

# IHSAN



By the participation of the minister of justice and Qatari social work officials:

**Social work centers collaborate for national sports day celebration**

With the participation of 100 volunteers

**Ihsan organizes "Giving is my life" training program for volunteers on how to take care of elderly**

**Preacher, Dr. Ahmed Al Hammadi tells excerpts from his advocacy journey to "IHSAN"**

**Ihsan center organizes mental awareness event for elders titled "Being active is a blessing"**





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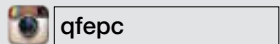
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### Ihsan's contribution Guidelines:

- The contributed topic should be related to elderly people and be solely intended to Ihsan and not published in any other media before.
  - Only proofread and typed contributions will be accepted.
  - Contributions can be sent by Fax or to Ihsan's email address.
- Contributed material should not exceed 10 pages or be less than 2 pages of A4 size.
- Ihsan supervising committee maintains the right to refuse or accept any submitted material without giving reasons.
  - In case of not publishing the material, the contributor has no right to retrieve it.
  - Published articles reflect the views of the authors and do not necessarily reflect the orientations of the magazine



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AHLAM AL MANEA TO IHSAN



When blood turns into water and human hearts become hard as stone, people lose their connections to each other. A man is far away from his own brother and a woman becomes a stranger to her own sister. People live only for themselves and their feelings die by the greediness and meanness of life. They become isolated and have no love, forgiveness or understanding.

A family house may turn to a hell, because none of its members feel they belong to it . And what's the cause for this hatred and detestation? Don't they know that being enemies in the same family is a kind of ingratitude for parents, because parents find their happiness in seeing their children living in peace and harmony, having their meals on the same table, talking and laughing without fighting or feelings of envy for the one another? Brothers turning into enemies is not a new phenomena. It exists from the beginning of mankind. In holy Qur'an, the story of Habel and Qabeel was mentioned as an example of this and the story of Yusuf and his brothers as well. Some families have painful secrets. Although the relationship between parents and their children may be strong, but the children themselves don't have such strong relationship. This may be because of jealousy or competition, or may be parents have treated them unfairly. This makes the family life full of problems and conflicts as a result. An awful and terrible things may happen when a father or a mother find themselves in the middle of these problems, and he or she must take sides. They wonder: Did they forget they were given birth by the same mother and have the same blood in their veins What do I represent for them? What will be my destiny?"

Social and psychological studies have found that enmity between brothers is often a result of parents' bad management to their little quarrels as children or teenagers when they mostly suffer from mood changes.

Parents must teach them to forgive and let go when they are still young. They mustn't neglect their anger. To avoid arguments and fighting, parents must be a role model for their children. They must teach them good manners and behavior. They must have religion as a reference for very behavior they do. They must plant positive qualities in them like, respecting older people and having mercy on younger ones.

A whisper :

Treat people in a way that make them cry if you are dead, and have long for you if you are alive. (Imam Ali)

By / Managing Editor

*By the participation of the minister of justice and Qatari social work officials:*

# SOCIAL WORK CENTERS COLLABORATE FOR NATIONAL SPORTS DAY CELEBRATION



*Amaal Al-Manaey: Our aim is for everyone to participate in order to strengthen the communication with the public in a healthy sportive atmosphere*

*Mubarak Al-Khalifa: Sport has become an important part in the daily life of all members of the society*



All the foundations, ministries and individuals in the Qatari society celebrated Qatar National Sports Day. The celebration included various events in different places, foundations, clubs and different areas in Qatar.

Elderly Empowerment and Care Center participated in the events of the national sports day of Qatar, on Tuesday the 9th of February. A delegation headed by the center's executive manager Mr. Mubarak Bin Abdul Aziz Al-Khalifa and a group of the center's officials and employees and their families took part in the day's activities.

Ihsan's participation is part of the events organized by the Qatari Foundation for Social Work and the centers affiliated to it. The celebration took place in Al Sadd stadium. The centers participated in the event beside Ihsan included Shafalah Center for the Disabled, Dreimah Orphans Care Center, Social Rehabilitation And Protection Center , Best Bodies Initiative , Family Consulting Center and Social Development Center.

Miss Mounira Bint Nasser Al-Missned, Chairperson of the Board of Trustees of the Qatari Foundation for Social Work, and Miss Amaal Al-Manaey, chief executive officer

of the foundation, participated in the events which took place in the main playground of Al-Sadd sports club stadium.

The activities included sports activities, competitive games for elders and children, different games for the disabled, contests and competitions for members of the various centers and the participating audience.

Teams were divided into groups and were given prizes. Gifts were also handed to children.

The minister of justice, Miss Amal Al-Manaey, and Mr Mubarak Al- Khalifa participated in some games that were specially designed to suit their age and health conditions. Elders communicated with the audience, foundation officials, and the centers' members, and they all spent a joyful time together.

During the day, Dr. Hassan Bin Lahdan Al- Mohannadi, minister of justice, visited the elders and shared some games with them. He also participated in activities organized by other centers. He expressed his happiness to participate in the activities of the Qatari foundation for social work , the centers affiliated to it, and the members of these centers.



The minister praised the role played by the foundation and the centers that consider sport as a main part of their programs of empowerment, care and rehabilitation. This is in response to the guidance of the wise leadership that aims to build a healthy, productive and advanced society. He invited everyone to consider the National Sports Day as a new beginning for anyone who abandoned sports and assume it is a new birth for his belief in sport, its importance and its reflection on his personal performance. He said that what makes this day beautiful and exiting is that it is a family day, where every member of the family can find a suitable game for his age and gender. He noted that Qatari families began to participate actively in this day and try many kinds of sports, that are not restricted to athletics or men only, but are open for everyone.

Amaal Al-Manaey, chief executive officer of the Qatari

foundation for social work, said that the foundation is keen to celebrate Qatar National Sports Day with all the centers affiliated to it. She added that the officials of the foundation and affiliated centers and their families participated in the different activities. She explained that the aim of this event is the common participation of all the centers in the same place and at the same time as a part of a big celebration organized by the government. This helps in fostering communication in a healthy athletic environment.

She added that the sports day program included a group of various activities and physical events that suits different ages and shapes, it also achieves the awareness of the importance of sports and the positive role it represents in the lives of individuals and societies.

Al-Manaey said that the event witnessed a great turnout from all the categories of the society; elders, young men and women, children and disabled. She added that all



# PRACTICING SPORTS IS A CULTURAL BEHAVIOR

Editor-in-Chief article



*Qatar celebrated the National Sports Day, as it does every year, in order to ensure that practicing sports is a part of the life style of everyone living in the country.*

*The National Sports Day was the time to launch this healthy practice that Qatar wants to make sure everyone understands. This way it can contribute in building a healthy society and create an ideal environment that enables the country to achieve its total goals and ambitions in all fields.*

*This noble decision of assigning this day and making it an official day to practice sports and an official holiday, in order to give employees the chance to have some time for their own and look after their health on this day, this decision made us proud. We pay our respect and appreciation to this wise leadership, who made it a priority to provide all the potentials and capabilities to guarantee that the citizen as well as the resident is able to practice sports and make use of all the athletic facilities located in different regions of Qatar.*

*In Qatar, thanks to God, we are very lucky because the government has for many years paid attention to sports and offered opportunities to practice it everywhere. You can't find a neighborhood, a park or a facility without a place to practice sports. This encouraged everyone living in Qatar to practice sports and exercise everyday and in any time they like. This participated in spreading public awareness of the important role sports play in their lives.*

*One of the beneficial results of the National Sports Day is making sure that all the ministries and institutions of the country participate in it, as well as all the private sectors, citizens and residents.*

*All members of the Qatari society, citizens or residents, have accepted and realized the importance of that day, which proves people love for sports.*

*Elderly Empowerment and Care Center, as part of civil society institutions and an active member of Qatar Organization for Social Work, with the participation of other member centers, participated in this day. It participated with all its members and the elderly fathers and mothers in practicing this healthy behavior in a spirit of teamwork. The spirit that has always gathered all the employees of these centers.*

*these categories were merged in one event, which was very good. Al-Manaey said that all the categories that participated in the event deserve to be taken care of by the government and the society. She finally expressed her hopes that this cooperation between the centers that falls under the foundation shall continue in all future events to be held in Qatar.*

*Mr Mubarak Bin Abdul Aziz Al-Khalifa, executive manager of Elderly Empowerment and Care Center, said that the National Sports Day was a great opportunity to gather all members of the society in one place to actively communicate with each other.*

*He added that sport has become part of our lives all the year around in Qatar, through local, regional and international championships held in the country. These championships attract large audience and witness huge competition. He added that clubs and sports centers are crowded with citizens and residents especially the young ones, because most of them are now aware of the importance of sport and the role it plays in their lives.*

*Al-Khalifa said that the Elderly Empowerment and Care Center pays attention to the sport aspect, where it present sport sessions and physical exercises regularly for elders from inside and outside the center who can attend these sessions.*

*He added that the center carefully chooses and designs sport activities that suits elders and their physical abilities. Al-Khalifa said that originally sport is an individual activity that people are self motivated to do. He added that anyone who wants to enjoy good health must practice any kind of sport for the affect it has on the mind and body.*



# IHSAN TRAINS THE EMPLOYEES ON THE SKILLS OF PSYCHOLOGICAL AND SOCIAL INTERVIEWS OF ELDERS



Elderly Empowerment and Care Center "Ihsan" organized a workshop under the title "The skills of psychological and social interview of elders". The workshop took place at Ihsan's residence and lasted for five days.

The consultant and psychologist Dr. Othman Ibn Ahmed from Kuwait lectured during the workshop. The target of this workshop was to provide psychologists, social experts, physiotherapists and administrative staff at Ihsan with the scientific methods and techniques of interviewing elders and understanding their characters and the changes they have been through. This is beside explaining the psychological problems that may encounter elders like anxiety, depressions, Obsessive compulsive thoughts, psychological trauma and delusional disorders.

At the conclusion of the workshop, Mr. Khaled Abdullah Hussein, head of public relations and media department at Ihsan, on behalf of Mr. Mubarak Bin Abdul Aziz Al-Khalifa, the executive manager, honored the lecturer and the participants in the workshop. He handed them certificates of participation, confirming that the center wants to make sure it provides the best and latest kind of training for its employees, in order to improve the services it offers for elders in Qatar. He added that the center's management will make sure to put the latest methods learned by the participants into

action.

The lecturer Dr. Othman Al Asfour defined the concept of elderly as a stage of life like the other stages from childhood, adolescence and youth stages. He said it is a natural stage in the life of a human being, that cause a physiological change in the cells and fibers of an elder.

He explained that there is another kind of elderly called "Premature aging. It happens due to the existence of several factors, one of them medical disorders like atherosclerosis and other chronic diseases. Other factors that may cause premature aging are lack of healthy nutrition, weather changes, nervous and psychological moods and the immune condition. It may also be caused by internal or external effects.

The workshop introduced, through practical training, the targets of the interview between elders and the center's employees from psychological or social experts. The interviews aim to change the elders behavior, put a plan to help them and improve their communication skills, plus changing his ideas about the problems discussed in the interview.

The lecturer also talked about the concept of psychological and social guidance, confirming that they both have the same purpose and complete each other in order to provide a remarkable care service for elders.

UNDER THE TITLE “EVERLASTING COLORS OF YOUTH”  
AND “RENEW YOUR LIFE”:

## IHSAN CLUB ORGANIZES PSYCHOLOGICAL AND SOCIAL WORKSHOPS FOR ELDER LADIES



Elderly Empowerment and Care Center “Ihsan” received elder ladies from outside the foundation, in order to encourage them to use their free time and their energy, in addition to training their memories.

This gathering occurs to all the psychological, social, medical and cultural aspects. Two days of the week were assigned for this activity: Sunday and Wednesday from 8:00 AM till 11:00 AM. It took place in the activity hall in the center’s building in the old airport area.

The psychological workshop, that was presented by Dr. Manar Al Ghamarawy included a seminar under the title “Colors of everlasting youth.. towards an active elderly life”. It focused on all sides of the memory and the changes it goes through because of aging.

The seminar included many exercises. One of them was finding a word in the newspaper that was repeated more than once. Dr. Al Ghamarawy asked the participants to find the most repeated words, in order to train them to increase their concentration and refresh their memories .

“By using memory in our daily lives, we prevent it from aging effect,” she said. She added that these are mind not body exercises, and repeating them constantly is very important so they can be effective.

Other exercises include counting letters, counting the stairs , and listening after switching off the television for five minutes.

Other activities include reading reflected words upside down or from left to right and spelling words from the end to the beginning. All those exercises train a part in the brain that is not used frequently, plus reading and memorizing Quran, which experiments proved can strengthen memory and concentration. Ihsan club also organized a social lecture by the trainer Samia Al Hamady , under the title “Renew your life”.

The trainer captured the participants’ attention by an attractive introduction. She said that every time we look at our fathers and mothers, we feel secure and optimistic because they are the ones who taught us to have faith in God. This faith gives us safe and happiness feelings that oblige us to make good deeds and charity works.

The lecturer covered many aspects. She talked about how the society goes through many changes that we must view in positive and optimistic view by having faith in our hearts. This faith helps us achieve our goals. She added that we must have hope and confidence.

“We must rely on God in anything we do,” she said. She pointed out that without faith we will be like a plant without water or a rose with

# IHSAN CENTER ORGANIZES MENTAL AWARENESS EVENT FOR ELDERS TITLED “BEING ACTIVE IS A BLESSING”

THE DELEGATION OF ABDEL-RAHMAN KANO SOCIAL CLUB FOR PARENTS FROM BAHRAIN PRAISED THE QATARI EXPERIENCE IN CARING FOR ELDERS

**AL- KHALIFA :** THE SECOND EDITION OF “BEING ACTIVE IS A BLESSING” EVENT AIMS TO REINFORCE THE PHYSICAL AND PSYCHOLOGICAL HEALTH OF ELDERS AND MERGE THEM WITH THE SOCIETY

**MANAR AL -GHAMRAWY :** WE CHOSE WALKING BECAUSE OF ITS BIG EFFECT ON MAINTAINING THE PSYCHOLOGICAL SAFETY OF ELDERS

## ■ EXCLUSIVE TO IHSAN:

Elderly Empowerment and Care Center “Ihsan” organized an awareness event for elderly fathers and mothers under the title “Your step is a blessing 2” . Elders of Ihsan participated in the event in addition to a group of elders from outside the center and from the safe homes complex in Muaither, as well as elders from Rumaillah hospital and female elderly members of “Eid charity”.

The target of the event was to improve mental health of elders through practicing walking as a sport.

The event began with a group walk, with the participation of His Excellency Sheikh Ahmed Bin Hamad al- Thani, chairman of the board of directors of Al Ahly sporting club, and the honorable attendance of the wife of the Bahraini diplomat in Qatar, a visiting delegation from Abdel Rahman Kano social club for parents that is affiliated to Hamad Charity Association in Bahrain and a group of officials and employees of Elderly Empowerment and Care Center headed by Mr Mubarak Bin Abdel-Aziz Al Khalifa, the executive manager of the center.

Participants walked in a mass walk, followed by a lecture presented by Dr Manar Mahmoud Al-Ghamrawy, social and psychological consultant at the office of the executive manager of Ihsan. The lecture was followed by an exercise session presented by the physiotherapist of the center and an awareness session on healthy diet for elders presented by the dietitian of the center and finally a Gulf heritage traditional show presented by the Bahraini delegation, besides various shows with the participation of the audience.

