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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**



Bestow
unconditional love

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Message from Editor Cum Chairman

Dear Friends,

I thank all those who have wished us on our 60 years of wedding (Diamond Jubilee), we celebrated in Muunnar. I appeal to members who celebrate such eventful moments to share with SCB fraternity. Er. R. Madhavan, our former Joint Secretary, who stays in Puducherry regularly contributes to Sunshine Fund on his birthday. This year he enters 80th Birthday and generously contributes Rs.5000/-. We all wish him a healthy and happy years ahead.



I thank our advisory committee member Padmabhushan Dr. Sarada Menon for her nice letter in beautiful handwriting which is published elsewhere in this issue. Also I thank Dr. Gatta Muniratnam, a Padmashree Awardee and my good friend for over 5 decades for his beautiful letter, which is published elsewhere in this issue. Dr. G. Muniratnam is founder General Secretary of RASTRIYA SEVA SAMITI (RASS) in Thirupathi. It has various projects in A.P., TN and Odissa for serving Children, Women and Senior Citizens. They run residential homes for the aged, Day care centers, Healthcare and Livelihood projects. He is a member of Senior Citizens Council of GOI and will be happy to take up any issue.

We had EC meeting on 18th May, at 4.00 PM at A.O. I am happy that 12 EC Members attended and agreed to celebrate WEAA Day jointly with Ethiraj College NSS in June 2018. Mr. Prakash H Lulla, Vice Chairman, made some observations regarding the contents in my editorial of LinkAge/May issue, which were replied. It was resolved that we forget all perceptions, misgivings and misunderstanding. And we will work towards betterment of our prestigious SCB.



- C. Nagendra Prasad

Kind Attention – To mark in your Diary



**Ethiraj College for Women-NSS, Chennai
and
Senior Citizens Bureau, Chennai**

cordially invite you to participate in the grand program

**to observe 13th World Elder Abuse
Awareness Day and 4th World Yoga Day,**

**on Friday, the 29th June 2018 from 09.30 to 12.00 Hrs
at Ethiraj College Annex Mini Auditorium.**

Thiru Shakeel Akhtar, IPS,
Additional Director General of Police,
Armed Police, Tamil Nadu,
will be the Chief Guest.

Important and interesting activities are lined up, for promoting awareness against many kinds of Elder abuses and our traditional Yoga practice with students and Senior Citizens.

**Please keep the day free. Individual invitation
with agenda, will be sent in due course.**

Salutation to Thiru S.R. Satakopan, LM 598, D.O.B. 18.05.1923

Thiru S.R. Satakopan, a super senior life member, has gracefully completed 95 years of age and entering 96th Year. He belongs to IRS cadre and joined Central Exercise as an inspector on 26.01.1945 and happily retired on 31.05.1981, after eventful career. He was dare devil and successfully conducted many operations. He was nominated for Presidential Award when he was Superintend of Central Exercise. The award was given away by the then PM, Mr. Morarji Desai, who was looking after Central Exercise. He is very active and regular donor to SCB. He is now convalescing after hip fracture a few months back in Mumbai. He moved from his residence at Chrompet to the residence of his son in Mumbai, a few years back. We salute him for his heroic achievements in his career and for his strong support to SCB. We pray God for his speedy recovery and for many more years of active life.



Letter from Dr. (Smt.) M. Sarada Menon**Dear Friends,**

I am deeply grateful to you for the write up in your last newsletter. I passed my MBBS IN 1947, and from 1957 I have been practicing Psychiatry training at the All India Institute of Mental Health, Bangalore and working in the Mental Hospital in Chennai and other centers. I have had the occasion / opportunity to see the worst offers of mental illness, the tragedy of incarnation, restraints, Isolation, Poor food, Unhealthy accommodation, Cruel treatment meted out of these unfortunate brethren of ours. The state of the Care Giver (Family and Hospital staffs) was no less tragic – they did not know what they should do to help. There was no understanding of the illness not any known treatment. I have been fortunate to see the improvements – awareness of the illness, various methods of treatment – improvements in the person's condition, taking him back to his original state making him a normal member of family and society. Treatment for 'Symptoms' attending to unhealthy through – actions, retraining to began original skill – family education and counseling are some of the methods used. We have not been able to remove "Stigma" and "Social exclusions" Rehabilitation of the mentally disabled is an important part of the treatment, skill needs to be known, understood and practiced.

