



Committed to serve

LinkAge

(R.O.) New No.90, Rama Naicken Street, Nungambakkam, Chennai 600 034.

**A Monthly Journal for Service and Advocacy
to all Age Groups, by Senior Citizens Bureau**



Bestow unconditional love

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WHAT IS AGEISM?



The theme set out by WHO / UN for the International Day of Older Persons-2016 (IDOP-2016) is "Take a stand against Ageism". (Ref: LA/Oct & Nov - 2016 Issues) In its mission statement, WHO states that "ageism" is the socially normalized of any prejudice. Hence it is a derogatory word of contempt. It is a word to look down the aged persons. It is the term used to indicate the Older Persons (OP) as spent force and wasteful being. Local people call "Perisu" (பெருசு), meaning sarcastically useless male OP and "Kizhavi" (கிழவி) useless female OP.

WHO further states that ageism marginalizes and excludes OP in their communities. Ageism is an everyday yet heart breaking challenge. Ageism

overlooks for employment, restricts from community services and stereotypes in the media. Attitude is same with the professionals (Doctors), policy makers, public servants and youth. May be it is invisible but is pervasive, leading to marginalization of OP and to negative impact on their health and well being. The self internal negative attitude of the OP is called "ageist attitude". It makes OP to feel as burden and invaluable. It paves way for depression, isolation and loneliness. It results in prolonged illness and poor recovery. WHO challenges every one to identify, question and understand these internalized ageist attitudes. ❖

(Dr. Capt. M. Singaraja)
Chairman and Editor, LinkAge

FEELING LONELY?

Are you a member of our Bureau? Are u of age 70(+)? Are you and your spouse feeling lonely? Do you want Ethiraj College NSS Student to talk to you over phone? Then please don't wait. Register your name with details of your membership number, DOB, address and phone # by E-mail or SMS or Telephone or letter with our Bureau, which is furnished at the bottom of the last page of our "LinkAge".

தனிமையில் வாடுகிறீர்களா? NSS மாணவர்களுடன் பேசலாம்!

நீங்கள் நமது மன்ற உறுப்பினரா? உங்களுக்கு 70 வயது ஆகிறதா? எத்திராஜ் கல்லூரி NSS மாணவப் பேரப் பிள்ளைகளுடன் தொலைபேசியில் பேச விருப்பமா?

அப்படியானால் உங்கள் பெயர், உறுப்பினர் பதிவு எண், பிறந்த நாள், முகவரி, தொலைத்தொடர்பு எண் ஆகிய விவரங்களை மன்றத்தில் பதிவு செய்யுங்கள். மன்றத்திற்கு e-mail, SMS, தொலைபேசி, கடிதம் ஆகிய ஏதாவது ஒன்று மூலம் விவரங்களைத் தெரியப்படுத்தலாம். நமது "லின்கேஜ்" இதழில் கடைசிப் பக்கத்தின் கீழ் மன்றத்தில் தொடர்பு விவரத்தைப் பார்க்கவும்.

DOUBLE CENTURY

We will be achieving 200th program in December 2016. I have documented and updated the details of all the events right from the inception in "LinkAge" Oct 2016 issue. We have laid down our "Mission and Vision" statements clearly, in accordance of which, we are carrying on exemplary field works and projects. To keep going for ever, I appeal to the younger citizens to extend their helping hands.

இரட்டைச் சதம்

நமது மன்றம் டிசம்பர் மாதத்தில் 200ஆவது நிகழ்ச்சியைத் தொடுகிறது. 2016 அக்டோபர் மாத "லின்கேஜ்" இதழில் மொத்த நிகழ்ச்சிகளை வரிசைப்படுத்தி ஆவணமாகப் பதிவு செய்துள்ளேன். நமது குறிக்கோள் மற்றும் பயணத்தின் நோக்கு (பார்வை)க்கு ஏற்ப மற்றவர்களுக்கு வழிகாட்டியாக, ஏராளமான களப்பணிகளைச் செய்து வருகிறோம். இது என்றென்றும் தொடர, இளையோர்களை கை கோர்க்க வாருங்கள்.

Invitation - 200th Programme

SENIOR CITIZENS BUREAU

90, Rama Street, Nungambakkam, Chennai-600 034

Ph: 044-28231388; E- Mail: singaraja@gmail.com

CORDIALLY INVITES YOU TO ATTEND DENTAL HEALTH MONITORING CAMP

**In association with Dept. of Public Health Dentistry,
SRM Dental College, Ramapuram**

IN COMMEMORATION OF WORLD ELDERS DAY

at Dr. BMS Matric Higher Secondary School Campus

40, 1st Main Road, West Shenoy Nagar,

Near Thiru Vi Ka Park,

Chennai - 30. Ph: 044 26221242

on Monday, the 19th December 2016,

from 09.30 to 11.30 Hrs

Dr. D. PRABU

Professor and HOD Public Health Dentistry,

SRM Dental College, Ramapuram

Will make a presentation on "Oral Health"

