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2014
Activity Report
Of the project:
Improving life quality of elderly from Straseni Region
Rasarit Day Care Center

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Edited in January 2015

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1. Statistics - the elderly in Moldova:

(According to Moldavian statistic base, some of the numbers are from 2013, some of them are from 2014)

1.1 Population and Pensioners in Republic of Moldova:

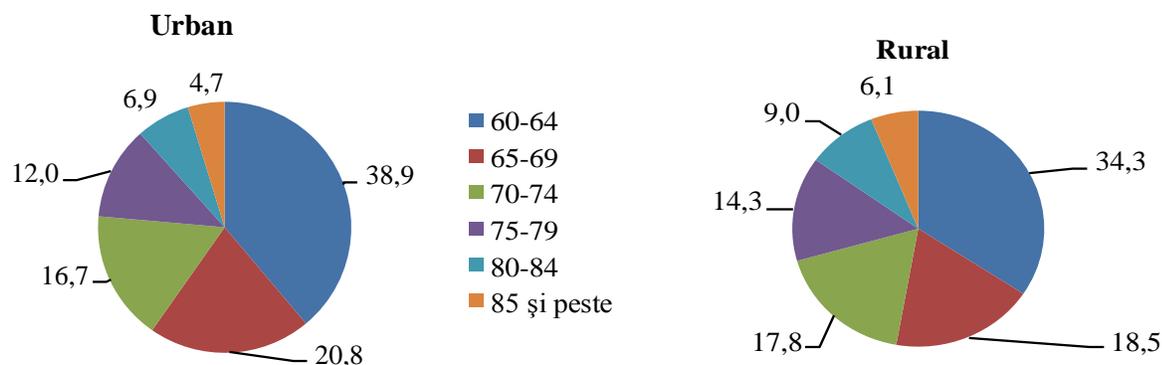
Social Protection

National Bureau of Statistics announced that the number of population of the Republic of Moldova on 01.01.2014 was 3,557,600 people, going down from the same period of 2013 to 1863 people. More than half of the population are the rural inhabitants - 2,054,600 people, or 57.8%. In urban areas are living 1503.0 thousand people, or 42.2%. Population by sex, as follows: 51.9% (1,846,100 people) - female and 48.1% (1,711,500 people) – men. Population aging coefficient (number of persons aged 60 years and over 100 inhabitants) was 15.7%. Approximately 16.1% of the rural population is over 60 years old.

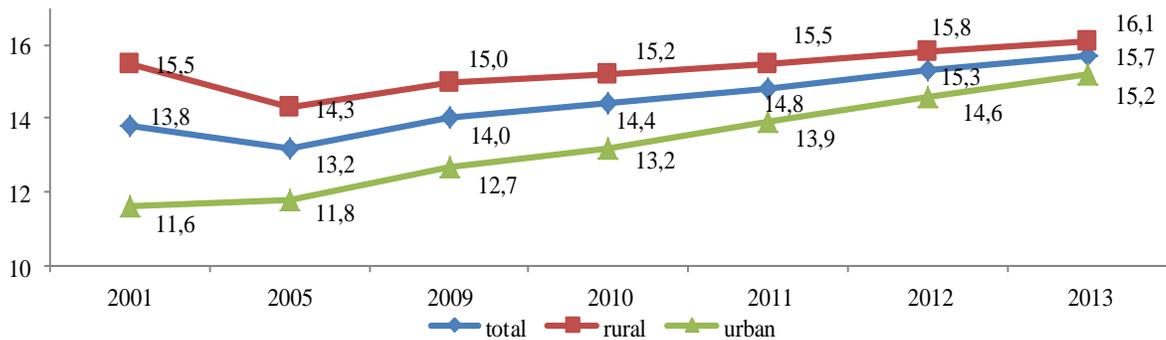
According to the National Social Insurance Company in 2014 were registered **679 900 pensioners** or 30 000 people more than the previous year. About 75 % of all pensioners achieved the retirement age. (Elderly people are considered to have reached the retirement age: women - 57 years and men - 62 years.) Women are predominant in the structure of retirement- age - 70.9 %. This is determined by the difference in the longevity of women and men.

The share of persons aged 60 years and over in total retirement age is 87.7% . Women represent 70.6% of retirement-age structure due to the big difference between the total and longevity elderly women and men.

Structure of the elderly population by age and place of residence on 1 January 2014,%



Population aging coefficient, %



Population aging coefficient (number of persons aged 60 years and over 100 inhabitants) was 15.7%.

The aging of the population is higher in rural areas, where people aged over 60 years-16.1% of the total rural population, compared to 15.2% in urban areas.

Currently, the average life expectancy of women who have reached the age of 60 years is 19.6 years, males - 15.7 years, the difference was 3.9 years. Life expectancy in the elderly living in urban areas is 2.1 years with longevity than those in rural areas are 19.3 and 17.2 years respectively.

Elderly are a vulnerable group of the society in terms of exposure to poverty risk. The poverty rate for this population was 13.9% exceeding the national average by 1.2 percentage points. The highest rate recorded in elderly poverty in rural areas, where about 19% of the elderly fall under poverty.

In Moldova, 90 % of pensioners live on less than a thousand lei per month (55-60 euros), which greatly affects the wealth of older people and prevent them from having a normal life, so the state must achieve broad strategies to improve situation. Only 3-4 percent of Moldovans elderly are provided with the necessary, the rest live in poverty.

1.2 The average of monthly pension:

	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
The average of monthly pension-for retirement period (end of the year), lei	397,2	457,5	565,8	666,3	800,8	836,6	900,6	987,0	1049,9	1126,7 (60 euro)

The average pension for age limit for men is 1190.4 lei, compared to 991.4 for women.

Stydies and researches

Moldova is practically the poorest country in Europe. This shows a study by the Legatum Institute in which RM is placed in the queue European countries. In the ranking of countries in Europe prosperity, below Moldova is only Bosnia and Herzegovina, which however has a better economic situation than us.

In terms of economics, Bosnia and Herzegovina is ranked 113, and Moldova - the 125th position, which is the lowest level of all European countries.

The country has the lowest index in terms of economy. We have big problems at the Chapter government, personal freedom and social capital.

The report by the Legatum Institute shows that the most prosperous countries in Europe are Norway, Switzerland, Denmark, Sweden and Finland. Romania ranks 60, Ukraine - on 63 and Russia - 68th.

Another research states that Moldova is ranked 76 of 94 countries where social and economic welfare index of the elderly, a study of the company Help Age International. Best result- position is recorded in Chapter 50- individual potential, while Moldova's health criterion in line ream 90th.

The 96 countries were ranked according to several criteria: income security, health, environmental conditions and employment of older people. In terms of providing material Moldova ranks 63, and the state of the environment-76.

According to research, the most favorable countries for the elderly are Norway, Sweden, Switzerland, Canada and Germany. At the bottom of the table are Mozambique and Afghanistan.

The National Bureau of Statistics report estimates that in 2030 the share of elderly in Moldova will increase to 22% and in 2050 will exceed 31%.

1.2 The living conditions of elderly households:

In villages, only 37.0% households have piped, 11.6% - shower inside, 70.7% of households use LPG cylinder and 3.2% in general do not have gas. All this is due to several factors, the main one being the limited financial possibilities, there are alternatives such as the use of stoves or water supply to pump, fountain, etc.

Paying bills for home maintenance is a burden for households containing elderly. Nearly eight in ten households with elderly encounter difficulties in paying the heating; four in ten households in paying gas and about a fifth of these households encounter difficulties in paying bills for electricity.

The number of people with access to public sewerage services was 790,000 people, which is 22.2% of the total population, including 51.6% in urban areas and only 1% in rural areas.

The total length of the sewerage network in 2013 was 2600 km, of which de facto functioned 2500 km (93.7%).

Daily cleaning capacity of wastewater during 2013 was 0.7 million Cm of water.