So much for my 95 years ! Thank you very much. ❖**Letter from Dr. Muniratnam****"Dear Sri Nagendra Prasad Garu,**

I hope this letter finds you in good health and cheer. I am in the opinion that you are leading peaceful life in a pleasant atmosphere. I am fully aware that still you are eager to contribute your services for the humanity particularly senior citizens.

I have also been nominated on the National Senior Citizens Council by the Government of India during last year. I am able to present some of the issues and succeed in grant-aid programmes. I am pleased to herewith forward RASS achievements souvenir for your perusal during your leisure period. I request you to kindly send your suggestions and comments about the RASS for which I shall be thankful to you."

Regards**அரசு சேவைகள்**

அரசின் இ-சேவை மையங்களுக்கு செல்லாமல், பொதுமக்கள் வீட்டில் இருந்தபடியே அரசின் சேவைகளை பெறும் வசதி விரைவில் நடைமுறைக்கு வருகிறது. மத்திய, மாநில அரசுகளின் சேவைகளை பொதுமக்கள் பெற வசதியாக தமிழ்நாடு மின்னாளுமை முகமை இயக்ககம், தமிழ்நாடு அரசு கேபிள் டிவி வழியாக இ-சேவை மையத்தை செயல்படுத்தி வருகிறது.

கூட்டுறவு சங்கங்கள் மற்றும் தனியார் மையங்கள் என மொத்தம் 10 ஆயிரத்து, 420 சேவை மையங்கள் செயல்பட்டு வருகின்றன. இந்த மையங்கள் வழியாக 2017-18ல், 1.05 கோடி உட்பட நான்கு ஆண்டுகளில் 4.6 கோடி சேவைகள் வழங்கப்பட்டுள்ளன. இந்நிலையில் பொதுமக்கள், இ-சேவை மையங்களுக்கு செல்லாமல், வீட்டில் இருந்தபடியே, அரசு சேவைகளை பெறும் வசதி அறிமுகப்படுத்தப்பட உள்ளது. ❖

நன்றி: தினமலர்**Members in News**

Our Advisory Committee member Thiru. T.V. Hariharan, President CDISSIA, Chennai, delivered a special address in the 11th edition of Annual mega event "CONFED-ITA-THE SUMMIT-2018" on 18.05.18 at Puduchery, in the august presence of Lt Governor of Puducherry Dr.Kiran Bedi (IPS Rtd).

Our former EC member Ms. Kousalya Sarathy, LM - 19, (75) has received the "Life Time Achievement" award from Nursing Council, on 12th International Nurses Day.

She has an experience of 35 Years of delivering care to the Elderly. She has authored and published two books on Geriatric Nursing both in Tamil and English. She is also a member of Tamilnadu Retired Government Employees Association.

She is a recipient of six awards including the best Nurse award from the Tamilnadu Nurses and Midwives Council. She has organized around hundred Geriatric Health Camps and conducted training programmes for the care takers on caring of Elderly.

Obituary

1) **Thiru N. Ramaswamy (80)**, spouse of our former EC member Dr.V.Balambal LM 12, passed away on 16.05.18 at his residence in K.K.Nagar, Chennai, after a brief ailment

2) **Thiru Joshuva**, spouse of our Life member Tmt. Vimala Daisy LM 904, passed away at his residence on 29.05.18 in Kanyakumari after a brief illness.

We convey our heartfelt condolence to the bereaved family.

