



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

VOLUME : 13

SEPTEMBER 2016

ISSUE : 03

Invitation - 197th Programme

SENIOR CITIZENS BUREAU

90, Rama Street, Nungambakkam, Chennai-600 034
Ph: 044-28231388; E- Mail: singaraja@gmail.com

Jointly with

PON MALLIGAI MULTI SPECIALTY HOSPITAL (With 10 bedded Geriatric Ward)

No.119, New Avadi Road (Pachaiappa's
College Bus Stop), Kilpauk, Chennai-10
Ph: 9884020980 / 98840 20952, 044 43595999

In Commemoration of "Dementia Month" and "World Elders Day - 2016"

Cordially invites you for a Health monitoring camp
and a Presentation on

"HEALTHY AGEING"

by

Dr. M. MARUDHUPANDIAN, M.D. (DIABETOLOGIST)
Director, Pon Malligai Multi Specialty Hospital

**At 9.30 am, on Saturday, the 17th Sep, 2016,
at the Hospital Campus**

**Followed by free consultation with specialists of
General Medicine, Diabetics, ENT, Orthopedic, etc.,
and free tests of BMI, BP, Random Blood Sugar
& Bone density (BMD) and Diet Advice**

Presided over by:

Dr. Capt. M. SINGARAJA,
Chairman, Senior Citizens Bureau

All Senior Citizens are welcome

Secretary General / SCB

NOTE: Special 50% discount from 17.09.2016 upto 24.09.2016 is
offered for all blood investigations, ECG, X-ray and USG abd. Scan.

From the Editor cum Chairman

Comeout of the box

Good ! you have long free time. You are not bed ridden or weak but do you feel lonely and depressed? Are you praying for the last journey? These are the indicators of your inactive status. May be you are deprived of quality daily life due to lack of motor functions, though cognitive abilities are fine. Motor functions can be assisted by suitable devices. Do not shun or feel shy or consider stigma to use wheel chair, walker, stick, hearing aid, denture, artificial limbs, moulds, lenses etc. Assistive device not only enhances your mobility but boosts morale. You do not feel self neglected. You don't withdraw from socialising. You come out of loneliness and depression.



Indoor physical activity is easy. You can spend 30 to 45 minutes either in the morning or evening. You can do simple physical exercise lying, sitting & standing. All parts of the body from eyes to toes can be activated. It is enough to repeat each activity, minimum thrice. The actions involved are stretching, bending, raising, lowering, lifting, turning, rotating and relaxing. If you do any activity with speed and force, then it is physical exercise. If it is slow and gentle then, it is yoga. For both, posture and rule are important. Breathing exercise and deep relaxation (meditation) need no movement. Disabled or immobile person can also do it with ease. Most importantly you must learn and practice the techniques from qualified practitioner or institution. Yoga, physical exercise, breathing exercise and meditation aid your digestion, strength, both physical and mental (motor and cognitive) ability and sound sleep. One hour is enough. This stimulus will keep you brisk and busy. Get rid of laziness or procrastination. Though you want to do it and aware of the importance and benefits, some how you pass on the day. Break your shackle and come out of the box. Do it today. Let it go on and on.

I have demonstrated, how easy it is, on May 21, 2016 in a work out session. Pl see p-3 of "LinkAge", June 2016 issue. If you need help, pl call me.

Announcement: World Elders Day 2016

Commemoration of 26th Anniversary of the International Day of Older Persons, in association with NSS Ethiraj College, will be observed at 9.30 am, on Oct 1, 2016, (Saturday) at the Mini Auditorium of Ethiraj College for Women New Annex Building, entrance thru Victoria Crescent Road, Egmore, Chennai -8. Invitation will be sent in due course. Please mark the day in your diary and grace the occasion without fail.

22.07.2016 – SENIOR CITIZENS BUREAU (SCB) - Programs 192~195*Pledge Against Elder Abuse**Chief Guest Releasing the "Sweet -21"**Volunteers & Participants of Cultrul Program*

The 14th AGM of Senior Citizens Bureau was held at 10 am on July 22, 2016 at Ethiraj College Library Auditorium, Egmore, Chennai -18. The business was transacted as per agenda, the minutes of which is recorded separately. After the tea break, observance of commemoration of 11th World Elder Abuse Awareness Day, 21st Annual Day of Senior Citizens Bureau and 13th Anniversary of our monthly journal "LinkAge" was held at 11.00 am in the same venue. It was cool and breezy morning. Vibrant enthusiasm of NSS Volunteers and Students of Ethiraj College for Woman, could be felt and witnessed by Senior Citizens, Who were very well looked after.