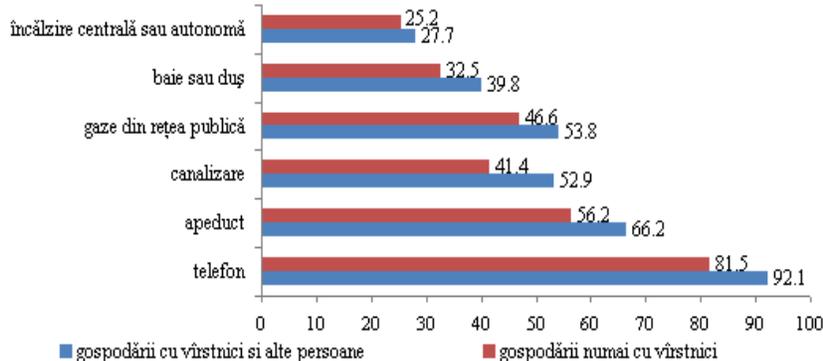
Water supply systems in territorial profile: Straseni district has the lowest water supply indicator per 1,000 inhabitants.

Housing facilities/ with the main commodities

Meaning of the diagram:

Red lines: households, only with elderly

Blue lines: households with elderly and other persons



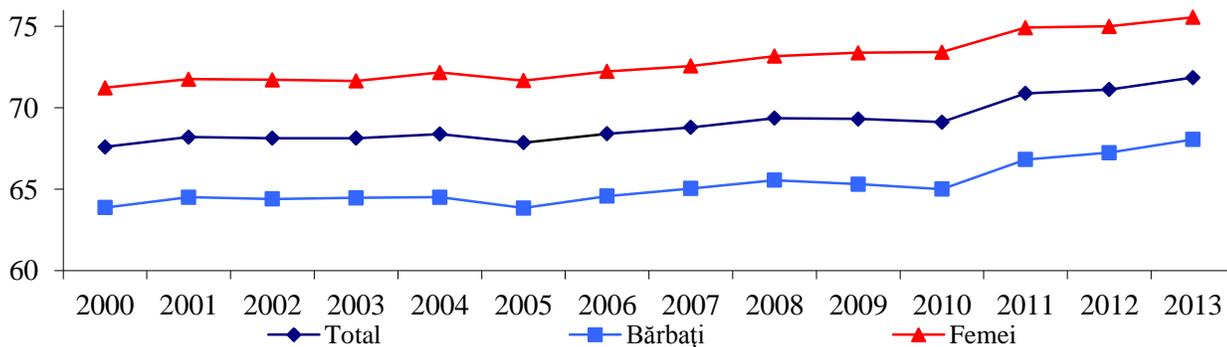
1. autonomous or central heating
2. bathroom and shower
3. public gas connection
4. canalization, public water supply
5. telephone

1.3 Life expectancy in Moldova:

According to data from the National Bureau of Statistics (NBS), after many years, it appears that every third person is aged 60-64 years and 13.7 percent are people who have more than 80 years. The process of aging is more advanced in villages where people aged over 60 years is 16.1 percent of the total rural population, compared to 15.2 percent in urban areas.

Currently, the average life expectancy of women who have reached the age of 60 years is 19.6 years, males -15.7 years, a difference of almost four years. Life expectancy in the elderly in cities is higher by two years than in the villages. Since 2000, it can be seen a continuous increase in life expectancy, except for in 2005, when there was a high level of general and infant mortality. In 2013, this indicator gets a maximum data period - 71.9 years, including men - and women 68.1 - 75.6 years. The significant increase in life expectancy was influenced by decreased death rates up to 10.7 deaths per 1000 inhabitants.

Life expectancy at birth for the years 2000-2013 (dark blue line-Total/ light blue-men/ red-women)



Women live longer than men by 7.5 years. This gap is due to the higher level of premature mortality of men. Due to differential mortality level in 2013, the average life of urban residents was 3.3 years higher than those in rural areas, for both men and women.

1.4 Health Statement:

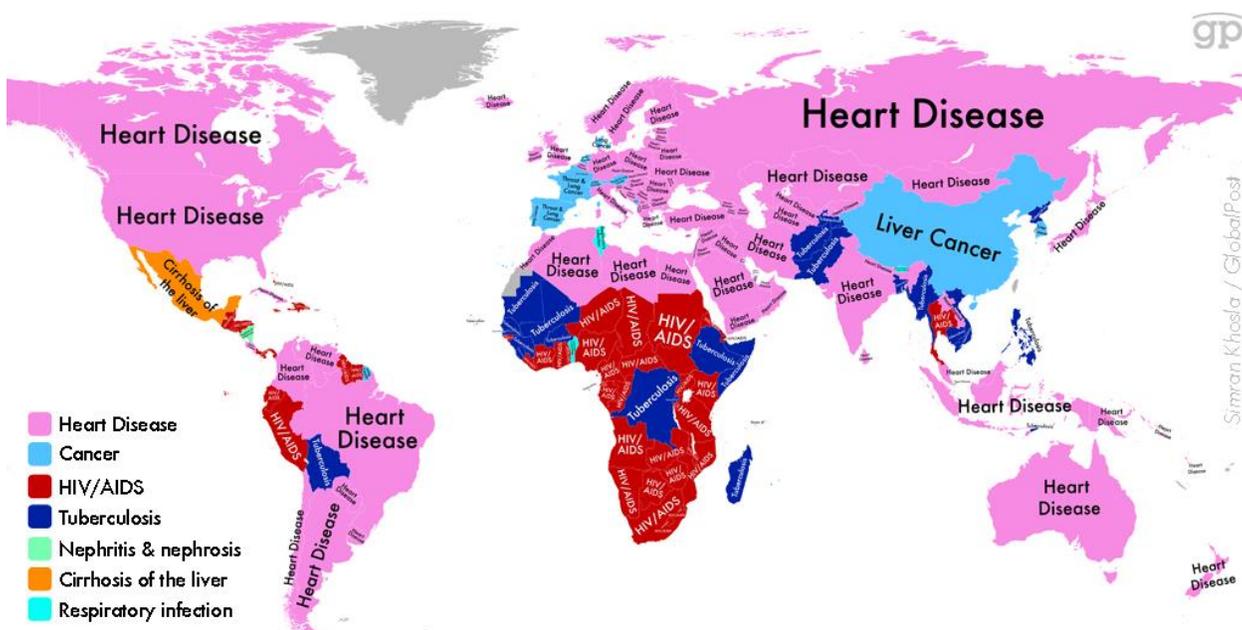
Old age affects elderly longevity due to numerous health problems, including a higher risk of long-term chronic conditions. One of the diseases prevalent in this population morbidity structure are malignant tumors. About 58% of new cases of malignant tumors belonging to people aged 60 years and over in 2013 registering over 4900 people are diagnosed with first established.

According to the study since 2012, the elderly frequently suffer from hypertension (584.7 cases per 1,000 elderly), arthritis or osteoarthritis (346.8 cases per 1,000 elderly) and myocardial infarction (225.3 cases per 1,000 elderly). Similarly, the various diseases with a higher prevalence among the elderly may be mentioned increased blood cholesterol, cataracts and diabetes.

While in rural areas, the elderly frequently suffer from arthritis or osteoarthritis and myocardial infarction. Health status can be assessed and with mortality level. The main causes of death are elderly circulatory diseases (70.2% of all deaths in this age group), malignant tumors (13.4%) and digestive diseases (6.5%).

At the range of 1000 population aged 60 years and over are on average about 50 people deceased annually, elderly mortality is higher in rural areas (57 deaths per 1000 population compared to 39 deaths in urban areas) and men (57 deaths per 1000 population compared with 45 deaths for women of that age).