Mr Mubarak Bin Abdel-Aziz Al Khalifa, executive manager of Elderly Empowerment and Care Center “Ihsan” said that “Your step is a blessing 2” event aims to reinforce the role of physical activity in improving the mental health of elders, which contributes in easing any feelings of isolation and make them feel an active part of the society. The elders can also benefit of their children’s participation in the activities and events. This participation pleases elders a lot because visiting new places is a joyful thing to do. Al Khalifa said that all of these activities are done to improve





*the services we are trying to provide for elders in order to achieve the target and vision of the foundation which are empowering elders and providing them with a secured decent life in Qatar .*

*The executive manager of Ihsan thanked His Excellency Sheikh Ahmed Bin Hamad Al Thani, chairman of the board of directors of Al Ahly sports club, for his honorable participation in the event. He added that this participation reflects the social obligations of government officials in Qatar towards elderly who are considered one of the most important categories in the society , which we must support, look after, empower them and provide a decent life for.*

*He added that the participation of His Excellency Sheikh Ahmed Bin Hamad Al Thani, had a great effect on the elderly, as they expressed their happiness with his generous presence.*

*Al Khalifa also thanked the wife of the Bahraini diplomat in Qatar and the delegation of Abdel-Rahman Kano social club for parents for their positive participation in the event.*

*His Excellency Sheikh Ahmed Bin Hamad Al Thani, chairman of the board of directors of Al Ahly Sports Club, said that he is very pleased to participate in this program with elderly fathers and mothers. He added that elders are the ones who achieved the renaissance of Qatar because of their huge efforts over the years.*

*His Excellency said that elders deserve total care from the government and from all the categories of the Qatari society, adding that the local society in Qatar is known for its respect and appreciation for fathers and mothers. This stems rises from the traditional habits of the Qatari society and its moral values that are derived from Islamic teachings.*

*His Excellency said that his participation in the event is to support the remarkable cooperative relationship between Al Ahly Sport Club and Ihsan, wishing that this*

*cooperation would continue for the best interest of elderly fathers and mothers.*

*Dr Manar Mahmoud Al-Ghamrawy, psychological and social consultant at the office of executive manager of Ihsan, said that walking was chosen for elders because it has many benefits for mental stability of elders. She added that the soul and the body complete each other and together they maintain human's health and safety. She added that walking is a kind of simple sports that most elders can practice with or without help.*

*Al-Ghamrawy said that an elder needs at least 150 minutes weekly of physical exercise, in order to maintain the psychological safety and balance.*

*She added that walking helps in increasing some chemicals that affect the body in order to raise the feeling of happiness. These chemicals are androfen, serotonin and dopamine.*

*She said that walking help in creating a diversion for the negative feelings an elder may face during the day. She added that when walking chemicals that cause happiness increase, which makes it easy to relax.*

*"Walking in groups also helps in strengthening social relations and sharing happy moments which helps in easing tension and fatigue, which was observed on our fathers and mothers when they walked in groups, they were extremely happy," she said.*

*Al-Ghamrawy added that walking is the proof of healthy body and peace of mind, confirming that during walking our bodies produce the hormones that help us in dealing with anxiety and depressions, which are feelings that elders suffer all the time as a result of age, psychological and social changes they go through.*

*She said that walking improves the blood circulation in the brain, which activate the thinking process, as well as the mental capabilities. It was proved that regular walking also improves invention and creativity and prevents mental deterioration and Alzheimer's disease among elders.*



*With the presence of the executive manager of the Social Work Foundation:*

## IHSAN HONORS WINNERS OF THE “INTONATE THE VERSES AND REACH YOUR GOALS” COMPETITION

**Amal Al-Manaey :** *We thank Elderly Empowerment and Care Center for their efforts to support elders*

**Mubarak Al- Khalifa :** *The competition had an unexpected turn out in terms of excellent and distinctive participants*

*With the presence of Amal Al-Manaey, executive manager of Qatar Foundation for Social Work, and a group of participants in the competition “Intonate the verses and reach your goals”, the Elderly Empowerment and Care Center “Ihsan” organized a celebration to honor participants in the competition.*

*The celebration started with a wonderful intonation of holy Qur’an , followed by a speech by Miss Nessreen Al-Tamimy, head of supporting services at the center, in which she pointed to the importance of this competition and the great turn out it witnessed from elderly fathers and mothers during its third version. Al-Tamimy, added that since the first version of the competition in 2014 , it was marked with this wide participation in this honorable competition for men and women in memorizing and intoning the holy Qur’an.*

*She said that Elderly Empowerment and Care Center showed great interest in the competition by encouraging those who memorize Qur’an to participate and memorize more parts in order to participate in the coming competitions.*

*In that occasion Miss Amal Al Manaé’y, executive manager of Qatar Foundation for Social Work, said it had been a pleasure for her to participate in this celebration with Elderly Empowerment and Care Center and to honor the elite of our beloved mothers.*

*She added that elderly is an important category in our Qatari society. They have an experience in life and have laid the foundations of the genuine culture of Qatar.*

*Al-Manaey thanked Ihsan’s officials for their constant efforts and commitments to provide a generous supportive environment for elders.*



Mr. Mubarak Ibn Abdel-Aziz Al –Khalifa, executive manager of Elderly Empowerment and Care Center, expressed his pleasure to honor the remarkable winning fathers and mothers in the third season of the competition. The competition was organized by the center for the third year respectively for elders whom are above 60 years old.

He said that the wide participation and success of the competition in its first and second version in 2014 and 2015 obliged the center's administration to hold it this year too and in the coming years as well, God willing.

Al- Khalifa explained that the purpose of organizing this competition is fulfilling the social role of the center, bonding elders with Quran and encouraging them to intonate and memorize it. It's also a chance for elders to use their time in a spiritual divine activity, increase

their communication during the intonation sessions and introduce them to the services provided by the center.

Al- Khalifa praised the participants in the competition, describing their participation as massive, remarkable and positive.

He said that the competition included remarkable participations in memorizing , intonating and mastering the Holy Quran that went beyond the expectations of organizers, in terms of the quality and excellence of participants' level, the thing that was confirmed by the jury.

Ihsan's executive manager thanked the Ministry of Endowment and Islamic Affairs and members of the jury from preachers and scientists who are specialized in holy Quran and its sciences, for their efforts in the competition. He also thanked Quran memorization



centers whose members participated in the competition, hoping that this productive common cooperation between the centers and Ihsan continues for the best interest of elders and to provide them with distinctive services in order to achieve the vision and targets of the center to empower elders and provide them with a decent secure life in Qatar.

Mr. Jassim Mohamed Al-Emady, head of awareness and social outreach at the Elderly Empowerment and Care Center, said that 100 competitors participated in the competition in 2014. This number has doubled in the second version in 2015 to reach 219 competitor.

This year 230 competitors over 60 years old took part in the competition.

Al- Emady said that the center divided the competition this year to three levels to allow more elders to participate. The advanced level in the competition required elders to memorize the whole Qur'an, the first level was in memorizing the 29th part of the Qur'an and the second level was a competition in intoning parts of the Quran.

This enabled more competitors to participate. Al-Emady added that prizes worth QR114 thousands were given to 60 winners, twenty winners in each level.

Jury member and preacher Sheikh Sbeh Mohamed Al-Murry praised the competition describing it as a unique because of the category it targets. He added that he doesn't know any competition specialized in intoning and memorizing the holy Quran that is directed to elderly fathers and mothers above 60 years.

He added that the competition bonds elders with the Holy book. It also motivates them to spend their free time in reading, memorizing and studying Quran,

reminding us with the great reward from God for this.

The preacher Al – Murry praised the organization of the competition. He said that the varieties of its levels between memorizing the whole Quran, a part of it, or just intoning it, gave the opportunity for more elders to participate. He said there were some remarkable participations from elders that amazed the jury, regarding the excellent performance in memorization and intonation.

Elderly fathers and mothers expressed their happiness with this honoring that added more glamour to the competition as winners and participants of the competition were honored.

The participants said that this competition is very important for them for its spiritual value that encourage them to work hard in memorizing and intoning Quran in the appropriate way that suits its greatness and bless. The elders supported the idea of organizing the competition again because it touched their souls and motivated them to keep on reading, intoning and learning the sciences of Quran.

They thanked the organizers of the competition at Elderly Empowerment and Care Center, for their efforts during the whole duration of the competition since its launch last month till the honoring celebration. They prayed God to reward organizers for these efforts and to guide them to the good deeds.

Two celebrations were held; the men honoring celebration in the morning, and the ladies celebration in the evening.

Everyone praised this initiative through which the Elderly Empowerment and Care Center tried to occupy the free time of elders and involve them in a useful activity.

## IT PRAISED THE QATARI EXPERIENCE IN THE FIELD OF ELDERLY CARE

# THE DELEGATION OF ABDULRAHMAN KANOO SOCIAL CLUB FOR PARENTS IN BAHRAIN VISITS IHSAN



■ EXCLUSIVE TO IHSAN:

Elderly Empowerment and Care Center “Ihsan” welcomed a delegation from Abdul Rahman Kanoo Social Club for parents, affiliated with Hamad Charity City in the Kingdom of Bahrain. The visit aims to strengthen communication between the two sides, exchange experiences in the field of elderly care and observe Qatar’s experience and of the experience of “Ihsan” in this area, as well as to discuss the development of their common relations and how to develop it to benefit parents and elderly and enable them to enjoy a safe and dignified life.

Mr. Mubarak Bin Abdul Aziz Al-Khalifa, executive director of the Center and a group of the center officials and employees welcomed the delegation which included elderly club members and officials, headed by Yusuf Abdullah Mohaimeed, chairman of the Board of Directors of Hamad Charity City and Mrs. Fathia Abdel Razek al-Kooheji, manager of Abdul Rahman Kanoo Social Club for Parents.

Ihsan organized a tour for the delegation at its headquarters, where they met with elderly parents and learnt about the services provided by the center for the elderly, including: social, health, psychological and physiotherapy services, in addition to daycare services. The delegation listened to a detailed explanation of the

services offered by the center in the field of community outreach and awareness. The center also carries out awareness activities for the elderly in the fields of nutrition, health, religion, culture, education and social skills. It explains to elders the right food and health practices that is suitable for their health condition, age, and the diseases they may suffer from.

Moreover, Ihsan offers awareness programs to all society members about elderly care and ways of dealing with them. The visiting delegation learnt about Ihsan’s experience in providing home care services for elderly in their homes, covering health, social, nursing, nutrition and physiotherapy aspects.

The Bahraini delegation participated in educational activities and programs organized by the Elderly Empowerment and Care Center during its stay in Qatar. The delegation took part in activities of Ihsan social club daycare programs and in the “Being active is a blessing” program. The Bahraini delegation praised the Qatari experience in the field of elderly care, saying the services provided for elderly are of top quality.

Ihsan organized some touristic tours for the delegation to several areas and heritage landmarks in the state to introduce the visitors to the features of the Qatari society and its authentic heritage.



# IHSAN LAUNCHES A FIELD STUDY ON THE DETERMINANTS OF LONELINESS AND ISOLATION OF ELDERLY RETIREES

**AL-KHALIFA:** OUR WORK IN “IHSAN” IS BASED ON SCIENTIFIC FIELD STUDIES AND NOT ON PLANS MADE IN CLOSED ROOMS

**MARYAM AL-ANSARI:** ELDERLY CARE IS THE CORE OF COMPREHENSIVE SOCIAL DEVELOPMENT PROGRAMS OF THE STATE

■ EXCLUSIVE TO IHSAN:

Center of Empowerment and Elderly Care “Ihsan”, a member of Qatar Foundation for Social Work, celebrated the launch of the field study carried out by the center in collaboration with the Ministry of Development Planning and Statistics in the period between December 14, 2014 and January 14, 2015. The study dealt with the “Effective determinants in the feelings of loneliness and tendency to isolation in the elderly retired persons in Qatar”. The launching ceremony at Sharq Village & Spa hotel, included a panel discussion



about the study in the presence of a group of specialists, journalists and people interested in elderly care. Supporting partners and participants in the study were honored at the end of the ceremony.

Mr. Mubarak Bin Abdul Aziz Al-Khalifa, Executive Director of the Center of Empowerment and Elderly Care, highlighted the keenness of the center, in all its activities and services provided for elderly parents in the state, to build its programs on scientific studies and actual information from the Qatari society, and not on decisions and plans which have been made inside offices and behind closed doors. He added in his speech at the launch ceremony that this has motivated the center to make a range of researches and field studies, which are based on samples from the Qatari society, especially the elderly. This allows the center to provide services based on the results of these real accurate studies. He said that the social and psychological state of the elderly are one of the most important aspects to be considered and appreciated in all the plans and activities of the center,

because of its importance in enabling elders to practice their normal lives and enjoy good health. He added that these aspects were covered by the study, which is the first specialized scientific study in the subject of the feeling of isolation and the tendency to loneliness in Qatar. Al-Khalifa pointed to the implementation of the center for the study in collaboration with the Ministry of Development Planning and Statistics, and confirmed that the ministry played a significant and distinct role in carrying out this study which covers this category in the Qatari society.

He explained that the study aims to identify the extent of the retirement effect on feeling of loneliness and tendency to isolation between the elderly retirees, and to shed light on the causes of this phenomenon and its impact of the demographic, economic, social and health factors positively or negatively. He added that according to the results of this study, mechanisms will be proposed to integrate the elderly retirees in the community, to reduce the problem of loneliness and isolation which

spread among the elderly after retirement, pointing to the keenness of the Center to achieve its vision and objectives in empowering elderly and provide them with a safe and dignified life in the Qatari community.

Concluding his speech, Al Khalifa expressed his thankfulness and appreciation to His Excellency Dr. Saleh bin Mohammed Al-Nabit, Minister of Development Planning and Statistics, for the cooperation and efforts made by specialists of the ministry to provide all the capabilities that contributed to the selection of the sample according to accurate scientific measures, and the field application of research and statistical processing, which he said had the greatest impact on the appearance of the study in this outstanding form.

Mrs. Maryam Ibrahim Al-Ansari, Director of Planning and Development Office at Center of Empowerment and Elderly Care, explained that the importance of this study comes from the importance of retired elders 60 years and older and because caring for them is the core of the comprehensive social development programs of the state, adding that some research studies have indicated that the retirement stage of life is usually associated with shrinkage of social interaction between retired persons, especially the elderly, and their community. This leads to withdrawal and social isolation as a clear symptoms in a high proportion of retirees, which may affect their health and exacerbate feelings of depression and sense of loss, loneliness, loss of interest and tendency to isolation. She said that such conditions means there is an urgent need to carry out this study to detect those aspects and seek to develop treatments for it.

Al-Ansari said that the study was conducted in the period between December 14, 2014 and January 14, 2015. She said that the study is one of the first scientific studies in this area, pointing to the scarcity of these studies on the elderly at the Gulf and Arab levels. Al-Ansari said that according to the results of this study, Ihsan center will suggest mechanisms to integrate the elderly retirees in the community to reduce the loneliness and isolation

problem which spread between elderly after retirement stage. She revealed that the center is going to launch Ihsan clubs for day care in different districts of Doha, «Now we survey the elderly women and the project will begin in the districts with the highest concentration of elders in collaboration with several parties in the State,» she said. She added that the Center recently opened the department of day care which will oversee these clubs.

