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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 : 14

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ISSUE : 01

“SWEET TWENTY- TWO”

A special issue of “LinkAge” on the observance of
commemoration of 22nd Annual Day of SCB,
14th Anniversary of Journal “LinkAge”,
15th Annual General Body Meeting,
12th World Elders Abuse Awareness Day and
3rd World Yoga Day”



Best wishes to all  **அனைவருக்கும் நல்வாழ்த்துக்கள்**

பெருமை மிக்க நாள்

நமது மன்றம் 22-ஆம் ஆண்டு விழாவைக் கொண்டாடும் இம்மகிழ்ச்சியான தருணத்தில் மன்ற உறுப்பினர்களுக்கும் நல் ஆதரவு தரும் பெரியோர்களுக்கும், 14-ஆம் ஆண்டு விழாவைக் கொண்டாடும் ‘லின்க் ஏஜ்’ வாசகர்களுக்கும் எனது நெஞ்சம் நிறைந்த வாழ்த்துக்களை, நன்றி கலந்த வணக்கத்துடன் தெரிவித்துக் கொள்கிறேன்.

நமது நிறுவனத்தை நிறுவி தழைத் தோங்கச் செய்த தலைவர், அமரர் மேஜர் ஜெனரல் அபன்நாயுடு, PVSM, AVSM, M-in-D அவர்களும், நிறுவிய மற்ற பெரியவர்களும், ஆற்றிய அரும்பணி அளப்பரியது. ஒரே குடும்பமாக நற்பணியில் ஈடுபட்டிருக்கும் மன்றம் மற்றும் ‘லின்க் ஏஜ்’ நிர்வாகிகள் போற்றுவதலுக்குரியவர்கள்.

மக்கள் சேவையில் நமது பயணம் தொடரட்டும். மன்றத்தின் புகழ் ஓங்கட்டும்.

நன்றி, வணக்கம்.

தலைவர்



முதியோர்களே !
நம்முடைய சக்தியையும்
பெருமையையும்
வெளிக் கொணர்வோம்

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Celebration - June 24, 2017**SENIOR CITIZENS BUREAU (SCB)**

No.90, Rama Street, Nungambakkam, Chennai - 600 034
Ph: 044-28231388; E-Mail: singaraja@gmail.com
and

NATIONAL SERVICE SCHEME (NSS)

ETHIRAJ COLLEGE FOR WOMEN (Autonomous) (ECW)
70, Ethiraj Salai, Egmore, Chennai - 600 008

*Solicit your august presence for observing the
commemoration of*

3rd World Yoga Day
12th World Elder Abuse Awareness Day
14th Anniversary of Journal "LinkAge"
and

22nd Annual Day of SCB

Date & Time : Saturday, the 24th June 2017, at 11.00 am

Venue : Library Auditorium, Ethiraj College for Women,
70, Ethiraj Salai, Egmore, Chennai - 600 008

Er. K.R. A. NARASIAH

Colonial and Maritime Historian and Writer in English & Tamil

*Will be the Chief Guest and release "Sweet Twenty-two",
a Special Commemorative issue of "LinkAge".*

Dr. A. NIRMALA

Principal & Secretary, Ethiraj College For Women, Chennai - 8

*Will be the Guest of Honor and launch the
website <seniorcitizensbureau.org>.*

Dr. Capt. M. SINGARAJA

Chairman, Senior Citizens Bureau

Will preside over.

All are welcome.

AGENDA

*Master of Ceremony: Thiru Prakash H Lulla,
Vice Chairman / SCB*

- 1) Lighting the Lamp
- 2) Welcome address by **NSS Programme Officer**
- 3) Pledge against Elder Abuse
- 4) Honoring the Guests
- 5) Honoring the SCB Veterans who have sighted 1000(+) moons
- 6) Talk about "LinkAge" by **Thiru S. Prabhakaran**
- 7) Talk about "SCB" by **Thiru P. Sethuseshan**
- 8) Talk about 2017 Theme of World Elder Abuse Awareness Day, "Understand and End Financial Abuse of Older People: A Human Rights Issue" by **Dr. Capt. M. Singaraja**
- 9) Address by **Thiru C N Prasad**
- 10) Launch of SCB Website and Special address about the Project "**Talk to a Granny**" by the Guest of Honor **Dr. A. Nirmala**
- 11) Releasing "Sweet 22" and Key note address by the Chief Guest, **Er. K.R.A. Narasiah** on the topic "Elder Abuse Vs Intergenerational Bonding"
- 12) Honoring NSS Coordinators, EC Members and Group Photo
- 13) Demo of "Surya Namaskar" by Yoga Master **Thiru S Sarveswara Rao**
- 14) Cultural program by the students and the veterans
- 15) Distribution of prizes to the students and Group Photo
- 16) Vote of Thanks by **Thiru S. Jayakumar**,
- 17) National Anthem
- 18) Lunch

**முதியோருக்கு இழைக்கப்படும் கொடுமைகள் ஒழிய,
உலக விழிப்புணர்ச்சி நாளை முன்னிட்டு,
எடுத்துக் கொள்ளும் உறுதிமொழி**

முதியோருக்கு எதிராக, வாய்மொழியாகவோ, வன்முறையாலோ, பொருளாதார ரீதியிலோ அல்லது வேறு எந்த உருவிலோ இழைக்கப்படும் அனைத்து வகை கொடுமைகளையும் அறவே ஒழிப்பேன்.

