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LinkAge

(R.O.) "Rohini", 9, Red Cross Road, Egmore, Chennai - 600 008.

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



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unconditional love

VOLUME : 14

NOVEMBER 2017

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LINKAGE PRESENTS

A special publication in commemoration of WORLD ELDERS DAY

Foreword

WARM GREETINGS AND BEST WISHES ON THE OCCASION OF WORLD ELDERS DAY. A demographic revolution is underway throughout the world. Today there are around 600 million persons aged 60 years and over, worldwide. This number will double by 2025 and will reach two billion by 2050, with the vast majority of older persons in the developing world. The United Nations designated October 1 as the International Day of older persons. The theme declared by UNO FOR IDOP 2017 is "Stepping into the future, Tapping the talents, contributions and participation of Older Persons in the Society"

Our registered monthly journal "Linkage" serves as a platform to bring together all stake holders for the cause of the Age Care towards the Society for all ages. Let us join together and empower ourselves.

This year's day is about enabling and expanding the contributions of older people in their families, communities and societies at large. It focuses on the pathways that support full and effective participation in old age, in accordance with old persons' basic rights, needs and preferences.

This year's theme underscores the link between tapping the talents and contributions of older persons and achieving the implementation of the 2030 Agenda and the Madrid International Plan of Action on Ageing, which is currently undergoing its third review and appraisal process.

Between 2015 and 2030, the target date for the Sustainable Development Goals, the number of older persons worldwide is set to increase by 56 per cent — from 901 million to more than 1.4 billion. By 2030, the number of people aged 60 and above will exceed that of young people aged 15 to 24.

Stepping into the future with pledges that no one will be left behind, it is starkly evident that the need to tap into the often overlooked and under-appreciated contributions of older persons is not only essential to older persons' well-being, but also imperative for sustainable development processes.

The 2017 theme will explore effective means of promoting and strengthening the participation of older persons in various aspects of social, cultural, economic and civic and political life.

A message from the Editor in Charge



Life is meant to be full of happiness, sharing and caring.

We seniors can make it more meaningful by 1) forming small morning walkers teams of 3 to 7 members from our locality. This could encourage more to form such teams from nearby areas. Such teams when they cross each other everyday can develop brotherly happiness and interact moreover a cup of tea at the corner tea shop. 2) These teams can on festivals can visit nearby orphanages, elder care homes etc and spend quality time with them. 3) Civic problems of their areas be it non burning of street lights, non clearance of garbage etc can be reported by these teams better. 4) Youngsters around can be encouraged to help seniors to pay their bills of electricity, telephone etc get medical help, and be of help in taking them for small walks in their colonies. 5) Such good deeds can be awarded each year by local welfare assns as best youngster, best citizen, best homemaker etc. 6) Seniors can visit all the annual day celebrations at the nearby schools to foster better interaction of ages. 7) We can also encourage youth to give companionship sitting for lonely elders of area. 8) Youth can also help elders and care givers when they come to collect their wards at school entrances in hot sun by making them comfortable, inside, free away from fast traffic and confusion. Outside the doors of these schools. These do not require any financial help or support, or govt support and be put in place by each individual themselves. In a very short time life will be more meaningful, happier, and comradre and full of smiles. Wishing all a very world elders day and happier moments ahead.

Homage



The NOV, 2017 issue of "Linkage" is dedicated to the loving memory of our Founding Chairman Maj. Gen. Aban Naidu, PVSM. AVSM. M-in-D on the occasion of his 2nd death anniversary on October, 22, 2017

INVITATION - 210th Programme

SENIOR CITIZENS BUREAU (SCB)

Rohini", 9, Red Cross Road, Egmore, Chennai - 600 008

Phone: 044 - 2855 3031

Email id : chairman@seniorcitizensbureau.org

cordially invites you to observe the Commemoration of

NATIONAL CHILDRENS DAY and WORLD ELDERS DAY

jointly with

Dr. B.M. SUNDARAVADANAN MATRICULATION HIGHER SECONDARY SCHOOL,

40, First Main Road, Shenoy Nagar, Chennai - 600 030

(Phone: 044 2626 3993 / 044 2622 1242)

between 10 AM and 2 PM

at the School Campus on Monday, 20th November, 2017

in the immediate presence of

Padmasri Dr. V.S. NATARAJAN

Geriatric Physician

Guests of Honour

Prof. VEDHAGIRI SHANMUGASUNDARAM,

(President, Dr. B.M. Sundaravadanan Matriculation
Higher Secondary School)

