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Link Age

(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**



Bestow
unconditional love

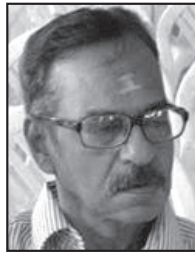
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From the Editor In Charge

I am now 79 years old and I have been living alone since the passing away of my dear wife 10 years back in an apartment of 8 flats, in the ground floor where my parents were staying in an independent home aptly named as Arul Manam and which has been converted into eight flats. Whether by choice or by circumstance, living alone has a lot of advantages. But perhaps one of the most subtle yet saddest disadvantages is sometimes feeling lonely. And though occasional feelings of loneliness are natural, why feel lonely when you don't have to? There are things you can do to create a home that repels loneliness when you live solo. I keep my entrance door open. Let the light in. I open the door and say hello to my neighbors. Make my outdoor area where I can stand in a tiny balcony. When I live alone, it can be easy to shut myself into my own world. Which is fun sometimes, but can magnify any insecurities and regrets, making them seem bigger than they are. Opening myself and my home up to the world helps keep things in perspective and reminds me all that even if I feel alone sometimes, I was not.



Think about what it is that I LOVE about living alone and try to find ways to indulge in it every day. Releasing

my daily activities through e mail to all my close kith and kin as my daily ritual I have crossed 1500 issues , as I have been a regular writer right from my childhood days it is now a great honour for me to serve as the new Editor-in-Chief for the Linkage, a monthly journal of Senior Citizens Bureau, for service and advocacy to all. The best way to not feel lonely when you live alone? Fill up your home with people you like and find interesting on occasion. Remember that you don't have to have some formal dinner party — just inviting a few friends over to play board games is a great way to bring laughter and conversation into your home. Try new thing and I indulge in tel conversation with my friends/kith and kin .

It's hard to feel lonely when I was trying to master a new skill, practice a hobby . When it comes to keeping loneliness at bay, one of the best ways to do it is to occupy my time with things that feel enriching, creative and exciting. Listening to music is one such thing.

One of the best things about living with someone in my opinion (either a roommate or a partner) is having someone to greet you when you get home and someone to talk about your day with. A little hard when you come home to empty rooms. With this in mind, Ethiraj College NSS students have come out with a programme titled to as "Talking to Granny". Please refer Linkage December, 2016 Issue.

Announcement World Elders Day - 2017

Commemoration of 27th Anniversary of the International day of the older persons, in association with NSS Ethiraj College will be observed at 9.30 AM on Friday the 13th October, 2017 at the Mini Auditorium of Ethiraj College for Women, New Annexe Building, entrance through Victoria Crescent Road, Egmore, Chennai, 600008. Invitation will be sent in due course, Please mark the day in your diary and grace the occasion without fail.

A message from the Chairman

Now 4G and Network accessibility gaining popularity, we are forming a Whatsapp group for SCB members for a limited group of 100 members. Please send your name, LM number and mobile number to the admin phone number 9841141825.

I also appeal to you to get advertisements to meet the cost and help us in a big way for our special issue on World Elders Day in October, 2017.

Invitation - 208th Programme

SENIOR CITIZENS BUREAU (SCB)

Adm Office: "Rohini", 9, Montieth Road, Egmore,
Chennai - 600 008. Phone : 044 2855 3031
Email id: chairman@seniorcitizensbureau.org

solicit your august presence for a presentation on

**ELDER CARE SERVICES
BY HDFC LIFE - NEW ZEAL**

Date & Time: Saturday the 16th September, 2017
at 3.30 PM

Venue: CONFERENCE HALL OF ANDHRA
CHAMBER OF COMMERCE,
Illrd Cross Street, Opp: Saidapet Bus Station,
Behind Amritha Catering Institute, West CIT Nagar,
Nandanam, Chennai. Phone: 044 2431 5277

**in the immediate presence of
Captain Dr. M. SINGARAJA**

Chairman Emeritus, Senior Citizens Bureau
and

Thiru S. GOPIKANNAN,
Senior Manager, HDFC Life- New Zeal,
Chennai - 600032.

Thiru C. NAGENDRA PRASAD,
Chairman, Senior Citizens Bureau
will preside over

ALL ARE WELCOME

V ARUN,
New Zeal - HDFC Life

S JAYAKUMAR,
Secretary General

EC meeting will be held immediately after the meeting in the same venue.