அவற்றை முனையிலேயே அடையாளம் கண்டு தடுப்பேன். அதற்காக என் சொந்த முயற்சியில் முழு மூச்சுடன் பாடுபடுவேன். தேவைப்பட்டால் அரசு மற்றும் தொண்டு நிறுவனங்களின் துணையோடு செயல்படுவேன்.

மேலும் முதியோர்களின் உடல் நலத்திற்கும், பாதுகாப்புக்கும், அன்புக்கும், மனவளத்திற்கும், மதிப்புக்கும், மரியாதைக்கும், அங்கீகாரத்திற்கும் மற்றும் அவர்களது ஏனைய தேவைகளுக்கும் இடையூறு ஏற்பட்டால் அவற்றைத் தடுத்து நிறுத்தி பாதுகாப்பேன் என்றும் உறுதி அளிக்கிறேன்.

நாள்: பெயர்: கையொப்பம்:

குறிப்பு: இந்த உறுதிமொழி உலக நாடுகள் அவையின் வழிகாட்டுதல் அடிப்படையில் எழுதப்பட்டது. இதை மூத்த குடிமக்கள் மன்றத்திற்கு கையொப்பமிட்டு அனுப்பவும்.

-MSR

Note: The following Health Monitoring Tests will be conducted at no cost from 10.00 am, on 24-06-17 at the above venue:

Ht, Wt, BP, Random Blood Sugar by Kauvery Hospital
Eye Test by Agarwal Eye Hospital
Hearing Test by Aanvii Hearing Solution
Dental Test by Baskar Dental Hospital

AGM will be held at 10.00 am at the same venue, notice for which, has already been served.

For participation in the cultural program, please contact Ph: 98418 66747.

Best dressed Father will be presented a gift to commemorate Father's Day.

PLEDGE – AGAINST "ELDER - ABUSE"

I hereby solemnly pledge that I will not be a party to any type of "Elder – Abuse", such as, Oral, Physical, Financial, against Elders' needs of any form, such as Biological, Emotional, Safety, Love, Belongingness, Esteem and Self-fulfillment. Further, I pledge that I will undertake all steps, to detect, intervene, prevent and stop "Elder-Abuse" through my own efforts and if necessary with the help of Govt. and NGOs, in an effective manner.

Message from the Editor cum Chairman

As per UN mandate, World Yoga Day (WYD) falls on 21st June and World Elder Abuse Awareness Day (WEAAD) falls on 15th June and World Diabetes Day (WDD) on 27th June.



Senior citizens bureau (SCB) jointly with NSS Ethiraj College For Women (NSS ECW)(Autonomous), is observing 3rd World Yoga Day and 12th World Elder Abuse Awareness Day along with 14th Anniversary of our journal "LinkAge" and 22nd Annual Day of Our Bureau. In AGM on the same day, I am passing on the mantle of Chairmanship to our experienced veteran Thiru CN Prasad. I am assuming the charge as Chairman Emeritus. The ex banker and an excellent writer Thiru S. Prabhakaran will be the Editor in Charge of our journal LinkAge. Social Activist Er. VS Balakrishna Raja will be Vice Chairman II and the ex banker and the young veteran Thiru P Sethu Seshan will be Joint Secretary. This is all in accordance with the unanimous decision of the Executive Committee held earlier. I am very thankful to the EC and General Body for giving me the much needed relief. I am grateful to all, for extending their cooperation and affection in my commitment to serve the Bureau in various capacities right from its inception.

The theme of WEAAD for the year 2017, "Understand And End Financial Abuse Of Older People: A Human Rights Issue". The other forms of elder abuse are Oral, Physical, Emotional, Psychological, Mistreatment and Self Neglect.

Elder Abuse Awareness and Intergenerational Bonding are our focus to sensitize the youth. The special issue of "LinkAge", entitled "Sweet 22", is significant to coincide the 22 years of our service to the society. We are relaunching the website <seniorcitizensbureau.org> and the project, "Talk To A Granny". The project will enable the lonely senior citizens to be contacted by the NSS volunteers of Ethiraj College for Women periodically.

It is our proud privilege and honour to convey our appreciation and compliments to the Principal and Secretary Dr. Mrs. A. Nirmala and to the Chairman Thiru VM Muraildharan of renowned Ethiraj College for Women(Autonomous) for getting 16th place in the National Institutional Ranking Framework, carried out by Ministry Of Human Resources And Development, New Delhi. They are our symbol of companionship and support. We salute the great philanthropist and founder Chairman late Thiru V L Ethiraj.

The co-operation and involvement of my colleagues in the team and that of members and service providers, is commendable. I am very happy to convey my gratitude, greetings and compliments to one and all on this solemn occasion.

With best wishes

Dr. Capt. M. SINGARAJA

Message from the Advisory Committee Member

Dear Capt.,

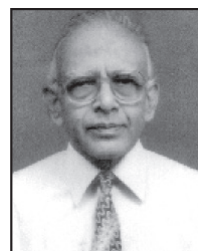
My Congratulations and best wishes to you and the Executive Committee members on the publication of the special edition of "LinkAge" to commemorate the 22nd Annual Day of the Senior Citizens, Bureau, which has been achieved by a small group of dedicated senior citizens, despite health impediments. We, the senior citizens, owe a debt of gratitude to this dedicated group for their selfless service. It is our humble prayer that the almighty grants them good health.



SP. AMBROSE, IAS
Secretary, GOI, New Delhi (R)

Message from the Advisory Committee Member

It is heartening to note that the Senior Citizens Bureau is completing 21 years of extremely useful service to senior citizens in Chennai. I note that since the last year, the Bureau has expanded its activities and increased its membership. Apart from celebrating events like the World Elders Day and conducting screening camps for various illnesses and health conditions and promoting the Geriatric House Call Project, it has designed a welcome new project in association with NSS Ethiraj College, 'Talk to a Granny'. I am sure that the Bureau will continue its efforts to promote solidarity of youth with elders and design many more useful projects in the years to come. I wish it all success.



