



Committed to serve

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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From the Chairman Cum Editor

Dear Friends,

I was impressed by the services and activities of the Senior Citizens Bureau for the welfare of Elders and inter generational bonding, for over a decade. I took the opportunity to participate in Annual Day function held at Ethiraj College in 2012, and I enrolled as a Life Member. Since then I am actively contributing to the growth of SCB. During World Elders Day held on 04.10.2014, I was one of the recipients of SCB Award of Excellence, from the hands of Honorable Governor of Tamilnadu. Also my website "Happy Days" was launched on the same day.



Considering my advanced age and vast experience of my service in various organizations as a prime over and head, I was inducted as a member of Social Welfare Committee in 2013 to the Governing body of SCB. Since then I have proud privilege of working closely and participating in the deliberations of EC and monthly meetings.

In response to the repeated appeals from the then Chairman Capt.Dr.M.Singaraja to relieve him from the post, due to health reasons, I accepted the unanimous proposal of the EC on my nomination as Chairman on the condition of serving for one year tenure, despite my handicaps. I was duly elected as Chairman and Editor of LinkAge in the AGM held in June 2017. I was promised full cooperation and support.

Handing over/taking over of the charge was completed in the core group meeting held in July 2017. No one in the core committee including Secretary General was ready to take over the records, registers, steel cupboard etc as well as to function from their residence as Admin Office. I have therefore carried all important documents to function from my residence as Admin Office, in spite of my one year tenure. In the same meeting one Editor In-Charge was conceptualized, to assist me from August issue of LinkAge, as an interim measure, while the responsibility as Editor and Publisher is resting with me.

The then Chairman Captain Dr. M. Singaraja has taken this institution, from its inception, not only to the great heights but also established every single need from the scratch, Such as:

(1) Finalizing the By - laws (2) Registering & renewal of Registration of Society and updated regularly (3) Registering & Renewal of license for our monthly journal LinkAge for posting at a concessional rate regularly. (4) Registering LinkAge as a News paper with Registrar of News Paper of India, Delhi. (5) Publishing LinkAge uninterruptedly on the due date. (6) Taking the membership strength to 450 (+). (7) Building the SCB coffer with FD for more than 6 lakhs. (8) Obtaining IT exemption under section 80D. (9) Filing IT returns on time regularly. (10) Organizing more than 210 programs in line with our Vision & Mission. (11) Increasing our presence in all India & Global levels through networking and presenting papers on invitation at own cost . (12) Hosting our full fledged website <www.seniorcitizensbureau.org> and so on.

Thus cooked food was ready for us to eat as result of his 23 years of long dedicated journey, despite of all odds and difficulties.

Now we have to continue our journey with whole hearted involvement. It needs single minded unselfish focus. With this in my mind, I have set my goals looking forward to full fledged cooperation from the office bearers.

But I am disappointed and pained to see a small group of core committee, with vested interest are going against the By - laws as well as well established procedures, in spite of good counseling by me and Chairman Emirates. The have stepped up their high handedness in monthly and EC meetings as well as in LinkAge.

Renewal of Society Registration, updating of LinkAge formalities to the new address and updating of Registers, ledgers, bank transfers etc. are over due. Repeated failures of health camps, publication of wrong list of Birth Day babies and poor quality of content in

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World Elders Day 2017 special & subsequent issues of LINKAGE by the same group are some examples to our discredit. They claim that their decision is final, showing egoistic maneuver and reducing SCB as their family affair.

I was patient and tolerating for the sake of high reputation of SCB. But now the situation has reached that I have to protect the high tradition, name and fame, established by my predecessors and stalwarts in the organization. Also as editor I have to restore LinkAge to its original glory. In the informal discussion with 11 EC members on 18.04.18, it was unanimously recommended to postpone the AGM till things settle down. There is time for AGM upto September. Also there was consensus to convene the EC meeting in May as soon as I return from Kerala tour, in connection

with my 60 years of married life. Celebration of WEEA Day/Annual Day will be finalized then. I invite every EC Member to participated and set right for working together for a common cause. Let us happily march forward.

I feel relieved of my pain in talking to you. So far I did not want any column in LinkAge except for a brief note about me as incoming Chairman, in LinkAge/August 2017 issue. I am happy to record that I have added a sum of Rs. 25,000/- as FD for SCB.

I extend my warm greetings to all of you, for the safe and cool time, in the summer. I would seek your esteemed cooperation and support for smooth functioning of this great institution.