ஓய்வு பெற்ற ஓட்டுனருக்கு கார் ஓட்டிய அதிகாரிகள்

கரூர் மாவட்ட கலெக்டர் அன்பழகனுக்கு கார் ஓட்டுனராக பணியாற்றியவர் பரமசிவம் (58). ஏப்ரல் 30ல் பணி ஓய்வு பெற்றார். இவருக்கு பாராட்டு விழா, கலெக்டர் அலுவலகத்தில் நடந்தது.

விழா முடிந்ததும், பரமசிவத்தையும் அவர் மனைவியையும் காரில் அமர வைத்து, கலெக்டர் அன்பழகன் ஓட்டிச் சென்றார். காந்தி கிராமத்தில் உள்ள ஓட்டுனர் வீட்டுக்குச் சென்று, அவர்களை இறக்கி விட்டார். மேலும் அவர் வீட்டில் தேனீர் அருந்தி, குடும்புடன் புகைப்படம் எடுத்துக் கொண்டார்.

இதேபோல், புதுக்கோட்டை எஸ்.பி. அலுவலகத்தில் தனிப்பிரிவு எஸ்.ஐ.யாக பணிபுரிந்து ஓய்வு பெற்ற திருஞானம் (59) என்பவருக்கு பிரிவு உபசார விழா நடந்தது. விழா முடிந்ததும் திருஞானத்தை, அவரது இல்லத்திற்கு எஸ்.பி. செல்வராஜ் தன் காரில், தனக்கு சமமாக அமர வைத்து அழைத்து சென்றார். அவருடைய வீட்டில் உள்ள உறவினர்களிடம் எஸ்.பி. சிறிது நேரம் பேசியபின் திரும்பியுள்ளார். ❖

நன்றி: தினமலர்

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

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Loganathan, P	LM:83	01-06-1938
2	Murugesan, C. V. Wing Cdr	LM:603	01-06-1947
3	Nirmala, R. Dr	LM:765	01-06-1943
4	Perumal, T.K	LM:835	01-06-1946
5	Ramesh S. Chickermane	LM:216	01-06-1928
6	Sankara Raju, B	LM:310	01-06-1944
7	Sundara Murthy, D	LM:358	01-06-1936
8	Santhakumari, E	LM:756	03-06-1950
9	Shahul Hameed ,U	LM: 853	03-06-1939
10	Bashyam	LM:782	04-06-1944
11	Ganesan,KS	LM:894	05-06-1943
12	Ponnambalam, P	LM:731	05-06-1946
13	Ranganathan, P.	LM:751	05-06-1937
14	Sampath Kumar,G	AM:937	05-06-1947
15	Sundaravaradan, K	LM:462	05-06-1937
16	Muthulakshmi, K. Brig	LM:612	06-06-1938
17	Joseph, G	LM:185	07-06-1934
18	Agamudai Nambi, K. C. Er.	LM:876	08-06-1940
19	Pandurangan, K	LM:787	08-06-1940
20	Jean Canthaswamy	LM:786	09-06-1930
21	Rajendran, R. Er.	LM:793	09-06-1947
22	Leela Srinivasan, V	LM:71	10-06-1934
23	Munuswami, M	LM:794	10-06-1939
24	Natarajan, V.S. Dr.	LM:2	10-06-1939
25	Anantharaman, T.L.	LM:591	12-06-1939
26	Gandhi Raja, A.K.	LM:555	14-06-1948
27	Anandan, K. Er.	LM:488	15-06-1948
28	Balambal,V. Dr.	LM:12	15-06-1937
29	Natarajan, T. S	LM: 911	15-06-1935
30	Ranganatha Rao, S. Er.	LM:29	15-06-1934
31	Rukmani, V	LM:802	15-06-1943
32	Chandra Bose, P	LM:880	16-06-1945
33	Chandra Sashi Kumar.	LM:165	16-06-1940
34	Kandappan, A.P. Er	LM:683	16-06-1931
35	Kuppusami, M	LM:211	18-06-1936
36	Padmanabhan, P.N.	LM:875	18-06-1953
37	Venkata Raju, M	LM:801	19-06-1932
38	Sitaraman, V	LM:519	21-06-1930
39	Aludiapillai, K. Prof. IAS (Retd)	DM:327	23-06-1934
40	Bakthavatchalu, S	LM:890	23-06-1950
41	Chellaswamy,SM	HM:452	23-06-1937
42	Duraiswamy, K. Er	LM:735	24-06-1938
43	Jaya Prakash, P.K	LM:218	26-06-1947
44	Vijayalakshmi, G. Dr.	LM:526	26-06-1949
45	Ramaswamy, T.S. Dr.	LM:737	29-06-1931
46	Jayapalan, S.M	LM:938	30-06-1948

