



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

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ISSUE : 11

Notice for 15th AGM

Notice is hereby given that 15th AGM of SCB for 2016 – 17, will be held at 10.00 am. on June, 24, (Saturday), at Ethiraj College for Women, 70, Ethiraj Salai, Egmore, Chennai-8. Members currently on the roll as on 31.03.17 are eligible to transact the business as per following agenda:

1. Adoption of the minutes of 14th AGM for FY 2015-16, held on 22.07.2016
2. Adoption of Annual Report for FY 2016-17
3. Adoption of Accounts for FY 2016-17
4. Appointment of Auditors and approval of Audit fees.
5. Any other business subject to prior notice and approval of the Chair.

Dated : 01.05.2017

Anniversary

Commemoration of the following days will be observed at 11.00 am, on June 24, 2017, (Saturday) at Ethiraj College for Women, 70, Ethiraj Salai, Egmore, Chennai - 8. Immediately after the AGM at the same venue.

- 22nd Annual Day of Senior Citizens Bureau (Sweet 22),
- 14th Anniversary of our monthly journal "LinkAge",
- 12th World Elder Abuse Awareness Day and
- 3rd World Yoga Day

Invitation will be sent in due course. Please keep the day free and attend without fail.

Kind attention please

Due to Agni Nakshatram simmering heat, the monthly meeting for May 2017 is not held.

Tips to Beat the Heat!

1. Keep hydrated. Drink more water.
2. Limit non-essential strenuous activity during the hottest parts of the day.
3. Avoid alcohol and caffeine as they can make dehydration worse.
4. **Soak** - Take a cool shower or bath to help you cool down.
5. **Be cool** - Stay indoors and make use of fans or air-conditioners.
6. **Rest** - Make sure you get enough sleep, and rest if you feel tired.
7. **Eat fresh** - Try eating cold food such as salad or fruit.
8. Check on others including children, elderly, people with medical conditions and don't forget your pets!
9. Seek shade when outside.
10. **Dress down** - Wear light weight clothing and be sun-smart.

Watch Out

1. Be on the lookout for any symptoms of heat related illness.
2. See your GP if you are unwell.
3. In a medical emergency call 104 /108.

Miracle mom - Centenarian Man Kaur

101 year-old Man Kaur celebrated winning the 100 meters sprint at the World Masters Games in Auckland on 24.04.17. It is the 17th gold medal in her remarkable, late-blooming career. Ms. Kaur clocked one minute 14 seconds as a small crowd cheered her on. But Ms. Kaur was guaranteed victory as the only participant in the 100-years-and over category at the New Zealand event, which has attracted 25,000 competitors. Participation, not racing the clock, is the priority for Ms. Kaur, who has been dubbed the "miracle mom from Chandigarh" by the media in New Zealand. "I enjoyed it and am very, very happy," the centenarian told reporters via a Punjabi interpreter. "I'm going to run again, I'm not going to give up. There's no full stop." Late Bloomer Ms. Kaur took up athletics only eight years ago, at the tender age of 93. She had no prior sporting experience before her son Gurdev Singh suggested she join him in competing on the International Masters Games circuit. After a medical check-up, she was given the all-clear and since then mother and son have taken part in dozens of masters athletics meets around the globe. The centenarian already has a swag of gold medals that would rival Michael Phelps' haul.

