



LUXURY SENIOR LIVING

50th Edge

The Blissful Journey of Life

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Founder's Message

The Foundation of Strength and Unseen Care

Dear Earth Village Family,

Have you ever looked into the eyes of someone in their twilight years and seen an entire lifetime hidden behind the quiet?

Behind every wrinkle lies a story. Behind every silence, a sacrifice. This June, as the days grow warmer and gentler, we take a moment to honour those quiet heroes—our elders—who carried the weight of generations

without ever asking to be noticed.

They are the ones who held our hands through stormy nights, who stayed up so we could sleep, who gave up dreams so we could chase ours. Their strength was



never loud. It showed up in silent routines, in unwavering presence, in meals served with tired hands and hearts full of love.

And now, as time asks them to slow down, the world moves too fast to notice.

At Earth Village, we choose to slow down with them. To sit. To listen. To celebrate. Because aging is not an end—it's an arrival. A beautiful chapter where stories bloom, wisdom deepens, and hearts still long to love and be loved.

This month, as we reflect on emotional well-being and prepare to celebrate Father's Day, let us think of the fathers, grandfathers, uncles, mentors—men who raised generations with steady hands and silent courage. And let us also honour the women and caregivers who stood beside them, forming the invisible scaffolding of strength we've all leaned on.

We believe that aging with dignity is a right, not a privilege. And that it begins with one simple act: seeing them. Truly seeing them. Their laughter, their loneliness,

their memories, their moments of quiet pride.

Here at Earth Village, we are not just building a community—we're building a haven. A home where elders are not just cared for, but cherished. Where their stories are not just heard, but honoured. Where their days are filled not just with comfort, but with connection.

Because in the end, the greatest gift we can offer our elders is not perfect care—but presence. Presence that says, "I see you. I remember. I am here."



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Research Insights

Loneliness and Aging: A Silent Health Crisis

For many older adults, aging brings the gift of time—but also the shadow of solitude. While we often speak about heart health or mobility challenges in our later years, a quieter threat looms just as large: **loneliness**.

Recent studies have revealed a striking truth—**social isolation among seniors is as harmful as smoking 15 cigarettes a day**. According to a 2024 report by the World Health Organization (WHO), nearly **1 in 3 seniors globally suffer**

from chronic loneliness, leading to heightened risks of depression, cognitive decline, high blood pressure, weakened immunity, and even premature death.

But why is this happening?

Retirement, the loss of a spouse, distant family members, or simply limited access to safe and engaging environments—all contribute to this silent crisis. And because loneliness doesn't leave visible scars, it

often goes unnoticed.

The data is clear, but so is the solution: connection heals.

By reimagining how we care for our elders—not just through medicine, but through meaningful relationships and vibrant community life—we have the power to reverse this epidemic of loneliness.

Because no one, at any age, should ever feel forgotten.





Karimul Haque: The Man Who Rides for Lives

In places where ambulances can't reach, Karimul Haque becomes one. Since his 60s, this tea garden worker from West Bengal has raced through rough terrain on his motorbike—not for thrill, but to save lives.

It began with heartbreak: unable to get his mother to a hospital in time, he made a vow—no one else should suffer that fate. So he turned his bike into a makeshift ambulance. Day or night, rain or shine, Karimul is always ready to ride.

Today, people call him “Bike-Ambulance-dada.” He’s transported over 5,000 patients from remote villages to hospitals—for free. But his

care goes beyond transport: he’s arranged medical camps, first-aid training, even phone calls with doctors for those who can’t afford a visit.

During emergencies, his phone never stays silent. And neither does his spirit. Protective, tireless, and humble, Karimul carries more than patients—he carries hope.

“I couldn’t save my mother. But I can save someone else’s.”

This Father’s Day, we honor those like Karimul—who carry whole communities, one selfless act at a time.





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The Science of Well-Being

Applying the PERMA Model for Positive Aging By Dr. Martin Seligman, Father of Positive Psychology

What makes life truly worth living—especially in our later years?

The PERMA model offers a research-backed framework for fostering happiness, resilience, and emotional fulfillment at any age.

P — Positive Emotion

Feeling good is not a luxury—it's essential for mental and physical health.

Practical Tips:

- ✓ Keep a gratitude journal
- ✓ Listen to uplifting music
- ✓ Revisit happy memories through photos or storytelling

E — Engagement

Being "in the flow"—deeply absorbed in an activity—can boost cognitive function and emotional stability.

Practical Tips:

- ✓ Take up creative hobbies like painting, puzzles, or music
- ✓ Join a book club or online learning course
- ✓ Practice mindfulness or focused breathing exercises

R — Relationships

Social connections are a protective shield against depression, anxiety, and cognitive decline.

Practical Tips:

- ✓ Schedule regular phone/video calls with loved ones
- ✓ Write letters to reconnect with old friends
- ✓ Participate in group activities, community events, or support circles

M — Meaning

Having a sense of purpose improves longevity and emotional well-being.