*Your liberal contribution to Sun Shine Fund is solicited.***Change in Address**

- 1) LM 803, Ph: 94448 64983
Thiru K.P.Chandran,
81, Nehru Bazaar, Uthukottai – 602 026.
- 2) LM 250, Ph: 9710481284
Prof. B. Augustine,
Plot No. F, Door No. 1/423C,
Shalimar Garden, Injambakkam,
Chennai – 600 115.

Acknowledgment**Thanks a lot and God bless you:****I. Sunshine Fund**

Er. R. Madhavan LM-419 Rs. 5000/-

II. DONATION

I) Dr. T.S. Kanaka LM-09 Rs.500/-

II) Capt. Dr. M. Singaraja LM-03
To Quiz program in kind Rs. 650/-**National / International Days - June**

05-Jun	World Environment Day	I
06-Jun	International Olympic Association Establishment Day	I
15-Jun	World Elder Abuse Awareness Day	I
17-Jun	Fathers Day	I
20-Jun	World Refugees Day	I
21-Jun	World Yoga Day	I
27-Jun	World Diabetes Day	I

Note: N = National / I = International**News from Networking Associates**

Our Past Chairman and Geriatric Foundation President, Padmasri Dr.V.S. Natarajan, conducted a walkaton in Besant Nagar beach to promote Adult Vaccination on 28.04.18 on the occasion of World Immunization Day.

Help Age India, Chennai celebrated 40 years of service at Doveton Group of Schools Campus, Vepery, Chennai on 28.04.18. Thiru K. Allaudin (IAS Rtd) was the Chief guest, The former Directors of HAI, Chennai, Tmt. Indrani Rajadurai and Mr. S. Dass were honoured. Thiru V. Sivakumar, State Head of HAI, Chennai, Dr.V.S. Natarajan, Capt. Dr. M. Singaraja addressed the gathering.

Help Age India jointly with Pattikattan Elder Welfare Academy, organized a health camp for Senior Citizens of Nungambakkam East area on 05.05.18 from 10.00 am to 1.00 pm at 90, Rama Street, Nungambakkam, Chennai-34. 50 persons were benefitted with free consultation and free medicine. HAI Mobile Care Unit team and New Zeal Elder Care Team supported the camp.


Colours of Glory, a NGO promoting Military Heritage of India by Retired Defense Officers, organized a program on Air Force History at Alliance Francis, Nungambakkam on 07.05.18.

Armed Forces Veteran officers Association, AFVOA, organized its bimonthly get-together at Palmgrove Officers Institute, Island Grounds on 20.05.18.

Probus Club of Chennai, had its AGM and election for 2018-2020 at Russian Cultural Centre, Alwarpet, Chennai, on 26.05.18.

FOSWL India Anna Nagar, invites you all for its 96th lecture meet at 5pm on 24.06.18, at Karuna Enclave, Shanti Colony, Anna Nagar, Chennai, on the topic "Studying Life for the Life Style" by Prof. Dr. Chandrasekar, Consultant, Gastroenterologist, Chennai.


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