Courtesy: The Hindu

கோடை காலம் தவிர்க்க முடியாதது; ஆனால், கோடை வெப்பத்தை நம்மால் தவிர்க்க இயலும்

- 1) கோடை வந்துவிட்டாலே உடம்பில் அயர்ச்சியும், தண்ணீர் தாகமும் ஏற்படுவது இயற்கை. இதுபோன்ற நேரங்களில் இளநீர், மோர், எலுமிச்சை சாறு, தர்ப்பூசணி சாறு போன்றவற்றை அருந்துவது மிகவும் நல்லது.
- 2) எந்த பழம் சாப்பிடுவதாக இருந்தாலும், சாறாக எடுத்துக் கொள்வதை விட, கைவத்து சாப்பிட்டால், அதன் பலன் இரட்டிப்பாகும். கோடை காலத்தில் அதிக அளவு தண்ணீர் அருந்த வேண்டும். எலுமிச்சைப் பழமும், தேனும் அல்லது சர்க்கரை, உப்பும் கலந்து அருந்தினால் தாகம் அடங்கும். நுங்கு சாப்பிடலாம். சுத்தமான மோரில் உப்பு போட்டு, அதிக அளவு அருந்தலாம்.
- 3) கோடையில் தோல் நோய்கள், அரிப்பு, நமைச்சல், படை, சொறி, சிரங்கு போன்றவை அதிகமாக ஏற்படும். அச்சமயத்தில், குளிக்கும் போது, கடலை மாவு, பயத்தம் மாவு, முடிந்தால் சந்தனம், வெட்டிவேர் இவற்றைக் கலந்து பொடித்து, உடல் முழுவதும் தேய்த்துக் குளிக்க வேண்டும்.
- 4) ஈரமான ஆடைகளை அணியக் கூடாது. உடல் ஈரத்துடனும், ஆடைகள் அணியக் கூடாது. கோடை காலத்தில் பருத்தி ஆடைகளே சிறந்தது.
- 5) காலை, மாலை இரண்டு வேளைகளிலும் குளிர்ந்த நீரில் குளிக்க வேண்டும். வாரத்தில் இரண்டு நாட்கள் எண்ணெய் தேய்த்து தலை குளிப்பது நலம் பயக்கும்.
- 6) ஒருநாள் விட்டு ஒருநாள் இரவு வெந்தயத்தை மோரில் ஊற வைத்து, அரைத்து, மறுநாள் காலை தலைக்கு பூசி குளித்து வந்தால், குளிர்ச்சியாக இருக்கும்.
- 7) இளநீர், மோர் சாப்பிட்டால் சிலருக்கு ஜலதோஷம் பிடிக்கும். அவ்வாறு இருப்பவர்கள், அவற்றுடன் சிறிது மிளகுத் தூளை சேர்த்துக் கொண்டால் போதும். எலுமிச்சை சாற்றுடன் சர்க்கரைக்குப் பதிலாக தேன் சேர்த்துக் கொள்ளலாம்.
- 8) கோடையில் மஞ்சள் காமாலை நோய் மற்றும் அம்மை நோய் ஏற்படும் வாய்ப்பு அதிகம். எனவே, மோருடன் கீழாநெல்லியை அரைத்து, கலந்து, காலை வேளையில், வெறும் வயிற்றில் சாப்பிடுவது மிகவும் நல்லது.
- 9) இதேபோல், மூலநோய் உள்ளவர்களும் கோடை காலத்தில் மிகவும் சிரமப்படுவர். இவர்கள் மாங்காயில் உள்ள பருப்பை அரைத்து, மோரில் கலந்து சாப்பிடலாம். அத்திப்பழம் நிறைய சாப்பிடுவது நல்ல பலனளிக்கும்.
- 10) முள்ளங்கி, காரட், பீட்டுட், வெள்ளரிக்காய், வாழைத் தண்டு, வெள்ளைப் பூசணி, சவ்வல், புடலங்காய், பீர்க்கங்காய் போன்ற நீர்காய்களை சாலடாக மிளகுத் தூள், சிறிதளவு உப்பு சேர்த்து சாப்பிடலாம்.
- 11) கோடை காலங்களில் கனரக ஆலைகளில், வாகனங்களில் பணிபுரிவோருக்கு உடல் அதிக உஷ்ணம் அடைந்து, அநேக பிரச்சனைகள் ஏற்படும். இதற்கு சீரகம், வெந்தயம் இரண்டையும் சேர்த்து, பொடி செய்து வைத்துக் கொண்டு, மோரில் கலந்து சாப்பிட்டால், உடல் குளிர்ச்சியடையும்.
- 12) காலையில் கம்பு, சோளம், ராகி கூழ் அல்லது கோதுமை, பார்லி ஆகிய கஞ்சி வகைகளை எடுத்துக் கொள்வது ஆரோக்கியமானது.

Courtesy: <http://tamil.webdunia.com>

News from Net Working Associates

AIUTA is celebrating 100th Governing Board Anniversary and International Conference on May 18, 2017 in Bratislava, Slovakia. For enquires please contact Bratislava U3A - <nadezda.hrpkova@rec.uniba.sk>. 101st Governing Board and AIUTA International Conference on U3A Contribution to Seniors Policies will be held on 29-30 Nov and Dec 1, 2017 at Bogota, Colombia. Please contact secretariat.aiuta@gmail.com.

Families fill the grounds at the Dakshina Chitra museum on ECR, weekend after weekend. Over the past weekend, however, Pairs of grandparents and grandchildren took centre stage at an event hosted by **Dakshina Chitra** titled '**Grandparents Day**'. Grandparents relayed old tales over kolam-drawing competitions and a variety of traditional games. They host many thematic programmes; usually once a month. This month, they hosted Grandparents Day. The idea was to celebrate the strong heritage and cultural traditions present in our families.