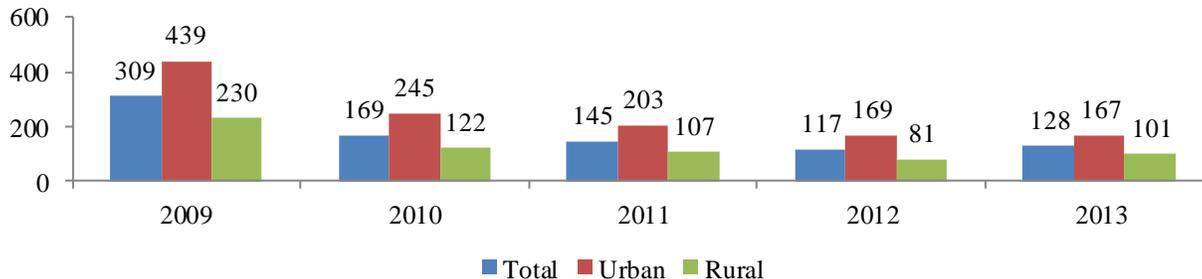
International Business Times has published a new map of the world with diseases that lead to death. According to them, we can predict how the end will come on every continent of the world. Global Post has developed a graphic, using the World Health Organization figures, which noted that diseases kill most people in every country of the world. The most dangerous and the most common are heart disease, which resulted in the death of 7 billion people. **Vascular diseases kill most people in Moldova.** This category is the most dangerous in most countries in Europe and Asia.



Elderly with disabilities¹

Besides morbidity, challenging both financially and service system and long-term care is disability. During 2013 after the completion of primary were recognized 11,900 primary disabled, including 0,4 thousands women aged 57 years and over, and 0,3 thousands men aged 62 years and over. In recent years there has been a downward trend in the number of people with primary disability in this age group.

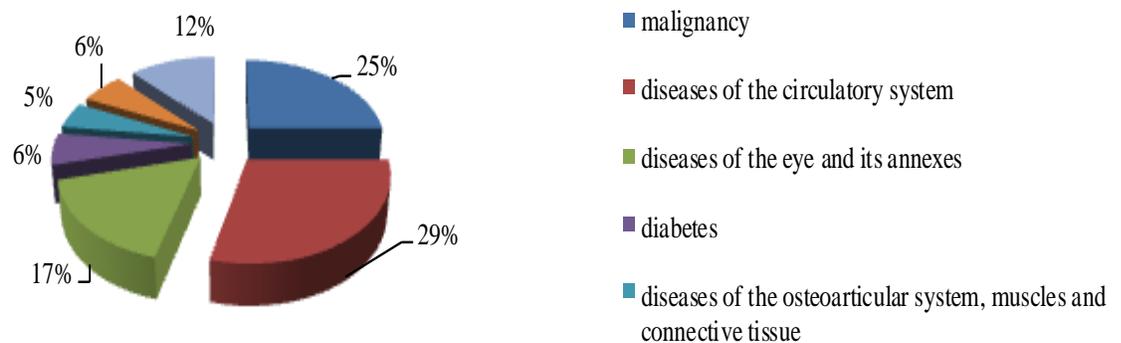
Primary disability rate per 100 thousand inhabitants of that age, cases



The number of disability cases per 100 thousand inhabitants decreased by 186 cases compared with 2009, when it was registered the highest level of disability. New cases of disability are more common in urban areas, they make up 53.6% of total primary disabled elderly. The rate of people with primary disability is 167 persons per 100 thousand inhabitants in urban areas compared to 101 persons per 100 thousand inhabitants in rural areas.

Prevalent causes of disability remain the primary circulatory diseases (30%), where each fourth of the primary disability was caused by malignancy, and if each sixth person - the diseases of the eye and its annexes.

Structure of persons morbidity aged 57 years and over with a primary recognized disability in 2013



Conclusion:

In conclusion to all these statistics and facts, we can understand why the elderly still need Neoumanist provided services and help. The financial state of the elderly is still very complicated. They can't afford the basic needs. The physical and psychological statement are year by year worse, but the elderly maintenance possibilities are minimum. **The elderly are often saying, that the day care center is like their family which they know loves them, forgives and care for them! These words show how the Day care center is indispensable for the elderly's moral, physical and material needs!**

¹ Elderly people are considered to have reached retirement age: 57 years female and male -62 years

2. Rasarit Day Care Totals: Beneficiaries and provided Services

2.1. Number of Beneficiaries:

In medium 258 elderly citizens were registered during the 2014 and benefited from the day care center services.

During the year:

- **23** Beneficiaries died
- **1** Beneficiary changed the living place
- **4** beneficiaries were excluded because of the non-attending the center or because of alcoholic or psychic-neurological problems / **after an evaluation of the social assistance department, made in January 2014/**
- **51** New Beneficiaries

The table below shows the number of beneficiaries in dynamics starting with 2007.

Table 1: Changes in beneficiaries' groups over 2007-2014

	2007	2008	2009	2010	2011	2012	2013	2014
Attended during all the year, average	307	265	285	289	297	261	225	258
Newly registered	33	30	20	34	20	11	35	51
Died	29	33	21	11	16	8	14	23
*	38	39	44	42	61	33	47	5

** Beneficiaries left the project (changed the living place) or were excluded because of the non-attending the center (after an evaluation of the social assistance department).*

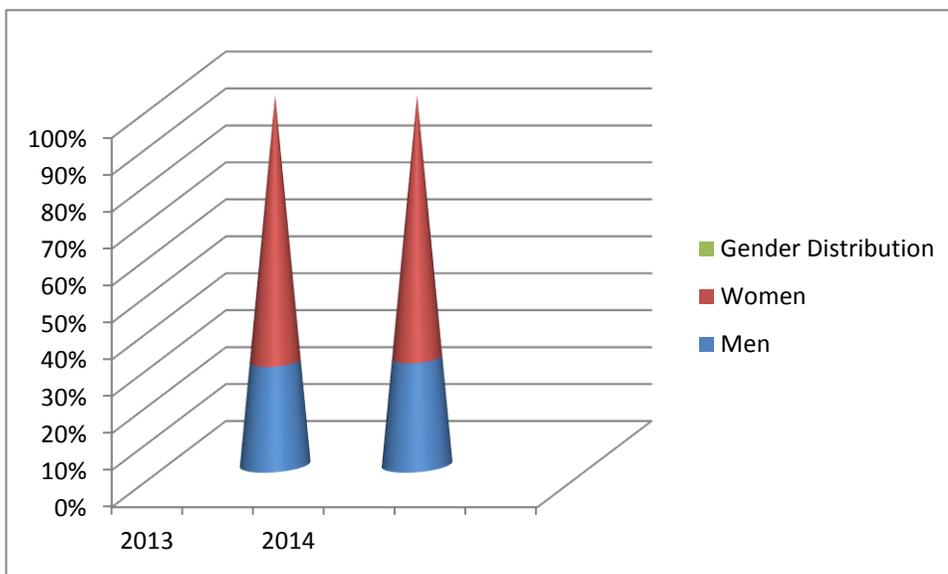


Diagram 1: Gender distribution of Rasarit beneficiaries 2013

71 % female (182)

29% male (76)

Among them 70 % are people with disabilities.

The number of men is rather small in comparison with the one of women. The main explanation is that the average life expectancy is evidently higher among women, the rate of male mortality being higher as well. Also, the main reasons are: a higher percentage of men are exposed to accidents, smoking is more practiced by the men, alcohol abuse, and psychological stress.

Another important reason is of a psychological nature. Thus, men are looking more skeptical on the project and are more reluctant to visit the center, failing to recognize their need for assistance. Some of them refused to benefit from the project from the very beginning, without knowing the purpose and the activities.

2.2 TOTALS FOR PROVIDED SERVICES- 2014

In 2014 the Rasarit center was visited **15249 times** in total.

Public kitchen provided services **15005 times** (at the center 10229 times and at home 4776 times).

Public bathroom provided services **3664 times**. In average **15 people** were using public showers daily, some of them, disabled, being transported to the Day care center.