R. VENKATESAN I.A & A.S., (Retd),
Retired Secretary to the Government of India,
Cabinet Secretariat.

Message from the in-coming Chairman

Dear Dr Capt. Singaraja,

I am Fortunate to be a member of Senior Citizens Bureau which has been rendering yeomen service under your leadership for the past 22 years. Your Dynamic Leadership and guidance in spite of your health has helped to build a group of dedicated Senior Citizens to carry the selfless service. We need more members in the age group of 65/75 to spare some time for our Bureau and share their expertise with members. With Increased use of Digital Technology in various fields. We have to learn to use them. To start with, you have conducted a Full day Seminar for use of Smart Phones which is useful your efforts to bring U3A to South India is laudable. Members pay onetime Life Subscription and get Counselling in Health care and various tests are FREE. In the first year itself the benefits are more than the onetime life subscription. LINKAGE which is brought out REGULARLY is keeping the bond between members. We pray for your good health and continued guidance to the Office Beares and Members.



C.N. Prasad



Committed to serve

SENIOR CITIZENS BUREAU

(Estd. 3/1996 & Reg. #. 370/2002)

(A free information and guidance centre for service and advocacy to all age groups)
R.O. : 90 (93), Rama (Naicken) Street, Nungambakkam, Chennai - 600 034. Ph : 044 - 2823 1388
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OUR WARM GREETINGS AND FELICITATION



Thiru.V.M.Muralidharan
Chairman,
Ethiraj College For Women



Dr. A. Nirmala
Principal & Secretary,
Ethiraj College For Women

We are delighted to convey our appreciation and compliments for getting 16th Place in the National Institutional Ranking Framework, ranking carried out by Ministry of Human Resources and Development, New Delhi. It is indeed a glorious moment for Ethiraj College for Women and the Trust.

We feel proud and privileged to congratulate Dr A Nirmala, Principal & Secretary and Mr V M Muralidharan, Chairman for making it possible to achieve this prestigious GOI HRD Ministry All India Ranking. In this connection, we salute the founder and philanthropist late Mr V L Ethiraj.

Date: June 24, 2017
Plate: Chennai - 34.

(Dr. Capt. M. SINGARAJA)
Chairman, Senior Citizens Bureau
and Editor, "LinkAge"

Theme - 2017 World Elder Abuse Awareness Day

The theme of the 2017 World Elder Abuse Awareness Day (WEAAD) to be observed at the United Nations Headquarters is “Understand and End Financial Abuse of Older People: A Human Rights Issue.”

Virtually all countries are expected to see substantial growth in the number of older persons between 2015 and 2030, and that growth will be faster in developing regions.¹ Because the numbers of older persons are growing, the amount of elder abuse can be expected to grow with it. While the taboo topic of elder abuse has started to gain visibility across the world, it remains one of the least investigated types of violence in national surveys, and one of the least addressed in national action plans.

Recent research findings draw specific attention to financial exploitation and material abuse of older persons as a common and serious problem. Based on available evidence, 5 to 10 per cent of older people globally may experience some kind of financial exploitation.³ However, such abuse often goes unreported, partly due to shame and embarrassment on the part of the victims or their inability to report it because of cognitive and other impairments, and most prevalence studies are based on self-reported surveys.

Financial exploitation takes many forms. In developed countries, the abuse often encompasses theft, forgery, misuse of property and power of attorney, as well as denying access to funds. The overwhelming majority of financial exploitation in less developed countries includes accusations of witchcraft that are used to justify property grabbing, ejection from homes of and denial of family inheritance to widows. Risk factors for falling victim to financial exploitation range from social isolation and cognitive impairment to emotional or physical dependence on the perpetrator, financial dependence of the abuser on the older person, certain living arrangements, poverty, widowhood and lack of support networks, in addition to ageism and other types of prejudice, discriminatory inheritance systems, as well as weak police and criminal justice systems.

In particular, this year’s theme underscores the importance of preventing financial exploitation in the context of elder abuse to the enjoyment of



older persons’ human rights. In line with the 2030 Sustainable Development Agenda and the Madrid International Plan of Action on Ageing, older people have the right to a life of dignity in old age, free of all forms of abuse, including financial and material exploitation, which could lead to poverty, hunger, homelessness, compromised health and wellbeing, and even premature mortality.

The 2017 WEAAD theme will explore effective means of strengthening protections against financial and material exploitation, including by improving the understanding of this form of elder abuse and discussing ways of ensuring the participation of older adults themselves in ending victimization. It will further serve to inform the thematic discussions of the upcoming eighth session of the General Assembly’s Openended Working Group on Ageing, which will take place in New York from 5 to 7 July 2017.

Objectives

- Frame financial exploitation and material abuse of older persons within the context of human rights;
- Promote research across countries to identify the scale and severity of financial exploitation and its impact on older persons, their families, communities and countries in order to raise public awareness and to inform appropriate responses;
- Stress the urgent need for Member States to take concrete action and develop specific measures to address and monitor financial exploitation and material abuse in the context of an ageing society;
- Share good practices of legislative initiatives and programmatic interventions on detecting and dealing with financial exploitation.

Scientific Benefits of Yoga

From Hypertension, Sugar, Diabetes, Thyroid, Asthma, Arthritis, Stress and Stomach Diseases, to even Cancer which can not only just be controlled but can even be cured by regular practice of Yog. Swamiji has cured lakhs and crores of people suffering from various diseases.