After warm greetings from the MC cum Vice Chairman of SCB, Mr. Prakash Lulla, Dr Navaneetha Lakshmi, Nss coordinator extended a very warm welcome to the dignitaries on the dais and to the audience. This was followed by the pledge against elder abuse. The chairman of SGB Dr. Capt M Singaraja honored the cheif guest Swami Mitranada, head of Chennai Chinmaya Mission and the guest of honour Dr. A. Nirmala, Principal and Secretary of Ethiraj College for Women, Chennai to the round of applause by the audience. Then the chairman warmly greeted the 42 recipients of "SCB Awards of recognition", who have sighted 1000+moons (Sahasra Poorna Chandra Darshanam) between the period from 05.10.2013 to 22.07.2016 and read out a common citation. The following 8 awardees were present. Thiruvallargal Er. V. Balasubramanian, Er .A P Kandappan, KN Krishnamoorthy, R. Venkatesan, Capt Ameer Ali, Prof Dr. M Sadasivam, Tmt V. Leela Srinivasan and Er. S Rangaratha Rao.

Then the chief guest honoured each one of them. On behalf of the recipients, Mr. R. Venkatesan, IA & AS, one of the awardees, founding member and architect of Senior Citizens Bureau, appreciated the welfare programs, sensitization of the students against Elder Abuse and Service thru "LinkAge" Journal. Prof. Dr. Sadasivam and Capt. Amir Ali, also responded. As a token of appreciation to the tireless service of the Editor & Publisher of "LinkAge" Journal, Dr. Capt. M. Singaraja was honored by the Chief Guest.

Dr. Capt. M. Singaraja, in his presidential address appreciated both the great and premier institutions viz., Chinmaya

Mission Seva Trust and Ethiraj college for Women for their excellent community service and academic advancement. He complimented Swami Mitrananda, for blending spirituality and modern management science. Dr. A. Nirmala is the leading light to thousands of students with the able guidance of Ethiraj College Management Board Chairman Mr. V. M. Muralidharan. While highlighting the contribution of Senior Citizens Bureau & "LinkAge" thru its Mission & Vision, he appealed to both the institutions to sensitize the youth against increasing Elder abuse taking place in most of the homes, public places and Govt. depts. He quoted the findings of surveys done by HelpAge India and Age Concern India and many other NGOs all over the globe.

As a mark of another important milestone in the annals of Senior Citizens Bureau, 21st Annual Day of SCB and 13th Anniversary of "LinkAge", the chief guest happily released the Special issue of "LinkAge Sweet - 21". Swamiji, in his key note address on the topic "Intergeneration bonding and Youth Empowerment", emphasized with his powerful oratorical skill, the concept of "WOW", Without family & With family, Without friends & With friends, etc.; how one can accomplish the joy of graceful, active and healthy ageing; how we can get over discrimination of every type, citing the apology rendered by Australia for racial discrimination in Olympics. He assured the cooperation and partnership with SCB to eradicate Elder Abuse. The Principal Dr. A. Nirmala, received the first copy of "Sweet -21" and highlighted in her sweet and thought provoking speech, how Ethiraj College is a standing example of solidarity of youth and elderly. The students are exposed to the evils of elder abuse and to the dignity and love for older persons.

There was a wonderful cultural program by the students, bringing out the good of intergeneration bonding. The Chairman, SCB as a token of encouragement and appreciation, honored the students and NSS coordinator Dr. Navaneetha Lakshmi. After rising for the National Anthem, lunch was served. To mark the - commemoration of this important event, health-monitoring tests, Ht, Wt, Random Blood Sugar, BP & ECG were done at no cost, sponsored by Pon Malligai Multi Speciality Hospital with Geriatric Ward and Geriatric House Call Service, Kilpauk, Chennai-10. Dr. Maruthu Pandian, its Director, was honored. Secretary General, Thiru S. Jayakumar, proposed a vote of thanks.



