank donated by our MAST Company to collect and store water. It is not sufficient to store water for them.

A home management committee of 9 members has been formed to manage the home. But the committee does not have any source of income apart from some bank interest of a small fund. With the interest the committee has been able to pay the organization water and electricity bills every months. The committee helps the elderly people by sending a medical doctor for their check up from time to time.

In 1995 the government of Nepal introduced a pension scheme for people of 70+ years of age and 60+ year old widows, which now amounts to \$6.00 per month per person. Despite being small in amount, the pension has been a subsidy to purchase medicine, food, and/or clothing and has given strength to elderly people. Rural dwellers appreciate the pension more highly than the urban dwellers.

2. General objectives

The project intends to provide lighting, recreational materials, bed clothes with mosquito nets, improved cooking stoves, water collection, kitchen utensils to 35 elderly people of Manakamana Old Age home in Khandbari.

Specific objectives: The specific objective of the project is to provide

1. 10 kg rice per person per month
2. USD 5 per person per month for fruits and vegetables.
3. 35 improved smokeless cooking stoves for cooking.
4. a color TV with DVD player and some DVDs about religious materials.
5. 35 mattresses and blankets, bed sheets, pillows including mosquito nets.
6. two five hundred liter water tank for collecting and storing water.
7. Necessary kitchen utensils like pots, glass, bucket etc.

3. Beneficiaries of the Project

- The beneficiaries of this project are those elderly people who come to reside in Manakamana Old Age Home in their old age. Current beneficiaries are these 35 old age people (28 female and 7 male) of ages between 55 to 91.

4. Implementation Methodology

- Records of every distributed item will be maintained properly and publicized.
- Every activity will be conducted in close coordination with government local bodies.
- Progress report will be submitted to the donors, and financial transactions will be maintained and audited as per the Standard of the government of Nepal.

5. Poverty reduction?

- This project will help provide the materials of daily use for 35 elderly people. The people will receive recreation materials to pass the time.

6. Sustainability

1. SESF needs initial financial support to support the materials for the elderly people. After completion of the project no further external investment is needed for SESF. The following points will explain the sustainability of the project.
 - i. SESF has established a tourism business entitled Makalu Arun Social Trek (MAST). This is a nonprofit distributing trekking company established in Khandbari. Since 2012 MAST has been organizing facilitating trekking for the interested individuals around Arun Valley Makalu region of Nepal. Through MAST, SESF collects service charge from the guests can support the old age home.
 - ii. Through Global Giving SESF will not only be raising money for the elderly people but also advertising MAST tourism product. This will help attract more tourists from Europe. More tourists mean more revenue for SESF, more jobs for the local people and more tax for the government.

8. Proposed Project Budget for the first year.

1. Rice $120 \times 35 = 4200$ = USD 3150
2. Monthly allowance for fruits and vegetables = $\$ 5 \times 12 \times 35 = 2100$
3. A set of Solar power = USD 200
4. TV+ VCD + DVDs with furniture. = USD 300
5. House Wiring materials: = USD 200
6. 35 Blanket, Mattress Pillow, Mosquito net. = USD 900
7. Kitchen utensils = \$ 300
8. Transportation = \$ 100.

Total 7250

The End