By Yog, you can get rid of all the stress, illness, bad habits and diseases born out of ignorance to attain the divine bliss of full health, happiness, success, prosperity and super consciousness in this life itself.

An individual in an infant stage itself is integrated with knowledge, divine compassion and absolute power. By awakening this with Yog, you can become a divine human being from a mere human. The authentic tradition of Yog that has descended from the Vedas and Maharishi Patanjali etc. Can now be learned/ practiced at your home through Aastha Channel. Take advantage of this opportunity to benefit yourself & others as well.

- Yoga Guru Baba Ramdev

“Yoga Embodies Unity of Mind and Body, Thought and Action, Restraint and Fulfillment, Harmony Between Man and Nature, A Holistic Approach to Health and Well Being”.

- Narendra Modi

யோகாவின் அறிவியல் பயன்கள்

தொடர்ந்து யோகா பயிற்சி செய்வதன் மூலம் உயர் ரத்த அழுத்தம், நீரிழிவு, தைராய்டு, ஆஸ்துமா, மூட்டு வாதம், மன அழுத்தம் மற்றும் வயிற்று நோய்களுக்கு நிவாரணம் பெறலாம். யோகா பயிற்சி, புற்றுநோயை கட்டுப்படுத்துவது மட்டுமின்றி, குணப்படுத்தவும் உதவுகிறது. சுவாமிஜி, பல்வேறு நோய்களால் அவதிப்பட்டு வந்த கோடிக்கணக்கானோரை குணப்படுத்தியுள்ளார்.

யோகா செய்வதால், அனைத்து மன அழுத்தம், நோய், தீய பழக்கங்கள், அலட்சியத்தால் உருவான நோய்கள் ஆகியவற்றில் இருந்து விடுபட்டு, இவ்வாழ்க்கையிலேயே பூரண ஆரோக்கியம், மகிழ்ச்சி, வெற்றி, வளம், சிறந்த நினைவாற்றல் ஆகியவற்றுடன் தெய்வீக பேரின்பத்தை அடையலாம். ஒவ்வொருவரிடமும் குழந்தை பருவத்திலேயே ஒங்கிணைந்த அறிவாற்றல், தெய்வீக கருணை, பரிபூரண சக்தி குடிகொண்டிருக்கும். அவற்றை யோகா மூலம் தட்டி எழுப்பினால், நீங்கள் சாதாரண மனிதரில் இருந்து, தெய்வீக புருஷராக உருவாகலாம். வேதங்களும், மகிரிஷி பதஞ்சலி உள்ளிட்ட மகான்களும் அருளிய உண்மையான பாரம்பரிய யோகா கலையை ஆஸ்தா சேனல் மூலம் நீங்கள் வீட்டிலேயே கற்கலாம் / பயிற்சி செய்யலாம். இந்த வாய்ப்பை பயன்படுத்தி நீங்களும், பிறரும் பயன் பெறுங்கள்.

- யோக குரு பாபா ராம்தேவ்

முதியோர் சட்டம்

சென்னை மாவட்ட ஆட்சியர் அன்புசெல்வன் வெளியிட்டுள்ள செய்திக் குறிப்பு: ஒவ்வொரு ஆண்டும், ஜூன் 15ம் தேதி, ‘உலக முதியோர் வன்கொடுமை விழிப்புணர்வு நாள்’ கொண்டாடப்படுகிறது. 60 வயதுக்கு மேற்பட்ட முதியோரின் எண்ணிக்கை வேகமாக உயர்கிறது. வரும், 2050ல், 65 வயதிற்கு மேற்பட்ட முதியோரின் எண்ணிக்கை, 14 சதவீதமாக உயரும்.

முதியோர் மனோரீதியாகவும், பொருளாதார ரீதியாகவும், பல்வேறு பிரச்சனைகளை சந்திக்கின்றனர். மக்கள் தொகை பெருக்கம், உடைந்து போன கூட்டுக் குடும்பம், மேல்நாட்டு கலாசார தாக்கம் ஆகியவை காரணமாக, முதியோரின் மீதான அக்கறை குறைகிறது.

எனவே, முதியோருக்கு எதிரான கொடுமைகள் நடந்தால், தட்டி கேட்க வேண்டும்; முதியோர் பிரச்சனைகளுக்கு செவிசாய்க்க வேண்டும். முதியோர் மனோரீதியாகவும், உடல்ரீதியாகவும் காயப்படுத்துவதை தவிர்க்க வேண்டும்.

முதியோருக்கு பேருந்து, மருத்துவமனை, வங்கி உள்ளிட்ட அனைத்து இடங்களிலும் முன்னுரிமை கொடுப்போம். முதியோர்களிடம் பேசுவதற்கு நேரம் ஒதுக்குவோம்; உணர்வுகளுக்கு மதிப்பளிப்போம்.

தமிழகத்தில், முதியோர் சட்டம் மற்றும் மருத்துவ உதவி, முதியோர் இல்லங்களில் சேர்க்கை குறித்த விபரங்களை, 1253 மற்றும் 18008001253 என்ற எண்ணில் தெரிந்து கொள்ளலாம்.