The laundry washed a total of **2133 washes** (* 5 kg)/ **9 washes** per day.

Note: some numbers a low, because in:

January were religious holidays

July-August the center was closed for 2 weeks, for summer vacation.

Diagram 2: The dynamics of meals served in 2014

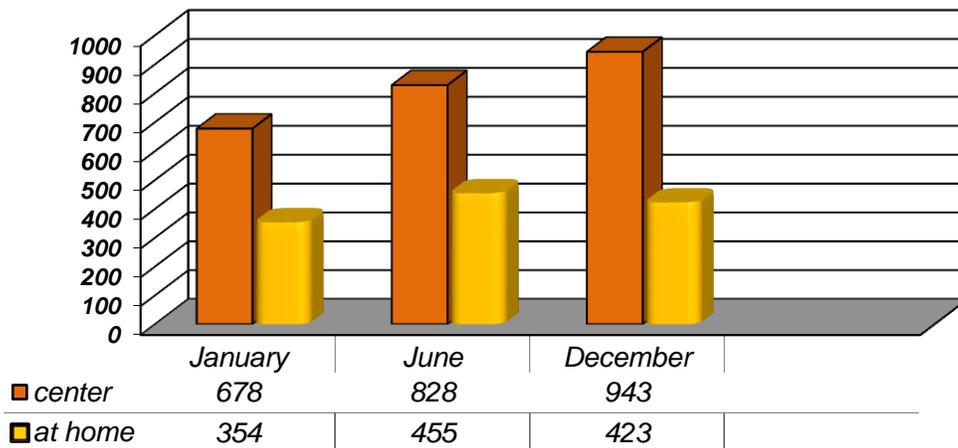
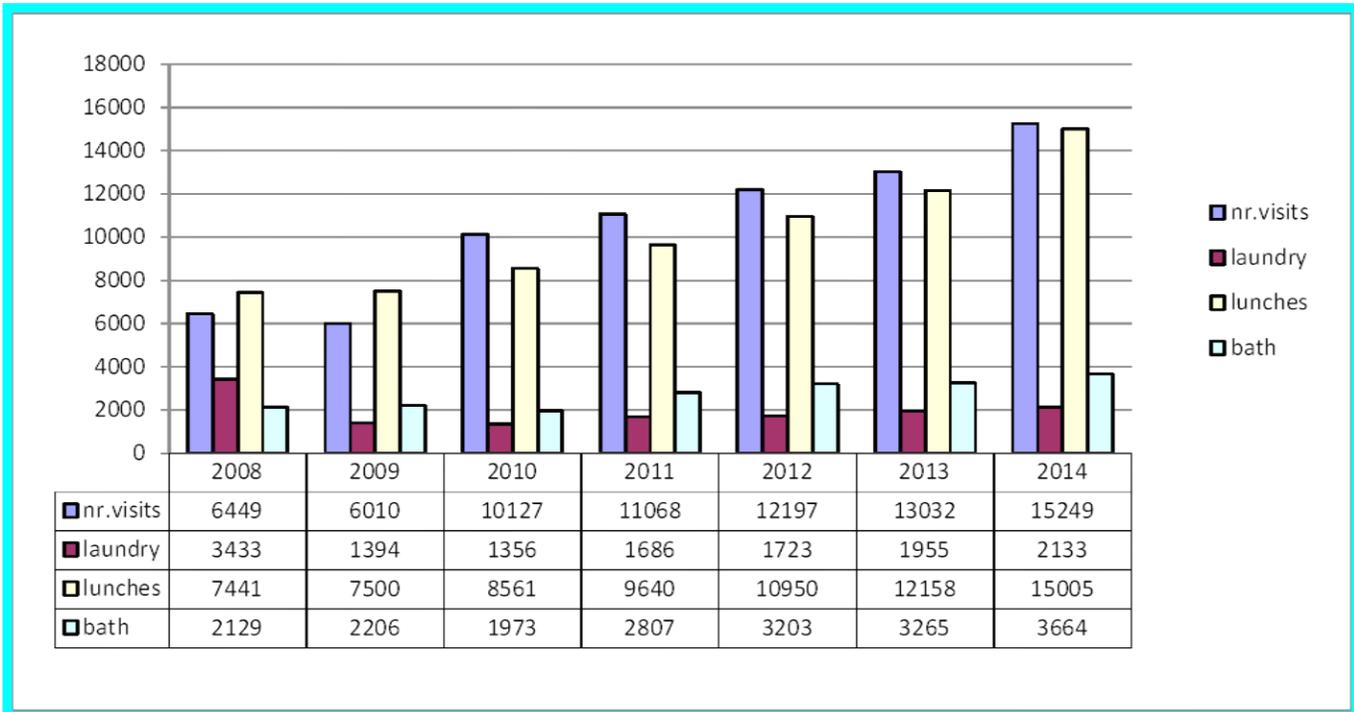


Diagram 3: Services provided to beneficiaries in Rasarit during 2008-2014



- The number of the provided services increased in 2014 due to the fact that the number of new registered beneficiaries also increased. The center provided different services, in average **for 64 beneficiaries daily** (for elderly from group A,B,C/plus elderly to whom were delivered lunches at home). In medium, **15-16 people** took a shower in the center. Laundry was washed **for 9 beneficiaries daily**. For the social activities, Day care center has been daily visited by 20-25 elderly (mostly group A beneficiaries) to watch TV/video, read newspapers, books, play games, music, attend lectures, sports, English classes, involving in different Club activities.

- Visiting newly register beneficiaries or beneficiaries, who expressed their desire to be changed in a different group for ex. from B to A) : It is formed a commission of 3 persons, that is visiting the beneficiary to determine his or her, real situation and living conditions. After the visit, the commission is taking a decision, that is recorded documental.

- The beneficiaries are divided into three groups (Monday-Wednesday-Friday group and Tuesday-Thursday-Friday group). It is organized in such a way that more beneficiaries are able to use the facilities at the day care and also in order not to create too high dependence on the center.

- The Groups are selected according to the situation of the elderly and their necessities. For example Group A benefits from all the services the center is giving, this is the most vulnerable group. Group B are offered laundry and bath services plus socialization activities. Finally, the Group C, are the elderly who are coming to the center in order to have bath and socialization activities. This group does not rely much on the center in its daily life, still it place an important role as a socialization place. Taking into consideration the fact that running water is not supplied everywhere in Straseni, the possibility to have the linen and clothes washed is an important benefit for the group C elderly.

The categories are selected by a commission composed of superior social assistant, project coordinator and the social assistant of Straseni town, who are offering information about the situation of the elderly in the town

Responsibilities and duties:

- **The social-assistant is responsible** of management of social services, insurance implementation of legal framework for social assistance, assurance of the quality of services provided by the institution. Organizing and implementing the planned social, cultural activities for the beneficiaries, organize files, documents and other acts. Identification and visiting potential beneficiaries. Coordination the number of visits, beneficiaries frequency. Handmade activities in common with the beneficiaries. Registering the implemented activities. Common activities with volunteers. Questioning the beneficiaries opinion. Collaboration with public and local community within social activities implementation. Solving and handling the day by day issues.
- **The project-assistant is responsible** of the services management provided by the organization, ensuring that the regulatory framework is fully implemented. Monitoring the quality of services provided by the institution. Insuring implementation of legal framework. Collaboration with public and local community within social activities implementation. Editing the Cross-examine questionnaires. Managing the new Database. Planning and organizing social activities. The formation of coalitions and partnerships. Organizing tours in different organizations, experience exchange. Planning and implementing volunteer programs (for local and international volunteers). Reporting the organization's activity to the executive-director. Editing the monthly and annual reports. In 2014, the project assistant was delegated to work with the legal procedure in order to obtain the Organization Medical License and Medical Accreditation.

2.3 Improvements:

In 2014 we succeeded to start an **Online Beneficiary's Database**, which helps to keep the statistical data and to find the information about our beneficiaries, more quickly. Also it helps to optimize the numeric monthly report.