& Mrs. YESODA SHANMUGASUNDARAM

Thematic address by

Dr. Capt. M. SINGARAJA

Chairman Emeritus, Senior Citizens Bureau

Presided over by

Sri. C. NAGENDRA PRASAD

Chairman, Senior Citizens Bureau

Mrs. V. Gowri Bai,
Headmistress

S. Jayakumar,
Secretary General/SCB

NOTE: Health monitoring tests by Murugan Hospital, Dental check up by Baskar Dental foundation, Eye check up M N Eye Hospital and hearing test by Aanvii Hearing solutions will be conducted at the school campus .

EC meeting will be held at the same venue at the end of the programme.

Minutes of the EC meeting on 11th October, 2017

EC meeting for the month of October , 2017 was held at the office of the Chairman of SCB Sri C Nagendra Prasad, 9, Red Cross Road, Egmore, Chennai, 600008, on 11/10/2017, at 6 PM. Our Chairman Sri C Nagendra Prasad presided over this meeting. 2017 Among those attended were Mr Prakash H Lulla, Mr V S Balakrishna Raja, Mr S Jayakumar, Mr P Sethuleshan, Mr S Prabhakaran, Mr C. Pannirselvam, Mr P.M. Pndiyan, Mr R Ramakrishnan, Mr. Sainath, and Mrs Nirmala. Our Chairman welcomed all the members and then confirmation of the minutes of the last EC meeting held on 16th Sept read by Secy General was adopted. Greetings to the October born members were also given. Then the Chairman discussed about the forthcoming World Elders Day programme being organised on 13th October, 2017 at the Mini Auditorium in Ethiraj College. He briefed the members and finalised the distribution of duties among the EC members and other members. There was a lively discussion for SCB's 210th programme in November and securing good number of advertisements. Each SCB member has to ensure the presence of atleast ten members by contacting them well in advance. They may try to get new members /couples in the group of 65/70. Printing of brochure with proper inputs is under consideration and suggestions are welcome. The meeting came to an end with a vote of thanks by Secy general Mr S Jayakumar. Chairman appealed to all the members who missed the meetings can e mail their views/and the departments they are interested to offer their services.

Data Base for SCB Members

We have members since over 2 decades when E Mail and Cell Phones are not existing. We are now planning to create data base with cell Numbers to send SMS Messages about programmes and E mails for communication. We Can organize tours to suit your requirements and budget and places you like to visit in India and abroad and also the months you prefer to travel and number of days you like to spend .We can arrange cultural Programmes you like to participate be it music dance or drama. Please e mail to info@seniorcitizensbureau.org or write to our A O : 9, Red Cross Road, Egmore, Chennai - 600 008.

Mail Box

Well and hope this would find you in good health and happiness. I understand the feeling expressed by the President of SCB towards dwindling attendance for the meetings but at the same time due to so many factors elders show reluctance to go out of the house due to their Age factor. Over come this is really a problem for such Senior Citizens Organizations. Anyhow the cause for which such Organizations are formed have to tackle this issue and see that show goes on. I wish all the best to SCB. With best wishes to a Happy and Colorful Diwali.

- K S Ganesan.

Reply: A good suggestion

SCB - 209th Programme - Commemoration of International Day of Older Persons (IDOP) - 2017



Health monitoring test



Pledge against elders abuse



Distribution of First aid box kit to the dignitaries by house call service provider "Health above 60"



"Talk to granny" programme in action by a NSS Student with a member of SCB



Group photo of SCB members with NSS students



Our Vice Chairman Mr Prakash H Lulla and Master of ceremony is being honored by the chief guest



The most active participant of the pattimanram being felicitated by Mr T V Hariharan.