A Brief Note About Senior Citizens Bureau

(Dr. Capt. M. SINGARAJA)

Senior Citizens Bureau was established in March, 1996 and registered in June 2002 with Registrar of Societies/Chennai Central with Reg. 370/2002. Late Major General Aban Naidu, PVSM, AVSM, M-in-D, a veteran defense officer, is the founding chairman. Also he is the former General Officer Commanding of Delhi Area and Military attache for USA and Canada at Washington. He served the nation both in peace. World War II and other Wars in our border. The Bureau is proud to have his services as well as the services of other dedicated eminent personalities such as M/S Padmabushan Dr. Saarada Menon, SP Ambrose, IAS(R), R Venkatesan, IA&AS(R), Er. S. Ramalingam, (Rtd CMD/CPCL), Dr TS Kanaka, Dr Vayu Naidu, FRSA, TV Hariharan, C.N. Prasad and a host of active members. The Bureau is fortunate to have Er.V. Haiharan, FIE, former President, Sundaram Fasteners and the renowned Geriatrician Padmasri Dr. VS Natarajan as past chairmen. The multi faceted technocrat and our charter member, Dr. (Capt) M Singaraja, is the current chairman.

The Bureau has grown into stature steadily with dedicated involvement of eminent personalities. It has 450 plus members from various walks of life, such as retired officials from IAS., IA&AS., IPS, Defense Services, Banks, Medical, Engineering, Judiciary, Industry and Business, from all over the country, it has earned its name as a reputed voluntary organization in the movement of older persons. It is predominantly an information and guidance centre, to all age groups of the Society, with its well defined Mission and Vision. The Bureau is providing service and advocacy through 6 departments of Social Service. Field activities, Promotion of Inter generation bonding and Publication of Journals/ Books are accomplished regularly. We are networking with Govt, bodies and sister forums from all over India. Our contributions to elder movement through participation in various conferences, symposiums,

workshops, etc., are acclaimed. We are bringing out a registered and prestigious journal "LinkAge" every month. Its commitment to the community, particularly to the youth and elderly, is hailed by the media and the public. The Bureau is proud of its achievement. The members of the Bureau, the youth and the general public are immensely benefited by the participation of VIPs from Govts, NGOs and specialists from the Social and Medical fields.

The Bureau has conducted 205 programs till May 2017 including the projects cited below.

1. Attending to requests from the members as well as general public pertaining to 6 social welfare depts. of the Bureau (1200 plus cases)
2. Elders safety, Security and Day Care Center
3. Screening Camps for Physical and mental wellness of Men / Women (including / Old age homes / Rural people)
4. Counseling and Psychotherapy for young / old, Memory Clinic
5. House call programme to help immobile elders by Doctors, Psychologists, and Nursing Assistants
6. Publication of monthly journal entitled "LinkAge" and books
7. Training Programme and financial assistance to the students and less privileged sections
8. Promotion of Inter Generation Bonding, Elder Abuse Awareness
9. Scientific sessions, Seminars, Workshops with specialists and VIPs from Govt, NGO, social and medical fields
10. Networking with sister forums from all over India and contribution to elder movements

SCB - List of Programms from April 2016 to March 2017

S. No	Program No	Date	Venue	Topic	Chief Guest & Speaker
1	187	22.04.2016	M.N Eye Hospital, Kilpauk	Comprehensive Eye Check-Up Camp	Dr.Chalini Madhivanan MD, M.N. Eye Hospital
2	188	24.04.2016	Instution Of Valuers, Mylapore	Corporate Social Responsibility For The Welfare Of Elders	Thriu R N Mittal, National Advisor/ISU3A & IPP/AISCCON
3	189	21.05.2016	Ayanpuram, Chennai	Workout Session On "Physical And Mental Wellness For The Elderly"	Dr. (Capt.) M. Singaraja, Chairman, Senior Citizens Bureau & U3a Chennai.
4	190	17.06.2016	Dr. BM Sundaravadanan Matric Hss Shenoy Nagar, Chennai	11 th World Elder Abuse Awareness Day 2016 And 2 nd World Yoga Day 2016	Prof. Dr. V. Shanmuga Sundaram Mrs. Flora Jayanthi Christoper, Principal Dr. Muthukrishnan, Manager, IHEI
5	191	08.07.2016	TANSECA Service Centre	Spirituality For Active Ageing	Swami Madhavananda Acharya, Chinmaya Mission, Ranchi
6	192	22.07.2016	Ethiraj College Library Auditorium, Egmore, Chennai	14 th AGM	Capt. M. Singaraja, Chairman, Senior Citizens Bureau & U3a Chennai.
7	193 ~ 195	22.07.2016	Ethiraj College Library Auditorium, Egmore, Chennai	11 th World Elder Abuse Awareness Day, 21 st Annual Day Of Senior Citizens Bureau and 13 th Anniversary Of Our Monthly Journal "Linkage"	Swami Mitrananda Spiritual Teacher Of Chinmaya Mission and Dr. A. Nirmala Principal & Secretary, Ethiraj College For Women,
8	196	24.08.2016	Scarf Rehabilitation Centre (Bhavsya Bhavan), ----- Rajiv Gandhi National Institute Of Youth Development (RGNIYD) and ----- Rajiv Gandhi memorial & Temples Around	One Day Tour	Superintendant Mrs Omana, Dr. V. Sridhar, Psychiatrist, ----- The Director Dr. Latha Pillai, Social Work Dept.(SWD) Head, Prof. Udhaya Mahadevan and The Registrar Dr. Deva Kumar ----- Rajiv Gandhi memorial & Temples Around
9	197	17.09.2016	Pon Malligai Multi Specialty Hospital, Chennai	"Healthy Ageing"	Dr. M. Marudhupandian, M.D. (Diabetologist) Director, Pon Malligai Multi Specialty Hospital
11	198	01.10.2016	Ethiraj College Library Auditorium, Egmore, Chennai	World Elders Day - 2016	Gandhian Thiru V. Kalyanam Freedom Fighter And Former Ps To Mahatma Gandhi, Chennai
12	199	28.11.2016	Dr. GMTT HSS, Chennai	National Children's Day and World Elders Day	Thiru Ram Vishwanathan., B.Sc., Bus.,Admn.(U.S.A.) Secretary, T.T.V. Group Of Schools
13	200	19.12.2016	Dr. BMS Matric HSS, Chennai	Dental Health Monitoring Camp for Senior Citizens and Students	Dr. D. Prabu Professor and HOD Public Health Dentistry, SRM Dental College, Ramapuram
14	201	21.01.2017	Conference Hall Of Andhra Chamber Of Commerce	Widening The International Network Of U3A and Launch of U3A Chennai	Dr. Vedagiri Shanmuga Sundaram Former VC of Manonmaniam Sundaranar University, Prof. Parsuramen Armoogum President, U3A Mauritius and Prof. Vellas, President, Association of International Universities of the Third Age (AIUTA), Toulouse, France
15	203	19.02.2017	Jayam Home Health Care	"Jayam Geriatric Health Screening Camp	Dr. Ramesh Sadasivan, MBBS., FCIP., RCGP (London) Medical Director, Jayam Poly Clinic And Nursing Home
16	204	18.03.2017	Scarf Training And Resource Centre, Chennai	"Dementia Screening Camp"	Dr. Sridhar Vaitheswaran MD, MRC Psych, Consultant Psychiatrist & Coordinator / Dementia Care In Scarf - Demcares