After the trainings held by representatives of Diakonie from Austria, we have improved our documentation. For example we have introduce a **statistical form** for registration of each beneficiaries involvement in activities. Due to these daily notes we can identify which activities are most practiced by a concrete beneficiary. So, we can help beneficiaries to improve some of

abilities or to suggest them to try something new.



Another document which was adapted is the **Biographical Approach Form**, it contains an interview with General Information, Informations about Family, Childhood, Family Relationship, Studies, Hobby's during lifetime, sad and happy moments, Present situation, Likes and Dislikes, Future perspective.

To be able to offer individualized care with its focus on the person and not the disease, it is essential to know more about this person and its history! For us it is important to see the person as a whole and of course to know about the activities and happenings which created the person. Biographical details may help to understand how a person reacts in social situations. **Biographical approach helps to see the person with him/her personal history.**

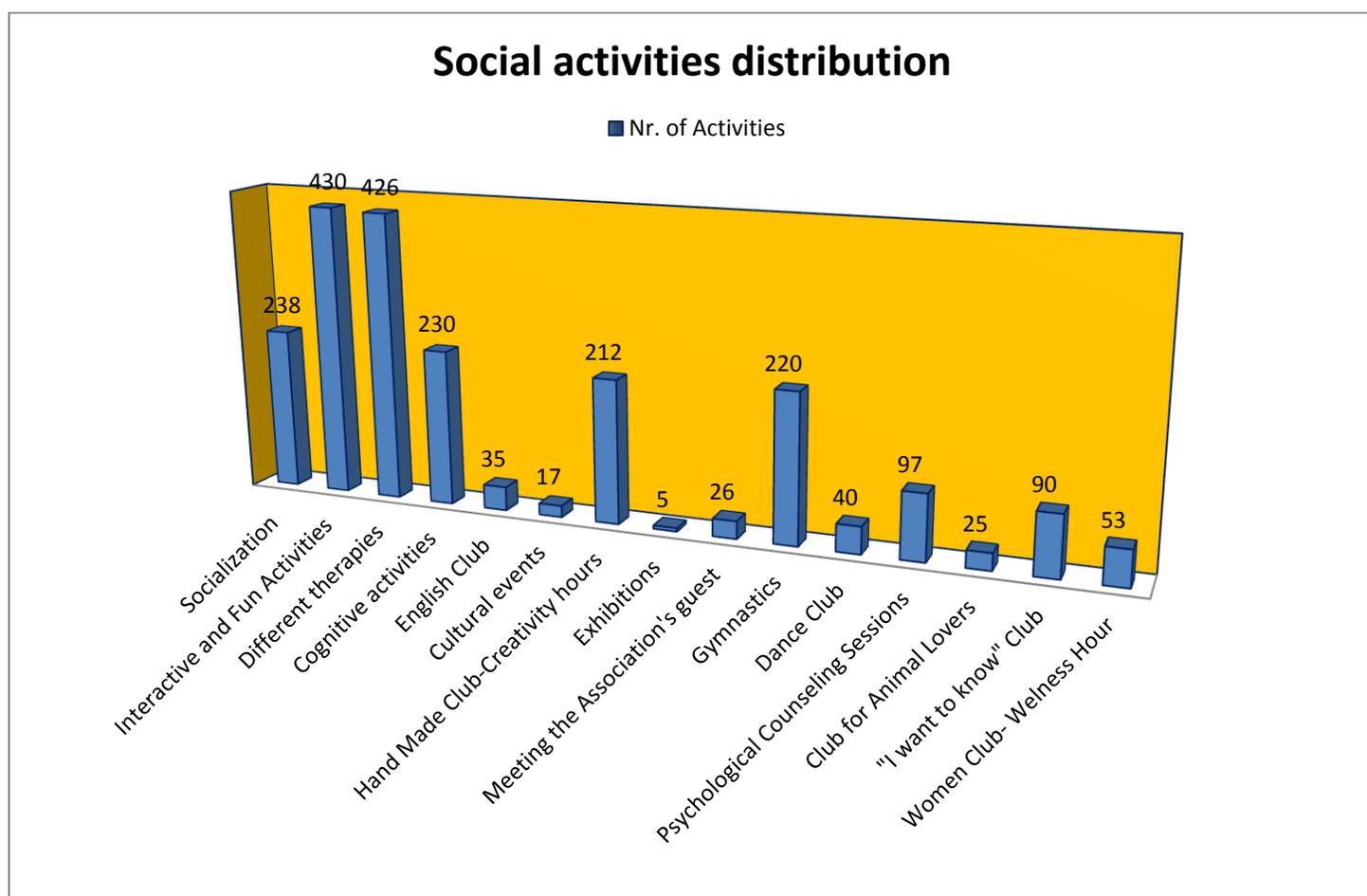
3. Activities and outputs

Reporting on the activities and achieved results

3.1 Social Activities in 2014

After a lifetime of work and responsibility, seniors may suddenly find themselves feeling tired, weak, lonely, bored or all of the above. While retirement ought to be restful and rewarding, it needn't and shouldn't be sedentary. Without activity, the body and mind can atrophy and sink into poor health and depression. Medical research indicates that physical and social activity can increase both the quality and length of life. Thus, the Social activities are so important for Rasarit day by day work!

Diagram: Social activities distribution in 2014



According to the diagram, the most practiced activities in 2013 were socialization activities, interactive and fun activities, different therapies. This year we can notice an increase of Women Club meetings, Psychological Counseling sessions (the psychologist is coming twice a week), more Dance lessons and other activities that made the beneficiaries more dynamic and participative.

Social Activities/ Club activities

- **Along with exercise, social activities can prolong life and make retirement more enjoyable. According to researchers from Harvard University, activities such as going to church, attending sports events, joining a regular card game and enrolling in senior travel groups carry significant health benefits. Following a 13-year study, Harvard assistant health professor Thomas Glass postulated that such activity guards against cognitive decline and helps the body preserve its cellular immunity and defenses against disease.**

Dance Club:

A professional choreographer is leading the dance club. The choreographer has the aim to learn the elderly new dance technics and to create a group of dancers that will evolve at big Cultural Events. This autumn we changed the choreograph, due to the fact that the lady is expecting a baby. Thus we have a new expert, a male one, with whom the ladies are very fond of and are very eager to have the lessons!



The results of the Dance Club were presented during the Cultural Events. All the beneficiaries liked the evolution of the dance group.

The health benefits of dancing, according to different researches, include increased muscle strength and joint flexibility; improved bone strength; weight loss; and improved coordination and mobility. The emotional benefits are virtually immeasurable. Dancing is a group activity where seniors can enjoy companionship during a fun activity.

English Club:

The elderly have the possibility to learn English, once a week.



This is increasing their independence in collaborating and communicating with international volunteers. Studying for the over 60s is beneficial for many reasons, first- for improving skills needed in the modern world. Learning in older years keeps the brain active, and discussing ideas and socializing is an important part of the experience. Studying is an effective way for the elderly to tackle the specter of isolation, loneliness and depression, which can accompany old age.

“I want to know” Club:

The social assistant together with the President of Pensioners Committee, Tretiac Tamila (73 years old) are leading this Club. Reading magazines, different information on various topics, new ideas are analyzed. The elderly have the possibility to learn and to find out new things. Also to share local news.



Women Club:

An expert is leading the sessions.



The ladies are enjoying very much these meetings. Due to the volunteers donations we have received a lot of useful stuff (cream, nail polish, etc.). The purpose of the Club is to enjoy variety of activities while building amazing new friendships and to discuss different topics relevant to elderly women's health, psychology, hygiene. Also, it aims to remember the elderly that every period of life has its beauties and a lady should take care of her look. During meetings, the elderly are learning how to make and use different face masks,



how to do a makeup,



the specialist is making them modern haircuts.



