



Our senior citizens have sacrificed their entire lives for the happiness of future generations. They have worked hard to build a brighter life for us.

These valuable senior citizens are living without peace of mind and in need of lots of love. Therefore, we must change this situation and fulfil their need for love and other expectations. We should support to them to reduce their depression, take care of their medical needs, and show them love and affection.

Sending them money without the right love and care for them whilst they are alive is pointless and some people only spend on our loved ones for funeral arrangements when it's too late after we lose them.

We must pave the way for them to live their elderly years peacefully and happily. Additionally, we should create better places with all necessary facilities for them. They need a safe and pleasant environment where they can feel at home as if with family and relations.

Our government authorized elders safe care centre, Poojahaham was opened on the 02.09.2012 at Trincomalee with all brand new, modern facilities, such as new entertainment devices, maintenance equipment and all medical facilities including doctors and nurses at their call. We all work together and provide 1st class service to make sure they get what they need and in their own language. We also help to them to fulfil their basic needs as well as help develop them into self-confident and strong individuals. Further, protecting them from all their suffering, miseries and illness.

“In the future, your parents will be like our children”



Food:-

The food will be provided for all residents according to their health and their habits and there will be chance given to the resident to select their favourite food. Furthermore, all the food menu will be monitored by a dietician.

Quality food schedule:-

6.00 – 6.30 : Tea, Coffee or hot milk

7.30 – 8.30 : Breakfast will be in the following category

Bread with batter, jam, egg

Milk, cornflake in different variety

Idly, Dosai, Paddani kadalai

And coffee, tea, orange

10.00 – 10.30 : Seasonal fruits and coffee, tea, lassy, king coconut

12.00 – 13.00 : Lunch will be in the following category

Good quality rice and three different types of vegetable curry, meat (except beef and pork)

Fish, egg curry and egg fry, curd, payasam

And fruit juice, banana, seasonal fruits.

15.00 – 15.30 : Sort eats - vadai, sweet, Snacks and coffee, tea

18.00 – 19.30 : Diner will be in the following category

Good quality bread, soups in different variety

Pittu, string hoppers, uppumaa, rotti, sappaathi, noodles

21.00 – 22.00 : Bed time – hot milk, vitamins

Note:-

Special menu will be given on festival days, birth days and resident's special days.



Cost Incurred

According to the administration regulations of "Poojahaham", the person who wishes to reside at "Poojahaham"/ the guarantor needs to fulfil the following financial related responsibilities:

1. You should pay the following amount for food, services, amenities, facilities, care and other expenditure:

Monthly 220 CHF (Two hundred and twenty Swiss francs) per person

According to the financial status of resident or guardian, this payment may be differing.

This amount should be paid before 5th of every month in English calendar.

Note: If a person lost his / her life partner whilst staying at Poojahaham, they will be transferred to another room or will share the room with another person in order to reduce the depression of a lost loved one.

2. The following amount should be paid by the resident as a **secured deposit** and this amount will be used for immediate medical treatment for the resident or penalty for the assets damages done by the resident. This amount should be paid immediately by the guarantor:

400 CHF (Four Hundred Swiss Frank) per person.

3. **The relationship between the staff of Poojahaham and the guardians of the residents**

The guardians of the residents are not allowed to have personal contact with the staff of Poojahaham, under any circumstances.

A breach of this term will enable Poojahaham's management to terminate the contract and take legal action.

All legal costs will be paid by the guardian of the resident in question.

If the Guardians of the residents wish to do any special services for His/her relative has to contact the Management only.

Note: There is no interest paid for the secured deposit and the secured money will be repaid as following conditions.

- a) If the resident left on his / her own decision or passes away after staying less than a 6 months period, Then 50% of the secured deposit will be repaid to him / her after one month.
- b) If the resident left or passes away after a 6 month period from Poojahaham, Then 75% of the secured deposit will be repaid to him / her after one month.
- c) If the administration committee finds any misconduct done by a resident, then the administration of Poojahaham may ask the resident to vacate the place. In this situation after one month 75% of the secured deposit will be repaid to the resident without considering the period of stay. Furthermore, all the deductions, which are needed to be paid by the resident will be claimed from the secured deposit.
- d) If the resident wants to vacate the home he/she have to give one month notice or one month payment has to pay.