A pose in a reflective mood of the core committee members with the Chairman of SCB and Mr T V Hariharan

SCB - 209th Programme - Commemoration of International Day of Older Persons (IDOP) - 2017

Senior Citizens Bureau and NSS Ethiraj College for Women jointly organised 209th programme to commemorate the 27th anniversary of International Day of Older Persons (IDOP) at 9.30 AM on Friday the 13th October, 2017 at Ethiraj College for Women Campus II Mini Auditorium. This lovely and awesome auditorium of the college was bustling with activities right from the morning. NSS volunteers in their colorful attire were beaming with broad smile to receive all senior citizens and guests. They escorted them with affection, respect and dignity. All of them were filled with joy for the harmonious human touch till the end of the programme. After invocation, the Vice Chairman of SCB charmingly and stylishly performed the job as Master of Ceremony. This colorful function with a mix of NSS students and our SCB members went on very well with very good attendance of many of the SCB members and jubilantly participating. Master of Ceremony did the magic of attracting the gathering of our members and NSS students of Ethiraj college in his own and inimitable style.

The programme was inaugurated by lighting the traditional lamp by the Chief Guest Justice Sri K. Gnanaprakasam, Guest of honor and the Principal of the college, Tmt. Dr. A. Nirmala, and SCB Chairman Sri C. Nagendra Prasad, besides Mr S Jayakumar, Secy General and the NSS chief. Then the entire crowd of 200 plus took the pledge against Elders Abuse administered by the Chairman of SCB. NSS coordinator Dr Navaneetha Lakshmi extended a warm welcome to the dignitaries on the dais and to the audience. The dignitaries on the dais were honored by the Chairman. The chief guest Hon'ble Justice K. Gnanaprakasam, gave away "SCB Award of Excellence" to Mr T V HARIHARAN and also to CAPTAIN DR. M. SINGARAJA. Both the Awardees could not come and they were taken by our Joint Secretary Mr P. Sethuseshan and Mr S. Jayakumar, Secy General for being passed on to them later.

The Principal and Secretary of Ethiraj College Dr Mrs A Nirmala expressed her immense happiness in imparting family and social values to their students through their extra curricular activities with leading NGOs. She also appreciated the good work done by the SCB and the cordial relations they are having with her college every year while celebrating the World Elders Day.

The Chairman of SCB in his presidential address appreciated the enthusiastic cooperation of the participating institution Ethiraj College and SCB to

promote inter generation bonding. He also thanked the Principal for assisting Senior Citizens Bureau in all our activities. He was feeling sorry as we are all missing our Captain for the first time in a major function and wished Mrs Remalakshmi quick recovery.

He appealed to members for more involvement and participation in all the programmes. Since members live in various localities we can form local group and meet. Use of whatsapp and SMARTPHONES for better COMMUNICATION. Help in office administration and visit A.O. Then he requested Dr V. Chockalingam to speak.

Dr V Chockalingam also addressed in a humorous way advising the elders present to take meticulous care of their health with three "E" - Exercise, Emotions and Eating.

Retired Judge and Chief Guest of the day Hon'ble Sri. K. Gnanaprakasam in his special address recalled his earlier attending the World Elders Function at Ethiraj College in 2013 and commended the participation of the students in the efforts of SCB to bring out empathy and understanding of younger and older generation.

Then followed the cultural programme of the NSS students which was the highlight of the day and they were well applauded and appreciated by one and all.

The Concept of Introducing Granny is NOVEL and has drawn attention.

NOW for all of us to give Life to the Project. Talk with granny programme is all about bridging the gap between the senior citizen at home who is lonely with all his care givers away at work, etc. finding herself lonely she can give her name to SCB, who will pass the same to the NSS of the Ethiraj college who have formed a team of volunteer counsellors who will happily fill the gap by talking to the granny at convenient time suitable to both and bring in cheer and camaraderie and end the loneliness, by happy reminiscing then, thus ushering in a scene of wantedness and care. This could go longer in reducing tiredness, boredom, and depression and replace it with love and care.

At the end of the programme. The Master of ceremony's cine quiz kept the hungry members to their seats. The programme ended with a vote of thanks by Mr S Jayakumar, Secy General and raising for National Anthem.

We S C B and NSS of Ethiraj College enjoyed the lunch sponsored by Mr T V Hariharan which he is ensuring always to do during our Elders day functions.

News from Net Working Associates

Commemoration of World Elders Day was observed by various Senior Citizens Forums as given below:

1. Dr. V. S. Natarajan Geriatric Foundation celebrated 2nd edition of World Elders Fest and Expo 2017 on Sep 30 and Oct 01, 2017, at Vidyodaya School Campus, T.Nagar, Chennai. On this occasion they have brought out an useful souvenir and a beautiful "Geriatric House Call Resource Directory", a comprehensive list of Elder Care services. Various Senior Citizens related activities were held.