Note: Free enrolment of clients to New Zeal Elder Care Services will be done in the venue by HDFC Life - New Zeal. The category of services offered are Check-in-Care, Social Care, Health Care, Home Care, Leisure Care and Emergency Care.

NEW ZEAL

New Zeal is a CSR initiative from HDFC life, aims to provide the platform that would ensure quality, trustworthy and customized services to the elderly population in need of it. The services can be requested by anyone for an elderly couple or individual, viz., neighbours, kids, relatives etc., New Zeal aims to provide an eco system that enables Senior Citizens to pursue an active life, while being accorded the utmost care and comfort. New Zeal will help address this issue by having the Elder Care Specialist for the elderly who will assist them for the elderly who will assist them in their needs, In the year 2016, HDFC life initiated New Zeal at Chennai. About 210 Senior Citizens have been enrolled as on date and 515 services availed by the beneficiaries till date. Website: www.newzeal.life E mail: care@newzeal.life. whatsapp: Yoga Tera 9176122999

**EC meeting of Senior Citizens
Bureau for August, 2017**

EC meeting of SCB for the month of August was held at the premises of Murugan Multi Speciality Hospitals at 11.30 AM on 19th August, after the inaugural function of health monitoring camp. The meeting was called to order by the Chairman of SCB, Shri C.Nagendra Prasad, in the immediate presence of Dr. Captain M. Singaraja, Shri Prakash H Lulla, M/S S Jayakumar, S Prabhakaran, P.Sethuleshan, Sainath, Dr R Nirmala, and Shri V S Balakrishna Raja. After paying homage to Mrs. John Selvaraj, wife of Mr John Selvaraj, LM 771, who passed away on 27th July, 2017, confirmation of minutes of the last EC meeting held on 21st July, 2017 was adopted. Greetings to the birthday babe members in August were given and also welcoming the new member Mr R Parasuraman. Then the chairman gave a over view of the past and talked about meeting the Principal of Ethiraj College at an early date for finalising the exact date and also for choosing the available hall/auditorium in the college. It was decided to call on the NSS Coordinator first for fixing up an appointment with the Principal. Matters relating to the publication of Linkage for September as well as updating the website were then discussed. Renewal of Society registration, refund of excess tax from IT dept., Secy General was asked to follow up in this matter besides postal dept registration work with Patrika Channel, Egmore. The meeting ended with a vote of thanks by the Secy General Mr S Jayakumar.

Congrats

Rotaract Club of Ethiraj College for Women, honoured the Ex Servicemen from Thiruvallur District Ex Servicemen Association and Chennai District Ex Servicemen Association, including our Chairman Emeritus Dr.Capt.M.Singaraja, on Aug 28, 2017, in the august presence of the Principal, Dr.Tmt.A.Nirmala, Rotary District 3232 Governor Srinivasan and office bearers of Rotary Club of Madras Chenna Patna.

Selvan Sriram, S/O Thiru T.R.Sridhar Kumar Raja, wedded Selvi Kiruthi, D/O Dr. V.B.Narayana Murthy, on Aug 31, 2017, at MRC Kalyana Mandapam, Santhome, Chennai. The grandfather of the bride groom, PDG Rtn Thiru A.K.D.R. Ramakrishna Raja, our Life Member, Treasurer of Music Academy and renowned Industrialist and The grandfather of the Bride, Er.V.S. Balakrishna Raja, our Vice Chairman, blessed the couple. Our best wishes.

SENIOR CITIZENS BUREAU - 207th Meeting - MURUGAN HOSPITALS

Senior citizens bureau, in association with Murugan Multispeciality Hospitals, Kilpauk Garden Road, Kilpauk, jointly organised a Health monitoring camp for police personnel, SCB members and others, for BP, Blood sugar, BMI, Eye Test, Dental test, skin problems, hearing test etc., which were well conducted in separate rooms and more than 100 members took advantage of this free camp.