Practical Tips:

- ✓ Volunteer time or skills for a cause
- ✓ Share life stories and lessons with younger generations
- ✓ Explore spiritual or philosophical reflections

A — Accomplishment

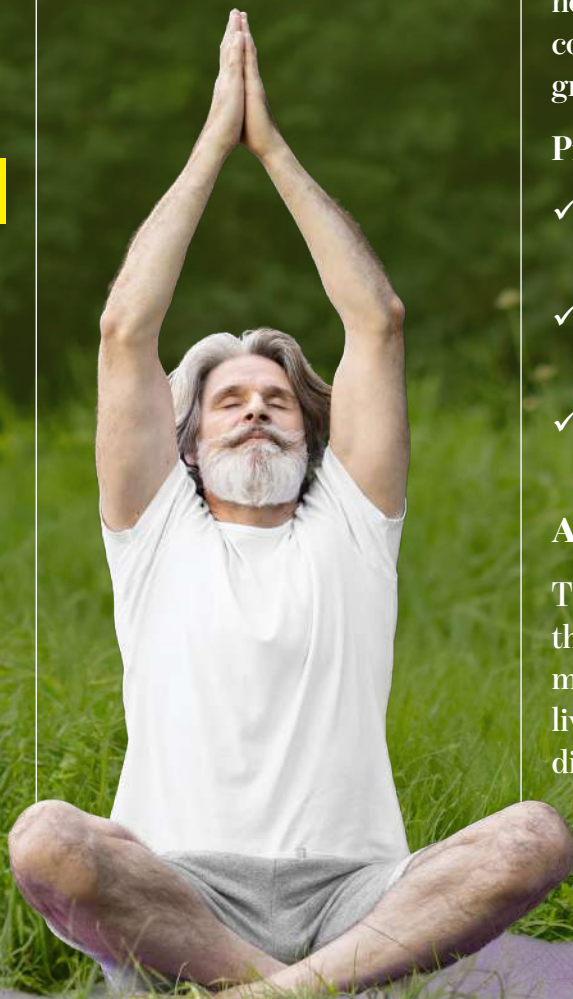
Setting and achieving goals—no matter how small—nurtures confidence and personal growth.

Practical Tips:

- ✓ Start a small project like a garden or scrapbook
- ✓ Set weekly wellness or learning goals
- ✓ Celebrate milestones and progress, not just outcomes

Aging with Intention

The PERMA model reminds us that aging well is not just about managing health—it's about living with joy, depth, and direction.



Design for Active Aging

How Our Surroundings Shape Senior Well-being

What if the key to healthy aging isn't just medicine or meals—but better spaces?

The homes we live in, the parks we walk through, and the chairs we sit on—all silently shape how we feel, think, and connect with others. For seniors, environmental design is more than aesthetic—it's deeply therapeutic.

What Makes a Space Age-Friendly?

Element	Why It Matters for Seniors
Step-free access	Prevents falls, encourages independent living
Bright lighting	Boosts visibility and safety, especially at night
Ergonomic furniture	Eases posture, supports mobility
Clear signage	Helps with orientation and memory
Community green areas	Reduces stress, encourages gentle activity
Shared lounges	Encourages social bonding, reduces loneliness
Emergency systems	Offers peace of mind, especially when alone

Design = Dignity + Joy

Around the world, architects and elder care experts are coming together to reimagine aging—not as withdrawal from life, but as deeper engagement with it.

In Japan, apartment blocks now have “memory corners” with

familiar objects to help residents with dementia. In Denmark, senior communities are designed like villages—with bakeries, libraries, and gardens—so elders never feel left behind.

The goal is simple but powerful: To create environments where seniors don't just live... they thrive.

So next time we talk about health, let's remember:

Sometimes the biggest healing comes not from a pill—but from a well-placed window, a wide walking path, or a welcoming smile at the other end of a shared bench.



Mental Health & Emotional Wellness in Older Adults

Caring for the Mind, Nurturing the Heart

Aging brings wisdom, memories, and reflection—but it can also bring quiet emotional battles that often go unnoticed. Loneliness, anxiety, and depression are common among older adults, yet are frequently mistaken as “just a part of growing old.”

The truth is: **emotional well-being matters at every age.**

Common Challenges

- **Loneliness** from shrinking social circles
- **Anxiety** about health, dependence, or being left behind
- **Depression** linked to loss, isolation, or lack of routine

Simple Ways to Support Mental Wellness

- ✓ Mindfulness & Breathing



Gentle practices to calm the mind

- ✓ **Social Connection**
Meaningful conversations and shared moments
- ✓ **Purposeful Activities**
Hobbies, creativity, and community involvement
- ✓ **Daily Routine**
Familiar rhythms that provide comfort and stability

Sometimes, the most powerful form of care is simply being present.



A listening ear. A shared story. A quiet walk. These little moments remind our elders that they are seen, heard, and valued.

Because mental health isn't just about treating illness—it's about cultivating joy, dignity, and connection every day.

Special Tribute

Fathers Who Raised Generations

A quiet strength. A lifelong presence. A legacy of love.

Not all heroes wear uniforms. Some wear faded shirts, carry old wristwatches, and walk with a quiet grace that only time can gift. They are the fathers, grandfathers, uncles, and mentors who shaped lives—not through loud declarations, but through steady hands and silent sacrifices.

They woke early so we could sleep in. They stood in the background so we could shine in the spotlight. They built our tomorrows brick by brick, never asking for applause.

Fatherhood isn't just a role—it's a lifetime of showing up.

In advice given softly, in worries hidden behind strong faces, in



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dreams passed down through gestures more than words.

This Father's Day, we honour those who raised generations with patience, discipline, warmth, and love. We celebrate

the men who taught us how to ride a bicycle, balance a cheque book, stand tall, and stay kind. The ones who taught us that real strength is gentle, and that love doesn't always need to be spoken aloud to be deeply felt.

In every wrinkle, there's a story.

In every silence, a memory.

And in every heartbeat, a father's legacy lives on.

Keep walking with us—there's more ahead.



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