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Link Age

(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

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Invitation - 204th Programme

SENIOR CITIZENS BUREAU - U3A CHENNAI

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In association with
HELPAge INDIA

3C, Thiyagaraja Complex, No.853, E.V.R.Peryar Salai,
Kilpauk, Chennai - 600 010

Cordially invites you for

**ONE DAY TRAINING PROGRAM TO EMPOWER
SENIOR CITIZENS WITH DIGITAL INCLUSION
(Focusing on "Smartphone & Computer")**

Date & Time: Saturday, the 15th April 2017,
from 10.00 am to 4.30 pm

Venue: Dr. BMS Matric HSS Campus
40, 1st Main Road, West Shenoy Nagar,
Near Thiru Vi Ka Park, Chennai - 30. Ph: 044 26221242

Inauguration by :
Dr. Capt. M. SINGARAJA,
Chairman, Senior Citizens Bureau and U3A Chennai

Presentation by :
Thiru R. MUTHUKRISHNAN
Senior Manager – HelpAge India

All are welcome

Note: Members are requested to register their names in advance, with Thiru S. Jayakumar, Ph. : 9381801446. Admission is restricted to 30, on first cum first serve basis. Please bring your smart mobile phone 3G or 4G version, which is available from Rs. 3,000 to Rs. 30,000. The course material will be supplied.


EC members are requested to attend the EC meeting at the same venue.

Editorial - APATHY

Both the Central and State budgets have come and gone. May be we have to wait for future sessions for placing the bill of National and State Policy for Older Persons ie. Senior Citizens. National Policy was announced in 1999. But well before it was enacted, many political changes have taken place and the policy itself is deeply buried in the guise of revision, re-revision, re-re-revision etc. The case with TN Govt is different. It never surfaced though attempted a few times.

The policy is an indicator of all the areas of well being related to Senior Citizens. The Govts are hence implied automatically to implement. That could be the reason to shy away from announcing the policy itself. The implementation of maintenance of Parents and Senior Citizens Act 2009 is still hanging in fire, in TN and many other states. Delay in providing safety and security of senior citizens by Police & Revenue Depts as well as delay in giving effect to many laudable provisions by Social Welfare Dept have been questioned by Madras High Court. Also the State Apex body (now head less) under maintenance act has not even met once. Senior Citizens Bureau has been consistently drawing the attention of Govt, in many forums including TN Govt State Planning Commission to the prevailing lacuna.

In this context, we welcome and call upon the newly formed "Dr V S Natarajan Geriatric Foundation" to give thrust to the foremost needs of the hour. Padmasri Dr V S Natarajan being the doyen of Geriatric Medicine deserves applause to form this Voluntary Organization at the age of 78. It is declared that he is the Chairman, partnered with an young adult Thiru M. Rajasekaran as the Managing Director. It is not clear under which category it is registered, a Corporate, Trust or Association. We warmly appeal to the Foundation to strengthen the pinnacles of a social organization for administering public cause, without giving room for glamour, self promotion and commercial value. All aspects of ageism and age care issues have to be addressed. There is no reported focus on Senior Citizens Policy, Maintenance Act, State Apex Body, Safety, Social Security and Regulation of Old Age Homes in recent interactive public deliberations with the Govt. The Chairman, recipient of many awards is a member of State Apex Body and Patron of many Senior Citizen Associations and Federations. His voice will be valuable and noticeable. ❖


(Dr. Capt. M. Singaraja)

News from Net Working Associates

A one day 'enrichment program for the caretakers of the old age homes' was organized by Dr. V.S. Natarajan Geriatric Foundation on 26th March 2017 at Rajan Eye Care Hospital, T.Nagar, Chennai. In his welcome address, Dr.V.S. Natarajan, Founder and Chairman of the Foundation emphasized the need for periodical health check-ups, visit and consultation of Geriatrician and Dietician to the old age homes. The training modules were designed to cover various aspects of elderly care, such as diseases that affect the elderly, Nursing care, Nutrition, Stress management for the caregivers, Physical well being and Mental health. Tmt. V. Amuthavalli, Director, Department of Social Welfare inaugurated.

The program on Enrichment of Family Caretakers will be held on 28.04.17, from 10.00 am to 1.00 pm, at Indian Officers Association Auditorium, No.69, Thiru Vi Ka Road, Royapettah, Chennai. A panel of eminent doctors from Geriatrics, Orthopaedics, Neurology, Psychiatric & Cardiology will conduct various sessions for the family members and help them deal with the pressures. For Registration please contact: Mobile: 9994902173.