2. HelpAge India, Chennai celebrated the whole day on 1/10/2017 at Kuchalambal Kalyana Mandapam, Chetpet, entertaining and awarding the Senior Citizens mainly from Old Age Homes.

3. The Department of Geriatric Medicine and Surgery, MMC and RGGGH, Chennai, jointly with Help Age India celebrated the Day on Oct 3, at Regional Geriatric Centre, GH campus.

4. Probus Club of Chennai celebrated the Day on 4th October at Russian Culture Centre, Chennai. A guide book "Probus Way to Joyful Ageing" was launched. Various categories of Senior Citizens were honored.

5. TANSECA celebrated the day with residents of Old Age Homes for destitutes, distributing sarees, dhoties, towels and sweets, worth Rs.25,000 sponsored by TANSECA Charitable Trust.

6. Pondichery Senior Citizens Welfare Associations conducted a free medical camp on October 01, 2017.

7. Celebration by Senior Citizens Bureau on Oct 13, is given separately elsewhere in this issue.

8. Andhra Chamber of Commerce celebrated its 90th Foundation Day recently. Vice President of India, Thiru Venkaiah Naidu was the chief guest. Our Chairman Thiru C. Nagendra Prasad is the Vice President of the Chamber.

Vice President of India Thiru Venkaiah Naidu honored Probus Club of Chennai and others in recognition of their contribution to the flood affected Thakkar Baba Vidyalaya, on the occasion of birth anniversary of Didi Nirmala Deshpande recently in Chennai.

Indian Longevity Centre India (ILC-I), Pune, announces the admission for the United Nations' International Institute on Ageing, Malta's (UN INIA) Certificate Course on "Social Gerontology", which is to be held from 4th to 8th of December 2017 at the campus of Tata Institute of Social Sciences (TISS), Hyderabad, in collaboration with ILC-I (UN INIA's Satellite Centre for the SAARC Region) and TISS. For details please visit the website : <www.ilcindia.org>.

Indian Society of University of Third Age (ISU3A) is holding an International Conference at New Delhi on 10th and 11th March 2018. Senior Citizens Bureau and some of its members are affiliated to ISU3A. Our Chairman Emeritus is the National Vice President in charge of ISU3A South Zone.

According to Voice of Senior Citizens, a monthly news paper from Hyderabad, Tata Power Delhi Distribution Limited (TPDDL), has launched a programme named "Samman". Under the program, the company is providing special services like doorstep documentation, complaint resolution, Priority call support, Online bill payment assistance, SMS services, routine health check-ups including ECG, blood pressure and free consultation by cardiologist.

FOSWL INDIA, ANNA NAGAR, CHENNAI invites you for its monthly meeting at 5 pm on Sunday, the 26th November, 2017 at Karuna Enclave, SMF annexe, Opp: Hotel Akshyam, Shanti colony, Anna Nagar, Chennai, 600040. Speaker: Mr Raja Pandiyan, Investment consultant; Topic: "Postal investment plan for seniors" Power point presentation.

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.

**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 முளையிலேயே 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

முகவரி, தொலைபேசி:

கையொப்பம்:

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

- MSR

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SCB AWARD OF EXCELLENCE - 2015



Presented to

Maj. Gen. ABAN NAIDU, PVSM, AVSM, M-in-D LM:01during the observance of commemoration of World Elders Day-2015,
on 7th October, 2015

CITATION

Today our country is blessed to have a very lovable son of India in Maj. Gen. ABAN NAIDU PVSM, AVSM, M-in-D, born on 27.01.1923. A person who has excelled in wearing different hats of responsibility throughout his life. His 37 years of glorious service in the Army saw him decorated with the highest PVSM and AVSM Awards. His shining qualities of valour, spirit of selfless service and sacrifice, fairness, and honesty discipline and Integrity. A cosmopolitan attitude marked by spirit of comradeship and brotherhood with honour for all. He has truly excelled as a tactician leader, an able administrator as a military attachee and Advisor to our Govt.