Mr. Mohamed Al Mohammadi, Director of Population and Social Statistics Department at the Ministry of Development Planning and Statistics, said in his speech that the importance of this study comes from the importance of this segment of society, pointing out that the study found an overwhelming response from elderly. He pointed to the increase in the percentage of seniors and retirees in Qatar to cover 2% of the population. He attributed the increase in the number of retirees to the progress in health care provided by the State for elders, and that Qatar has become one of the developed countries, so whenever countries progress, the numbers of retirees and elders increase therein.

For his part, Mr. Nasser Al-Mahdi, Director of Census and Family Surveys at the Ministry of Development Planning and Statistics, said that any specialized study builds experience, whether in the field of the elderly, young or any other field. He praised the care and attention of Ihsan center in implementation of this study, which will affect the recommendations and services provided by the center for the elderly.

«We utilized all the available technical and scientific capabilities to perform this study, especially in regard to the samples or methodology used to conduct this survey, and as a joint technical team we implemented the project as it was planned and in a record time and then we began the process of the study analysis and extraction of data and indicators,» he said.

The study conducted on the elderly and retirees and have been implemented on a relatively representative sample composed of 846 elderly retirees from both sexes; 76.6% males and 23.4% females. It aimed to shed light on this category of retired elderly in the Qatari society to know their status and their needs, to minimize feelings of loneliness and social isolation among them and improve the services provided to them, as well as evaluate the services and care provided to them at the moment. It also aimed to define their opinions and their assessment about these services, and how it meet their needs, and to identify the social and economic roles of elderly retirees.



*Within the activities of “Keshta” program*

## IHSAN ORGANIZES AWARENESS AND ENTERTAINING TRIPS FOR ELDERS

■ EXCLUSIVE TO IHSAN:

Elderly Empowerment and Care Center “Ihsan”, which is part of Qatar Organization for Social Work , organized a group of entertaining and educational trips for elderly fathers and mothers. The trip destination was Al-Seddiqui farm in Tunbuk, near Al Khor city.

A group of fathers and mothers of the center’s members participated in the trip, besides female members of Ihsan social club, members of Raf center, members of Qodourat center, members of Malfa al-Ajaweed center , in addition of members of Qatar Charity.

The trips were organized within “Keshta” program. The program aims to strengthen social communication with elders and make them happy. It also aims to achieve interaction between elders and the community with all of its categories and to encourage elders to participate in the different programs of Ihsan. The program enhances awareness of elders about various health and nutrition topics, in addition to educating them about different aspects of life and introducing them to the center’s activities suitable for their age.

The trips included many educational and entertainment activities that had a positive impact on the participants. The fathers and mothers participated in the various activities, which included poetry contest, and a contest on folk traditional proverbs, a group of entertaining games and light exercises and different traditional activities like puzzles, riddles, old traditional stories and many other interesting activities .

Elders were provided useful health advice during the trips that lasted for four days. The center introduced awareness information about health during the trips.

Experts from Qatari Red Crescent Al kKhor branch explained the supplies needed by elders for travelling or making trips. It included a list of medical supplies and first aid kit.

They said many arrangements must be made before travelling, like preparing an information list about the elder that contains his address, relatives phone numbers to call in case of emergency, the illnesses he suffers from and a list of his medication. Some medical supplies he could need during his travel should also be prepared.

During the trips elders were presented nutritional advice



about healthy food. The purpose of this was to change their diet and introduce them to healthy nutritional habits. The useful advice was presented by dietitians of the center and included different kinds of food and how to achieve balance by including a variety of food types, eating in a moderate way and eating healthy alternatives that the body needs.

The elders toured all parts of the farm during this trip. They saw the different products planted there. They were also able to watch some wild animals there, like different kinds of deer, reel, ostriches , gazelles, goats, lambs and other birds and animals.

The elders enjoyed their tour at the farm some of them fed the animals by their own hands, in a joyful friendly atmosphere.

Elders expressed their happiness with these trips, describing it as enjoyable. They said that they hope the center organizes such entertaining educational activities, which are both interesting and useful for them, more often. They said it had a positive impact on their moods and energized them.

They thanked Ihsan center for the services it provides them including medical care and assistive equipments.

They expressed their happiness for having Ihsan social club , where they can spend useful pleasant time during the day.

At the end of the trip, Ihsan center’s officials thanked the elders for participating in the program. They also thanked the participating centers and offered special thank you certificate to the Qatari Red Crescent- Al Khor branch- for their positive participation in the program.

## *With the participation of female members of Ihsan social club* ELDERLY EMPOWERMENT AND CARE CENTER ORGANIZES AN EDUCATIONAL TRADITIONAL TRIP FOR ELDERS TO THE OLD MARKET IN WAKRA

■ EXCLUSIVE TO IHSAN:

Elderly Empowerment and Care Center "Ihsan", which is part of Qatar Foundation for Social Work, organized an educational entertaining traditional trip for elders of Ihsan social club, a club affiliated to the center. About 60 female members from the club participated in the trip that included a tour in the market to watch the beauty of Qatari traditional architecture. All the buildings of the market were inspired by traditional art features.

All the displayed antiques, jewelry, textiles, tools and souvenirs at the market are related to the Qatari old heritage.

The trip also included a breakfast invitation by "Baranda" restaurant in the market and another invitation from "Al Akar" sweet shop.

Miss Mozah Al Ishaq, head of day care department at the Elderly Empowerment and Care Center, said that the trip is an attempt to ease the feeling of the social and psychological isolation among female elders.

It also aims to reinforce relationships between the club members and to lessen the psychological burden and feeling of isolation, besides enabling elders to socialize with all categories of the society through the entertaining trips inside Qatar. The trip was also an opportunity for elders to visit new sights in the country.

Al Ishaq explained that "Ihsan" club, through the activities and events it organizes throughout the year, is trying to promote all the social, psychological and medical services provided by the center and to advertise it in order to increase the number of recipients of these services among elders.



The club is keen to organize various activities that suits different age categories and to keep up with all social and community events.

Elder mothers, who are member of "Ihsan" social club, expressed their happiness with the trip. They said that they were very happy to watch the landscape and the buildings with traditional style at the market, especially the restaurants overlooking the beach.

Um Khaled, one of the elders participating in the trip, said she is very happy to take part in this trip with her friends from the club. She added that they have become her best friends.

Um Khaled said this opportunity for social communication during entertaining trips make elders feel like one family and they make new friendships so they don't feel lonely anymore.

At the end of the trip they all took some photos. Female elders and the center's officials presented certificates of appreciation and thanking to the management of "Waqif" market in Wakra and to the staff and management of Baranda restaurant for their nice gesture of hosting "Ihsan" social club delegation.

*With the participation of 100 volunteers*

## IHSAN ORGANIZES “GIVING IS MY LIFE” TRAINING PROGRAM FOR VOLUNTEERS ON HOW TO TAKE CARE OF ELDERLY

*Jassem Al-Emady: The program aims to promote volunteering and care for elders in a professional way*



Elderly Empowerment and Care Center “Ihsan” organized the second version of “Giving is my life” volunteering program. The program is specialized in taking care of elders. About 100 volunteers from both genders participated in the training program. The volunteers were from different institutions including Ihsan, the Qatari Red Crescent and Qatar Center for Volunteer Work.

The volunteers received a professional and practical training that covered both the social and medical aspects in the life of elders.

Trainer engineer Nasser Al-Moghaiseeb covered the social aspect in a lecture, about volunteering in the social field.

During the lecture, he discussed the importance of volunteer work for the individuals and the society as

well. He also talked about the needs of elders and the different means to fulfill it. He said that looking after elders is an obligation not a choice.

He explained the concept of “Empowerment” which includes educating elders, informing them, allowing them to participate and improving their skills.

During the practical training, he encouraged the volunteers to create their own initiatives about volunteering to help elders, empowering them and educating the society about volunteer work in the field of taking care for elders. He also talked about the importance of elders in the society and the importance of empowering them.

During the training, some remarkable inventions were presented. The inventions aim to achieve “Ihsan” center’s targets in fulfilling the best interest of elders, in



order to empower them, care for them and provide them with a decent life in the society.

The second workshop focused on the medical aspect, in which miss Nawal Al-Mansoury, head of evaluation and continuation department in the home care section at Ihsan, presented a lecture about the volunteering in the field of health care for elders.

During the workshop, she covered the most important medical issues in the life of elders, like the safe correct ways to move elders, how to manage emergencies that they may face, in the addition to explaining the perfect daily healthy life style of an elder and how to maintain it by practicing physical activities constantly like walking for half an hour or more every day, depending on the medical condition of the elder.

She also discussed how to provide elders with a healthy balanced diet that contains all the important nutrition elements and helps them maintain a healthy body, following up their health condition, making sure they have their medications on time regularly, measuring their vital signs and always following up their medical condition. In the addition to making sure they take showers in time, and talking with them daily.

Al-Mansoury said that it is very important to have enough time for communicating with elders and encouraging them to react. He added that we must consult doctors if the elder refused to talk and didn't respond.

Al-Mansoury presented an explanation on the correct secure medical situation to move elders from one place

to the other. She said that we must stop moving him immediately if he felt dizzy or fainted to prevent him from falling.

She also provided medical advice on how to deal with elders who suffer of chronic diseases like diabetes, high blood pressure and other diseases.

Mr Jassim Mohamed Al-Emady, head of awareness and community outreach at Ihsan, said that the aim of the program is to create good relationship and exchange experiences between the center, the volunteers and other centers and foundations concerned with volunteer work. It also hopes to attract volunteers to serve, look after and empower elders in Qatar. This is in harmony with the center's policy of supporting volunteer work and community partnerships, and reinforcing the center's targets of empowering elders and providing them with a decent secure life in Qatar.



*Were elderly affected by the social and cultural transformations of modern life?*

## AN ELDER IS THE LEADER OF THE FAMILY AND SOCIETY

■ *Dr. Amina al-Hail: Elderly are community leaders and the callers for reform*

*Abdullah al-Sada: We must preserve the dignity of elders and encourage their independence*

*Muhammad al-Anzi: Parents should build relationships based on respect and friendliness between children and grandparents*

■ EXCLUSIVE TO IHSAN:

Elderly enjoy an exceptional status in Islamic and Arab societies in various countries. They are the foundation of communities and its solid base. They are the source of wisdom, knowledge, good manners and fine traditions. They are the one to lead societies to progress and development. They light the way to children and grandchildren and teach them kindness, righteousness and good manners. They are considered community leaders and the captains of any family as they lead their families to safety or disaster. But, did this high rank for elderly in the society remain as it is or did it change? Did the changes of modern lives characterized by dominance of technology, change the way the society views elders? Did social relations become weaker? Did their status decline in societies?

Do cultural differences between successive generations and the different levels of knowledge have an impact on their communication which creates a gap in the relation between different generations?

Do some parents consider elderly contribution in bringing up grandchildren an interference in their upbringing and a disrespect of the role of parents?

In this report, we try to answer these questions and identify elders status in the society today.

Knowledge Exchange

Dr. Ameena al-Hail, psychological and educational consultant at the Supreme Education Council, said that the Qatari society is a religious and coherent society that consists of several extended families where elderly play a major role. She added that elderly pass the local customs, traditions and values to their children and grandchildren. They transfer their life time experience to them, in addition to being a source of blessing in the house. Their role and their presence are important in every home. Our prophet, peace be upon him, urged us to care for elderly and respect them.

Dr. al-Hail said that the presence of elderly is important as they are the one to provide advice and guidance to other family members and they are characterized by wisdom and foresightedness in life and their view for things. She added that elderly often are leaders of the family, the tribe and the whole society. Many of them step forward to make necessary decisions and reconcile other family members and





Dr. Amina al-Hail

improve the relation between sons and fathers and husbands and neighbors.

She also confirmed that elderly play an active role in the community as they preserve the customs and traditions of the society and transfer it to younger generations. Through them, the culture and identity of the society and the family is preserved.

She said that if elders are religious, their sons and grandsons will accompany them to mosques and social gatherings and thus religion becomes part of their lives. If the grandparent love poetry, his children and grandchildren will grow up to love and appreciate poetry. That's why elderly have a big effect on the manners and character of their children and grandchildren.

Al-Hail said that there are differences between generations, of course, due to the different circumstances surrounding each generation, but she confirmed that tradition is not a subject of difference between successive generations, as each generation benefits from the previous generation and exchange accumulated knowledge and experience with each other for the benefit of both sides, which enriches the lives of everyone, and transfer experiences between generations so the elderly learn from the youngsters and vice versa.

#### *A relation based on love and respect*

In this part of the report we explore the opinion of psychology specialist Dr. Mohamed Hussein al-Anzy who said that the Qatari society in general respects elderly. This respect originates from the Islamic and Arab traditions which encourages gratitude and treating each person with respect. He added that this is the reason why many families

still include elders in decision making in family matters and believe in their wisdom and experience.

He pointed out that elderly are emotional with their grandchildren, which is a normal behavior and is dictated by God's wisdom in bringing family members closer. He said that such emotion and love might be exaggerated and make the grandchildren somewhat cross the lines defined by their own parents. If this occurs, he advised parents to calmly and politely draw the attention of the grandparent to it, so they don't feel as if someone is trying to take away their role in the family. It is also important to protect children from rebellion and getting accustomed to having anything they want.

#### *Integration and status enhancement*

Al-Anzi stressed that parents are the one responsible for communication between their children and the grandparents, so they should try to maintain a relation of respect and love between both sides and be a role model in righteousness to grandparents. One way to help in that is having weekly or



Muhammad al-Anzi

daily gatherings with elderly, participate in activities and trips together and ask ourselves how can the society benefit the most from elderly and integrate them in the society?

He said that this is only possible through providing a safe and relaxed environment for elderly and responding to their physical, health and psychological needs. If this is achieved,





the society will be better placed to integrate elderly and boost their status in the society.

#### Blessings of Elderly

We also interviewed preacher Abdullah Ibrahim al-Sada to ask about elderly status in Islam. He said that Islam is a great religion that orders us to practice good behavior that is for our own benefit. One example of this is honoring elderly and respecting their role in social reform. They have extensive experiences and are more moderate than youth. Our prophet, peace be upon him confirmed the importance of respecting elderly, as he said: "He is not of us who does not have mercy on young children, nor honor the elderly". It was narrated that the Prophet (peace and blessings be upon him) said: "Jibreel ordered me to give priority to the elderly."

The Prophet also ordered Muslims to "start with the elderly" when serving a drink or the like.

Talking about the duties of elderly, Sheikh al-Sada said that elderly should perform their religious duties. "God bless every old man or woman who spent his or her life in obedience and work for the development of their country," he said.

Al-Sada asked "Don't elderly deserve respect? They spent their lives working to raise their children according to the correct Islamic values so they could become good Muslims and good citizens".

"Yes, they deserve respect and this is a behavior we inherited through generations. In our country, people used to allow elders to sit in the middle of any gathering as a show of respect and some people would kiss elderly hands to show gratitude and respect," he replied.

#### Be a good companion to them

Al-Sada expressed his refusal of some sorts of bad behaviour toward elders. He said that a few youth nowadays respect elders, while the majority of youngsters don't show appreciation to elders or respect their advice.

He added that some of them would see an elder they know in the street, but they don't approach to greet him and instead exchange whispers about him together. He considered this behavior as ingratitude to elders.

Al-Sada called sons to provide for the expenses of parents, especially if the son has the financial capability and his parents did not have financial resources, stressing that the majority of scholars (Except for Maliki) said that covering the expenses of parents is a duty, even if they are not Muslims.

On the issue of grandparents interfering in upbringing of children, al-Sada advised sons and daughters to be patient. He said that elderly sometimes oppose the opinions of other people and interfere in personal issues. "They might do some mistakes, so we must be patient and show respect and understanding to their opinions and not to complain about their behavior all the time," he said.