The maiden visit by AIUTA to Nigeria, the first African country took place early March 2017. UNITRA President Sidi Hairou Camara, AIUTA Governing board member represented AIUTA President. A warm welcome was extended on his arrival in Lagos airport by Dr Charles Afolabi, President Nigeria U3A.

The Faculty of Education by The Department of Lifelong Education, Chulalongkorn University, Bangkok, Thailand will convene the 5th International Conference on Lifelong Learning for All 2017 (LLL 2017), under the theme of "Lifelong Learning Towards Inclusive Ageing Society: Intergenerational Challenges", on 7th & 8th September 2017, Kingthong Room, Asia Hotel, Phayathai Road, Ratchathewi, Bangkok, Thailand, Website: <http://portal.edu.chula.ac.th/pub/llconference/> E-mail: llinterconference@gmail.com, Tel: +66 2 218 2565-97 Ext. 200, 202, 204, 206, 299 Fax: 08-218-2561. It is an honor that President of ISU3As, Dr. Sajjan Singh, has been invited to participate in this Conference and present the Role of India in the field of Lifelong Learning. Welcome to join this trip.

FOSWL invites you for its monthly meeting at 5 pm on 30.04.17 at Karuna Enclave, Shanthi Colony, Anna Nagar. For details Ph. : 9381801446.

Congrats

Our LM Prof. Er. M. Sadasivam, Retried Professor Anna University and Editor, TECH Times informs that Prof. Dr. M. Anandakrishnan, Former VC, Anna University, released the Golden Jubilee Number of Tech Times TT:50 a journal of the Engineers, for the Engineers on March 30, 2017 at Alumni Centre, College of Engineering, Guindy, Chennai- 25.

Our Advisory Committee Member and President, CDISSIA, Vice President FASII (SR) Thiru T. V. Hariharan, participated in the Southern MSME Association Summit 2017, organized by

KASSIA at Bengaluru, on 6th January 2017. It brought together 23 Industry Associations from the Southern States of India. On this occasion a joint Memorandum was submitted to the Central Government putting together in a nutshell both the issues and solutions for rebooting the MSME sectors to their full potential.

Thiru S.T.Krishnamoorthy (77), LM:741, has won the following medals in 3rd National Masters Aquatic Championship-2016, in the age group of 75-79 Men, held at Telangana Masters Swimming Association, Secunderabad, on 24th and 25th Sept.2016: 2nd place in 50 Arce, 1st place in 100m Back Stroke, 2nd place in 50m Back Stroke and 50m Breast Stroke.

Dementia

1) *What to do when we suspect someone to have dementia?*
Please contact your family doctor, geriatric neurologist or psychiatrist.

2) *What is the treatment for dementia?*
No cure for dementia. Treatment can be given to slow down the disease process and improve the quality of life. Treatments consist of medication and non medical intervention include group intergeneration for earlier stage of illness and behavior treatment.

3) *What can be done to help?*
1. Medication 2. Support for caregivers 3. Training for caregivers 4. Home adaptation 5. Technology to improve quality of life.

4) *How to prevent dementia?*
Keep good Health, well balanced diet, regular exercise, managing high blood pressure, diabetes and heart diseases accordingly' with doctors care. Lastly give up smoking and less or no alcohol.

Mental Health Bill - Right of Mental illness patients to live in the community

The Mental Health Bill passed on Monday in the Lok Sabha is expected to revive the way mental illnesses are dealt with in the country. While the Bill has been termed progressive by the fraternity, a particular clause that emphasises advanced directive from the patient has been debated widely. Pune-based psychiatrist Dr. Saumitra Pathare, who had drafted the Bill along with Professor Jaya Sagade, said the Bill would turn good lot of aspects in the mental health care." For the first time, there is an emphasis on rehabilitation within the community. The Bill talks about the patients' right to live within the community and not in seclusion. This changes the perspective with which we look at mentally ill patients," said Dr. Pathare, adding that the bill had a clause that mandated the government to increase the number of mental health workers.

ire over ECT: The bill prohibits Electro Convulsive Therapy (ECT) for minors. In adults, ect can be given only after the use of anaesthesia or muscle relaxant. The bill also restricts medical institutions from chaining patients or keeping them in seclusion. The bill states that a mentally -ill person shall have the right to make an advance directive that states how he wants to be treated and who his nominated representative shall be. "However, this is an dicey clause. How will a person who has illusions, or feels that everyone is conspiring against him or her, be in the state to give such a consent," asks pschatrist Dr. Dr. Saumitra Pathare.

