

SINGLE COPY : Rs.5/-

ANNUAL SUBSCRIPTION : Rs.50/-



Committed to serve

LinkAge

Admin.off. 768/1, 9th Street, Anna Nagar (WE), Chennai - 600 101.

**A Quarterly Journal for Service and Advocacy
to all Age Groups, by Senior Citizens Bureau**



Bestow
unconditional love

VOLUME : 15

JULY/AUGUST/SEPTEMBER 2019

ISSUE : 1

A Special Issue of Linkage on The Observance of Commemoration of 15th World Elder Abuse Awareness Day & 5th World Yoga Day

Message from Emeritus Chairman and Hony Editor

Dear Friends:

As per UN mandate, World Elder Abuse Awareness Day (WEAAD) falls on 15th June

and International Day of Yoga (IDY) falls on 21st June. Due to various unavoidable

circumstances, the commemoration of these days are observed on other dates by voluntary

organizations like Senior Citizen Bureau. Senior Citizen Bureau (SCB) is the pioneer

in celebrating the observance of the commemoration of WEAAD, for the past 12 years regularly since it was launched by WHO in 2006. We have been sensitizing the students from various colleges and schools about elder abuse prevailing in all sectors, such as family, society and government. Awareness against elder abuse is created in the joint programs with educational



institutions by means of short plays, songs, debates and competitions. International Network to Prevent Elder Abuse (INPEA) has classified Elder Abuse into 4 Categories, viz., 1) Oral 2) Emotional 3) Physical and 4) financial, which are serialized according to the intensity and occurrence in general. Neglect, disrespect and mere thought of ill-will are also amounting to Elder Abuse. This day is marked by wearing "Pink Ribbon" to publicize WEAAD. Elder Abuse can also take the form of intentional or unintentional neglect of an elder adult by the care giver. Elder Abuse refers to mistreatment of older people by those who are supposed to care for them. If a person is old, then children, spouse, relatives, doctors, nurses or servants are expected to look after them. If such persons harm elders or neglect them, then it is called abuse. It is an act not

doing something that is needed, e.g. not giving food, not providing medical care, etc. It is an act doing something harmful to elders like beating or throwing them out of house. Surveys conducted by HelpAge India reveal

that 80% of the elderly population is subject to elder abuse. Most of the elder abuses are taking place in our homes. Except a few cases, the rest is invisible and unreported. Elders silently bear the brunt. After enactment of "Parents and Senior Citizens Maintenance Act – 2009", both by the central and state governments, the picture is slightly changing. But still all the aspects of the Act are yet to be implemented. It is the 4th year we are celebrating IDY International Day of Yoga, our ancient and traditional practice of Yoga. WHO / UNO has recognized the importance and benefits of Yoga and mandated all its member countries to observe IDY on June 21st every year.

With Best Wishes.

- Captain Dr. M. Singaraja

***A message from Vice-chairman
cum Editor in charge***



I am happy to associate myself as the editor in charge of SCB's quarterly issue of *LINKAGE*, for the second time, after handling for 9 months from August, 2017 to April, 2018. The missing links in our first two

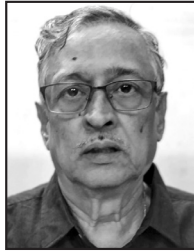
quarterly issues of 2019, like the list of our birthday babies and National/International days are resumed from this 3rd quarterly issue onwards. We are also shortly resuming to forward birthday greetings to each individual member. In order to augment our resources, I would like to renew our appeal to the members whose birthdays fall in the coming quarter to contribute/donate liberally to our sunshine fund. We look forward to your continued support.



Nice to see the Secretary General of Senior Citizens Bureau Dr. P.SETHUSESHAN attending the International Tamil Conference in CHICAGO and inter acting with popular persons in Tamil Nadu.