The lovely and beautiful main AC hall in the first floor of this hospital was bustling with activities, with the arrival of the Chief doctor Arun Prakash, Padmasri Dr V S Natarajan, Captain Dr M Singaraja, Sri C Nagendra Prasad, and the chief guest - Mr. Chandrahasan, the Asst.commissioner of Police, Kilpauk. Our Vice Chairman Shri Prakash H Lulla, in his own and inimitable style, compered the programme. After lighting the kuthuvilakku by dignitaries, the programme commenced with an invocation song by Mrs Geetha Subramanian, Daughter in Law of the famous Neuro Surgeon Dr Kalyanarman, and also a flute melody by Sri S.S.Mathapati, Asst General Manager of IOB, Kilpauk branch, which was well applauded. The chief doctor Arun Prakash welcomed all the guests and honoured all of them with pon adai and a cute mementoes. Then the AC of Police thanked the Senior Citizens Bureau for this super camp in particular for the police personnel and assured police help at all times for all the elders. Captain Dr M Singaraja requested the AC to ensure police calling on the elders living alone as often as possible by keeping a patta book in their gates for signature by the police visiting. Our Chairman Sri Nagendra Prasad also spoke thanking the Chief doctor and his hospital staff. Padmasri Dr V S Natarajan also spoke advising the elders to take care of their health with periodical check ups, taking advantage of the health oriented programmes. Dr VSN in his address narrated that elders lack awareness of neurological problems like tremor, parkinson's disease, dementia, depression, fits facing them. He further said that it is the need of the hour to create awareness among elderly to avail the earliest medical management for the best possible relief. The Senior Cardiologist Dr. V. Chockalingam also spoke with his humorous touch advising all elders to take care of health, avoiding falls and taking periodical health check ups at regular intervals. Later, Dr. Mohanasundaram, Diabetologist of KMC made a awesome power point presentation about "Diabetic care" in an elaborate manner quoting many Tamil couplets from Thirukural and other books. Then, Mr S Jayakumar, Secy general proposed a hearty vote of thanks and the meeting ended with National Anthem.

The health camp was well organised by Ms.Papia Sarkar who took great interest and ensured success of



Chairman SCB lighting the kuthuvilakku watched by Dr VSN, and Mr. Chandrahasan the Asst. Commissioner of Police, Kilpauk



Chairman Emeritus of SCB with Chairman SCB and Dr. V. Chockalingam, Sr Cardiologist.



Health Monitoring Test

this multi various tests organised in an orderly manner in different rooms of this popular hospital in Kilpauk, which is growing in strength year by year. Our kudos to them as this the second year they came forward for this type of free camp.

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Birthdays : September

Wishing you a Cheerful, Peaceful and Prosperous life

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

Your liberal contribution to Sun Shine Fund is solicited.

National / International Days - September

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

Note: N = National / I = International

News from Net Working Associates

Probus Club of Chennai will be Celebrating "International Day of the Elderly" On 4th October 2017. They will be Releasing their 25th Annual Book on that day. Regards R T Namasivayam, President, Probus Club

Dr V S Natarajan Geriatric Foundation is presenting an ELDER'S FEST & Expo 2017 at Vidyodaya Girls High School, No: 1, Thirumalai Pillai Road, T Nagar, Chennai, on 30th September, 2017 and 1st October, 2017. For further details, Call 9994902173 (or) 8939892205

FOSWL India, Anna Nagar, Chennai invites you for its monthly meeting at 5 PM on Sunday, the 24th September, 2017 at Karuna Enclavem SMF Annex, Opp: Hotel Akshyam, Shanti Colony Anna nagar, Chennai, 600040. For details : Contact Mr S JAYAKUMAR, 93818 01446.

17th Aiscon National Conference, Indore (MP), organised by: Amrai Varisth Nagrik Paramesa Avam Kalyan Singh, Indore, on 4th and 5th November, 2017 at Devi Ahilya Vishwa Vidyalaya Auditorium Takshshila Parisarm Bhawarkua, Khandwa Road, Indore (M.P.) Contact: Chairman, Organizing committee, E.F.2 Scheme No: 54, Vijay Nagar, Indore, 452010. Mob No: 9755531999. E mail: ns.jadon@yahoo.com. Local Coordinator TANSECA 26213850

Art of Graceful Ageing: Central Chinmaya Vanprasth Sansthan (CCVS) has announced 152nd residential camp on "Art of Graceful Ageing" in English for a week from 7th November, 2017 at Allahabad. The fee per person is Rs.7,000/- covering camp fees, camp materials, Boarding and Lodging. Extra Rs3,500/- is payable for travelling to and fro Ayodhya, Chitrakoot. Vindhyavasini, Shakthipeeth, Varnasi, Triveni Sangam and important temples in Allahabad. Also Akshayavatam *immortal banyan tree) subject to permission from fort authorities. For further details please contact the Secretary General. Please contact: Ph:09415338124; E mail: yogasthananda@gmail.com

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If undelivered please return to:

LinkAge

C/O Administrative Office,
9, Red Cross Road, Egmore,
Chennai - 600 008.

To.