In the august presence of

Dr. Capt. M. SINGARAJA,

Chairman, Senior Citizens Bureau

All are welcome

Dr. M. Mydhili Reddy

SRM Dental College

S. Jayakumar

Secretary General / SCB

*Note: EC Meeting will be held immediately after the camp
in the same venue*

Chairman in the News

E-Mail extract of Agenda V of the Minutes of the EC meeting of ISU3A held at Secunderabad on 31.07.16:

"U3A Asia Pacific AIUTA International Conference 2016: The conference in Osaka (Japan) is scheduled for Oct 11-12, 2016 and is being attended by Dr. Capt. Singaraja. He shall be the official representative of ISU3A (without any financial commitment or liability). He is requested to send a copy of the paper to be presented to the Executive Chairperson and Secretary General".

Our Chairman Dr. Capt. M. Singaraja, is in the News for his presentation on the topic "Road Blocks to Promote Intergenerational Co-Operation in Indian Context-Case Studies", in Osaka 7th University of Third Age International Conference, held at ATC Ageless Centre, Asia Pacific Trade Centre, Osaka, Japan, on Oct 11&12, 2016, where more than 120 delegates from 28 countries participated. (Ref: LA/Oct & Nov 2016 Issues)

Mails encouraging and appreciating him from a number of dignitaries across the country are as follows:

Mail dt 13-11-16 from the office bearers of SCB (Senior Citizens Bureau) & U3A Chennai, Vice Chairman Prakash, Gen Sec Jayakumar, Jt Sec Sethu Seshan, Treasurer Prabhakaran, SZ Reps Balakrishna Raja and CN Prasad and Brigadier MAA.Raja.

Mail dt 18-11-16 from the office bearers, Pres DN Chapke and Gen Sec Anil, of AISCCON (All India Senior Citizens Confederation), Mumbai

Mail dt 18.11.16 from Mr K Srinivasan, Executive Sec, Computer Society of India (CSI), Chennai.

Mail dt 19.11.16 from Thiru IS Bawa, National President I/C, InFA, (INDIAN Federation of Ageing) Mumbai.

Mail dated 19.11.16 from the Office bearers, Advisor RN Mital, Pres J R Gupta, Gen Sec RK Garg, Jt Gen Sec Dr P Vyasa Moorthy, of ISU3A (Indian Society of U3A), Udaipur and Zones.

Mail dt 19.11.16 from Thiru Govindarajan, Gen.Sec Akilandeswari Apartments Welfare Association.

Mail dated 21.11.16 from our SCB and ISU3A member Thiru G. Sampathkumar, Bengaluru.

Mail dated 21.11.16 from Prof. Dr. P. V. Ramamurti, former Head, Psychology Dept, Sri Venkateswara University, Tirupathi.

Mail dated 21.11.16 from Dr. K R Gangadharan, Director, Heritage Foundation, Hyderabad.

Mail dated 22.11.16 from Mr. HR Mohan Former National President Computer Society Of India and retired Head, System analysis centre, the Hindu.

Mail dated 24.11.16 from Er. S. Ramalingam, National President, ENFUSE and Former CMD, Madras Refineries(CPCL).

Our Chairman conveys his hearty thanks to all his friends, professional bodies, former colleagues from TNEB, Defence and SCFs and relatives for their copious greetings and best wishes.

SCB -199th Programme - Childrens Day & World Elders Day

Students and Staff Members of X, XI and XII std.



Management team of SCB and School with student recipients of the best awards from SCB



Group photo with students who participated in English Skit, Song and cultural event



SCB EC members and school staff with participants in Tamil skit

Senior Citizens Bureau jointly with Dr. Gurusamy Mudaliar Thondaimandala Tuluvavelalar Higher Secondary School organized its 199th programme to commemorate the NATIONAL CHILDREN'S DAY and WORLD ELDERS DAY, at 3.00 pm on Monday, the 28th Nov. 2016, at the School Premises, 108, Amman Kovil Street, Chennai- 79.

After invocation, Thiru D. Karunanithi Head Master, on behalf of the management and the students extended a warm welcome to Dr. Capt. M. Singaraja and EC members of the SCB as their Guests. Thiru Ram Vishwanathan, Secretary, T.T.V. Group of Schools, in his presidential address expressed his happiness to observe the commemoration of National Children's Day And World Elders Day at their school. He appreciated SCB for extending a financial assistance and gifts to the best students in academics and extra-curricular activities. He exhorted the students to emulate the wisdom of senior citizens. They must love, respect and help their grandparents as well as the other senior citizens. The Chief Guest Dr. Capt. M. Singaraja, in his address recalled the services of the former long time secretary of the school management late Thiru PS Santhana Krishnan, former long time EC Member of SCB and a social activist. He paid a rich tribute to the Founder late Dr. Guruswamy Mudaliar