Message from the Chairman

At the outset, I would like to convey my sincere thanks and gratitude to all our members for having elected me as Chairman of our esteemed senior citizens bureau for the term 2019 – 2022 at the AGM held on 15th June 2019. I assure you all that our team of office bearers will strive hard and endeavor our best to achieve and accomplish our Mission and vision with the support and cooperation of all members



I would like to recall the attention of our members on the meeting held on 15-06-2019 before our AGM to commemorate the **WORLD ELDERS ABUSE AWARENESS DAY**. As you all know that World Elder Abuse Awareness Day is commemorated every year on 15th June to highlight one of the worst manifestations of Ageism and inequality in our society, we are more concerned because the number of older persons are growing, the amount of elder abuse can be expected to grow with it. Elder abuse is a global social issue which affects the health and human rights of millions of older people around the world and an issue which deserves the attention of the international community. Elder abuse comes in many

forms including physical, emotional, sexual and financial abuse and also neglect. Elderly people deserve same dignity and respect as people of all other aged groups in this regard, I personally feel that the awareness should be created in the society at large and especially amongst the younger generation so as to bring an atmosphere where the elders live with dignity and respect.

We also observed International Day of Yoga commonly referred as **Yoga day** which is celebrated annually on 21st June since it is inception from 2015. An International yoga day was declared unanimously by United Nation General Assembly. Yoga is physical, mental and spiritual practice originated in India.

We are celebrating / commemorating all International days particularly related to older people as occasions to educate the public on issues of concern and to mobilize resources to address global problems.

Finally I once again thank all our members for their continued support and cooperation and I wish you all a long and prosperous healthy life.

With Regards,
T.V.NAGARAJAN

Chairman – Senior Citizens Bureau

Message from the Secy General

This message to SCB members is from USA. Yes I am sending this from my son's place Chicago. On 17th June I left India after attending "World Elders Abuse Awareness Day" programme & AGM on 15th instant. At the outset let me thank all the members for having elected me as Secretary General for one more term. My special thanks to Chairman, Vice Chairmen, Assistant Secretary General and Treasurer who have assured me in taking over all my duties



-Bringing out next quarterly LINKAGE issues & etc) till I return to India on 1st November 2019. With best wishes to all, I promise to devote more time & attention to the activities of SCB after taking rest and recuperation with my son's and daughter's family in US.

With best wishes
Dr. P. Sethu Seshan

Report of the events of 224 and 225

Senior Citizens Bureau's 224th Programme to commemorate World Elders' Abuse Awareness Day and World Yoga Day was held on 15th June, 2019 (Saturday) at 10.30 a.m. at Tower Club, Anna Nagar, Chennai. The meeting hall was full and was enthusiastically attended by about 80 people both our members and well wishers.

The meeting was called to order by Capt. Dr.M. Singaraja, Chairman Emeritus. Mr.T.V. Nanda Kumar, Joint Secretary of Senior Citizens Bureau welcomed the gathering. The meeting commenced with "Thamizh Thai Vaazhthu" sung by Ms. Priyadarshini and Ms. Sanjana, students of Dr.B.M. Sundaravadanam School, Anna Nagar.

In view of the International Yoga Day (scheduled on 21st June), Mrs. Geetha Subramanniam, a renowned Yoga Teacher gave a Lecture Demonstration. She explained that Yoga is Union of mind, body and soul; she also added that yoga must be part of our daily routine. Yoga keeps our body flexible and it must be practiced only on mat, as our energy will get absorbed by the floor otherwise. It is also hygienic to use a mat, which can avoid dust and pollution of the floor. Yoga is an antidote for Asthma, breathing troubles, allergies and other ailments. It is ideal for children above the age of 7 to practice yoga.



Joint Secretary proposes a vote of thanks.



A group snap with SCB Members who have sighted (1000+Moons)



Mr Muthukrishnan of Helpage India being honoured.



Asst Commissioner of Police Mr.Balamurugan addresses.

She also advised that yoga to be practiced outdoors, if possible, or indoors keeping the windows open for ventilation. Yoga must be ideally practiced on empty stomach or 2 hours after food. If one cannot practice all yoga postures, do at least Surya Namaskar and other important Mudras. Yoga has a magic of turning you towards vegetarianism. She gave practical demo of a few yoga exercises, Surya Namaskar and Mudras.