With Best Wishes and Regards.

C N PRASAD



News from Networking Associates

New CAUA U3As Research Center opens in Shanghai U3A, on April 11th, 2018. Delegates from all Chinese U3As and from AIUTA participated to the official ceremony to launch the new CAUA Research Center and adopted the Shanghai Declaration to promote research in U3As on April 11th. CAUA President Zhang Xiaolin, AIUTA President François Vellas and AIUTA First Vice President M.Li spoke on the importance of scientific research programme to feed the international cooperation between U3As in the fields of education, health, sports, arts and silver economy. Shangai U3As Research Center will organise every two years an international conference with AIUTA participation to develop research in U3As worldwide. Prof François Vellas, Carlos Santos, Patrick Demouy, Livio Zerbini and Maria Chester received the distinction of international visiting associate member to the CAUA Research Center.

FOSWL, Anna Nagar invites you all at 5 PM on Sunday, the 27th May, 2018 at Karuna Enclave, Shanti Colony, Opp:Hotel Akshyam, for a lecture on the Topic: "Let us fight against ageing" by Padmasri Dr V S Natarajan.

Dr.V.S.Natarajan Geriatric Foundation, 16A, Flowers Road, Kilpauk – 10, in a function held at Hotel Ramada, Egmore, on Mar 25,2018 released a pocket directory of 62 House Call Doctors priced at Rs.50/-. For details Please contact Ph: 99949 02173, (044)2641 2030 between 5 pm to 8 pm.

Thiru T V Hariharan, Our Advisory Committee Member, President Cdissia and PP Tanstia Addressed the Large Gathering in The Diamond Jubilee Celebration of Tanstia Held on 17-04-18 at Savera Hotel, Chennai.

Our EC Member, Dr T S Kanaka invites you all for "Aganda Nama Sangeerthanam", for doing joint prayers of Hare Rama and Hare Krishna, from 6 AM on 9th June, 2018 till 6 AM on 10th June, 2018 at "Santhnakrsihna Padmavathi Health care and Research centre", 5, Santhanakrishna Street, Nehru Nagar, Chromepet, Chennai, 600044. Phone: 044-22230935

Dr.G.S.Shanthi, Prof. & Head of Geriatric Medicine, Government General Hospital, Chennai, conducted a three day training program to the nurses on Age Care from 14-04-2018.

Probus Club of Chennai is holding its 26th AGM and Election for 2018-2020, on 26-05-18 from 8.45am onwards at Russian Cultural Centre, Kasturi Rangan Street, Chennai-18. For details Ph: 97899 74100.

TANSECA in association with "Grand World" arranged a free mini geriatric assessment program on 30.04.18, at Plot 3673, 20/21st street, Anna Nagar, behind K4 Police station, Chennai.

The World Health Day event was held at Babuji Memorial Ashram, Manapakam, Chennai on April 7,2018, to signify their health 24*7, the Science behind the mind and body digital detox. There was 5km run at 5.30am. A group meditation (2000 persons participated) from 9am to 10am, followed by 4 Pre lunch and 4 Post lunch sessions with a parallel plenary session till 6.30pm. There were stalls for herbal medicines, millets, pulses and other nature products.

Our EC member and President of Probus Club Er R T Namasivayam had the honor of releasing a souvenir in 14th annual day celebration of NGO PAVITHRAM on 29.04.18.



215th Programme - Chithirai Celebrations - A Visit to Chetupattu Eco Park and Food Zone on 20.04.18



A Section of the audience.

Senior Citizens Bureau & U3A, Chennai organised a grand get together on Friday, the 20th April, 2018, at FOOD ZONE attached to ECO PARK, Chetupattu, CHENNAI from 10.30 AM to 2 PM. Our members with their family and friends numbering more than 42 participated. After a welcome drink, all the participants were taken around ECO PARK, behind the Food Zone Restaurant, by a guide. The Chetupattu Eco Park is a refreshing place with abundant green areas and a large water body providing a wonderful place for the entire family to enjoy and relax. There are many facilities available like boating, fishing, 3D video theatre, children's park, walking track. It is quite spacious with ample multi-level car parking.

The participants assembled back at Food Zone after enjoying their visit to the ECO Park. All were happy to participate in an entertainment programme, nicely planned and suggested by our Chairman Emeritus



The winners with Quiz Master and Office Bearers.