The expert, helped the elderly to look good at different cultural events, so the events became more enjoyable.

Club for animal Lovers:

Many elderly have at home domestic animals. They love them very much and like to share their experience on taking care of them. In some cases the pet is the only one at home, that is helping elderly do not feel lonely. Also, the center had this year, 2 dogs on our territory and during this year we had a cat and 3 kittens to take care of them while attending the center/ every day some elderly are responsible for feeding them. After they grew up, the elderly found good homes for them.

We have bought 2 parakeets. Two members of the club are responsible for taking care of them. The elderly enjoy to watch and listen them. They bring a lot of smiles on their faces!



Croitor Vasile, one of the club members, has made a bird feeder for the outside. In winter time birds need a little support, as the fact that is harder to get food in this period.



Together with the beneficiaries, the social assistant, have made a photo panel with elderly and their domestic animals. The panel contained not only photos but also the names of the animals, which are very funny and crated a very good group atmosphere.

The school aims to promote the knowledge of and interest in animals. The Research made by City Hospital in New York has shown that pet ownership can:

“Reduce stress-induced symptoms.

The patients require less Medical Care

Add years to your life

Considering these, the School for Animal Lovers is

very important for strengthening the elderly physical and emotional wealth.



Psychological Counselling Sessions:

The psychologist did twice a week psychological counselling sessions.



The session's purpose is to help elderly to diminish depressions. As an expert the psychologist used different methods, technics in group and individual counseling. This year, together with the psychologist we have implemented a new method of interviewing elderly- **The Biographical Approach**. To be able to offer individualized care with its focus on the person and not the disease, it is essential to know more about this person and its history! For us it is important to see the person as a whole and of course to know about the activities and happenings which created the person. How has he/she lived? Which actions formed him/her? What kind of rituals coined his/her life.... To get to know about our client's history, we need to talk to him/her in person.

Effects of biographical approach on the client

Emotional:

- Reflate, relive positive emotions
- Refurbishment of old conflicts
- Strengthening of self-confidence and feeling of self-worth
- Reduction of fears, agitation and helplessness

Cognitive:

- Strengthening of concentrativeness and communication-skills
- Activation of hidden reserve capacity
- More themes will be reminiscent, even details

Social:

- Helps to integrate into the group
- Get to know other clients/inhabitants, creates social closeness
- Caregivers see patient/client/inhabitant as full person with history
- Discussions during biographic approach will be fun
- Caregiver's horizon will enlarge with every biographic work
- Caregivers will understand possible reactions of patients/clients/inhabitants better

Activities fitting to the patients/clients/inhabitants biographic backgrounds can be organized

- Relations between caregivers and patient/client/inhabitant will form, which leads to more respect and appreciation

School for Patients:

The elderly learn to live a more healthy life.

Within this activity the elderly are informed about diseases, they learn how to treat them, especially with natural methods. They learn about Herbs and analyze different advices and articles about health improvement.

- Also, the elderly were visited by medical assistants and were organized round tables with doctors, who kept special lectures.
- the medical assistants made regular physical examination and gave advices to the elderly towards



their health and personal hygiene.



International Days Celebrated:

- Every year on the 22nd of April **Earth Day** is celebrated around the world. Earth Day was born of the movement to protect and appreciate our environment. On this day, we campaign for ways to protect the earth and ensure a sustainable future for our planet.

This year the beneficiaries of the day care center worked in the Association's garden and planted flowers to help it to become more green and beautiful. Our organization encourages the protection and preservation of a clean environment not only through thematic lessons and activities in our common garden, but also through championing green initiatives on our local community.

- April 23 is a special day; it is considered professional **Librarian’s Day**.



Together with our beneficiaries, we participated in a special program for all librarians of the Strasen district. For this, our fourth year, we received a diploma recognizing our active collaboration.



Massage and Gymnastic:

In 2014 was hired a new masseur. The specialist made massage to each elderly of group A. The elderly are very thankful for this opportunity and relate the benefits of massage. Massage for the elderly has various physical and mental benefits, which results in the improvement of health and general well-being. These techniques can help enhance blood circulation, combat depression, improve balance and flexibility, reduce the pain of arthritis, increase joint mobility, improve posture, and encourage overall well-being. Studies have shown that the effects of aging take place faster in people lacking mental stimulation and who



engage in little physical activity. Further studies have shown a link between a reduction in physical activity to an increase in depression, which leads to many age-related diseases and conditions. Due to the connection between the physical and mental, any treatment for the aged should aid in improving the balance between the two. By manipulating the body and stimulating the mind, massage provides the perfect balance needed for an individual’s health to thrive. **Thus, within Rasarit day care center we have the purpose to balance the physical activity and mental activity**

through all the activities described in this report.

Gymnastic is also very important for elderly's health. The Gymnastics are made daily. Doctors are recognizing the long term benefits of gymnastics. Studies have shown that gymnastic improves joint health, maintains muscular development and improves cardiovascular fitness.



Gymnastic is a social interactive sport, it makes the elderly to interact and share positive emotions.

Trip Therapy:

Six trips for sightseeing were organized during 2014:



1. A trip to the Chisinau Zoo



2. Orheiul Vechi-natural archaeological and touristic complex/ 3 times-different groups



3. Tiganești Monastery- 2 times

Cognitive Activities:

- * Reading time -reading and analysis of the periodical press, the beneficiaries read books, new ideas or information are exchanged.
- * Encouraging Discussions and consolidation the group of beneficiaries
- * Targeted discussions
- * Educational Hour-developing the sense of compassion and altruism

Cognitive Activities

Cognitive therapy sessions can help elderly to cope with debilitating thoughts and beliefs, helping them fend off the depression and anxiety that accompany dementia. Leisure activities that help slow cognitive decline include having group members tell stories about events in their lives, assisted with photo albums or scrapbooks. Group members receive mental stimulation through socialization and the activity strengthens memory retention. A study published in the "Journal of Neurology, Neurosurgery and Psychiatry" indicates that groups who play interactive computer games experience cognitive benefits even if they're in an advanced stage of dementia. That's why, we intend to start a computer class, to help elderly to learn basic computer skills and how to use basic Internet skills.



Therapies:

Several therapies were practiced

- Ergo therapy
- Music therapy
- Dance therapy
- Art therapy, etc.
- **Massage Therapy:** Senior citizens who receive regular massage therapy can relieve stress, improve posture, circulation, relax muscles and control pain. Therapeutic massages provide relief of daily tension associated with stress and can help with the recovery process of various medical conditions.

Music therapy:

The **Choir, “Rasarit”** continued to repeat old songs and to learn new ones. The results of repetition are proved during the elderly performance, at different cultural events.

A sing-along gets seniors tapping their toes and enjoying the company of others. Family, friends and volunteers can lead a sing-along at the center. Oldies tunes are very liked, seniors are remembering the words to the songs. **The social assistant is printing lyrics using large type and distribute the lyrics to the participants. We are encouraging the elderly to suggest songs to the group. The leader of the Choir is**



Ms. Xenia (76 years old), a lady with more than 40 years of leading a choir.

Dr. Concetta Tomiano of the Institute for Music and Neurological Function notes that music stimulates memory and encourages socializing through dancing or singing along to the music, activities that may help preserve some cognitive functions.

Creative Activities

Art therapy gives the patient an outlet to express feelings they may not be able to articulate while providing visual and mental stimulation. The social assistant is prompting the beneficiaries to talk about their works as they're being created and presented. The elderly wished to have these activities very often, they made a lot of beautiful things at the art-hours (as greeting cards, drawings on different topics, collages, applications, etc.).



Ergo therapy (occupational therapy):

- Weight training ranks high among the methods seniors can use to stave off some of the harmful effects of aging. In their book "Strength Training Past 50," researchers Wayne L. Westcott and Thomas R. Baechele write that strength training adds bone density, thereby reducing risk of osteoporosis and injury from falls. Working with weights also preserves muscle that would otherwise vanish with age, and it reduces risk of serious health problems such as diabetes and cardiovascular disease. Also, working out helps maintain a healthy blood pressure, thereby reducing risk of vascular dementia.