The preacher emphasized the positive impact of grandparents in educating and bringing up children with an understanding of cultural concepts, customs and traditions, which might benefit them later in life. He said that the nature of the relationship between grandchildren and grandparents is based on friendship and intimate and sincere feelings. This safe relationship with grandparents have a great impact on educating children.



# Ahlam Al Manea to Ihsan

■ EXCLUSIVE TO IHSAN:

- *We are honored to receive the great support of Her Highness Shiekha Mozah Bint Nasser in the launch of the committee ...*
- *We look forward to cooperation with Ihsan to promote the importance of sports among elders...*
- *Qatari women acquired positions in the united nations, and this is an honor for us...*
- *In 2012 we won the highest medal for women's sports management in the world..*

*She was known as the first Qatari woman to manage women's sports affairs in Qatar. She considered sports as a passion and a challenge, by that she was able to prove to everyone that Qatari women possess administrative and athletic skills.*

*Her strong will was her way to fulfill her dreams. Women's sports became important in the country that Qatar became one of the main competitors in the world, and accomplished achievements that we never dreamed of before!!*

*In this issue we interviewed Women's Sport Committee chairwoman Ahlam Al Manea.*



### Why did you choose the sports field, and how you did it?

I was very fond of sports. I practiced it since I was a student, as school was the only place to practice sports for girls at that time. Then I had the chance to join the faculty of physical education at Qatar university in the eighties. I graduated and worked as a PE teacher in schools. I was chosen as a member in the committee of women's sports in 2001 when it was founded. At the beginning it was a volunteer based committee, that it became part of the supreme council of family affairs.

We determined the targets and strategies that we were going to implement. I was one of the founders. The beginning was very hard, especially because it is related to women and sports. Thanks to God, we were able to overcome the society's shock from that. Families were hesitated between acceptance and refusal, but we were able to convince them. We attracted students and used sport equipment available at schools. We opened three women sports centers, with the support and the supervision of Her Highness Shiekha Mozah Bint Nasser. She provided those centers with the latest equipment on her own expense.

We were surprised, at the first day of players registration, with the numbers of the participants who joined the committee. At this moment we discovered the Qatari women's passion for sports.

We discovered talents and improved it and we formed a base of players in every game.

### How was the beginning, and what were the sport teams you formed?

We started with basketball, handball, volley ball, gymnastics, chess and archery. Football was the latest game that we introduced for female teams.

These games are considered the main games to practice at schools. Later we had to open exclusive centers for volley ball and handball because the numbers of the participants grew bigger. At the beginning we depended on PE teachers in training, then we had professional teams that represent Qatar officially in a good distinguish way. So we hired professional international coaches. The numbers were not



big at the beginning, but now we have teams with three different age categories.

Some games were moved to be under the supervision of sports federations, like chess which now falls under Qatar Chess Federation.

Archery and gymnastics also need huge facilities and playgrounds, so it was moved to specialized centers. We are now forming women teams under the different federations, considering that most sports in Qatar have female members. We actively participate in championships on both Gulf and Arab levels as an official delegation that represents Qatar.

### How do you promote love for sports among women particularly and the society in general? Are there specific programs for elderly women?

We launch awareness campaigns that target families and especially housewives. These campaigns contributed in educating families about the importance of practicing sports and having a healthy life style.

Recently, we launched the campaign "Being active is a blessing". It was a very successful campaign that targeted mothers, housewives and their children in the pre-school age.

The campaign's aim was to educate stay at home mums with the importance of active utilization of their time from morning till noon (the time before the children comes home). They were trained on ways to burn calories during their daily house chores. They were provided information about healthy meals to prepare for their children, like snacks children can take for school, which must be healthy and free of conservatives and artificial substances. We also explained for them how to divide meals and add important

nutritional elements like vitamins and proteins to each meal. During these campaigns, we reach mothers by inviting them to their children schools and they beautifully responded to the campaigns. We tried to cover different districts, so we moved outside Doha.

Society awareness is part of our strategies and an important part of our work. We also depend on organizing seminars for parents that discuss the importance of sports and urge parents not to forbid their girls from practicing sports. Some married players participate in such seminars to encourage girls to take part and to prove to them that getting married and having children shouldn't stop anyone from practicing sports. Some high profile characters from the society attend these seminars.

We also organize entertaining contests and games, like Ramadan open championship for all ages. We prepare an open days for the public to practice any activity they like. In football we organize the open championship for futsal, that enjoyed a great turnout and many girls participated in it.

As for elders, I think practicing sports shouldn't stop at a certain age. Elders really need sports. Jogging is one of the most beautiful sports for elders as it gives them a feeling of energy and improve their mood.

For some elders with specific health conditions, they can practice some light sports that suits their condition. They just need our encouragement.

Table tennis is one of the sports that suit elders because they can practice it sitting in chairs. Chess is also a mental sport that suits them. It is important to prevent elders from quitting movement totally. we can motivate them by explaining the importance of sports and how it is related to their health, because they are always concerned about their health and everything related to it, so when they become aware that this activity is a part of their treatment plan they respond positively.

We targeted elders in our campaign "Being active is a blessing". The campaign was aimed at housewives of all ages, but with the cooperation of Ihsan, we designed one of the programs to target only elders.

On the National Sports Day this year, we encouraged jogging sport, by walking from our current building to the new one, with the presence of the lady players, their mothers, some renown people from the society, government foundations and Qatar University.

Some participants from Ihsan used to participate with us in sports days. This year the mothers got the chance to participate in walking and some fathers too. It was a remarkable event where 500 people participated in.

### **What is the role of your family, specially your parents, in supporting your athletic career?**

My family had a big role in my success. Since the beginning, they have been supportive and never rejected my desire.

My mother encouraged me and so did my father. I

remember the first time I showed on T.V. in Korea at the Asian games championship in 2002. I was the first Qatari woman to participate on the Asian level. My father asked my brothers to record the clip I appeared in, and he kept watching it over and over again, feeling proud and happy. I want to I would have never reached this place without the support and guidance of my parents.

### **How do you describe women sports in Qatar today?**

Today, Qatari women work as ministers, lawyers, ambassadors and also as athletes. Qatari woman have held positions at the United Nation. It is honorable enough to have Sheikha Mozah Bint Nasser to represent Qatar in all international events. In the sports field we need to make more efforts. We already have the support, but we need to achieve the country's vision for women in order for them to reach the highest leading position.

As for our international participation, our first participation was with a juniors team in at the International Handball Championship in the republic of Slovenia in 2008, then we kept on participating in many international championships. We began to organize some international championships for women, with the participation of many countries and we accomplished some achievements.

We also took part in the Olympics in London with three Qatari female players. This participation in itself is an achievement for Qatar. To see a Qatari girl holding Qatar's flag in such an important international event was remarkable.

As for the administration aspect in the women athletic field; in 2012 we acquired the highest medal in the world for women sports management. I received the medal in Lozanne at the headquarters of the International Olympic Committee. It was a great honor for me.

Recently, we won the first place in volleyball on the Arabic level. The championship took place in Sharjah where the strongest Arabic teams participated.

### **Final thoughts?**

I hope everyone in the society would make sports part of their daily routine to accomplish a healthy life.

As for me, I practice jogging to refresh my body and I follow a healthy diet.

I hope that any girl who love sports would contact with us. Senior students began to take courses in training, arbitration and administration. This way they can be coaches, officials or judges.

We organize programs to attract female players. In our new building we will have dedicated areas for sports for anyone who would like to register.

Through this interview, I hope my words would reach elders and support them in their practice of sports. I also hope we are able to organize a fun sports day for elders, because they are a source of kindness and bless. Thank you very much for this interview.

# AN ELDER IN OUR HOUSE PRESSURE ON CARE PROVIDERS



*Author: Dr. Manar Mahmoud Al-Ghamrawi  
Psychological and social adviser*

Providing care and fulfilling daily needs of elders, whether physical or psychological, like determining the perfect diet or the best cure for them, are very exhausting things to do, physically and psychologically.

By trying to give our best efforts for the people we love, negative feelings, like sadness, frustration, anger and loneliness, may occur. This may lead to depression.

This situation is most likely when one member only in the family is responsible for providing care to an elder and the other brothers and sisters don't offer the same care. It may also happen when the patient's health condition is getting worse or has no cure, especially in conditions like dementia.

In this article, I will discuss the depression the care provider might be subjected to, how to deal with it and how to get rid of its symptoms.

To explain it in a simple way, we will give an example for a 38 years old woman whose mother is paralyzed and can't take care of herself. The daughter is taking care of her mother, but she is very emotional about her condition, which affects her personal life and her psychological state. That lead to the daughter neglecting taking care of herself, her husband and her children. She prefers to sit by her own and suffers from non reasonable episodes of crying .

She is always trying to find a way to achieve balance between taking care of her mother and fulfilling her family's needs and own.

The suffering this daughter is going through which includes taking care of her mother, lack time to socialize or make any social activities, and the effects of that psychologically and physically, are known as "Care providers depression".

It may have an enormous effect on the psychological condition of care provides to elders or disabled children. It is very important to understand the nature of this condition and try to prevent it from happening .

It is also important to know that this depression's diagnosis is based on five symptoms if they last for two weeks. These are:

**First:** Having a bad mood for the whole day, almost every day. This can include feeling sad, empty and crying without particular reasons.

**Second:** Losing interest in daily life details and not feeling pleasure in any of them all the time, everyday.

**Third :** Losing weight due to lack of desire to eat, or gaining too much weight due to overeating in most times of the day, every day .

**Fourth:** Wanting to sleep all the time or having trouble sleeping every day.

**Fifth:** Irritation or having cold feelings that others can observe on the care provider and feeling physically exhausted and losing energy most times of the day, almost every day. In addition to blaming oneself and feeling useless, having difficulties in taking decisions and trouble to focus, plus thinking about death all the time and even about committing suicide .

If a care provider began to have some or all of these symptoms, he must seek help from a psychotherapist. This is because depression is not a temporary condition that disappear by itself. The problem may grow bigger and cause psychological and physical dilemmas.

Asking for help from experts, psychologists or therapists can cure and ease its symptoms.

Care providers must do their best not to reach this point by asking for help from other members of the family before the problem becomes more complicated or they feel more isolated. This can be done by planning shifts to provide care, and meeting friends and relatives and staying in touch with them, because they can offer support and ease feelings of exhaustion.

Finally, I say to anyone who has an elder father or mother to take care of: "This is an opportunity for righteousness and mercy".



*By / Dr. Manar Al-Ghamrawi  
Psychological and social adviser*

# THE SCALE OF THE PSYCHOLOGICAL BURDEN ON SERVICE PROVIDERS

By Abir Nasser Ahmed  
Psychological Advisor at Psychological Care Department

In most diseases, the disease affect both the elder and his family. This effect may be even bigger for the service provider since or she he is the one who directly provides care for the elder.

Service providers may be relatives, friends, neighbors or workers in the institutions that offer different services for elders. This care may be related to physical or mental disability.

Service providers should understand their own deep feelings in order to cope with their problems as well as elders' daily problems.

Feeling guilty, sad, embarrassed, isolated or lonely are very common feelings for service providers, as a result of the duties and responsibilities they might fulfill in taking care of elders.

That is why I decided to explain the scale of the psychological burden on service providers, in order to understand the amount of psychological and emotional pressure suffered by service providers and how it affects them in many ways. This is a simple explanation for the degrees of the scale of psychological burden:

\*if your answer is never to most of the questions, then you are a balanced, adjusted person , who have no problems or burdens while providing service for elders. Go on and

encourage yourself to practice this positive behavior.

\*if your answer is rarely to most of the questions, then you have few burdens or pressures, try to find out what they are and let it go in different ways.

\*if your answer is sometimes to most of the questions, then you are under psychological burdens but not permanently , try to provide care in a more simple way that shall release you from any psychological or social pressures you have to face when using other ways of releasing emotion.

\*if your answer to most of the questions is always, then you are under psychological and social burdens during providing the service. Try to practice the simplest way in providing care, and ask for help. It may be helpful to ask for consultation from an expert.

Finally , everyone deserves a break every now and then. Taking this break refreshes and energizes us. It is a very important thing to do for service providers. So you must maintain your friendships and contacts as one of your priorities, and have faith that others can provide care ( in your absence ) as good as you.



Abir Nasser Ahmed  
Psychological Advisor

## WRITTEN BY OUR FATHERS A JOURNEY OF GIVING

By: Teacher / Ghazy Darweesh

I've chosen the honorable teaching profession as a career for the valuable role it plays. I wanted to contribute in shaping and inspiring the coming generations.

I traveled from my home Gaza to work at Saudi Arabia as an Arabic teacher. I worked as a laboratory supervisor too because I have this passion for chemistry. I stayed there for 10 years before moving to my beloved Qatar in 1967.

I worked as an Arabic teacher in many government schools. The first school I worked in was the Arabian Gulf Elementary School. I stayed in this school for four years. It was my first experience in Qatar. I loved my students and taught them the love of sciences and reading, then I moved to Doha Secondary School for boys where I spent another four years. I have many sweet memories with my colleagues and students as well.

Because of the continuous teachers transfer done by the ministry of education, I was once again moved to Al Istiqlal Secondary School to work as a laboratory keeper, which made me very happy and fulfilled my passion for chemistry. I continued working at that school for seven years.

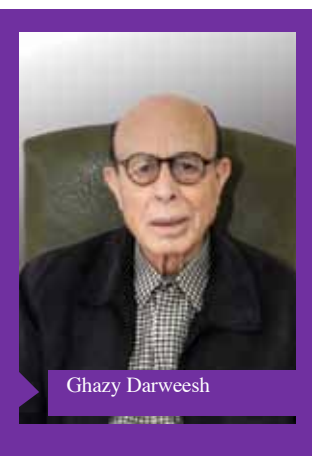
I finally moved to Al Rayan Al Gadeed Elementary School, where I stayed till retirement. During my educational career, I spared no advice for my students. I felt as if I was the leader of those generations. I passed to them my experience and knowledge. I was very thrilled to see the results of those teachings in my students' characters .

As for my family, my wife in an Arabic teacher too. She shared with me the same experience. I have two children Fahd and Lulwa.

I instilled in them the love of learning and reading. After graduation, Fahd traveled abroad for post graduate studying . Lulwa graduated from Qatar university with a bachelor of Arabic language degree with a very good degree.

Now I'm retired, but I still get to meet my students, and I feel very proud to see one of them in a splendid job.

Ignorance is a darkness ... that turns freemen to slaves  
Education is the light of God in his world... and the teacher is its sea



Ghazy Darweesh

# SHEIKH ABDULLAH BIN IBRAHIM AL-ANSARI



## *His name and family*

He is the wise Sheikh, the astronomer, the science's servant, Abdullah Bin Ibrahim Bin Abdullah Al-Ansari. The sheikh's family goes back all the way to the great companion of the prophet; Sa'ad Bin Ebbadah Al-Ansari Al-Khazragi, may God be pleased with him. His nickname is "Abu Mohamed". The sheikh is the son of a great generous Arab family. His ancestors migrated from the Arabian peninsula to Persia for political, religious and economic reasons.

## *Growing up:*

Sheikh Abdullah Al-Ansari was born in 1914. He grew up in a fine religious atmosphere. His father Sheikh Ibrahim Al-Ansari raised him. He began to read Quran when he was 5 years old. His father who owned a "Kottab" (school for teaching Quran) taught him holy Quran and Arabic at the Kottab. Al-Ansari completed memorizing holly quran when he was 12 years old, and learned Fiqh, Hadeeth and Arabic grammer.

