

# CHRONICLES

"A stranger's compassion can make a world of difference."

— Oprah Winfrey



## FALL PREVENTION; FOR SENIORS (AND THE CLUMSY)

Preventing falls is simple, while all accidents can't be prevented it is important to reduce the risk of you or your elderly loved ones taking a tumble.

- Always keep objects off the stairs.
- Fix loose or uneven steps.
- Fix loose handrails, or put in new ones.
- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.
- Always keep objects off the floor.
- Coil or tape cords and wires next to the wall so you can't trip over them.
- Keep things you use often on the lower shelves (about waist-high).
- Place a lamp close to the bed where it's easy to reach.
- Put in a nightlight so you can see where you're walking.
- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Have grab bars put in next to and inside the tub, and next to the toilet.



*Imagine you are healthy. You have lived your life by the book. Followed the advice of your doctors yet you find yourself in an abyss of pain and suffering. You are now immobile and watch your golden years being wasted away all because you tripped on the carpet at the top of the stairs. You wonder how the stairs beat your osteoporosis in the race by putting you in the hospital with a fractured hip. Your children and grandchildren whose 'broken bones' were magically repaired by your kisses now stand with your doctor nodding their heads. The people who you once advised are all grown up telling you that you were just careless and too stubborn to let anyone help you. You know they say it out of love because you are a lucky one who will recover, unlike others who aren't that lucky...*



# MEDICAL CAMP - MATTAKULIYA



# SOS VILLAGE





# Welcome!



Mr. Murali Muthulingam  
Housekeeping Manager  
Operations Department



Mr. Susantha Peiris  
Housekeeping Executive  
Operations Department



Mr. Amith Janaka  
Customer Relations Executive  
Operations Department



Ms. Gajavishnu Priya  
Customer Relations Executive  
Operations Department



Mr. Thanuka Nimeshana  
Junior Customer Relations  
Executive  
Operations Department



Ms. Dinusha Kulathilaka  
Management Accountant  
Finance



Ms. Ishara Fernando  
Assistant Manager - Risk &  
Compliance  
Supply Chain



Ms. Pubudini Nayanathari  
Quality Assurance Executive  
Laboratory Services Department



Mr. Indika Hakmana  
Junior Business Development  
Executive (Laboratory)  
Laboratory Services Department



Mr. Anjana Kandlekamge  
Software Engineer  
Information Communication  
Technology

## EMPLOYEE AND BDE OF THE QUARTER



Ms. Geethma Gurusinghe  
Business Performance Executive  
- Surgical Hub  
Business Development