Gardening

Senior citizens need to exercise, and gardening provides that source. According to "Senior Journal," gardening is acceptable for seniors to meet the physical activity requirements needed to stay in good health. The report came from the Centers for Disease Control (CDC) and the American College of Sports Medicine (ACSM). Gardening has a calming effect because seniors are creating and nurturing flower beds or growing



their own herbs and vegetables.



The elderly are regularly cleaning the Association's territory; helping to plant vegetables in the greenhouse; **helping the kitchen to clean the potatoes, carrots/daily etc.**



The beneficiaries like a lot to work and to help the center, some of them a regular asking for something to help.



Interactive and Fun Activities (interactive games, teambuilding games, etc.)

Photo: Interactive Games

Games

One of the most famous and most practiced games in Rsarit, for recreational activities is Bingo and cards. There are many forms of card games. The elderly are also playing domino and chess. These games do not involve any physical exercise, only mental exercising skills. These games involve thinking skills and keep the memory fresh for senior citizens.



Hand Made Club-Creative Hours

The Benefits of Hand Made Activities:

The importance of these activities for elderly extends far beyond the creation of an object.

For seniors, making crafts brings people together. It helps them to have a sense of belonging and develop



friendships.

Working with crafts that involve using the hands, for example molding polymer clay, helps to exercise the senior's fingers and hands. Working with hand made things reduces depression.



The studies conclude that Knitting/Crocheting allows to steep yourself in creativity and forget the stress and anxiety of the day. Being actively engaged in a project about which you are passionate and interested, allows the brain to immerse itself fully in the task, producing a feeling similar to a runner's high.

The rhythmic motion of knitting has been proven to change the brain chemistry so as to decrease bad stress hormones and increase the release of such good mood hormones as serotonin and dopamine.

The process of learning to knit helps you feel good about yourself and enhances your sense of self esteem.

As you master more difficult stitches and patterns, you gain the confidence to try other new things in your life. Crafts like knitting engage both mind and body, causing optimistic feelings about life and future.

Knitters also tend to be more social and outgoing, especially as they interact with others who share their passion.



That's why within Day Care Center it is organized a Handicrafts exchange skills Club (Knitting, crocheting, sewing, creating greeting cards, applications, crafting using different materials, etc.) The elderly have the possibility to exchange skills and to use efficiently their time in the center and at home, where they are continuing to make handicrafts.

Experts :

Due to this activity our beneficiaries had the possibility to meet different specialists and to discuss their problems and to get competent advices. Also they have the possibility to meet new friends and to start new collaborations.

Experts:

- **Neumanist Association organized a roundtable for beneficiaries with representatives from the Department of Social Welfare. During the meeting they provided information on how to receive**



income support and compensation from the Government.

The beneficiaries had many questions, which were answered professionally and in detail, in a manner that was readily understandable to the elderly.

- **Due to the cooperation with the Territorial House of Social Insurance(CTAS), AE Neumanist held a roundtable for beneficiaries who are already retired and pre-pension Straseni citizens. CTAS director, explained the procedure and the necessary documentation to obtain the age pension. She also explained how the procedure of pension recalculation, in some cases.**



- **Representatives of the District Passport Department visited the elderly and explained the procedure of changing the old soviet passports to the new ones recognized by the state. From**



September 2014, the old passports are no longer valid.

- **Neumanist Association invited the lawyer Irina Lazur to provide juridical advice to our beneficiaries. Ms. Irina offered her services voluntarily. During an information session, Ms. Irina explained to the elderly how to best act in different situations, for example, if they are accused of a crime and the police conduct an investigation. Also, she advised them on ways to convey their property after death, in a will or as a donation. It is a extremely important for the elderly to know what to do about property rights when one**



partner dies.

The beneficiaries had many questions that Ms. Irina answered thoroughly and professionally. This type of information session is very important and useful for the elderly, so that they become knowledgable about the law and their rights.

Meetings with the Association's guest:

Neumanist Association, in collaboration with the Public Library "M. Sadoveanu," organized a round table with the artisan, writer, and teacher Olga Chiriac .

During the meeting , Ms. Olga presented the new book "Embroidered Joy". The book presents the achievements of Ms. Olga as a crafter and information and advice for those who want to start to embroider, as well as for those who appreciate the beauty of our national costumes and those who are fascinated by embroidered works .

A section of the book, " School for Beginners," presents drawings and models for those wanting to decipher the mystery of embroidery and encourages all of us to make our own traditional blouse to have the opportunity to experience the charm of this popular costume.

Also, Ms. Olga presented an exhibition of her embroideries and provided detailed information



about their ornaments and colors.

The beneficiaries greatly appreciated the meeting with Ms. Chiriac , expressing their appreciation with songs and applause. This visit delighted both the eyes and souls of those present and gave praise to the skilled hands behind our popular heritage.



Delivering warm and hope for a better future:

Every year, thanks to our sponsors we can deliver coal and wood to our beneficiaries. **55 Elderly received coal and 26 received wood.** It is a very substantial help for the elderly. Winter period is a challenge for them. Most of them are very afraid of the winter period, because the pensions are too small to afford to buy coal and wood for all the winter. Some of the elderly say that, if they resist the winter, they will live one more year! So, winter is a survival period for the elderly. That's why they are so thankful to the sponsors!



3.2 Main Cultural Events:

14th of February:

On the 14th of February it was organized a lottery with surprises for the elderly. Hearts, the symbol of the holiday, were filled with sweets and presented at the party. The elderly made a poster for their loved ones, friends, and sponsors. The residents of Spectru were visited by their friends from Rasarit and received small gifts from them. All the beneficiaries were happy to share love!



8 of March- Women's Day:

On the International Women Day the grannies were visited by "stars" from Mugurel kindergarten.

Children presented poems and song dedicated to beloved persons.



On this special day the grannies also performed songs and poems about spring and women.

The dance club created an infectious with traditional dance as those present couldn't resist and begun to dance too.

At the end every granny received a sweet gift.

Before Easter Day, the elderly of Neumanist Association were visited by children from Ghiocel kindergarten. The Children came with their teachers Diana Bradul and Mariana Liahu, artistic leader Valentina Popa and Maria Miron, the director. The Elderly enjoyed a special artistic program. Grannies were happy to receive hand made



Easter:

cards made by children.

The collaboration between children and elderly are useful for both sides. Children learn to respect and to understand elderly. Seniors receive positive energy and emotions.

Neumanist Association before Easter holiday, launched a fundraising campaign. Several companies donated money for buying Easter cakes.

"Onisifor Ghibu" High School students from Chisinau, members of the ensemble 'Tenderness' artistic director, Mr. Nirca Dumitru, organized a festive concert due to 9th



of May.

Communication with young generation rejoice the elderly hearts and facilitate the exchange of experience.

**9 of May -
Victory Day:**

**June 1st -
International
Day of
Children:**

Little Snowdrop Kindergarten volunteers captivated the hearts of the Neoumanist grandparents during International Children's Day.



Their festive program brought many smiles to the faces of the elderly; they were delighted by the imagination and ingenuity of our staff's children. The children recited poems and played games with the elderly.



Gregory Negara invited everyone to dance and his performance brought joyful energy among to beneficiaries.

Over the years all the children who were present have become the grandchildren of the Neoumanist Association beneficiaries. The elderly are glad to hear about their successes and remain surprised by how quickly they grow in just one year!

**October 1 -
International
Day of the
elderly:**

International Elderly Day was celebrated traditionally within Neoumanist Association. In the morning, the artistic program started by Mrs. Parascovia Sirețanu who recited the poem: "An old man and an old woman" by D. Matcovschi.

Modrînga Alina and Negara Grigore, local volunteers, delighted the audience with a



musical performance.