Courtesy: The Hindu dated 29.03.17

SCB – 203RD PROGRAMME - “DEMENTIA SCREENING CAMP”**Chairman honouring Dr. Sridhar**

Senior Citizens Bureau - U3A Chennai, jointly with Dementia Care In SCARF – Demcares of Schizophrenia Research Foundation (India), organised a “Dementia Screening Camp” in commemoration of World Health Day, on 18th March 2017 at SCARF Training and Resource Centre, Greams Road, Chennai-6, from 10 a.m to 1 p.m. About 45 members participated. After the silent invocation, the coordinator of the Training Centre extended a warm welcome to all. Our SCB – U3A Chennai Secretary, Thiru P Sethuleshan gave a brief introduction to the camp. The Chairman Dr Capt. M Singaraja in his inaugural address commended the activities of SCARF India and contribution of its Founder Director Dr. M. Sarda Menon. He expressed his proud privilege of long association with SCARF India. He recalled our one day visit to Bavshya Bavan, a rehabilitation centre of SCARF at Thiruverkadu and Rajiv Gandhi National Institute of Youth Development, Sriperumpudur, on 24.08.17. Dr. Sridhar Vaitheeswaran, while participating at Bavshya Bavan, introduced SCARF Training and Resource Centre for Dementia care. The camp today has been made possible with the good office of Dr. Santha Kamath, Director of SCARF. He was happy to introduce Dr. Sridhar Vaitheeswaran, M.D., MRC(Psych), Consultant Psychiatrist in SCARF - Demcares. Dr Singaraja spoke that searching for keys, spectacles etc is not dementia. Impairment of cognitive ability and motor function is an indicator of dementia. We have to keep the millions of cells in the brain alive by ensuring adequate supply of oxygen and blood, with active work for the brain in the old age. He cited the efficient functioning of brain and other faculties of great thinkers, leaders and social

The EC meeting for the month of March 2017, was held at 12.00 pm in the same venue. The Chairman presided over and conducted the business. The Vice Chairman welcomed the gathering. The minutes of the last EC meeting held on 19.02.17 was read by the Sec Gen and adopted. The Chairman greeted the Birth day babies of March. Mementos were presented to Thiruvallarkal PM Pandian and AR. Janardhanam who were present. The events conducted earlier and the pending Society Renewal were reviewed. A donation of Rs. 1000/- to SCARF India was approved. The Chairman appealed to all the EC members to send the passport size photo picture for our website. The Chairman

**Group photo picture of EC Members with SCARF Demcares team**

scientists of age 90+ both past and present like Rajaji, EVR Periyar, Dr Sarada Menon, Prof. Dr. V Shanmuga Sundaram, Lion MJF V. Amruthkumar and Er. KP Mahalingam. Apart from allopathic drug, alternative Indian medicines are also available. Naturopathy, yoga and breathing exercise are very good.

Then Dr Sridhar Vaitheeswaran made a very informative power point presentation. He explained the common indicators of Dementia in early and advanced cases, types of Dementia and diagnosis. He enumerated the clinical and support services offered by Demcares. He showed the video clippings cum case studies of people affected with Dementia. Dementia is a general term used to describe a group of illnesses caused by loss of brain function. Dementia usually affects elderly people of 65+. India with 41 lakh persons affected with dementia, currently ranks 3rd in the world after China and USA. It is estimated the number will cross 1 Crore by 2040. Then there was an interesting Q&A session. Our Chairman presented the mementos to Dr. Sridhar and his team members, as a token of our appreciation. Also a small contribution to SCARF was handed over. The president of CPCL retired official association which is our Institution Member and the former CMD of CPCL, Er. S. Ramalingam, in his speech, appreciated the good work carried out by SCB and SCARF India. Screening of every participant for dementia was carried out individually by the social workers. All doubts were cleared to the full satisfaction of the participants by Dr. Sridhar and his team. Thiru S. Jayakumar, Secretary General proposed a vote of thanks. Our EC member Thiru C. Panneer Selvam looked after the arrangements. ❖

commended the way in which the BWDA group of institutions' honoured more than 600 Senior Citizens, mostly from weaker sections of Chennai, Kancheepuram and Thiruvallur Districts, at Kamarajar Arangam on 14.02.17. Members were invited to participated in short story and Poem Competitions on the occasion of Probus Silver Jubilee. (Please refer Linkage March 2017 Issue.) Regarding forthcoming programs, he invited Thiruvallarkal R. Muthukrishanan of HelpAge India, Arun of HDFC Life New Zeal and R. Venkatharaman of acme consulting Health4U to speak about their proposals. The Treasurer proposed a vote of thanks. The meeting was adjourned after rising for national anthem. ❖