196th PROGRAMME - ONE DAY TOUR TO VISIT TO SCARF REHABILITATION CENTRE (BHAVSYA BHAVAN), RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT (RGNIYD) AND TEMPLES AROUND

We set out for one day tour as scheduled from the boarding point Valluvar Kottam, Nungambakkam at 6.45 am on 24.08.16 by a 24 seater A/C delux bus. Our first stop was Thiruverkadu. We spent about 3hrs from 7.30 am at Bhavasya Bhavan, SCARF Rehabilitation Centre with kind courtesy of the Superintendant Mrs Omana and her team. After breakfast we were taken around the residential facilities followed by cultural and interactive program with the residents. The counsellor cum social worker Ms Omega briefed about the centre and its activities. After diagnosis and assessment of mentally ill patients at SCARF Anna Nagar, they are admitted for residential treatment and therapy. Occupational activities like arts, crafts, games, outings are regular here. The residents enthralled the visitors with their talents of singing and dancing. Dr. V. Sridhar, Psychiatrist talked about the new project on Dementia care launched by SCARF. SCB Chairman Dr. Capt. M. Singaraja, paid rich tribute to the founder of SCARF, Padma Bhushan Dr. M. Sarda Menon for her tireless service to the community and for her support to the Bureau since 30 years. He conveyed his appreciation and compliments to Dr. Shantha Kamath, Director, SCARF for her long association with SCB. He profusely thanked them. As a token of love and appreciation, he honoured Dr. Sridhar, Omana, Omega and other team members with memento and shawl. He presented toffees, biscuits and cash donation of Rs.1000/- to the centre on behalf of the Bureau. All the members of the Bureau appreciated and socialised with the residents. After dharshan at Devi Karumariamman Temple, we had dharshan at Sriperumbudur Adi Kesava Perumal Temple. After having enjoyed our lunch at RGNIYD Canteen, we went round Rajiv Gandhi Memorial and saluted the great young martyr. We returned to RGNIYD Seminar Hall at 3.30 pm after dharshan at Vallakottai Murugan Temple. It was a wonder full and memorable experience both for the members of SCB and the PG students' of RGNIYD with the interactive program on contemporary issues of intergeneration bonding. The student representatives Selvan M. Balaji and Selvi G. Nalini with the guidance of Social Work Dept.(SWD) Head, Prof. Udhaya Mahadevan and her team, organised the program excellently well. The Director Dr. Latha Pillai, the Registrar Dr. Deva Kumar and the faculty members of SWD, graced the occasion. The Chairman, in his introductory speech complimented RGNIYD and honoured the dignitaries and the students' representatives. His PowerPoint Presentation on topic "Ending Elder Abuse" was



Cultural show by the residents of Bhavasya Bhavan.



Group photo of SCB members with staff members of Bhavan.



Group photo of SCB members with director and students of RGNIYD.

received very well. There was an interesting question and answer session, where the students came out with a volley of questions on Elder issues, for about an hour. The Director lauded the Chairman, for his educative and informative presentation & answers to the questions and honoured him. She appreciated the Senior Citizens Bureau and Social work department of RGNIYD for their joint meeting. Sec. Gen. Thiru S. Jayakumar proposed a vote of thanks. Both the elders and students enjoyed fellowship and socialising. They dispersed happily at 6.30 pm. The one day tour came to an end at 7.45 pm back to Vallurvar Kottam. It was a well conducted socialising program. Thiruvallarkal C. Panneer Selvam, S. Prabhakar, P. Sethu Seshan, M. Saikumar, V. Sainath and S. Padmanabhan excellently coordinated. The article and the poem received from Selvan M. Balaji will be published later in "LinkAge"



Registered with Registrar of Newspapers for India No.TN/ENG/2004/13996 Date of Publication 7th / 8th of Every Month
Postal Regn. TN/CH(C)/37/2016-2018 and Licenced to post w/o prepayment WPP No.TN/PMG(CCR) WPP/41/16-18