## *His educational journeys:*

Al-Ansari's father was very busy working as a judge, so he decided to travel looking for more education. Al Ahsaa region in KSA was a place for scientists gathering those days, so he went there when he were 16 years old.

He went to Imam Mohamed Abu Bakr Al Mullah school, and other schools in the same area like Sheikh Mubarak school, and Sheikh Al Algy. He aquired an educational level that enabled him to teach in Qatar two years later.

After a short while in Qatar, he was thirsty again to more knowledge. This time he went to Mecca. On his way he met a group of scientists on their way to Riyadh, the most famous one of them was Sheikh Mohamed Bin Manea Al-Manea (may God have mercy on him). He didn't waste the opportunity to learn from them.

He completed his journey of Hajj and education. He went to Al Solattiah school in Mecca, Al Harm school. He was the student of great teachers, like sheikh Al-Mashat, Imam Olwy Al-Malky, sheikh Rahmat Allah Al Hindy and others.

When he went back to Qatar, he went to the heritage school founded by sheikh Bin Manea in Qatar. His colleagues in this school were sheikh Abdullah Bin Zaid Al-Mahmood,

sheikh Ahmed Bin Yousif Al-Gaber and sheikh Hassan Al-Gaber.

Then he traveled to the eastern province in KSA, and established the first official school there, in Dareen city. He was the judge of Al Qateef.

## *The Sheikh and the educational renaissance in Qatar:*

The Sheikh is considered one of the pioneers of educational renaissance in Qatar. He graduated of the heritage school which is considered one of the first schools in the Gulf countries. He contributed in building and founding the educational renaissance in Qatar, with sheikh Abdullah Bin Zaid Al Mahmoud, sheikh Abdullah Bin turky Al-Sbeay, Sheikh Qasem Darweesh fakhro, Ahmed Yousif Al jaber and others.

One of his many contributions in the education field is establishing the religious institute in Qatar. It was the first institution ever found in Qatar. He also participated with his efforts and philosophy in constructing Islamic teachings built on stable beliefs.

He supervised the publishing of some school books for different stages in the field of Islamic teachings. He helped in paving the road of teaching girls in Qatar. He encouraged girl education.

The pioneer of girls education and women's work in Qatar Miss/ Ammena Mahmoud Al jaieda (may God have mercy on her) said: "Sheikh Abdullah Bin Turkey and sheikh Abdullah Al Ansari asked me to suggest the idea of teaching to some Qatari women, but they didn't agree, then we went to Al Wakra city and encouraged some locals there to teach Qur'an and ran a small school there".

## *He opened the first religious institute in Qatar:*

Retuning back from the eastern province, the Sheikh settled down in Doha. He founded the first religious institute there in 1374 H. He managed the institute and supervised it. He also gave some religious lessons there, as well as putting the plans and programs for it.

The Sheikh chose a group of brilliant scientists and Sheikhs to teach in the institute. They were the pioneers of science, some of them graduated of the heritage school established by Sheikh Mohamed Bin Abdel Aziz Bin Manea. Among them were Sheikh Abdullah Bin Tuky, Sheikh Mohamed

Bin Sa'id Ghabbash, Sheikh Mubarak Bin Saif Al Nakhi, Sheikh Rashed Hassan Al Darham, Sheikh Yousif Abdel Maksood, Sheikh Ahmed Al Qudssy, Sheikh Abdel Rahman Ahmed Al Molla, and Sheikh Khames Fayyad. He assigned Abdullah Bin Abdel Lattif as a secretary.

At the beginning, the institution included an elementary division for beginners and an internal division as a residence for students from far villages and other Gulf regions. It also included a special class for Imams to improve their scientific level, in the addition to a small library.

The institution accepted students of all ages. The student had to pass an exam before he could move to a higher level. About 180 students were accepted and it had 10 employees. The institute stayed for three years then it joined the education department. The institute's students were transferred to government schools according to their levels. The Sheikh taught Quran interpretation (Tafseer) and prophet sayings (Hadith). He had students who benefited of learning from his science, then they occupied important positions at their countries. Among those pioneers were Mr. Rashed Abdullah Ali (UAE's minister of foreign affairs), Mr. Abdullah Hameed Al Mazrou'y ( former UAE's minister of justice), Mr. Thani Bin Essa Bin Harreb (former UAE 's minister of Endowment and Islamic affairs, Mr. Ahmed Abdullah Asskar, Mr. Mahmoud Hazza'e Abd Rabbah (working in the education and cultural field in UAE), Mr. Abdel Aziz Abdullah Bin Turkey ( former minister of education in Qatar), Mr. Mohamed Salem Al Kwari ( former ambassador ), Mr Yousif Abdel Rahaman Al Mullah ( social education department's assistance in the ministry of education in Qatar, Mr. Noursair Akhtar Basheer, a Pakistani employee at the local education department in the ministry of education in Qatar, and Mr. Abdel Rahman Abdullah Al Moulawy (head of cultural relations in the ministry of education. One of them was his own son Dr. Mohamed Bin Abdullah Al Ansari who graduated of the Islamic university in Madina, after coming back to Qatar he occupied many leading positions in the Qatari education ministry.

#### **Managing the department of religious affairs:**

As for the religious affairs, he contributed in writing , printing and publishing more than 200 books, most of them are original books and main references in Fiqh, Hadeeth, interpretaton, language, literature, history, medicine and astronomy.

In 1400H, the third international conference of Sunnah and Prophet's history was held in Qatar. Al Ansari headed the conference. It was a very successful conference and its outcomes of suggestions and recommendations had a big interactive role in education, Fiqh, Sunnah and prophet's history in both the Islamic and Arabic countries.

In 1982 (1402 H) his highness the prince of Qatar Sheikh

Khalifa Bin Hamad Al Thani ordered the founding of the department of reviving Islamic heritage. Al Ansari managed this department, which gradually took the place of religious affairs department and turned to the ministry of Endowment and Islamic affairs after the Sheikh's passing away .

#### **The Sheikh and astronomy:**

Sheikh Al Ansari had a wide knowledge in astronomy. He issued the Qatari calendar for more than 30 years. The first calendar was issued under his supervision was in 1377 H. His father ( mercy be upon him ) used to issue it before him. Al Ansari had a big knowledge in the moon's phases, stars locations, months, and the affect of that on agriculture, hunting, fishing, wind and the beginning of seasons. He issued the famous book of timing ( How to calculate time ). He put the base for the Qatari calendar which became the official calendar in Qatar and many Gulf country after that.

#### **Charity activities:**

Al Ansari contributed in many Islamic charity activities . He participated in founding the Islamic World Union, and a member in the Islamic literature Union. He was also a founder member in the Islamic Dawa organization and the African Islamic council.

He contributed in establishing Islamic centers in Korea, Japan, Philippines, Singapore, Thailand, Germany, France and some states in the USA.

He established the Ansari orphanage house in Kerala in India. Today it is one of the biggest technology universities in India. Its schools are among the best schools in Kerala. It accepts both Muslim or Hindu students. Poor students can study there for free. Rich men, businessmen and government employees paid for their sons to join it, which make it easier for poor students to join it too.

#### **His passing away:**

Sheikh Abdullah Bin Ibrahim Bin Abdullah Al Ansari died in 1989. His death caused a great reaction in all the Islamic world. His funeral was one of the biggest in Qatar. The funeral prayers were made by Sheikh Abdullah Bin Zaid Al Mahmoud, the prime judge and the Qatari Mufti.

Sheikh Yusuf Al Qaradawy gave a very touching speech that was kept in every body's minds .

Qatar big mosque was crowded with praying people. Every two rows of people had a third one in between them, and the outside hall was full too. Some of the surrounding streets were closed.

The funeral service lasted for more than 10 days, the people who came to offer their condolences kept on coming after that for a month.

May God have mercy upon Al Ansari for his devotion to Islam and Muslims, and for dedicating his life for science, that is why he earned the title the "Science's servant".



# DIALOGUE WITH PREACHER PREACHER, DR. AHMED AL HAMMADI TELLS EXCERPTS FROM HIS ADVOCACY JOURNEY TO “IHSAN”

■ EXCLUSIVE TO IHSAN:

*We were helping and calling for Islam in Bosnia amid battles and we stayed there until the end of the war*

*Muslim community in Europe reached 70 million Muslims, and there was no one who cares about them*

*The number wishing to enter Islam in France doubled after the incident of offensive caricature in the newspaper*

*We built private halls for elderly at the Islamic centers that we have established in Europe*

*Elderly people are most receptive category to Islam*

The Qatari Islamic Preacher, Dr. Ahmed Al Hammadi contributed a great efforts in spreading the Islamic religion in several areas in the world, and thousands of residents in those countries, thanks to God Almighty, entered Islam on his hands through his preaching journey, which lasted for more than a quarter of a century, he exerted a lot of

efforts and faced hardships for the sake of calling to God and his right religion, and he cruised through the different areas of the globe from the far North Pole through the forests of Africa and its deserts and jungles to the islands and highlands of Asia, he faced during his great preaching journey a lot of risks amid wars, and a lot of experiences, that we pleased in IHSAN Magazine, to share with us excerpts from it in the following speech:

### *Starting of a Preacher*

Dr. Ahmed Al Hammadi told us about the beginnings in advocacy field saying: «I joined the charity and advocacy work in 1991, and started with an advocacy trip to the State of Albania, we were at that time of the first people and preachers who went to Albania, with preacher Sheikh Abdulmoez Abdulsattar, God rest his soul, at that time we found great Ignorance of Islam in Albanian people, and we find many of them Muslims, but they do not know anything about Islam, to the extent that many of them do not know the word of monotheism, if we asked any of them about his religion he says he is a Muslim, then we say «do you believe that there is no god but Allah?», he wondered and asked us about its meaning?, And one of situations that I remember



in that advocacy trip to Albania that we went to one of the remote villages in one of the high places at mountaintop, and at the entrance of the village very large and scary drunk man stopped our car, and we knew that he is the mayor of the village, so we asked him to gather the people of the village, and we asked them about Islam, and any of them were able read «Al-Fateha» except their drunk mayor!! and he informed us that they are Muslims and committed to being Muslims rather than residents of other villages which are Non-Muslims, and assured us that the Muslim cannot become Non-Muslim, but the Non-Muslim may become Muslim, and he said « We are sticking to our religion «so we thanked God for that, and even though he was drunk, but his belief and faith in the religion of Islam was strong.” Dr. Hammadi continues his speech saying, «at one of the other villages in Albania we came and found an old destroyed mosque, we wanted to pray there and we met with a little girl scatter grains with her mother, we asked her to pray in the mosque but she shouted to her mother «these German men want to pray in the mosque» and she had thought that we are Germans, we told them that we are Muslims and not Germans, and we have knew that the German missionaries arrived there before us.

#### Call under fire

Dr. Hammadi, went in his speech to an experience which was very dangerous in his preaching life he says, “we went to Bosnia at the time of the internecine wars and the conditions there was tragic at that time in 1994, and we went through mountains and forests, and between the battles, but we stayed there by the save and sponsorship of God, and we were repeating the verse: “ **قل لن يصيبنا إلا ما كتب الله لنا** “ and we were distributing relief and food, and we stayed for a long time providing relief and we call for the Islamic religion amid the shells and under bombardment until the war is over. “

Sheikh Al Hammadi Continues his speech and says, «and we also visited Chechnya in 1996 , and it was severely damaged, but life returned after the advent of peace, as Europe which is the center of global decision have a very large Muslim community of 70 million Muslims, and there was no one who cares about them, so we focused on it,



and we have established an Islamic Centers and focused on France, Britain and Germany, according to Muslims density in these countries compared to other European countries, we have established centers which consists of a mosque, a school and an investment project spends its income on the mosque and the school “.

He added that «Islamic centers visited every day by who convert to Islam, and the popularity of entry to Islam is too big, and at the Centre of Lille city at France they receive who wants to enter Islam daily, and the number who want to enter to Islam doubled after the incident of the French newspaper of the offensive caricature of the Prophet peace be upon him, also we have established several centers in the State of Ukraine, of which a center in «Kiev» and the rate of entering Islam is great in the center, in the beginning some people comes to us every day asking about Islam or those who wish to enter Islam, and in a few months there was more than 150 people entered Islam, thanks to God.

#### New life

Preacher Ahmed Al Hammadi tell us a fascinating chapters from his preaching journey, which is not without jokes and he remember one them at the state of Hungary, where he said, “We set up, thanks to God, an Islamic center in Hungary and there was also a great demand on Islam, and I remember that I met a man at the entrance of the center and introduced to him Islam and I found him very receptive and he was had a background on Islam, so I found immediate acceptance from him, and we entered the mosque and I wondered when he did ablution with me without informing him the steps, he was familiar with it and we prayed and he prayed with us which raise my surprise, so I asked him: “Are you a Muslim? !!”, he said: “ No” but I will enter Islam now on your hands “.. so we introduced Islam to him and how to pronounce the two testimonies and its meaning, and he assured us that he is convinced of Islam and want to enter it, he uttered the two testimonies and entered the religion of God, praise God, and I told him that his previous life now executed and his former mistakes has been erased, and his new life begins from the moment of his conversion to Islam, he surprised and told us that he saw in a dream that a two men come and take him saying that they will execute his life, and these are you and the translator executing my previous life, then the audience laughed on this story, so he received his new life and brought his wife the next day and converted to Islam praise God”.

#### Miraculous idea

The aromatic advocacy march of Grand Sheikh Al

Hammadi continue, where he says "there are several areas we visited in Europe and called for Islam, and we found great acceptance and many of them entered Islam and most of them are women, and I remember that we were once in one of our advocacy tips in Kharkov city, Ukraine, which is famous under the name of" Students City "because the large number of students who are studying there, and there was no mosque in the city and they sometimes have to hire a tavern to pray on Friday, and by the merit of God we bought to them a building through the benefactors in Qatar, and converted to a mosque, also during my visit I gave Friday's speech at a rented building to a gathering of people from Muslims and non-Muslims, one of the attendees discussed me about Islam and she exhausted me by a lot of questions, and she argued with me so much and wasted time, so I said to her: "in spite of you and me, it will come a day when Islam governs all the world, she asked how?!, I explained to her that The Azan does not stop from the ground one minute, she said again how?!, I explained that the scientists divided the planet by 360 meridians between each one 4 minutes, and that good Azan takes 4 minutes, so when the Muezzin finish the Azan in the area of any longitudinal line, it begins immediately in the next longitudinal line, so that the sound of Azan moves from the line to line without a break, so it doesn't stop in the planet for one moment, so the word of unification doesn't stop on earth, and Islam will raise and governs, She fell silent, then suddenly she sit up to kiss me but I refused and told her that is forbidden in Islam, and she announced her conviction of Islam and converted to Islam directly, I followed that miraculous idea that I said "this is the land of God and this is the religion of God and we are created by God and we should be ruled by God's religion", and I read appropriate verses from the Koran to support those facts, and she converted to Islam and became a good Muslim, followed by others who converted to Islam, praise to Allah

#### **Koranic miracle**

preaching trip in Europe continues, he says "as well as we went to Moldova ", which was one day under the Ottoman Empire and it is next to Romania and Ukraine, where there is Muslim minority seems like the Middle Ages and there is ignorance of Islam, but at the same time we found a high demand for it, there I remember that I called one of the women to enter Islam, but I felt she is alienated and get bored from my speech, then I would leave but I returned and read something from the Koran perhaps may she think and remember in a day that someone have passed and read

to her something from the Koran, may she think and enter Islam, and actually I began to read several verses from Koran talking about heaven and hell, she cried and told me that she want to be a Muslim, despite she don't understand the Arabic language of Koran, , but the Koran have an effect, Glory to God, and she is affected and converted to Islam and uttered the two testimonies and because of her great joy she hugged veiled Muslim sister beside her, and she asked me with amazement why I came from Qatar to her home to enter in this religion!, and she told me that she was addicted alcohol to escape from her problems, and she told me: "I did not know your country Qatar and I never heard about until Al-Jazeera channel appeared, I told her **that God led me to you .**

Then we went to a country called Bandera next to Moldova which was a Muslim under the Ottoman Empire as well, and I would enter a hall to give a lecture where I met a man at the entrance of the hall and I offered him Islam and he became Muslim in a minute or two, I really wondered!! When we decided to enter the hall we said «in the name of God», he asked us with amazement: «What do you say?» we told him to say «in the name of God», he told us that his grandmother used to say the same phrase when we start eating, so we discovered that he was a Muslim but he did not know that !!, And in the hall I gave a lecture where women were unveiled, although they are Muslims, and one of whom was in a very adornments, when I finished the lecture she asked me (here we are a Muslim minority more than 15000 Muslim man and woman but no one paid attention to us, where are you, the preachers of Islam, why no one comes to taking us away of this loss?!)