Program Photos 2016-2017



187 - Comprehensive Eye Check-Up Camp - Dignitaries after Lighting the Lamp



189 - Workout Session on "Physical and Mental Wellness for The Elderly"- Presidential address by Dr. TS. Kanaka



190 - Commemoration of World Elder Abuse Awareness Day and World Yoga Day- A view of the Dais.



191 - "Spirituality for Active Ageing"



193, 194, 195 - Chief Guest Releasing the "Sweet -21"



197 - Health Monitoring Camp- Chairman Honouring Dr. M. Marudhupandian



198 - World Elders Day- A view of the dais



199 - Childrens Day & World Elders Day-Management team of SCB and School with student recipients of the best awards from SCB

Program Photos 2016-2017



200 - Dental Health Monitoring Camp- SCB office bearers with the staff members of Dr BMS primary School and SRM Dental College Public Health Dentistry Dept.



**201 - "WIDENING THE INTERNATIONAL NETWORK OF U3As"
- A group photo with VIPs from Abroad & Chennai**



203 - 9TH ANNIVERSARY OF GERIATRIC HOUSE CALL PROJECT (GHCP)- Chairman inaugurating the Camp



204 - "DEMENTIA SCREENING CAMP" - Group photo picture of EC Members with SCARF Demcares team

**Salutation and best wishes to our Senior Elder Members,
who have sighted 1000(+) moons between 23.07.2016 on 24.06.2017**

S.No	Name	Pincode	Memb. No	Ph. No	DOB	Age
1	Dorai Thamburaj, Er	Tenkasi-627 805	JSL:548	9944234499	07-05-1933	84
2	Natarajan, V.S.	CHENNAI-600 086	LM:686		07-08-1933	83
3	Mani, K.S. Ln.	CHENNAI-600 033	LM:540	9884075955	15-08-1933	83
4	Parvathi Menon	CHENNAI-600 082	LM:516	044 - 26701610	07-09-1933	83
5	Ramamurthy, T.V	Thanjavur-613 001	LM:790	9629831562	15-10-1933	83
6	Chidambaram, M.	CHENNAI-600 090	LM:577	044 - 24911445	24-10-1933	83
7	Kokila, D	CHENNAI-600 094	LM:774	044 - 24815233	18-11-1933	83
8	Sakunthala, S	CHENNAI-600 017	LM:426	044 - 28140248	03-12-1933	83
9	Balakrishna Raja, V.S. Er	CHENNAI-600 018	LM:567	9840152085	05-02-1934	83

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

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Prabhakaran, S	LM:660	1-Jul-1939
2	Vasudevan, S.K	LM:18	1-Jul-1940
3	Balasubramanian, V.A	LM:669	2-Jul-1939
4	Rajasimham, TN	LM:905	2-Jul-1935
5	Baby Parimala, S.	LM:800	4-Jul-1952
6	Balaraman, M	LM:681	4-Jul-1938
7	Kandaswamy, A.C	LM:352	4-Jul-1939
8	Rajaratnam, L.V	LM:60	6-Jul-1939
9	Ganapathy, N	LM: 410	9-Jul-1945
10	Navaneethakrishnan, KR.	JSH:817	10-Jul-1946
11	Raghunatha Rao, D	LM:863	10-Jul-1942
12	Balakrishnan Rao, N.	LM:593	11-Jul-1929
13	Rajaram, S	LM:808	14-Jul-1930
14	Gnanasambandam, V	LM:785	15-Jul-1940
15	Govindan, T.V. Dr	LM:562	15-Jul-1946
16	Sanjeeva Rao, A. Dr.	LM:495	15-Jul-1946
17	Vir Prakash Jain	LM:767	15-Jul-1955
18	Viswanathan, S	LM:587	15-Jul-1955
19	Guruswamy, G. Er	LM:780	16-Jul-1942
20	Easwaran, C.G.Er	LM:501	16-Jul-1940
21	Ramani, S	LM:663	16-Jul-1948
22	Janakam, M	LM:784	19-Jul-1931
23	Murugesan, M	LM:661	19-Jul-1939
24	Ramaswamy, S. Prof. Dr.	LM:539	20-Jul-1924
25	Davaram, W.I., I.P.S.(Retd)	LM:772	20-Jul-1939
26	Janarthanan, S.K	LM:447	20-Jul-1946
27	Swaminathan, E. Er.	LM:674	22-Jul-1945
28	Chockalingam, V. Dr. Prof	LM:682	27-Jul-1945
29	Ameresan, M.S. Dr	LM:21	30-Jul-1937