A humanitarian citizen, after retirement he has founded Senior Citizens Bureau and brought forward caring changes in our lives; and civil problems solving. He has been awarded Kilpauk Ratna by Kilpauk Residents Welfare Association. As a dutiful father, as a caring husband; as a loving generous grand parent, as a charismatic to his cadets and fellow citizens; he is always focussed to help and serve. As a person who has held the fortune to make meaningful contact with Mahatma Gandhi, Pandit Jawaharlal Nehru, Sardar Vallabai Patel. Shri. Rajaji, Smt. Indira Gandhi, Shri Moraji Desai, American President Nixon and Lord Mountbattan. A very pious, religious person who holds fellowship values to heart makes "Love All, Serve All" as his motto.

Today Senior Citizen Bureau takes pleasure and Pride in conferring the "SCB Award of Excellence 2015" to Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D. May God's special blessing be always showered on this valuable son of India and his family, with good health and happiness. May they all continue this great trust with Humanity.

Signed on 7th October 2015
on behalf of Senior Citizens Bureau

(Dr. (Capt.) M. SINGARAJA)
Chairman / Senior Citizen Bureau

Date : 07.10.2015
Place : Chennai - 600 034.

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Birthdays : November

Wishing you a Cheerful, Peaceful and Prosperous life

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Kumaran Thambi, N	LM:837	1-Nov-1943
2	Gurumurthy, J	LM:506	2-Nov-1950
3	Manickam, S. Er.	LM:345	3-Nov-1938
4	Vaitheeswaran, C.R	LM:25	3-Nov-1931
5	Manivannan, K	LM:872	4-Nov-1926
6	Mathinirai Chelvan, L.K	LM:558	4-Nov-1937
7	Narendra, J. Dave	LM:687	4-Nov-1948
8	Subbaiah, K	LM:413	5-Nov-1927
9	Chandrasekar Raja, M.S.D.	JSL:698	7-Nov-1927
10	Selvaraj, R	AM:459	7-Nov-1943
11	Seshadri, R	LM:575	7-Nov-1930
12	Rajendran Raja, K.V.	LM:376	8-Nov-1950
13	Loganathan, R	LM:821	9-Nov-1944
14	Agarawal, R.K.	LM: 483	10-Nov-1945
15	Pandian, P.M.	LM:805	10-Nov-1947
16	Dominic, A	LM:522	13-Nov-1939
17	Anantharaman, VV, Dr.	LM: 915	15-Nov-1956
18	Kokila, D	LM:774	18-Nov-1933
19	Manoharan, K	LM:883	18-Nov-1935
20	Tharakaram, G.N	LM:823	19-Nov-1949
21	Balakrishnama Raja, A. K	JSL: 848	21-Nov-1934
22	Yashodha	LM: 908	23-Nov-1938
23	Krishnamoorthy, K.N	LM:100	30-Nov-1932

Your liberal contribution to Sun Shine Fund is solicited.

New Member

Welcome to our fold Mr R Balakrishnan (945)

Get Well Soon

Our former treasurer Thiru V.Rajagopal was hospitalized for a wound surgery in October 2017. He is progressing well. We wish him speedy recovery.

Our Life Member (LM: 344) Thiru K Jayaraman was hospitalized for urinary block surgery in October 2017, He is progressing well. We wish him speedy recovery.

National / International Days - November

9th Nov	World Toilet Day	(I)
14th Nov	Children's Day	
	(Birth anniversary of Jawaharlal Nehru)	(N)
16th Nov	International Day for Endurance	(I)
17th Nov	World Students Day	(I)
17th Nov	National Journalism Day	N
18th Nov	World Adult Day	(I)
19th Nov	World Citizen Day	(I)
20th Nov	Universal children's Day	(I)
21st Nov	World Television Day	(I)
25th Nov	World Non- Veg Prevention Day	(I)
26th Nov	World Environment Protection Day	(I)
26th Nov	National Law Day	(N)

Note: N = National / I = International

Acknowledgment

Thanks a lot and God bless you:

Sunshine Fund:

Sri C Nagendra Prasad LM: 846 Rs.1086/-

Donation:

Sri K Jayaraman LM: 344 Rs. 200/-

Announcement

In Sept., 2017, our Chairman has started a whatsapp group for our SC members with his mobile number 98411 41825. All members are requested to utilise these facilities enthusiastically. In Oct, 2017 issue under sunshine fund, donation of Rs.1,000/- for world elders day function was given by Mr N BALASUBRAMANIAN (LM: 458) and not by Mr N Balasundaram. The error is regretted (Editor)

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