#### **Call in the snow**

The interesting dialogue with Dr. Ahmed Al Hammadi continued, who reached in the Islamic call to the far north of the globe, where snow covered everywhere and temperatures reach freezing, he says, "I went to a group of European countries and reached the North Pole at north of Norway, and there the light is present all over the day for six months then the night come for the other 6 months of the year, and I came during the months of light, when I feel sleepy I know that sleep time has come, so I close windows and curtains and go to sleep, life is tough there, and weather is difficult because of being continuous light, we found the Muslims there praying in a rented building, and sometimes they expelled and rent another building, I asked them to look for a building to buy it and turn it into a mosque, and they found a good building, so I contacted

one of the benefactors here in Qatar who adopt the project, and he paid the full cost, and we have opened the mosque and it was the last mosque in the Arctic about a year ago in the far-northern globe, and we ask God's great reward to the benefactor who paid the costs. "

#### *With dwarfs at forests of Africa*

Sheikh Al Hammadi turns his trip to Asia and Africa, where he says, "we do calling at several places in Asia and visited several countries such as Indonesia, China and other countries, and thankfully there is a continuous increase in the number of entrants in Islam, and in Africa, we also visited several countries, and I remember that we went to visit the area of dwarfs located between the states of Uganda and Congo, which we reached it after great effort and fatigue, and at the extremities of the forest dwarfs came to us and asked us why we came to them, we told them that we want to talk to them about Islam, they told me wondering " would you like to talk about Islam first or dance and drum first? ", I said: " dance and drum first ", and I aimed it to gather more and increase their numbers, and they told me that in both cases I'll pay them money, I accepted, which was equivalent to about five dollars only!, they started to drum, sing and dance, and I was among them, and there number increased, then I talked and asked them about their knowledge about Islam and the translator told me then they are ready to enter Islam all of them, and asked me to teach them the testimony of monotheism and teach them its meaning, so I did that and asked them if they are convinced with the Islam and feel the faith and testimony of monotheism in their hearts, they assured me their conviction, then I taught all the tribe the testimony of monotheism and they repeat after me all of them, and they asked me before I leave about the mosque and I told them I will try to build it, God willing, and said that in my Friday's sermon upon my return to Qatar, and one of benefactors built it, and then people there entered Islam successively, *where is Muslims of them?"*.

He tells us another story from his preaching memories in Africa, says at the state of Benin I went to a village in a remote area amid forests, rocks and trees where the houses of the huts and you feel like in the Middle Ages, I was a stranger among them wearing a robes and cranial, and the scene was impressive, so I invited them to enter Islam, and they entered within minutes, the praise of God, and asked me to build a mosque for them, and also in Friday's sermon after returning, one of benefactors built it and dig a well for water in the village, and I visited them after about a year

and found them steadfast on Islam, and they invited others to Islam and increased in number and people from the villages around them entered Islam, and there is brothers who follow the work and the new Muslims and teach them more about Islam from several associations other than "Qatar Charity", and in other places that we visited in the other countries.

#### *Restore Muslims capital*

Preacher Sheikh Ahmed Al Hammadi continues his speech , where he says, "We have visited several areas in various parts of the world and care in it and in calling for the religion of Allah Almighty and this was from the matter of contributing to the spread of Islam and leaving a trace testifies us on the Day of Judgment, as God Almighty says: *إِنَّا نَحْنُ نُحْيِي الْمَوْتَىٰ وَنَكْتُبُ مَا قَدَّمُوا وَآثَرَهُمْ وَكُلَّ شَيْءٍ أَحْصَيْنَاهُ فِي إِمَامٍ مُّبِينٍ* (مُبِينٍ), it is a responsibility, and we are accountable to God, «Why do not we care about the Muslims in those lands?»», we wasted our capital from Muslims there, as their names Mohammed, Abdullah, Hassan and other Muslim names, but they leaved Islam because of their ignorance of Islam and not knowing it, so some of them still have little from Islam but they do not know Islam except of their Islamic names only, and now we are taking back our capital there which was lost over the years, this loss was occurred with help of the devastating media and evangelizing, and these efforts will strengthen the Muslim community there, which will have a bright future, God willing. "

#### *The elderly are the most receptive to Islam*

At the end of his interview with "IHSAN" magazine, preacher Dr. Ahmed Al Hammadi deals with acceptance of older people to Islam and their contributions in entry of the elderly to Islam religion by calling through their preaching trips, confirming that "elderly people are most receptive category to Islam", and the percentage of entering Islam through our work is very high, and in centers that we have created there are places and halls were built specifically for the elderly, for example the Centre of "Khair Al-Baryya" blessings and peace upon him, which was established in Denmark, which was adopted by His Highness the father Amir Sheikh Hamad bin Khalifa al-Thani, may God preserve him, a special hall for elderly has been created and they come to sit and talk, which is more like a club for them to meet and carry out their activities and hobbies in a great care, which attracted large numbers of them to enter Islam, as caring of the elderly at those centers attract them to Islam and gives a good impression that Islam is interested in all categories. "

# THEY DAY WE ARE WAITING FOR ...IS APPROACHING!

By: Salem Al-Enazy

Yes, it is coming in June, specifically in the middle of June. A day the entire world will celebrate, but in our religion it is an event we remember in every moment. It is a day to draw attention to the danger of misuse and abuse of elderly, including all forms of physical, sexual, psychological, emotional and financial abuse, in addition to neglect and loss of dignity and respect. It is the Elder Abuse Awareness Day. It's the day when the General Assembly of the United Nations declared June 15 as an Elder Abuse Awareness Day. This day is considered an annual opportunity for the world to raise its voice against the mistreatment of some of the elder generations and subjecting them to suffering.

The elder abuse is a global ethical and social issue. It's one of the practices that negatively affect health, and is an obstacle to fulfillment of human rights for millions of elderly people around the world. It is an issue that deserves the attention of the international community as a whole. The abuse may be a psychological abuse by intimidation and coercion, even if it is a verbal threat or non-verbal. It also includes subjecting elders to fear and disrespect, insulting and treating them like children. It could also be a financial abuse by seizing their properties and taking their money and their salaries. The physical abuse on the other hand, includes dealing with them harshly and beating them, as well as negligence by neglecting their personal care and clothing or medical negligence and failure to provide a safe environment for them.

But hundreds of years earlier, before any of these resolutions were issued, our religion explained how to deal with elderly abuse and protect them socially, psychologically and medically. I was impressed by the attitude of Ziyad ibn Abi Sufyan 1400 years before the United Nations resolutions when he delivered a speech in Jufa, saying:

(O people, I spent my night thinking about three issues, and I want to give you an advice about them: reverence of dignitaries, veneration of the scientists and respecting the elders, and I swear I will punish anyone who will not respect a scientist, or anyone who will not respect the dignitaries, or anyone who will not respect the elderly. Nations are known by their dignitaries, scientists and elders.

Think with me about his words to see that being firm with those who abuse the elderly and threatening them with punishment is the vision of the Islamic Shari'a to protect the elderly from all forms of humiliation.

I conclude my article with the saying of Imam Tawoos: "According to Sunna, respect should be shown to four types of people: the scientist, the elder, the sultan and the parent".



Salem Al-Enazy

## A TOUCHING STORY ABOUT HIGH AMBITION OF THE ELDERLY

■ EXCLUSIVE TO IHSAN:

Think with me about this ambitious and far sighted outlook in the elderly story: A story about that the Messenger of Allah, peace be upon him, who visited a Bedouin. The Bedouin was generous with the prophet, so the prophet asked him: "You Bedouin, ask for what you want?" The Bedouin said: "Oh, God's messenger. I would like a camel and a goat".

The prophet replied: "Can't you be like the elder of Bani Israel?". The Bedouin asked "What about this elder?". The prophet replied: "Moses wanted to walk with his people. The scholars among his people said to him: "We promised Yusuf that we won't leave Egypt without taking his remains with us". Moses asked: "Who knows where is his grave?" They replied: "The only

one who knows the location of the grave is our elder". He sent someone to bring the elder and asked her to tell them where is Yusuf's grave. She said: "I won't tell you, till you promise me I will accompany you in heaven".

I am amazed by this elderly woman who won't accept but the highest ranks. Such is a spirit that longs for goodness. Such are the characteristics of free spirits who don't hope for but ambition and high ranks.

You can see in this story the experience and far sight of elders. Truly, we can learn from elders how to succeed in life.

# IHSAN

Center for Care and Empowerment of the Elderly people.



Qatar Center for Elderly Empowerment and Care is pleased to announce the launch of its psychological consultation service "Shawerni" for elderly, their families and health care providers.

**We offer you psychological consultation in total privacy and secrecy**

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## IHSAN WELCOMES THE YOUTH INITIATIVES AIMING TO RAISE PUBLIC AWARENESS TOWARD ELDERS CARE



Elderly Empowerment and Care Center “Ihsan” welcomed the young Qatari Rashed Mohamed Al-Ghafarany. He is an active user of social media platforms. He visited elders of the center and spread information about the center and its services online, on all social media platforms.

Al-Ghafarany said he is very happy to communicate with elders, and spend this happy wonderful time with them, beside getting introduced to the services provided for them, and getting a full explanation for those services from Mr. Mohamed Saleh Al- Nesf, head of medical services department at Ihsan.

Al- Ghafarany took some photos for the center’s services, beside a group of video clips for interviews with fathers and mothers of the center. They sent it as awareness messages to the society’s members, the messages were about parents’ and elders’ righteousness, being good to them and taking care of them.

Rashed Al-Ghafarany uploaded the outcomes of his visit on “Snap Chat”, inviting everyone to visit Elderly Empowerment and Care Center, and communicate with fathers and mothers there, in order to ease their isolation and merge them with the Qatari society’s members.

Mr. Jaber Al-Murry, head of media department at Ihsan, praised Al-Ghafarany’s visit and his contribution in delivering the center’s message to the public and promoting its free services provided for elders above 60 years old, whether citizens or residents. The services represented in psychological, social, medical care, physiotherapy, day care and house care programs.

Al-Murry added that through house care, they make sure to deliver all the services of physiotherapy, functional therapy, nursing, and psychological and social services to elders at their houses and among their families.

He said he hopes that all categories of the society would communicate with elders at Ihsan. He invited users of social media and workers in media field to communicate with the center and cooperate with it in spreading the values of taking care for elders and being good to them, the values that our religion calls for and our Qatari society cherishes.

## IHSAN SOCIAL CLUB



The country’s vision and its concern for elders dignity and providing them with the highest level of luxury and the best services in the medical,

psychological, social and economical field, made it able to reach a high rank in its services; a rank that no other country have reached even with larger economic capabilities than ours. Qatar has reached this rank through the society’s values and traditions that support and encourage cherishing of elders and taking care of their psychological and social needs in the family and the society.

Qatar seeks to preserve elders dignity and deliver these services in the best way by assigning certain institutions for this mission, in order to reach the largest number of this category.

It was able, through the Elderly Empowerment and Care Center, to deliver varied services that include all elders needs in all aspects of their lives and to fulfill all their desires when they reach this age .

Among the great examples of the huge efforts done by the center to serve this category, are the events and activities organized by Ihsan social club.

Ihsan hosts elders in the morning to do several activities and to attend various events; psychological, social, medical, cultural, educational and others.

The club relates its activities to social and religious events in the society to achieve social communication through these activities. It does that with the cooperation of many experts and consultants and through the best of lectures, consultations and workshops .

The club is offering all that is related to this stage to make elders be more aware about its characteristics so that they can use their experiences in a proper way.

Elders can enjoy morning coffee at Ihsan club in a social atmosphere. This improves the bad mood caused by their children getting very busy with their daily lives, or the loneliness they feel after retirement and losing connection with friends.

They can also socialize with all categories of the society, through the field visits organized by the club, whether it was entertaining or educating trips, or through hosting many famous characters and officials during the various events organized by Ihsan social club.

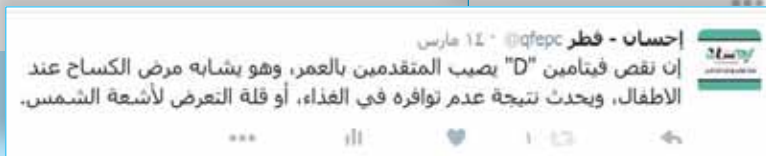
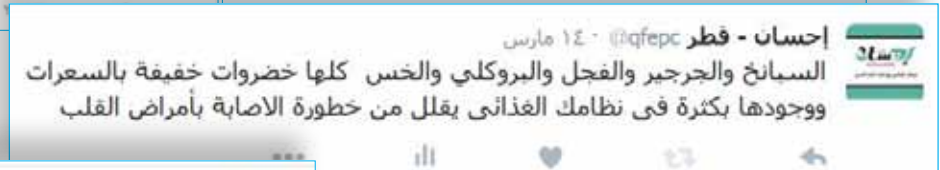
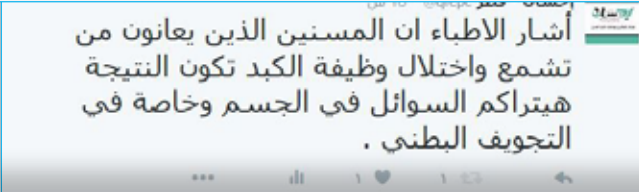
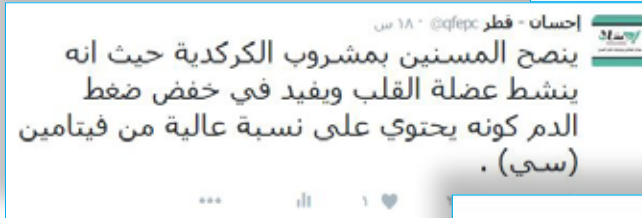
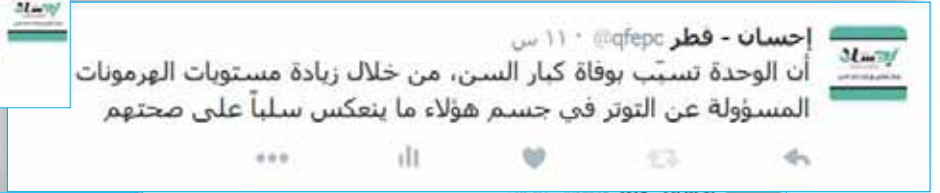
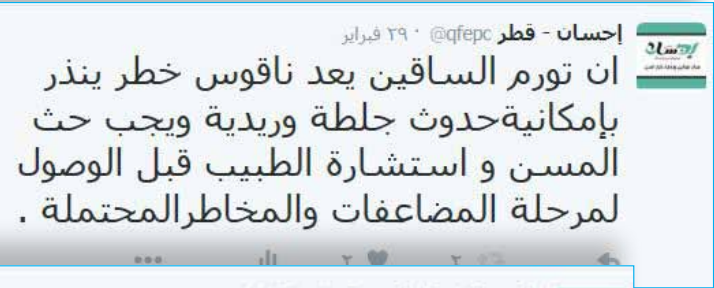
## SELECTED TWEETS:



■ EXCLUSIVE TO IHSAN:

The Elderly Empowerment and Care Center (Ihsan) aims to educate followers of its social media platforms about different elderly related topics, including; health, psychological, social and religious aspects. Social media is an important tool to spread awareness and introduce the public to the different services provided by Ihsan, since

it can spread information rapidly and is widely used by different age groups. In this issue we selected a number of tweets about a variety of topics that we previously published and won the admiration of our followers:





# POPULAR BELIEFS



Every society has its beliefs, whether pessimistic or optimistic, and it is inherited through generations. In this issue we have selected some of the ancient beliefs of Qatari people for the popular researcher Khalifa Al-Sayed Mohammed Saleh Al-Maliki.