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

01-Jul	World Health Day	I
01-Jul	State Bank of India Foundation Day	N
11-Jul	World Population Day	I
26-Jul	Kargil Memorial Day	N

Note: N = National / I = International**Congrats**

Thiru CN Prasad, our incoming Chairman informs that his granddaughter Selvi Surthi, daughter of his son Thiru Venkatewara Prasad, married Selvan Teja Nivas, son of Mr M V Chowdary on 4th June, at JRC Convention Center at Hyderabad. We convey our best wishes to the newly married couple for their bright and prosperous wedded life.

Thiru S Jayakumar, Secy General, SCB and Thiru S.Prabhakaran, incoming Editor in charge for LinkAge participated in the golden jubilee wedding of their brother Rotarian PDG, PHF S.Udayakumar (78), Chairman, Karthik Group of Companies, with Mrs Kamalavadani Udayakumar on 18th June 2017, at Hotel Oberoi, M G Road, Bangalore.

Homage to Ramco Chairman

Leading industrialist P.R. Ramasubrahmaney Rajha, Chairman, Ramco Group, Passed away on 11.05.17. He was 81.

He is survived by his wife R. Sudarsanam, two daughters and son P.R. Venketrama Raja. Mr. Rajha, born in 1936 as the only son of P.A.C. Ramasamy Raja, founder

of Ramco Group, played a big role in building the Group into a \$1 billion industrial conglomerate with interests spanning cotton and suntheic yarn, cement, building products, software solutions, wind-energy and bio-technology, among others.

The media-shy Rajha was a Philanthropist, educationist and an ardent devotee of the Sringeri Mutt. Mr. Rajha was always proud of his father and believed in his philosophy that "a contented worker will give to the employer better work and therefore better profits." The Rajapalayam Mills has not seen and labour unrest since it was inaugurated on September 5, 1938. Mr Rajha always adapted to changing times and he used to attribute his success to an endeavour to make customers addicted to his products through sheer quality. He always played the role of Good Samaritan not only for his employees but also to all around him. In times of adversity, he lent a helping hand.

Obituary

With profound sorrow, we record the sad demise of the following and pay our respectful homage:

Tmt. S. Bhavani(62), spouse of Thiru R. Sethuraman, AM: 842 passed away peacefully on 28.05.2017, at Thiruvallur.

Thiru M. Velraj(83), Rtd., A.O and Former Sec., TNEB Pensioner Association Madurai, father of our good friend and Net Working Associate Mr. V. Sivakumar, JD/HelpAge India, passed away on 11.05.2017 at Madurai.

We Convey Our Heartfelt Condolence to the members of the bereaved family.

Acknowledgement**Thanks a lot & God Bless You**

I	Annual Day Donation	Mem. No	Rs.
1	Dr. Capt. M. Singaraja	LM:03	500
2	Thiru SS Mathapati	Non Member	500
3	Thiru P. Sethuleshan	LM:866	500
4	Tmt. PS Rajam	LM:502	500
5	Thiru CN Prasad	LM:846	10000
5	Er. R. BalaSubramanian	LM:679	1000
6	Thiru KB Bharath Singh	JSL:849	2000
7	Thiru Parthasarthy Prabhakaran	Non Member	300

With Best Wishes From



Narpani Selvar Gnana Oli MJF Ln V Amruthkumar, JP (94),

Philanthropist and Green Environmentalist
Convener, Cosmopolitan Club, Gourmet Group, Chennai,
7/45, G.A. Road, Old Washermenpet, Chennai - 21.

With Best Compliments from:

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Mrs. Sumathi Umapathi and Mr. Chitoor Natarajan Umapathi

Mrs Kanchana Dinesh and Mr. Jayakumar Dinesh

Mrs Suganya Sathish and Mr Sathish Srinivasan

Mrs Veena Rajesh and Mr. Jayakumar Rajesh

Best wishes from:

S. PRABHAKARAN, IOBIAN,
"Arul Manam", Chennai - 600 010.

Mrs. Vijaya Venugopal & Mr. TV. Venugopal
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Mrs. Geetha Sampath & Mr. S. Sampathkumar

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To.

யோகா குறித்து விழிப்புணர்வு ஏற்படுத்தி வருபவரும், ‘பெண் சக்தி’ விருது பெற்றவருமான, 97 வயதான நானம்மாள்:

என் சொந்த ஊர், பொள்ளாச்சிக்கு பக்கத்தில் உள்ள ஜாமீன் காளியாபுரம், 1920-ல் பிறந்தேன். என் பிறந்த வீடும், புகுந்த வீடும் ஐந்து தலைமுறைகளாக யோகா குடும்பம்; பரம்பரை சித்த வைத்தியர்கள்.

என் தாத்தாவிடம் இருந்து, 5 வயதிலேயே யோகா கற்றுக் கொண்டேன். அன்றிலிருந்து இன்று வரை எந்த காரணத்திற்காகவும், யோகா செய்வதை நிறுத்தியது இல்லை; உடல் நலக்குறைவுக்காகவும், ஊசி, மருந்து, மாத்திரை என, மருத்துவமனை பக்கம் போனதில்லை. எனக்கு இரண்டு மகன்கள், மூன்று மகள்கள். அனைவரும் வீட்டிலேயே சுகப் பிரசவத்தில் பிறந்தவர்கள்.