HelpAge India organized smart phone usage program for 42 participants as part of Advocacy Activity at Tamil Nadu Senior Citizens Association from 22nd March 2017 to 28th March 2017, 2 Hrs session. The same program was conducted at Chennai Metropolitan Senior Citizens Association in Periyar Nagar on 29th March 2017. Mr. V. Sivakumar, State InCharge was the Chief Guest. Mr. R. Muthukrishnan, Senior Manager – HelpAge India explained Smartphone Phone Usage Course and registered the participants for three days classes. Dr. Republica Sridhar, Pain & Palliative Care Specialist, was the guest speaker on the topic "Senior Citizens problems and nutrition for elders in Summer Season". Anitha Priyadharshini – Consultant Physiotherapist explained the importance of Geriatric Physiotherapy and screened the patients.

Tamil Nadu Senior Citizens' Association, Anna Nagar, Chennai-40, conducted the 30th AGM on 30.04.17 at The Towers Club, Anna Nagar. There was Open Session and Free Bone Mineral Density Test. The Chief Guest was Hon'ble Justice A. K. Rajan, Former Judge of Madras High Court.

Pavithram, Durai Raj Nagar, Chennai-29, celebrated its 13th Anniversary on 16.04.2017, at PS HSS, Mylapore.

FOSWL invites you for its monthly meeting at 5 pm on 28.05.17 at Karuna Enclave, Shanthi Colony, Anna Nagar. Mr. KRA Narasiah, Marine Engineer and Historian will speak on the topic "History of Madras" For details Ph. : 9941328377

204th Programme - One day training to empower Senior Citizens with digital inclusion on smart phones

A section of the participants



Chairman honoring the speaker



Senior Citizens Bureau (SCB)-University of Third Age (U3A) Chennai and HelpAge India (HAI) sponsored one day free hands-on training programme, to Senior Citizens on using Smart Phones for empowering Senior Citizens with Digital inclusion. It was held from 10.00 am to 4.30 pm on 15.04.17, at Dr. BMS Matric Higher Secondary School Campus, Shenoy Nagar West, Chennai-30. SCB Vice Chairman, Thiru Prakash H Lulla, was the MC. After silent invocation, Thiru S. Jayakumar, VP, U3A Chennai, extended a hearty welcome to the gathering.

In his inaugural address, Dr. Capt. M. Singaraja, Chairman, SCB-U3A Chennai, exhorted that the Senior Citizens should liberate themselves from the digital divide and get into ease of reaping the benefits of smart phones. He briefed about the activities of World U3A, Asia Pacific U3A, ISU3A, U3A Chennai, the participation of our members and presentation of papers by him in the International Conferences. Launching of India's first U3A at Chennai is progressing with the formation of a Trust under the leadership of Prof Dr VSS. He told U3A UK and Australia are offering various free on-line certificate and diploma courses. Thiru C N Prasad, Vice President, ISU3A South Zone, shared his experience of undergoing certificate course in Falls, Dementia etc.

Thiru R. Muthukrishnan, Senior Manager, HelpAge India (HAI), Chennai, handled the class lucidly with Power

Point Presentation and gave hands on training to every Senior Citizen. He was ably assisted by his 2 team members. The whole programme was very interesting and all the senior citizens who brought their own smart phones got their doubts clarified in no time with individual attention. Every Senior Citizen practiced the lessons with his / her own Smart Phone. Course material, morning evening tea with snacks and special lunch were provided. 40 participants were benefited.

Chairman, while honoring the speaker Thiru R. Muthukrishnan and his team, recalled the long association of our Bureau for more than 20 years with HAI, in jointly conducting seminars, conferences, health camps, recovering abandoned senior citizens, etc.. He appreciated the services of Dr BMS group of schools, Tmt Gowri Bai and the authorities. He greeted the birth day babies in March and introduced the new members Tmt. Saroja Chandran, Thiru T V Nandakumar and Thiru Sarvottam Rao. Treasurer of U3A Chennai, Thiru S Prabhakaran looked after the arrangements. After proposing a vote of thanks by U3A Chennai Secretary Thiru P Sethu Seshan, all rose for National Anthem. All expressed their happiness about the very useful course and good menu specially arranged for the senior citizens.

Our Chairman, was honoured as one among 7 Octogenarians by Armed Forces Veteran Officers Association, on April 23, 2017, at Palm Grove Officers Institute, Island Grounds, Chennai.

AIR, Chennai Vanoli (சென்னை வானொலி) is broadcasting our Chairman's speech in Kanintha Vaazhvu (கனிந்த வாழ்வு) programme at 1 pm on May 27, 2017, in channel, Chennai 'A', 416 M / 720 KHZ for 15 minutes each day.