The talented girls of the Artistic Ensemble of the N. Nekrasov Lyceum, presented

dances and songs.

Beneficiaries participated within several contests and enjoyed the festive atmosphere. In the afternoon, representatives of the day care center were invited to participate in the talent show, organized by the Ministry of Labour, Social Protection and Family of the Republic Moldova, the Gala Awards for the elderly.



Beneficiaries Trețiac Tamila Sirețanu Prascovia, Sirbu Neli and Botnari Simeon, recited poems, presented creations and handmade works.

Elderly were glad to meet the Minister and Vice Minister of Labour, Social Protection and Family of the Republic Moldova and enjoyed the appreciation received for their talents presented during the artistic program.

The elderly have recited poems and the Rasarit choir sang Christmas Carols. They have participated in different contests and received gifts from Santa Claus. The Dance Club, have presented 2 dances. Kindergarten children have evolved with poems and songs that brought



much joy and happiness in the audience.



December - a concert dedicated to New Year and Christmas:

3.3 Collaboration and Partnerships:

Due to the collaboration and partnerships, we shared experience, improved abilities and gathered new knowledge. Also, we aimed to raise the social responsibility of the local community:

1. Kindergarten Children's involvement in Cultural events: 8 times
2. Student's involvement: 6
3. Collaborating with District Public Library " M. Sadoveanu" : 12(1/ month)
4. Collaborating with The Art School : 6
5. Collaborating with Local Russian Community: 2
6. Collaborating with Center for Family Physicians (CMF) of Straseni : every month
7. Collaborating with Local Social Assistance Department : every month
8. Collaborating with STATE UNIVERSITY from Chisinau: 6
9. Collaborating with local Youth NGO- "Cultura Noua"-2
10. Collaborating with the Local Ecological Department- 2
11. Collaborating with local Folkloric Ensemble- 1
12. Collaborating with Republican State Asylum-3

In cooperation with Republican State Asylum, AE Neoumanist jointly organized a festive event. The event involved the participation of „Rășărit” Choir members of AE Neoumanist, Artistic Collective of Republican Asylum, Soloists of the “Star” Choir and “Veterans”Choir from



Chisinau.

The concert culminated with traditional dances that everyone present was encouraged to join. Neoumanist beneficiaries were delighted by the event and expressed their willingness for further cooperation! **The collaboration between our elderly and the elderly from the Republican state Asylum gave the possibility to share experience, talents and opinions.**

Neoumanist Association is organizing literary meetings for many years. Each time a special topic is highlighted for exploration, reading and discussion.

This month, the initiative focused on Russian Literature, especially the works of the Russian poet,



A.S. Pushkin.

Following the collaboration of Neumanist with **The Public District Library and Russian Community**



of Straseni, the elderly prepared an exhibition of Russian traditional handmade things and a book exhibition. The elderly selected a range of books written by Pushkin and choose different poems and fairytales to retell to the audience.

One of the elderly danced a gypsy dance, due to the poem “Gypsy”, written by Pushkin, during his exile in Moldova. The Rasarit Choir sang a song, written on the poets words.

AE Neumanist attended the International Scientific Conference celebrating the 20th anniversary of the establishment of sociological education and 15 years of the establishment of social education in Moldova.

The invitation was extended due to our collaboration with the Faculty of Sociology and Social Assistance of



the State University in Moldova (USM).

Over the years, our cooperation has been based on the exchange of experience and good practices between academics and specialists from Neumanist .Our organization has been a partner in a project that aimed to make improvements in the study curriculum.AE Neumanist serves as a practice base for USM students. Together, we realize joint activities that facilitate intergenerational communication between students and the elderly.

Over the course of six weeks, five students from Moldova State University conducted their practice with Association Neumanist. We collaborated on joint activities to facilitate intergenerational



communication between students and the elderly.

During their practicum period, students receive methodological training while observing how the work of a social assistant is organized and documented. Also, the students were directly involved in the social



activities implemented within Neumanist projects.

Their demonstrated professionalism and engaging personal qualities were much appreciated by the beneficiaries. We wish them much success in the upcoming state exams and their future careers!

Neumanist has signed a partnership agreement with the School of Arts; in the context of this collaboration, they presented us with a literary musical program called “A bunch of songs for people with memories.” The youth brought tremendous joy to the hearts of the elderly through poetry recitals, vocal performances, and instrumental songs. The School of Arts Choir members have set a record with the Neumanist Association for being the largest chorus that have ever performed for our beneficiaries; they numbered of 40 children for this performance. Neumanist Association elderly have received a precious gift of warmth, joy, and laughter through the talents of the Strășeni School of Arts and M. Viteazul Gymnasium students.



In collaboration with the Territorial House of Social Insurance, AE Neumanist held a roundtable for

beneficiaries who are already retired and pre-pension Straseneni citizens.



One of the objectives of AE Neoumanist is to promote a healthy lifestyle and promoting environmental protection.

In this context, we proposed **a new collaboration with Strășeni Environmental Inspectorate**. Inspectorate representatives have visited within the organization to discuss with elders about the ecological state of the city, particularly the problem of illegal burning of waste. Also responded with professionalism to other questions of the day care beneficiaries.

In collaboration with the Inspectorate we decided to spread within Straseneni, an informational leaflet. **The elderly participated as volunteers in spreading the leaflets.**

Leaflet Message:

CANCER RISK !!!!! Do not burn WASTE !!!

FINE: 800-3000 Lei

Ecological Inspection Strășeni: 0237-28443

Call to prevent burning of waste, plant debris and leaves

Ministry of Environment is addressing with an appeal to all citizens of the country, central and local authorities, public associations and environmental health, to prevent atmospheric air pollution as a result of burning waste, vegetable residues and leaves in order to protect human health and the environment.

To avoid environmental pollution is recommended that people collect separated waste and plant debris and leaves to be stored and cover with soil. Such leaves shall be subject to a process of fermentation and will turn into compost, which can be used as natural fertilizer for land agricole. În otherwise fines people burn waste any proviniență (including crop residues), according to the Code contravention of RM are from 800 - 3000L.

This is conditioned by the fact that it removes harmful impurities from burning waste, vegetable residues and leaves accumulate in the lower layer of the atmosphere - the intense human activity. As a result, suffer especially children, older people, people with respiratory diseases, and livestock and poultry.

A serious consequence of incomplete combustion of plant residues with other wastes is that cellulose forms combinations polycyclic most dangerous action has benzapirena, which is a strong carcinogen.

State Environmental Inspectorate

During 2014, beneficiaries collaborated with 25 **international volunteers**, involved in different common activities.



It were organized Farewell parties. The elderly are thanking them, trough singing, dancing and offering



handmade gifts.



3.4 Pensioners Committee: Developing skills, gaining independence

Within the Neoumanist Association, the Pensioners Committee continues to activate. The Association encourages its beneficiaries to participate in all activities of the projects, but also supports the initiative of the elderly to learn to be more independent, to be selfless and help each other.

It aims to encourage initiative among the elderly, motivating them to know and defend their rights independently and collaborate with local authorities in solving problems faced by the elderly in everyday life. All beneficiaries are members of the committee.

2014 was a very efficient year for the Committee. The Dance Club needed national costumes for their performance. For several times, we hired them from the Art School. **The Committee gave the proposal to write a letter to the Local Mayoralty** (authority that leads the Art School) and to ask them to donate us the costumes. The Mayor of Straseni and the Director of the Art School, agreed and donated the costumes.

So, the elderly saw that their intentions give results and were proud of their achievement.



Another result was, that the Committee's President, Tretiac Tamila **have a significant role in selling the tickets for the Charitable Football Match.**

The Committee solved different issues regarding personal elderly problems and relationship conflicts among the beneficiaries. It was organized visits to the bed ridden and hospitalized elderly. It created a sense of affiliation to a big family that cares and helps when it is needed.