Captain Dr M Singaraja. The quiz master Dr P P Ramaswami engaged the participants for more than an hour with his interesting masala like riddle, quiz, proverbs etc. It was very well received and appreciated by one and all. The winners in this competition are - Mrs & Mr. T V Nagarajan. Mrs Radha Pandiyan, Dr Geethaguru. Mr S Ramamurthy, Mrs V G Kanthimathi and baby மதுமிதா. They were applauded and presented gifts. A group photo picture of the winners along with Quiz Master and office bearers was taken. Dr. D S Ramiah was honoured with a gift for participating even after his attaining 91 years.

This was followed by a tasty veg buffet lunch. Every body relished the food. After lunch there was a live demonstration of life saver products for the senior citizens and women living alone by Mr Radhakrishnan, 'A' grade Electrical contractor. It was indeed a great day of togetherness sharing happiness and warmth. ❖

Long Live our Advisory Committee Member Padmabushan Dr. Sarada Menon

Dr Sarada Menon, a Padma Bhushan awardee, has worked tirelessly to end the stigma that still looms strong on the topic of mental illness'. Dr Menon was recently awarded the Sri Sathya Sai Award for her contribution to healthcare. It was our pride and privilege to honour her with 'SCB Award of Excellence' during our World Elders Day - 2015 from the hands of Hon'ble Minister for Social Welfare, GOT on 06/10/2015. She has also been honoured with AVVAIYAR VIRUDHU by GOT, on the occasion of International Women's Day in 2016. Dr Menon is the first female psychiatrist in the country. She is the founder of SCARF (Schizophrenia Research and Care Foundation), a WHO recognised organisation for the rehabilitation of the mentally ill. We have the benefit of her institutions to create awareness on mental health issues in our camps, seminars and special occasions. She retired as the superintendent of Institute of Mental Health, Kilpauk, Chennai. She brought in remarkable reforms during her stint for 18 years. On her 95th birthday on 5th April, 2018, our Vice Chairman Mr. Prakash H.



Lulla, Secy General Mr. S. Jayakumar, Editor in charge of Linkage Mr. S Prabhakaran and Joint Secretary Dr. P. Sethuseshan paid their respect and wished her many more happy returns of the day at her residence in Kilpauk, on behalf of Senior Citizens Bureau. Our Chairman Emeritus greeted her over phone. ❖

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	Reddappa Reddy, N.	LM: 862	4-May-1939
5	Venkataswamy, S. Dr.	LM:487	5-May-1944
6	Dorai Thamburaj, Er	JSL:548	7-May-1933
7	Easkimuthu, S	LM:370	7-May-1937
8	Narasimhalu, S	LM:139	7-May-1936
9	Padmanaabhan, S	LM:885	7-May-1950
10	Ramakrishnan, K	LM:678	9-May-1950
11	Padmanabhan, P.N. Dr.	LM:514	10-May-1938
12	Vimala Rajappa, Dr.	LM:463	10-May-1939
13	Appa Rao, P	LM:319	12-May-1939
14	Iyer S.V., Cdr.	LM:367	12-May-1924
15	Ponnuduraishwamy, D. Er.	LM:749	14-May-1933
16	Ramakrishna Raja, A.R, Rtn. PDG	LM:228	15-May-1937
17	Sadasivam, M. Er.	LM:109	17-May-1933
18	Aarumugam, A.G	LM: 418	18-May-1946
19	Rengaswamy, G	LM:114	18-May-1926
20	Satagopan, S.R	LM:598	18-May-1923
21	Krishnaveni, N	LM:795	19-May-1943
22	Madhavan, R. Er.	LM:419	19-May-1938
23	Nallathambi, P Lt Col	LM:895	19-May-1964
24	James, A	LM:877	20-May-1935
25	Sivarama krishan, P	LM:836	23-May-1940
26	Mohanan, K	LM:935	24-May-1953
27	Seethalakshmi, S	LM:798	24-May-1951
28	Xavier Pillai, T.J	LM:80	24-May-1924
29	Vimala Daisy, A	LM:904	25-May-1945
30	Ramasubramaniam, H. Dr.	LM:20	27-May-1941
31	Maniam, AGS	LM:745	28-May-1930
32	Ulaganathan, G	LM: 868	28-May-1959

Your liberal contribution to Sun Shine Fund is solicited.**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 Thalassaemia 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**Acknowledgment****Thanks a lot and God bless you:****I. Subscription**

