



assisted living | dementia care

Epoch Bulletin

November 2025

The month of October always carries with it a certain magic that feels like the soft glow of diyas, the hum of celebration, and a renewed sense of belonging. Yet, when we pause to think, an important question emerges:

Do our elders experience this joy the same way they once did?

The honest answer is: not quite. With age, celebrations transform. What once revolved around bustling households and family rituals becomes quieter, more introspective. The multitude of mental health issues that accompany dementia each day has been explained more comprehensively in this article.

At Epoch Elder Care, we believe that care is not just about routines and medicines, it's about connections, shared smiles, gentle touches, familiar songs, and long-forgotten stories that come back to life with a little encouragement.



Onlymyhealth



The absence of familiar faces or familiar surroundings can make festivals feel distant or even cause anxiety in some cases. But that's where the true essence of elder care begins; in reimagining joy and belongingness in an elder's life.

At Epoch Elder Care, we understand that while we can never replicate the love of one's home, we can nurture something just as meaningful, ***a sense of family within our walls.*** Through shared laughter, thoughtful celebrations, and meaningful engagement, we help our elders rediscover what festivals are truly about: connection, warmth, and the beauty of being remembered.

[Click for the study](#)

How do we Celebrate Festivals at Epoch Elder Care?

Elders often reminisce about their past, especially festivals. Even elders who struggle with their memories recall the feelings they experienced during the festive time of year. A special responsibility we have to every elder; is to help them celebrate their festivals exactly as they wish to. These moments of celebration not only enhance mental well-being but also foster meaningful engagement with the preparation and participation. It stimulates cognitive, motor, and sensory functions, making the entire experience both joyful and therapeutic. We helped our elders get in touch with the spirit of Diwali, whether it is painting diyas, celebrating and engaging with other elders and even across generations.

A single diya - painted, beautiful, colourful.

Painted by Dadi, her hands cannot hold the brush steadily. The lines may have been squiggly, yet her eyes sparkled with pride as she showed her creation. Beside her, the care staff gently guided her hands with patience.



A new meaning to Bhaidooj; a sibling bond.

After Aunty tied the kalava to Uncle, she sat down across from him, teasing him with sweets as both of them shared a laugh in the end, as she finally shared it with him. A true sibling banter that never gets old.

Catching up with the younger generations.

Dadi listened intently, adding a touch of friendly gossip, while the children's faces lit up with smiles, having found in her an older, wiser friend.



Perhaps we can't turn back time or recreate the joy of the past exactly as it was. But what we can do, and what we strive for every day, is to celebrate the present with purpose. Treating an elder holistically, including their emotional well-being, is an integral part of our ethos. To find new meanings of what it is to love, to live, and to celebrate festivals.

Finding a new meaning in a new place. Because for us at Epoch, we embody and celebrate the beauty of life itself and the ever-changing nature of it. The path forward lies in embracing the challenges that come with aging and related conditions, and in learning to work alongside them rather than against them. That is what EPOCH Elder Care stands for.

[Click to know more](#)