These beliefs have rituals, customs and traditions associate with them. The researcher inherited these beliefs from his mother, Aisha Bint Ali bin Ahmed bin Hamad Al-Maliki Al-Juhani, May God rest her soul in peace.

The researcher says he used to hear his other saying popular phrases that include some sort of have a prayers. These phrases were used by Qatari people in the past if they saw or heard something, or if they want to do something or if something happened to them or if they doubted something would happen. These beliefs were accompanied by seeking forgiveness of Allah the almighty and are only a way of glorification of God and belief in destiny.

Below are some of these pessimistic and optimistic beliefs:

In the past, most of the houses of Qatari people had a well or more as a source of water for these houses. Some of it was drinking water and some is a bit salty and used by animals and

in laundry. It was called «SHARÆEA» which mean it is little salty. But the majority of these wells were salty water and used only to wash the animals and dish washing. These wells needed to be cleaned every now and then to extract anything that fell in them from the utensils or animals or dirt as well as a lot of bacteria and algae. There was a man dedicated to this task and people thought it is a good sign to add a turtle inside the well, believing it will eat algae, dirt, fungus, and insects from the water that they can't extract from the well.

Interlocking fingers during marriage contracting

If the judge or the man in charge of tying the marriage knot wanted to fulfill a marriage contract, he would ask the audience for attention and prayer without interlocking the fingers of their hands, because they believed that this act would be a bad sign that means discontinuation of marital life between the spouses. So everyone was asked to put their hands in front of him during the process of the marriage contract.

Top Top O Sea

“Top Top O sea”, is a popular artistic traditional ceremony performed by women and girls of the neighborhoods by the



seaside when the pearl divers arrived from their journey which takes several months. After this long time, the neighborhood women would gather on this commemoration, which is "Top Top O Sea", by bringing a cat and palm fronds in a bowl and stand on the seaside and sing (Top Top O Sea. Two months have passed and the third started... to the end of this popular song), then one of the women would put the cat in the water in and out several times as if she want to sink it, and then leave it, and take the bowl and pour its contents in the sea, as if she was throwing in the sea the bitterness that women felt during absence of their husbands, then they would light the frond of palm and put it in the sea .

#### Scraping nose

In the past they believed that a free man should have a long nose, and the slaves man have short and flattened nose, and the nose is honored by the Gulf people. If a man puts his hand on his nose it means that he says the truth, and he is capable of doing all that he is asked to do.

The right hand was honored as the one used for handshaking and a proof of love and peace. The nose is also honored as a

sign of love and affection at the meeting, so when a man meets someone, he put his nose on the other's nose for greeting and respect. In the past, people believed that scraping the nose is a sign that the person will soon meet a friend or a loved one, or that two loving persons are about to meet each other.

#### If the mistakes of a girl increased

In the past girls used to help their mother in all house chores, and learn from their mothers all about housekeeping, cooking, blowing, baking and sewing so that when they grew up, they would do all of these things on their own, and their family would be proud of them. But if the family felt over time that their daughter began to fail in cooking food as good as she was doing before, or when she carries something it falls from her hand and break, they would think that their daughter wants to marry because her status changed. Some of the families would feel happy because their daughter thinks about marriage and some of them would feel sad because their daughter is going to marry and leave them.

# IHSAN

## honors winners of its competition



### ■ EXCLUSIVE TO IHSAN:

With the presence of Mr. Mubarak Bin Abdulaziz Al Khalifa, Executive Director of the Elderly Empowerment and Care Center and the editorial staff of Ihsan magazine, the Center honored participants at the competition of Ihsan magazine's issue number 36. Awards were presented to winners sponsored by Kempinski Hotel Marsa Malaz, Al-Jazeera Perfumes and Al-Jaber Watches and Jewellery. Winners and supporters were honored in a special ceremony where attendees were welcomed and introduced to the stages of the competition. Sponsors of the competition were honored as well.

Mrs. Mariam Al-Dirham, Mrs. Salwa Al-Emadi and Mr. Majid al-Shammari won the competition. The Executive Director and

sponsoring companies distributed the prizes to the winners.

This competition is the first of its kind since the launch of Ihsan magazine. The competition enjoyed a large participation exceeding 40 entries. A draw was done to choose the winners for this issue's competition. The competition aims to involve all members of the community in Ihsan projects that serve the elderly and spread awareness about Ihsan's role in serving this category. The competition aims to motivate readers to learn about the services and programs provided by the center. Organizers of the competition developed the competition's questions to cover topics related to heritage, health and public information.

## IHSAN MAGAZINE COMPETITION

*IHSAN holds a periodic contest for readers covering topics discussed by the magazine*

### First question:

What are the legal conditions for establishment of Private Associations and Institutions?

### Second question:

What are the symptoms of stroke?

### Third question:

When was the mosque of Imam Muhammad ibn Abd Al-Wahhab inaugurated and how much is its area?

### Terms of the competition:

The participant should be a resident of Qatar.

Non-participation of employees and their family members.

Answering all the questions.

Sending answers before May 25th 2016.

Sending answers to the email of the magazine: [ihsan@qfepc.gov.qa](mailto:ihsan@qfepc.gov.qa)

The participant should send the answers to the above e-mail once.

The participant should send his personal data and phone number with his answers.





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# IHSAN HOSTS SAAD AL HAJRY A REMARKABLE INITIATIVE FROM THE MEMBER OF CENTRAL MUNICIPAL COUNCIL



■ EXCLUSIVE TO IHSAN

*This issue's guest is an international, Arab and Qatari champion whose name is engraved in golden letters in the field of car races.*

*He is one of the car race champions in the middle east and the world. He won many championships and earned many titles in this field.*

*He was a title holder in the field of mechanical sports for 35 years, in which he accomplished many achievements and successes.*

*He was born a hero, shining star and a competitor who loves to win. He is also a member of the central municipal council of the second district and a well known businessman.*

*Mr Saad Al Hajry contacted the elderly empowerment and care center. He toured its divisions and departments, met fathers and mothers of the center and was introduced to the services provided by the center.*

*Mr Khaled Abdullah, head of public relations department at Ihsan, Mr. Mohamed Saleh Al Nesf, head of internal care department at Ihsan and Mr. Gaber Al Murry, head of media department at Ihsan welcomed the guest. Through visit, Mr. Saad Al Hajry confirmed that a man is social by nature and likes company and in order for someone to have a healthier psychological life, he must*

*socially communicate with others. He added that we must have friendly conversations with elders and take them back to their sweet past days.*

*Elders expressed their happiness for this visit that is considered a kind initiative from Al Hajry .A lovely friendly atmosphere filled the place which had a positive impact on the elders of the center.*

*One of the visit's targets was to spread an awareness of this category in the society, a category who needs to be taken care of.*

*The guest talked with elders about their impressions on the provided services for them, adding that the center's management spare no effort to offer them all the needed conditions.*

*At the end of the tour, Mr. Saad Al Hajry thanked the center's managers for their hospitality and for the trophy they presented him.*

*He left with greetings and love. Al Hajry promised to do more visits like this in the future.*

*Everyone praised this visit and considered it a kind initiative from the guest of the month who was invited by the center. The center wants to make sure to invite all who contribute in Qatari achievements, and who have a remarkable effect in all fields.*

# BRAIN STROKE

It is an injury that occurs in part of the human brain as a result of a stop in blood flow to this part, leading to loss of its function.

The most common reason of brain stroke is the blockage of an artery in one of the brain parts. When the blood supply stops in a certain area, the cells of this region die within minutes if the obstruction was not cleared.

Another less frequent reason is the explosion of one of the small arteries, causing hemorrhage.

It is worth noting that the left side of the body and the left lobe of the brain control the movement of the right side. The understanding of speech and speaking centers are located in the left part of the brain.

There are several symptoms for stroke, including:

Sudden loss of strength in the right or left side of the body.

Weakness in the movement of facial muscles in one of the two sides.

Difficulty in speech, such as slurred speech.

Visual symptoms such as loss or decrease of vision in one eye temporarily.

A feeling of sudden nausea, headache, and lack of awareness or dizziness, may accompany a stroke.

What are the reasons of arteries clogging and thrombus formation?

The main cause is atherosclerosis. And if the cause of the stroke is hemorrhage and not clogged artery, it is due to

high blood pressure. There are also other factors like aging, smoking, diabetes, heart disease, high cholesterol level and obesity.

What are the odds of recovery after a stroke?

Recovery after stroke takes a long time in the first few weeks, and increases during the first months. It may take from six months to a year.

The recovery depends on the size of the area of the brain affected, the site of the clot at the brain and the patient's age and health.

Physiotherapy:

Most common symptom caused by stroke is paraplegia, so physiotherapy must be used and rehabilitation of the affected part to its natural state. Prevention of muscle atrophy is important as well, so moving the large and small joints of the affected part is required to avoid the case of stiff joints that begins after the third week of the stroke.

The patient shouldn't be left in bed on one side for long periods and should be turned to avoid bed sores.

The patient should be out in the standing position to stimulate balance.

In the case of foot drop, supportive foot should be used.

Usually improvement begins with lower limbs before the upper. Around 80% of patients get better through the first three months and after that recovery is slow and gradual.

## ARTHRITIS DRUG COULD DOUBLE UP AS A TREATMENT FOR ALZHEIMER'S AND FRONTOTEMPORAL DEMENTIA, STUDY FINDS

By: Essam Youssef

Scientists from the Gladstone Institutes in California have found that Salsalate, a drug used to treat rheumatoid arthritis, effectively prevented the accumulation of the protein tau in an animal model of Frontotemporal dementia (FTD).

Tau protein accumulates in the brains of people with both Alzheimer's disease and Frontotemporal dementia. The study, published in Nature Medicine, found that salsalate successfully lowered tau levels in mice and, in doing so, improved memory and prevented damage of the hippocampus - a brain region essential for memory formation that is impacted by dementia.

Dr Doug Brown, Director of Research and Development at Alzheimer's Society, said:

'It's promising news that the arthritis drug salsalate could potentially reduce the accumulation of one of the toxic proteins that characterises both Alzheimer's disease and Frontotemporal dementia. None of the current dementia treatments target this specific protein, tau, which creates tangles in the brain that

gradually destroy healthy nerve cells. While scientists are still not absolutely sure what causes Alzheimer's or Frontotemporal dementia, the hope is that this type of treatment could be one way of slowing down the progression of the disease.

'As this drug is already prescribed to people with arthritis we know a lot about how it works and its side effects - what we need now is confirmation of whether it works for people with dementia. Salsalate is currently in a clinical trial for another brain disease, progressive supranuclear palsy, and we look forward to seeing the results as they could be indicative of its potential as a treatment for dementia. 'Repurposing existing treatments for other conditions offers real hope of delivering a new dementia treatment within five to 10 years - which is why Alzheimer's Society is currently funding a number of studies in this area, including a treatment for type 2 diabetes and another drug for arthritis.'

# PHYSIOTHERAPY TIPS AND INFORMATION

■ EXCLUSIVE TO IHSAN:

PROVIDING TIPS AND ADVICE TO MAINTAIN THE INTEGRITY OF THE JOINTS, MUSCLES, BONES AND OVERALL HEALTH IS ONE OF THE FUNDAMENTALS OF PHYSIOTHERAPY.

*Several studies suggest that psychological stress and tension affect the capabilities of the brain and reduce its efficiency. Due to aging, the nervous cells in the brain shrink and their efficiency is reduced, leading to many neurological problems, such as forgetfulness and lack of concentration and difficulty in decision-making, in addition to behavioral changes such as excessive nervousness and introversion and trouble making. {Three quick solutions; reading, sports and drinking water}*

*There is a part of the brain that controls mental functions, which includes memory and decision-making, so if you often feel intense anger, try to deal with it in a healthy way through relaxation exercises and meditation. {Learn the breathing exercises}*

*Physical fitness and mental fitness are two sides of the same coin, as people who exercise regularly do not suffer from a decline in their mental abilities when they reach the seventies and eighties. {Stay fit}*

*Increasing daily activity by pushing the shopping cart at the grocery store or using stairs instead of the elevator are good ways of exercise. {No for sedentary life, yes for activeness}*

*Maintaining the physical activity on a daily basis is very important to activate the memory, as it is the key to maintain perception. {Be active}*

*One of the reasons leading to elderly fall, are vision*

*problems, weakness in leg muscles and balance problems. {Follow up with your physician}*

*To protect the elderly from falling inside the house, God forbid, follow up their vision and provide good lighting for ladders and wearing anti-slip shoes and fixing the edges of rugs by wide tape. {Prevention is better than cure}*

*When falling down or collision with hard object, God forbid, and feeling pain and inability to move, X-ray must be done to exclude fractures. {Be keen to follow-up}*

*There is a correlation between certain areas in the body, if a defect occurred in an area, the other area feels that defect, so 90% of the pain area is not a real affected area. {Examinations are your guide}*

*If your feet hurt you and you feel tired and feel cold when touching it, put it in warm water to feel relaxed. {Treat yourself}*

*Avoid carrying heavy stuff, avoid quick and sudden movements, avoid bending your back and turn around at the same time. {Protect your back}*

*If you sleep on your back, place a pillow under your knees, and if you sleep on your side, place a pillow between your knees. {Sleep comfortably}*

*Hot compresses, electrical compresses, compresses that are heated in the microwave and relaxation in a warm*



bath are ways of warming up. {Choose what relieves you}

Arthritis or osteoarthritis in the knee, hip or back, causes difficulty in walking of the elderly. {Avoid suffering}

The benefits of physical activity is inversely proportional to the risk of heart disease. The more you are active and moving, the less is risk. {Your health is in activity}

One of the sports that create enough resistance and increase bone density and stimulate memory is walking. {Keep moving}

Walking in the water is an excellent exercise for older people, especially if they suffer from friction in the knees. {Water decrease the load over knees by 75%}

Diversify your exercise and reduce its time so you don't get bored by repeating the same exercise for a long time. {Seek the help of those who can help you}

Sit on a chair that supports your back and hands, so that the weight of your hands is not on the cervical vertebrae, because overloading on the cervical vertebrae causes cervical spondylosis. {Avoid suffering}

It is not preferred to use neck collar or back belt for a long time to avoid muscle weakness and stiffness in the joints of vertebrae. {Educate yourself}

The side muscles of the neck are called the muscles of feelings and emotions, because they are affected by sadness and tension causing stiffness and spasm of the neck when exposed to psychological pressures. {Depend on God}

Shrinking of small muscles located between the ribs in the rib cage results in pain while taking a deep breath or while lifting your arm and cause difficulty in breathing and bad mood. {Keep stretching and extension exercises}

Avoid using electric compresses on areas with numbness or tingling in order to avoid burns. {Your safety is important to us}

Avoiding being overweight helps you avoid a lot of pain and problems in joints, muscles and bones. {Save your health}

If you have a defect in balance, keep on exercises which strengthen the muscles responsible for balance to reduce the risk of falling. {God bless you}

Avoid the use of warm compresses directly after injury, especially when there is swelling, and use cold compresses. {Be your own doctor}

Use a chair with adjustable back and head and feet rest when you watch TV or read newspapers and magazines. {Enjoy and rest}

Ask for help when carrying heavy stuff that requires much effort. {Take care of yourself}

Inactivity and lack of exercise leads to muscle weakness and increases the risk of obesity and stroke. {God bless you}

Maintain a healthy weight, keep your back straight, stay fit, stay active, educate yourself and keep your relation with God and you will live in health and peace.