- 1) New LM Part Payment 1550/-
Thiru N. Sampathkumar
Retd Senior Manager, Bank of India (Vigilance Unit)
Flat B2, Easwar Graha II Floor
30, Damodaran Street, T.Nagar Chennai - 17
Ph: 9444923894, DOB : 15.06.1956
- 2) Thiru P. Sethuraman AM renewal Rs. 500/-

II. DONATION

Thiru R. Thangaraj LM: 847 Rs. 500/-

III. Sunshine Fund

- 1) Thiru S.R. Satakopan, LM: 598 Rs. 1095/-
2) Major. Joy Koruthu, LM: 884 Rs. 1500/-
3) Thiru S. Sarveswara Rau, LM: 313 Rs. 558/-

Announcement

Due to Agni nakshatira simmering heat, there is no monthly meeting for MAY 2018 as earlier. LinkAge / May 2018 issue will be published as usual.

Celebration of observance of Sweet 23rd Annual day of SCB, 15th Anniversary of the journal LinkAge, 13th World Elder Abuse Awareness Day and 4th World Yoga Day will be held in June 2018. Invitation will be sent in due course.

EC meeting for the month of May 2018 will be held on 18th instant, from 3pm to 5pm, at 9, Red cross road, Egmore Chennai - 600008. All EC members are requested to attend without fail. The main agenda is discussion on our celebration of Annual Day, World Elder Abuse Awareness day in addition to the usual points.

Obituary

With profound sorrow, we record the sad demise of Mr P GOVINDAN, husband of our Life Member 689, Dr Lalitha Govindan, F-32, TNHB, Luz Church Road, Mylapore, Chennai - 600 004, on 1st April, 2018. We convey our heartfelt condolences to all the members of the bereaved family.

Change in Address

LM: 520 - Ph: 9444487454

Thiru A Raman

Flat No: P2, 5th Floor, "KGEYES KRYSTAL",
38, 16th Avenue, Ashoknagar, Chennai - 600 083.

LM:185, Ph:9841839440, DOB: 07.06.1934

Thiru Joseph

23/16, Ramalingam, 2nd Cross Street
Gandhi Nagar, Avadi, Chennai - 600 054.

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 look out for any symptoms or heat related illness.
2. See your GP if you are unwell.
3. In a medical emergency call - 104/108

Get Well Soon

Our LM Tmt. Vimala Daisy informs that her spouse is hospitalised at Kanyakumari. We wish him speedy recovery.

ஓய்வூதிய உயர்வு விதிகளில் திருத்தம்

ஓய்வூதியம் பெறுவோரின் வயதுக்கேற்ப ஓய்வூதியத்தை உயர்த்தி வழங்க விதிகளில் திருத்தம் செய்யப்பட்டுள்ளது. இதன்படி 80 முதல் 84 வயதிற்கு உட்பட்டோருக்கு அடிப்படை ஓய்வூதியத்தில் 20 சதவீதம்; 85 முதல் 89 வயது வரை உள்ளோருக்கு 30 சதவீதம்; 90 முதல் 94 வயது வரை உள்ளோருக்கு 40 சதவீதம் உயர்த்தி வழங்க முடிவு செய்யப்பட்டுள்ளது.

அதேபோல் 95 முதல் 99 வயது வரை உள்ளவர்களுக்கு 50 சதவீதம்; 100 வயதிற்கு மேற்பட்டவர்களுக்கு 100 சதவீதம் உயர்த்தி வழங்க முடிவு செய்யப்பட்டுள்ளது. அதேபோல் அரசு பணியிலிருக்கும்போது இறந்தவர்களுக்கு வழங்கப்படும் பணிக்கொடை பலன் விதிகளிலும் மாற்றம் செய்யப்பட்டுள்ளது.

இதன்படி பணியில் சேர்ந்த ஓராண்டுக்குள் இறந்தால் இரண்டு மடங்கு மாத சம்பளம்; ஓராண்டுக்கு மேல் ஐந்தாண்டுக்குள் இறந்தால் ஆறு மடங்கு மாத சம்பளம் வழங்க வேண்டும் என திருத்தம் கொண்டு வரப்பட்டுள்ளது.

அதேபோல் ஐந்தாண்டு முதல் 11 ஆண்டுக்குள் இறந்தால் 15 மடங்கு மாத சம்பளம்; 20 ஆண்டுக்கு மேல் இறந்தால் அதிகபட்சமாக 33 மடங்கு மாத சம்பளம் வழங்க வேண்டும் என திருத்தம் கொண்டு வரப்பட்டுள்ளது. ❖

நன்றி: தினமலர்

கோடையும் குளுமையாகும்!