for his medical and educational service to the poor. He emphasised that the discipline, physical and mental wellness maintained by the youth will pay rich dividends when they become old. Both young and old must cooperate and promote intergenerational bond and solidarity. The students enjoyed his speech and applauded loudly. The students in English and Tamil skits, portrayed the complications faced by two different generations in day to day communication at home and outside. The skits conveyed that the issues faced by the generations were solved by helping each other and making them understand the importance of each other's uniqueness. There was a group song praising the qualities of Elderly people. The Chief Guest gave away a scholar ship of Rs. 1000/- and the gifts with certificates to the best students in academics and extracurricular activities. The students who performed in the skits were also given gifts. The commemoration ended with a pledge against elder abuse by the students and the staff members. After a vote of thanks by the Secretary General Thiru S. Jayakumar, all stood for National anthem. Thiruvalarkal P. Sethu Seshan, S. Jayakumar and S. Prabhakaran coordinated. Thiru Prakash H Lulla and Thiru V. Sainath looked after the arrangements. MOV students participated. Snacks were distributed to all.

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Birthdays : December

Wishing you a Cheerful, Peaceful and Prosperous life

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Rajagopalan, N . Dr	LM:604	1-Dec-1942
2	Menon, M.D. Cdr	LM:788	2-Dec-1946
3	Aravamudha Chary,S	LM:363	3-Dec-1931
4	Sakunthala, S	LM:426	3-Dec-1933
5	Lalitha Govindan, Dr.	LM:689	5-Dec-1948
6	Lakshmi Narayanan, V	LM:605	7-Dec-1946
7	Sampath Kumar, K. Dr.	LM:659	7-Dec-1939
8	Sathyanarayanan, K	LM:481	12-Dec-1941
9	Ramakrishnan, R	LM:791	13-Dec-1936
10	Kanthimathinathan, A	LM:507	14-Dec-1931
11	Venkatraman, L. Er.	LM:724	18-Dec-1940
12	Pramila Ethiraj	LM: 912	19-Dec-1940
13	Rajah, S.P. Er	LM:87	20-Dec-1939
14	Neela Patel, Dr. C/o.Vipanachee	LM:568	22-Dec-1965
15	Krishnamoorthy, N.Capt	LM:257	23-Dec-1940
16	Murahari, M	LM:777	25-Dec-1943
17	Venkata Subramanian V	LM: 932	26-Dec-1942
18	Balakrishnan, A	LM:742	30-Dec-1950
19	Mariapoomnam,G	LM:939	30-Dec-1950

Your liberal contribution to Sun Shine Fund is solicited.

National / International Days - November

01-Dec	World AIDS Day	I
02-Dec	international Day for the Abolition of Slavery	I
03-Dec	World Disabled Day	I
04-Dec	Chemical Accidents Prevention Day	N
04-Dec	Navy Day	N
05-Dec	International Volunteers Day	I
07-Dec	International Civil Aviation Day	I
07-Dec	Armed Forces Flag Day	N
09-Dec	Girl Child Day	N
10-Dec	International Human Rights Day	I
11-Dec	World Childrens Fund Day	I
11-Dec	World Asthma Day	I
14-Dec	National Energy Conservation Day	N
19-Dec	Liberation Day of Goa	N
23-Dec	Kisan Dives (Birthday Charan Singh)	N
25-Dec	X-Mas Day	I
26-Dec	Central Reserve Police Forces (CRPF)Foundation Day	N

Note: N = National / I = International

Acknowledgment

Thanks a lot & God Bless You

I	Sunshine fund	Mem. No	Rs.
1	Thiru A. Dominic	LM:522	500

Note: AM/LM = Annual / Life Member

Congrats and Best Wishes

Sadabhishegam of our EC Member R Ramakrishnan, Former AGM / SBI was celebrated on 30-11-16 in a grand manner.

Mail Box

Mail dt. 30.11.2016 from our EC Member, Dr. T. S Kanaka, Founder and President Sri Santhanakrishna Padmavathi Health, Care & Research Foundation.

This year annual day Cum Elders day of my service is being Celebrated as a Camp, Health cheek up and Integrated free treatment and follow up This will be on 3rd Dec. from 8am to 1 pm. Free follow up will be at our Centre.

Reply: Congrats and long live your yeoman service.

Lr dated 23.10.16 Er. Ln. V. Sudarason, LM:677, Ph : 9600133331.

“Please try to create the awareness for eye donation through our Linkage whenever possible. They can contact me for eye donation within 2 to 3 hrs of demise. The following words may be published “eduthu chella ethuvum illai, koduthu chelvom nam kankalai”(nothing can be carried by us but we can donate our eyes). Every day 300 pairs of eyes are destroyed at grave yard while 60 lakhs are waiting for eye”.

Reply: Thanks for your generous donation of Rs.5000/- towards Sunshine fund. Long live your campaign.

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If undelivered please return to:

LinkAge

C/o. Senior Citizens Bureau
90. Rama Street, Nungambakkam,
Chennai-600 34, Ph: 044 – 2823 1388.

To.