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Birthdays : April

Wishing you a Cheerful, Peaceful and Prosperous life

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Sarweswara Rao, S	LM:313	1-Apr-1936
2	Govinda Rajan, V.R	LM:730	1-Apr-1941
3	Sarada Menon, M. Dr. Padmabhusan	LM:599	5-Apr-1923
4	Joshuva J. Singh	LM:688	4-Apr-1945
5	Damodaran, T.N	LM:891	6-Apr-1948
6	Manuel, A.G	LM:157	6-Apr-1936
7	Loganathan, S	LM: 870	7-Apr-1951
8	Mali, S. Col.	LM:898	7-Apr-1943
9	Joy Koruthu, Maj.	LM:884	9-Apr-1952
10	Hieronimus, S.P	LM: 900	10-Apr-1950
11	Vasudevan, P.T	LM:511	10-Apr-1929
12	Ambrose, S.P. IAS (Retd)	LM:14	11-Apr-1928
13	Radhakrishnan, K.S.	LM:554	14-Apr-1937
14	Ramachandran, V	LM:544	15-Apr-1937
15	Krishnamoorthy, Capt. N	LM:420	15-Apr-1944
16	Panneer Selvam, C	LM:27	17-Apr-1947
17	Aarumugam, A.G	LM: 418	18-May-1946
18	Mahadevan, M	LM:160	19-Apr-1939
19	Marimuthu, M	LM:729	19-Apr-1938
20	Ramakrishnan, V	LM:306	19-Apr-1939
21	Lakshmi Narayanan, S	LM:792	21-Apr-1941
22	Chellam, N	LM:616	27-Apr-1926
23	Kumaravel, Dorai, Er.	LM:816	27-Apr-1943

Your liberal contribution to Sun Shine Fund is solicited.

National / International Days - April

05-Apr	National Maritime Day	N
07-Apr	Special Protection Group (SPG) Foundation Day	N
07-Apr	World Health Day	I
10-Apr	World Homeopathy Day (Birth day of Samuel Hanimen)	I
14-Apr	World Aeronautics and Cosmology Day	I
14-Apr	Ambedkar's Birth Anniversary	N
17-Apr	World Hemophilia Day	I
18-Apr	World Heritage Day	I
21-Apr	Indian Civil Service Day	N
22-Apr	Earth Day	N
23-Apr	World Books and Copyright Day	I
24-Apr	Panchayat Divas	N

Note: N = National / I = International

Acknowledgment

Thanks a lot & God Bless You

I	Sunshine fund	Mem. No	Rs.
1	Thiru Sarveswara Rao	LM:313	558
2	Thiru KB Barath Singh	JSL:849	1000
3	Er. V. S. Balakrishna Raja	LM:567	200

State of Depression-Data source: "Depression and other Common Mental Disorders", WHO

India has low psychiatrist availability despite a relatively moderate prevalence of depressive disorders among its population compared to other Countries, Psychiatrist availability ratio is a notional value that shows the number of people with depressive disorders for every available sychiatrist. This was calculated for each country based on population figures in 2015.

Rank	Country	%of population with depressive disorders	Psychiatrists /1 lakh pop.	Availability ratio
1	Switzerland	5	41.42	120.7
2	Norway	4.7	29.69	158.3
3	Iceland	4.1	19.74	207.8
24	United States	5.9	12.4	475.8
77	China	4.2	1.53	2745.1
112	Sri Lanka	4.1	0.36	11384.9
120	Pakistan	4.2	0.31	13547.6
121	Nepal	3.2	0.22	14552.4
125	India	4.5	0.3	14999.8
172	Malawi	4.1	0.01	415190.09
173	Burundi	4.2	0.01	426831.5

Courtesy: Data Point - The Hindu

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To.