Our Chairman participated as special Guest on the occasion of observance of commensation of World Boda Day and World Heritage Day by Madras Literavy Society (MLS) a 200 years Library in College Road, Chennai on April 22, 2017. There was an interesting Therapartic Music Session and an exhibition of Madras Hertiage articles. It was thoroughly enjoyed by special children, young adults and senior citizens. The news was prominently covered in the Hindu Down Town at April 28, 2017. Hats off to the young volunteers Ranjith Nair and Thirupura Sundari.

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

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Lalitha, L	LM:664	1-May-1943
2	Rangasami, P. M	LM: 860	1-May-1943
3	Raghupathi, G.S.	LM:773	2-May-1948
4	Sundara Velayudham, S. Dr.	LM:498	3-May-1935
5	Reddappa Reddy, N.	LM: 862	4-May-1939
6	Venkataswamy, S. Dr.	LM:487	5-May-1944
7	Dorai Thamburaj, Er	JSL:548	7-May-1933
8	Easkimuthu, S	LM:370	7-May-1937
9	Narasimhalu, S	LM:139	7-May-1936
10	Padmanaabhan, S	LM:885	7-May-1950
11	Ramakrishnan, K	LM:678	9-May-1950
12	Padmanabhan, P.N. Dr.	LM:514	10-May-1938
13	Vimala Rajappa, Dr.	LM:463	10-May-1939
14	Appa Rao, P	LM:319	12-May-1939
15	Iyer S.V., Cdr.	LM:367	12-May-1924
16	Ponnuduraiswamy, D. Er.	LM:749	14-May-1933
17	Kamatchi Sundaram, Dr.	LM:16	15-May-1924
18	Ramakrishna Raja, A.R, Rtn. PDG	LM:228	15-May-1937
19	Sadasivam, M. Er.	LM:109	17-May-1933
20	Aarumugam, A.G	LM: 418	18-May-1946
21	Rengaswamy, G	LM:114	18-May-1926
22	Satagopan, S.R	LM:598	18-May-1923
23	Krishnaveni, N	LM:795	19-May-1943
24	Madhavan, R. Er.	LM:419	19-May-1938
25	Nallathambi, P Lt Col	LM:895	19-May-1964
26	James, A	LM:877	20-May-1935
27	Sivarama krishan, P	LM:836	23-May-1940
28	Mohanam, K	LM:935	24-May-1953
29	Seethalakshmi, S	LM:798	24-May-1951
30	Xavier Pillai, T.J	LM:80	24-May-1924
31	Vimala Daisy, A	LM:904	25-May-1945
32	Ramasubramaniam, H. Dr.	LM:20	27-May-1941
33	Maniam, AGS	LM:745	28-May-1930
34	Ulaganathan, G	LM: 868	28-May-1959
35	Subramanian, N	LM:6	30-May-1927
36	Panneer Selvam, P. Er	LM:676	31-May-1947

*Your liberal contribution to Sun Shine Fund is solicited.***Acknowledgment***Thanks a lot & God Bless You*

I	Sunshine fund	Mem. No	Rs.
1	Maj. Joy Koruthu	LM:884	1500
2	Thiru M. Mahadevan	LM:160	500

National / International Days - May

01-May	International Labour Day (Worker's Day of May Day)	I
03-May	World Press Freedom Day	I
04-May	World Red Cross Day	I
07-May	World Laughter Day	I
08-May	World Mother's Day	I
08-May	World Migratory Birds Day	I
08-May	International Thalassemia Day	I
11-May	Natioanal Technological Day	N
13-May	International Nurse Day	I
15-May	International Family Day	I
17-May	World Telecommunication Day	I
19-May	World Family Doctors Day	I
21-May	National Anti-Terrorism Day	N
23-May	World Bio diversity	I
24-May	Common Wealth Day	I
27-May	World MS (Multiple Sclerosis) Day	I
27-May	Death Anniversary of Jawaharlal Nehru	N
31-May	World Anti-Tobacco (and No-Smoking)	I

*Note: N = National / I = International***Welcome to Family Fold****New Members,**

- 1) AM: 941 Ph: 9940065460 DOB: 06.08.1953
Saroja Chandran
Plot No. 932, 16th Main Road,
"H" Block, Anna Nagar, Chennai-600 040
- 2) LM: 942 Ph: 9940623948 DOB: 06.04.1938
T.V. NandaKumar
K 44 / 9, 13th Street, Anna Nagar East, Chennai-102
- 3) LM: 943 Ph: 94440 61916 DOB: 04.04.1940
O. Anandaram,
97, Block AB, 1st Street, Anna Nagar, Chennai - 40.

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To.