Birthdays : September*Wishing you a Cheerful, Peaceful and Prosperous life*

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	SundaraRajan, S.	LM:888	1-Sep-1934
2	SujayaKumari, DR	LM: 903	2-Sep-1937
3	Pachiappan, V	LM:845	5-Sep-1938
4	Santhanam, R	LM:512	5-Sep-1939
5	Lakshmi Narayanan, S	LM:879	6-Sep-1940
6	Nagarajan, TV	LM: 902	7-Sep-1951
7	Parvathi Menon	LM:516	7-Sep-1933
8	Rajarethinam, T	LM:465	7-Sep-1928
9	Umapathy, A	LM:734	8-Sep-1931
10	Jayakumar, S	LM:546	8-Sep-1937
11	Shanmugam, K.S	LM:665	8-Sep-1939
12	Jayaraman, K	LM:343	11-Sep-1937
13	Krishnamoorthy, S.R. Dr.	LM:492	11-Sep-1940
14	Raman, A	LM:520	11-Sep-1935
15	Mahalingam, K.P. Er.	LM:320	12-Sep-1922
16	Krishnamoorthy, S.T.	LM:741	14-Sep-1938
17	Radhakrishnan, S.	LM:4	16-Sep-1930
18	Vedagiri Shanmuga Sundaram, Dr.	LM: 869	16-Sep-1926
19	Kanagaraj, T.S	DM:68	17-Sep-1943
20	Mumtaz Begum	LM:827	17-Sep-1946
21	Mukundan, R	LM:138	18-Sep-1934
22	Sharma, B.V.S.C. Dr.	LM:552	22-Sep-1946
23	Chaco, P.E.	JSL:423	26-Sep-1926
24	Amritha Kumar	LM:844	29-Sep-1923
25	Kuttalam Pillai,	LM:443	30-Sep-1941

*Your liberal contribution to Sun Shine Fund is solicited.***National / International Days - September**

05-Sep	Teacher's Day	(N)
08-Sep	World Literacy Day	(I)
14-Sep	World Fraternity and Apology Day	(I)
15-Sep	Engineer's Day	(N)
16-Sep	World Ozone Day	(I)
21-Sep	Alzheimer's Day	(I)
24-Sep	World Deaf Day and World Heart Day	(I)
27-Sep	World Tourism Day	(I)

Note: N = National / I = International**Acknowledgment***Thanks a lot & God Bless You*

I	Sunshine fund	Mem. No	Rs.
1	Thiru S. Jayakumar	LM:546	1000
2	Thiru S. prabhakaran	LM:660	1000
3	Wg Cdr M Murugesan	LM:603	5000
4	Thiru T. Rajarathinam	LM:465	1000
5	Thiru SK Vasudevan	LM:18	200
II Annual Day Donation			
1	Thiru Ranganatha Rao	LM:29	500
2	Thiru R Loganathan	LM:821	500
3	Thiru N. Kumaran Thambi	LM:837	500
4	Thiru V. Balasubramaniam	LM:536	500
5	Thiru R. Venkatesan	LM:07	1000
6	Thiru CR Vaitheeswaran	LM:25	1000
7	Dr. Capt. M. Singaraja	LM:03	200
8	Thiru S. Jayakumar	LM:546	200
9	Thiru S. prabhakaran	LM:660	200
10	Thiru P. SethuSeshan	LM:866	200
11	Thiru Prakash H Lulla	AM:41	200
12	Tmt. PS Rajam	LM:502	200
13	Thiru VS Balakrishna Raja	LM:567	300
14	Thiru CN Prasad	LM:846	200
15	Dr. SS Raja Gopalan	LM:597	1000
16	Dr. R. Nirmala	LM:765	200
17	Old Age Pensioner (SBI) Trust		2000
18	Thiru A. Kanthimathinathan	LM:507	1000

Note: AM/LM = Annual / Life Member**New Life Member**

LM:935 Ph: 9443231837 DOB: 24.05.1953
Thiru K. Mohanan
51/15, Vilakkadi Kovil Street,
Kanchipuram - 631 501

Get Well Soon

Tmt. D. Ambiha, LM
Thiru A. Kanthimathi Nathan, LM: 507
Thiru S. Radha Krishnan, LM: 04
Thiru S. Lakshmi Narayanan, LM: 792

We wish them speedy recovery

**PUBLISHED IN THE SECOND WEEK OF EVERY MONTH ON 7TH / 8TH AND
POSTED AT PATRIKA CHANNEL, EGMORE RMS. DATE OF POSTING: 7TH SEPTEMBER, 2016**

If undelivered please return to:**LinkAge**

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

To.