ஒருமுறை, ராமநாதபுரம் மாவட்டத்தில் நடந்த, தேசிய யோகா போட்டியில், ஒரு பெண் பிழையோடு செய்த சர்வாங்காசனாவுக்கு பாராட்டும், முதல் பரிசும் தரப்பட்டது. அதை பார்த்து வேதனையடைந்த நான், வாதிட்டேன். அந்த பெண்ணின் பயிற்சியாளர், ‘நீ வந்து சரியாக செய்து காட்டு...’ என்றார். நான் மேடையேறி சரியாக செய்து காட்ட, பாராட்டும், முதல் பரிசும் எனக்கு வழங்கப்பட்டது.

தினமும் இரவு, முக்கால் லிட்டர் தண்ணீரில், ஐந்து துளசி இலை, சிறிதளவு மஞ்சள் தூள் கலந்து வைத்து, அதிகாலை, 4:30 மணிக்கு, முதலில் அதை குடித்து விடுவேன். ஒரு வேப்பங்குச்சியை, 15 நிமிடங்கள் வரை வாயில் வைத்து மென்று கொண்டே காலை கடன்களை முடிப்பேன். வேப்பஞ்சாறு ஈறுகளை சுத்தப்படுத்தும், சிறந்த கிருமிநாசினி; வயிற்றுக்குள் இருக்கும் பூச்சிகளையும் அழித்துவிடும்.

பின், முக்கால் மணி நேரம் நடைப்பயிற்சி, அதன்பின், பிராணாயாமம், சூரிய நமஸ்காரம், மூச்சுப் பயிற்சி என, 20 யோகாசனங்களை செய்து முடித்து, மாணவ - மாணவியருக்கு, காலை, 8:30 மணி வரை யோகப் பயிற்சி அளிக்கிறேன். எல்லா சிறு தானியங்களும் கலந்து வறுத்து, அரைத்த கஞ்சியும், தொட்டுக் கொள்ள ஒரு பொரியல் என, காலை ஆகாரம்.

மதியம், சிறிது சாதம், மோர், வீட்டில் விளைந்த கீரைப் பொரியல், தினமும் தவறாமல் ஒருமுறை வெற்றிலை போடுவேன். மாலை, மறுபடியும் யோகப் பயிற்சி அளிப்பேன். இரவு, இரண்டு பழம், ஒரு டம்ளர் பால், இரண்டு வேளை குளியல், 8:00 மணிக்கு தவறாமல் தூங்கப் போய் விடுவேன். விடியற்காலை வரை விழிப்பே வராத அளவுக்கு ஆழ்ந்த உறக்கம். 12, காபி குடிப்பது இல்லை. இது தான் என் அன்றாட வாழ்க்கை.

உடலின் எல்லா சுரப்பிகளும் சரி வர இயங்கி, தேவையான அளவு ரசாயனங்களை சுரந்தால் மட்டுமே, நம் உடம்பு எந்த வம்பும் செய்யாமல், அதன் போக்கில் இயங்கி கொண்டிருக்கும். இதற்கு, தினமும் சிறிது நேரமாவது யோகா செய்வது அவசியம்.

முதியோர் உதவித் தொகை

முதியோர் சட்டம்

சென்னை மாவட்ட ஆட்சியர் அன்புசெல்வன் வெளியிட்டுள்ள செய்திக் குறிப்பு:

ஒவ்வொரு ஆண்டும், ஜூன் 15ம் தேதி, ‘உலக முதியோர் வன்கொடுமை விழிப்புணர்வு நாள்’ கொண்டாடப்படுகிறது. 60 வயதுக்கு மேற்பட்ட முதியோரின் எண்ணிக்கை வேகமாக உயர்கிறது. வரும், 2050ல், 65 வயதிற்கு மேற்பட்ட முதியோரின் எண்ணிக்கை, 14 சதவீதமாக உயரும்.

முதியோர் மனோரீதியாகவும், பொருளாதார ரீதியாகவும், பல்வேறு பிரச்சனைகளை சந்திக்கின்றனர்.

மக்கள் தொகை பெருக்கம், உடைந்து போன கூட்டுக் குடும்பம், மேல்நாட்டு கலாசார தாக்கம் ஆகியவை காரணமாக, முதியோரின் மீதான அக்கறை குறைகிறது.

எனவே, முதியோருக்கு எதிரான கொடுமைகள் நடந்தால், தட்டி கேட்க வேண்டும்; முதியோர் பிரச்சனைகளுக்கு செவிசாய்க்க வேண்டும். முதியோர் மனோரீதியாகவும், உடல்ரீதியாகவும் காயப்படுத்துவதை தவிர்க்க வேண்டும்.

முதியோருக்கு பேருந்து, மருத்துவமனை, வங்கி உள்ளிட்ட அனைத்து இடங்களிலும் முன்னுரிமை கொடுப்போம். முதியோர்களிடம் பேசுவதற்கு நேரம் ஒதுக்குவோம்; உணர்வுகளுக்கு மதிப்பளிப்போம்.

தமிழகத்தில், முதியோர் சட்டம் மற்றும் மருத்துவ உதவி, முதியோர் இல்லங்களில் சேர்க்கை குறித்த விபரங்களை, 1253 மற்றும் 18008001253 என்ற எண்ணில் தெரிந்து கொள்ளலாம்.