# IMAM MUHAMMAD IBN ABD AL-WAHHAB MOSQUE



Imam Muhammad ibn Abd al-Wahhab Mosque, inaugurated on 21 Muharram 1433 AH (16, December 2011), is considered one of the largest projects and the most beneficial to the community, as a destination for worship and learning. The Imam mosque puts the State of Qatar in the ranks of the most interesting Islamic countries in heritage and Islamic civilization. The Private Engineering Office, in charge of the mosque project, was keen to make a mosque building that preserves the art of authentic Qatari architecture, which embodies the Qatari heritage in its simplicity and splendor. The construction of Imam mosque resembles the form and manner of Bou-alaqbib mosque located in the Souq area next to the Hamad Al-Kabeer Street. Sheikh Jassim bin Mohamed bin Thani, the founder of Qatar, built Mosque Bou-alaqbib in reward of his father, and it is not a coincidence that passage of one year- since the reveal Islamic architectural masterpiece, coincides with National Day celebrations which started in eighteenth of December 2012, and with the comprehensive renaissance on more than one level that is experienced by our young country as it prepares to host the 2022 world Cup.

## The site and the space

The total area of the mosque is about 175 thousand square meters and is located in Al-jebilat area to the north of Doha city center and overlooking Qatar Sports Club from its west. The land of the mosque which is 175.575 square meters, includes amusement parks, outdoor and indoor

parking, services building and the mosque building. The mosque can accommodate inside its air-conditioned hall about 11.000 worshipers, in addition to an air-conditioned hall allocated for Women that can accommodate about 1.200 worshipers. The courtyard of the mosque and the front yard of the mosque can accommodate up to 30.000 worshipers.

## Mosque building

The building is divided horizontally from the eastern side towards Qibla to the outer courtyard, hallways, inner courtyard "courtyard of the mosque" and finally the prayer hall. The total built-up area of the mosque is up to 19.565 square meters, while the outer courtyard extended on an area of 14.953 square meters, and the level of outside facilities is linked with the courtyard of the mosque across the grades and slopes for special needs from the three sides.

## Architecture innovation

The mosque accommodates 30 thousand worshipers at peak times and events. The total area of approximately 175 thousand square meters include places of ablution for men and women. The design of water services is inspired from the design of conventional water resources in Qatar. The mosque lightened and adorned with 28 copper circular multi-layered chandeliers hanged at an altitude of 14 meters, while the sound systems are highly advanced, automatically controlled and directed, to reduce the echo to the minimum. The mosque have a fixed network

of cameras which offers easier and faster live broadcast, available at all times, parking of the mosque accommodates about 3 thousand cars, either in open or covered places. The mosque is surrounded by a green belt of trees on 47.362 square meters.

#### The Capacity

Through one of the North doors, made of teak hardwood, ornately hand-crafted and studded with ancient copper, worshipers enter to more than seven thousand square meters (7040 m<sup>2</sup>) of carpets made from natural wool with a simple and elegant design which accommodates almost up to ten thousand worshipers (9990 worshipers) at the ground floor. In the mezzanine floor, the prayer hall accommodates 1.200 male worshipers and the same number of female worshipers, to make the total number of worshipers to nearly twelve thousand four hundred worshipers (12364 worshipers), and with addition of 8332 worshipers, the number of worshipers who can be accommodated in the courtyard of the mosque and the corridors at peak times and occasions, such as Eid al-Fitr and Eid al-Adha prayers, can be up to more than twenty thousand (20.678) from worshipers. The access to the mosque can be also through the eight side doors, four on each side, which link directly from the outer courtyard to the side marble walkway of the prayer area to the carpet, on both sides of the Qibla wall there are two rounded corners for reading equipped with shelves for books and seats.

#### Capacity and streaming

The visitor from the north corridor passes through bathrooms and ablution area for special needs, and then reaches the North Gate which leads directly to the corridors on the contrary of the Women Gate that lead to a closed hall separated from the corridors and courtyard of the mosque. This closed hall lead directly to the women's ablution on the left and right of the elevators or stairs that leads to the prayer area of women in mezzanine floor. The women ablution area can serve 80 worshipers at the same time. While the ablution of special needs accommodates eleven worshipers, while the men ablution is located in the basement and is accessible via the elevator and stairs at both ends of the north corridor, and serve 317 worshipers at the same time, and the basement connects through an underground tunnel with services building.

#### Domed ceiling

The domed ceiling with twenty eight domes rises more than twenty-nine meters (29.15 meters) from the floor of the prayer area by arches covered with ornate plaster and columns covered with white marble and its crowns in North ribs decorated to be used as shelves to keep the Koran with small brass doors attached to them.

#### Forums of the Quran and its Sciences

On the mezzanine floor from the south corridor, there is a

hall for memorizing Koran for females that accommodates up to forty student, then the library next to it, which can accommodate ninety readers. At the opposite side of the northern corridor there is an office for each of the Imam and preacher, and beside them there is a hall for memorizing Koran for males which accommodates up to ninety students.

#### Cameras of television broadcast

The prayer area provided with fixed network of television broadcast cameras and its lighting, in addition to those in the courtyard of the mosque and at the gates, all are linked to the room of television broadcasting in the mosque building which in turn is directly linked with Qatar TV, which offers easier and faster live broadcast, available at all times.

#### Fountains and lights

The outer courtyard has been provided with slope for cars to ease access from the occasions' gate to the courtyard of the mosque, and in the four sides of the outer courtyard fountains of fresh water inspired from the design of one of conventional water resources in Qatar are distributed. Also in the courtyard there is 120 stone benches specially designed to have a lighting system to lighten the outer courtyard at night, along with the traditional lamps on the edge of the wall, seats and the floor of the courtyard made of hard granite stone.

#### Comprehensive services

Open parking and internal streets extend on an area over 80.000 square meters and can accommodate 2615 cars. The floor of the open parking and internal streets have been paved with natural basalt stone, which gives an aesthetic value higher than the asphalt increases with time, and the external positions are lit at night by 1816 short stone columns specially manufactured to suit the stone material of the sidewalk.

An illuminated parking is located under the outer courtyard and extends over an area of 14.470 square meters. The open and underground parking spaces are linked to each other by two separate entrances and exits to ensure easy movement of 350 to 2952 cars that can be accommodated in the parking of the mosque. The underground parking linked is also inked with the outer courtyard by a couple of escalators.

#### Green environment

The mosque is surrounded with green spaces across the exterior parking and buildings. Its area reaches up to 47.362 square meters, covered by a combination of plants, various seasonal flowers and shrubs, and finally trees which reaches up to 1642 between big and small trees. Most of the trees are local Rhamnus trees. The green spaces are irrigated by the private internal water network of the mosque.

# CIVIL SOCIETY INSTITUTIONS (3)

## ■ EXCLUSIVE TO IHSAN:

### *Characteristics of Civil society Institutions:*

In the previous article we pointed out that Civil Society Institutions in the State of Qatar are divided into two main sections: private societies and institutions-including professional associations- and the private institutions of public interest. In this article, we will discuss the legal regulation for each.

*The first legal system of private associations and institutions:*

We mentioned that law No. 12 of year 2004 defined the Assembly as a group that includes several natural or legal persons who share a humanitarian, social, cultural, scientific, professional or charitable activity. Achieving financial profit or engaging in political matters shouldn't be among the objectives.

While the law defines Private Organization as any private facility established by one or more natural or legal persons for the purpose of achieving one or more of righteousness or public and private benefits for an indefinite time. Achieving financial profit or engaging in political matters shouldn't be among the objectives as well.

### *The law lists several requirements for establishing an Association:*

The number of Founders should not be less than twenty people, and the law allowed to the cabinet, upon the suggestion of the Minister of Social Affairs and for a public interest to establish an association without this condition.

Payment of a fee of one thousand riyals.

### *While the founding or joining member should fulfill the following conditions:*

Be Qatari, and the cabinet, upon a suggestion of the Minister of Social Affairs and for the public interest, can waive this condition.

Not under eighteen years old.

No final judgment involving moral turpitude or dishonesty is issued against him, unless he had undergone rehabilitation.

Must be known for good behavior and reputation.

The law obligates the founding members to sign an establishing contract and set up the statute of the Association. *The establishing contract should include:*

Date and place of liberation.

The names of founding members, their nationalities, places of residence and age.

Association name, address and its goals.

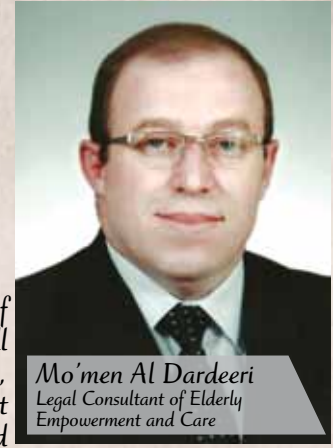
### *While the statute must include:*

The name of the association and the address of headquarter and the area of its activity.

Purposes of the Association and its working rules.

The conditions of membership, duties of the member and his rights and the conditions for the withdrawal or dismissal or cancellation of his membership.

The Board of Directors' system, its duration, terms of reference and the number of its members and the method and date of their election.



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The terms of reference of the General Assembly, call procedures, dates of meetings, the quorum necessary for correct session and the way of voting and decision making.

Beginning and end of the financial year of the Association and its financial resources and how it can be used and spent.

Ways of financial auditing.

Rules of organizing finances, budget and final accounts and its approval.

How to modify the basic system of the association, or establishment of branches, or union or integrating it with other association.

Rules of dissolution of the association and the party to which the funds can be transferred to it in this case, provided that it must be an association or a private organization engaged in one or more of the areas of work of the dissolved Association.

The Act specifies the procedures of establishing an Association, and the competent authority to approve the establishment, and the competent authority of appealing the decisions made in this regard in the articles 6, 7.8 of the Act. The law also decided the association would acquire legal personality once registration and proclamation process is completed in accordance with the provisions of these articles.

While private institutions, in addition to the previous conditions of the associations, must have a shared capital not less than ten million riyals, and that capital is wholly owned by the founder or founders, and allowed establishing of the institution by the individual who will of the founder, whether natural or legal, in this case, the founding document signed by the founder will act as the memorandum of Association.

Second, the legal system of private institutions of public interest: Act No. 21 of 2006 defined the public interest institution as a facility which established by one or more natural or legal persons to achieve one or more of the purposes of public interest.

The Act gave the institution an independent identity and finances from its founder, and enjoined its founding by a founding document including its name, purposes, location, funds allocated to achieve the purpose of its creation and the name of the founder, nationality and place of residence.

It enjoined that the statute of the institution includes, in addition to its name, purpose, location and allocated funds, the method of its management and define who is representing it at courts and in its relationship with other parties. It should also include its financial resources, and the party which the Foundation's funds can passed to when it is solved. Unlike private institutions, the law permits that the funds of the institution be transferred to the founder on two conditions: the first to be a legal entity, and the second is approval of the cabinet.

Qatar Center for Elderly Care and Empowerment is pleased to offer its services to elderly Qataris and residents above the age of 60 years, in the following fields:



6-PSYIOTHERAPY SERVICES



1-HOME CARE SERVICES



5-DAY CARE SERVICES



2-SOCIAL SERVICES.



4-PSYCHOLOGICAL SERVICES



3-HEALTH SERVICES.



# ELDERLY ARE THE BLESSING OF HOMES AND THE CORNERSTONE IN THE FAMILY



*In the name of God, and after prayers and peace upon the Messenger of Allah...*

*At the 15th of April each year, the country celebrates the precious occasion of the "Family Day". The family is the most important component in building communities, therefore the strength of the society stems from its strength and cohesiveness. We thank God that the family in our society is characterized by cohesion and strength, and our family and social cohesion is strong and difficult to break, unlike in many other societies nowadays. The structure of our families is based on a combination of noble values stemming from the teachings of Islam and our own Arabic authentic traditions, due to the nature of our society which is characterized by interdependence, sympathy and cooperation.*

*At the Centre of Empowerment and Elderly Care "IHSAN", we do our best to gather the family members and facilitate positive communication with elders. We encourage family members to maintain close relations and solidarity, and improve the awareness of families and community of the need and importance of caring for elderly parents in a cohesive family, which enhances the relations between family members living together under one roof. The elderly are considered the blessings of homes and they help gather the family together. Usually cohesive families don't break down and the communication between its members doesn't decrease unless in case of the death of the elders in the family or one of parents. It is rare to find a dispersed family when it has one grandparent still alive. Elders are the foundation of families and the cornerstone of family cohesion and sympathy. They are a grace and we must care for. We should do our best to satisfy them and ask for their forgiveness and blessings. The doors of God mercy are wide open in our faces as long as we satisfy our Lord by pleasing our parents. This is the short way for pleasing God the Almighty and for His forgiveness. It is the easy road to reach paradise. God The Almighty even equaled and linked being righteous to parents and His worship in the verse: { And your Lord has decreed that you not worship except Him, and to parents, good treatment}.*

*This high status that God has put parents was confirmed by the Prophet Muhammad, peace be upon him, because of their value and the importance of their role in the family and society. If parents are good, the whole family will be good and therefore the community.*

*On the occasion of Family Day in Qatar We confirm our continued support at «IHSAN» to family cohesion and to all members of the family, and our appreciation to the importance of the role of each individual, whether a grandfather or grandmother, a father or a mother, brothers, sons or grandsons. Every one of them has an important role to play in the life of other family members. The family is a support in life and a helping hand for anyone that you can depend on in life. It is the support, after God The Almighty. The success in having a sound and healthy family religiously, socially and culturally, is considered a success for the community itself. As a center to empower and care for elderly, we seek to strengthen the principle of honoring one's parents to achieve family balance by highlighting the importance of the prominent role played by elderly in the life of sons and daughters, as well as emphasizing the importance of their respect and honoring. We also aim to spread awareness of the ways and means to be followed in dealing with elderly in general and parents in particular.*

*By Mubarak Bin Abdul Aziz Al-Khalifa,  
General manager of Elderly Empowerment And Care  
Center 'Ihsan'*