கோடை கால நோய்களை தவிர்க்க, டிப்ஸ் தரும், ஆயுர்வேத மருத்துவர் சாந்தி விஜய்பால்: கோடை காலத்தில் பெரும்பாலானோர் எதிர்கொள்கிற பிரச்சனை, புட் பாய்சனிங்!. சுகாதாரமற்ற, ஜஸ் கட்டி கலந்த பழச்சாறு, மைதா, அசைவ உணவுகள், புட் பாய்சனிங்குக்கு முக்கிய காரணமாக அமைகின்றன.

சீரகத்தை வறுத்துப் பொடி செய்து, ஒரு மணி நேரத்திற்கு ஒரு முறை, ஒரு டீஸ்பூன் பொடியை மோரில் கலந்து குடிக்க வயிற்றுப் போக்கு, புட்பாய்சன் சரியாகும்.

குளிர்ந்த நீர் குடித்தால்தான் தாகம் தணியும் என்று நினைப்போர் மண் பானையில் தண்ணீர் ஊற்றிக் குடிக்கலாம். அதற்கு முன், நீரைச் செம்புப் பாத்திரத்தில் ஊற்றி வைத்து, அதன் பின் பானையில் ஊற்றிக் குடிக்கும்போது, சுத்தமான மற்றும் குளிர்ச்சியான தண்ணீர் கிடைக்கும். அதோடு உஷ்ணம் குறைந்து, வயிறு சம்பந்தப்பட்ட பிரச்சனை வராது.

குழந்தைகள் முதல் பெரியவர்கள் வரை, அவரவர் உடல் எடையைப் பொறுத்து, தண்ணீர் குடிப்பது நல்லது. பெண்கள் பணிக்குச் செல்வோராக இருந்தாலும், இல்லாவிட்டாலும் ஒரு மணி நேரத்திற்கு ஒரு முறை, தண்ணீர் குடிப்பது அவசியம்.

ஜீஸ் குடித்தாலும், தர்பூசணி, கிரீனிப்பழம், திராட்சை என பொட்டாஷியம் அதிகம் உள்ள பழச்சாறாக அருந்துங்கள். குறைந்த அளவு இஞ்சி கலந்து கரும்புச் சாறு அருந்தினால் சிறுநீர் பிரச்சனைகள் வராது. இளநீரும் அதிக அளவில் எடுத்துக் கொள்ள வேண்டும்.

இறவில் பனங்கற்கண்டு கலந்த பாலை அருந்தினால் உடல் சூடு தணியும். அதேபோல், கொத்துமல்லித் தழையை அரைத்து மோரில் கலந்து குடித்து வர நன்மை அளிக்கும்.

நீர்க் காய்கறிகளை அதிகம் சமைத்துச் சாப்பிட்டால் சூட்டினால் வரும் வேனல் கட்டிகள் ஏற்படாது.

உடலில் சூடு அல்லது அழுக்கு சேர்வதால் கூட, வேனல் கட்டி உருவாகும். கூடுமான வரை காட்டன் துணிகளை உடுத்துங்கள்.

தண்ணீர் அதிகம் குடிக்காமல் இருப்பதால், குழந்தைகளுக்கு மலச்சிக்கல் ஏற்படும். இதற்கு கொய்யாப்பழம் நல்ல மருந்து. இரவு உணவை சீக்கிரமே முடித்து, பனங்கற்கண்டு பால் அருந்த கொடுக்கலாம் அல்லது கிஸ்மிஸ், திராட்சை 20 சாப்பிடக் கொடுக்கலாம்.

வெயிலில் அதிக நேரம் வெளியில் செல்வோர் தலையில் எண்ணெய் வைக்க வேண்டாம். ஏனெனில் வெயிலின் சூட்டை தலை இழுத்துக் கொள்ளும்.

இரவில் உறங்கும்போது தலைக்கு எண்ணெய் வைத்துக் கொள்ளலாம். நல்லெண்ணெயை விட தேங்காய் எண்ணெயை கால் பாதங்களில், நகங்களில், வயிற்றில் தேய்த்தால் சூடு இறங்கும்.

கோடை காலத்தில் அளவோடு சாப்பிடுங்கள். இயற்கையோடு இணைந்து வாழ்ங்கள். உணவில் கவனம் செலுத்தினால், கோடை காலமும் நமக்கு, குளிர் காலம்தான். ❖

நன்றி: தினமலர்

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