To pay respect to the victims of Odisha Cyclone, one minute silence was observed by all. 10 Donors who have contributed towards Odisha Cyclone Relief Fund were acknowledged and praised.

A pledge to stop Elders Abuse was taken by students of Dr.B.N. Sundaravadanam School.

Mr.T.V. Nagarajan, Chairman of SCB welcomed the Chief Guest Dr. Mrs. Priyamvada, Asst. Professor of Criminology, University of Madras and Mr.Bala Murugan, IPS, Asst. Commissioner of Police, (Law & Order), Ayanavaram who was the Special Guest for the meeting. He said that the pledge taken by the students is more significant, as it will be taken by each student to 100 others, which can create awareness against Elders Abuse. He further added that now a days, joint family system was given a go by and many children have settled abroad leaving behind



A group snap with the students of Dr BMS School.



A C of Police Mr.Balamurugan being honoured.



Pledge against elders abuse.

their aged parents to suffer. He narrated the pathetic story of Tamil film comedian Mr.Loose Mohan, who was abandoned by his own family members, in spite of earning so much for their welfare. He also highlighted that Elder Abuse happen in all sectors of the society. Hence, there is an urgent need for creating more awareness against this evil. He also advised members to practice yoga to

avoid stress, vertigo problems, knee pain and otherage related ailments.

Dr. Priyamvada, Chief Guest for the function and Mr. Bala Murugan, IPS, Special Guest for the meeting were honoured with shawls and fruit baskets.

Senior Citizens who have completed 82+ years and who have sighted 1000+ moons in their lives were honoured with

shawls and gifts. Capt.Dr. M. Singaraja and Sri. S. Jayakumar were among the seniors who were honored. Capt. Dr. Singaraja gave a short speech, followed by others who have thanked the SCB and spoke about developing will power to lead a healthy life style, simple life, positive approach without giving room for anger.

Yoga exponent Mrs. Geetha Subramaniam and Dr. Mahesh of Murugan Hospital were honoured with shawls and gifts.

Sri. Bala Murugan, IPS in his address to the members said that he should first thank his senior Sri.Rajendran, IPS,Deputy Commissioner of Police (Law & Order), Kilpauk on whose behalf he has been asked to attend the meeting. He said that he could see his own father in the gathering of such elders, who should be worshipped. On behalf of youth, he apologized for having created a situation, where a need for spreading awareness against elders abuse has arisen, instead of celebrating the seniors. Lot of domestic violence and divorces were the result of dissolving the joint families with no elders to advice the younger generation. Youngsters were not being raised by grand parents now a days. Working parents were not able to find time to sit with their children and impart our traditional values, culture, etc, to their children. Along with the academic lessons, children should also be taught the strength of character, how to give respect to their elders, teachers and parents. There are various legislations to protect the elders and policemen are there to take care of their safety needs. He shared his mobile number and asked the members to take the help of policemen whenever required. He said they can also dial 100 for any emergencies.

Capt. Dr. Singaraja, Chairman Emeritus spoke about the role played by students on Elders Abuse Awareness programs in the past. Dr. Sharma of FOSWL also spoke about preparing for our own senior hood. Then Dr. Singaraja invited the Chief Guest to deliver her speech.

Dr. Priyamvada in her presidential address spoke in details about verbal, emotional, physical and

even sexual abuses against the elders. There are many cases which were not reported to police, as the elders don't want their children to be penalized. She said that Senior Citizens should be aware of the new legislation, which is in force, which enables them to retake the properties transferred to their children earlier, who were not taking care of the elders. For this a special tribunal was also established, to deal with fast track cases, considering the age of the persons. She also insisted that Government should open and run Old Age Homes in all the districts of the state. She underlined the need for making aware of all help lines available to elders through this forum. Geriatrics departments should be given more recognition in health care and doctors should be made to report mandatorily all abuses against the elders to the police department to avoid crimes against the elders. She also advised elders to inform police stations whenever they go out on vacations, install CCTV Cameras and also have pet dogs for the safety of their hard earned savings. She also gave details about Gerontocide, still practiced even in this modern age, which is a social offence. She placed on record the role played by Dr. Diaz, who was instrumental in establishing Criminology department in 1982 and Prof. C.NN. Ramakrishnan, who still visits the department to help them despite his old age.

Capt.Dr. M. Singaraja said that Dr.Diaz was also instrumental in starting SCB and PROBUS club. He asked the seniors to avail the services provided by New Zeal of HDFC.

Dr.V. Chockalingam, renowned Cardiologist and Senior Member of SCB in his brief speech said that both positive and negative aspects co-exists in this world and asked the elders to stay positive.

Students of Dr.BMS School staged a play, highlighting the importance of taking care of elders and to avoid sending them to Old Age Homes. Ms. Deepika, student of the school delivered a powerful speech on elder care.

Meeting came to an end with singing of National Anthem followed by Lunch.

SENIOR CITIZEN BUREAU Governing Council

Governing council consists of:

- I) Executive Committee
- II) Social Welfare Committee
- III) Advisory Committee

I) Executive Committee

1) Founding Chairman:
Late Major General Aban Naidu, PVSM,
AVSM, M-in-D – Omni present.

2) Chairman Emeritus:
Captain Dr. M. Singaraja, BE, PGDBM,
FIE, FIV, MSc(Psy), PhD.

3) Chairman:
Thiru T.V. Nagarajan

4) Vice Chairman 1:
Thiru S. Jayakumar

5) Vice Chairman 2:
Thiru S. Prabhakaran

6) Secretary General:
Thiru P. Sethuleshan

7) Asst. Secretary General:
Thiru T.V. Nanda Kumar

8) Treasurer:
Thiru N. Sampath Kumar

E.C. Members:

- 9) Er. S. Ranganatha Rao
- 10) Er. R.T. Namasivayam
- 11) Thiru R. Ramakrishnan
- 12) Thiru P.M. Pandian
- 13) Thiru C. Panner Selvam
- 14) Thiru M. Chandrasekharan
- 15) Thiru K.P. Chandran
- 16) Thiru R. Parasuraman

Ex-officio members (Past Chairmen):

- 17) Er. V. Hariharan
- 18) Dr. V.S. Natarajan
- 19) Captain Dr. M. Singaraja
- 20) Thiru C.N. Prasad

II) Social Welfare Committee

**(6 Departments viz Education, Health,
Finance, Personnel, Law & Order, Youth
affairs)**

- 1) Tmt. Leela Srinivasan (Education)
- 2) Dr. V. Chockalingam (Health)
- 3) Er. S. Murugaiyan (Finance)
- 4) Er. A.K. Chakravarthy (Personnel)
- 5) Sri K. Muthulaxmi (Law & Order)
- 6) Dr. P.S. Rajan (Youth affairs)

III) Advisory Committee

1) Padmabushan. Dr. M. Sarada Menon
Ph : 044-2641 2697

2) Thiru S. P. Ambrose I.A.S
Ph : 98418 32777

3) Thiru R. Venkatesan I.A.S
Ph : 9449 65526

4) Dr. V.S. Natarajan
Ph : 95000 78740

5) Er. E.S. Ramalingam
Ph : 96770 11766

6) Dr. Vayu Naidu F.R.S.A
Ph : 98400 37068

7) Thiru T.V. Hariharan
Ph : 94440 24609

News From Networking Associates

FOSWL INDIA, ANNA NAGAR, CHENNAI INVITES YOU FOR THE 109TH MEET, Speaker: Sri D. SURESH, Popularly known as Solar Suresh, B.Tech., Madras IIT Topic: Green Initiatives in a household. Venue: Karuna Enclave, SMF, Shanti Colony, Anna Nagar. Date: Sunday 28th July, 2019 at 5 PM. All are welcome. Dr V.S.SARMA, President, Foswl, 8825412868.

PROBUS CLUB OF CHENNAI : 27th July, 2019 - Breakfast meet 8.30 AM at Russian Centre for Science and Culture.

Data Base for SCB MEMBERS: We have members since over two decades when E Mail and Cell Phones are not existing. We are now planning to create data base with cell numbers to send SMS MESSAGES about programmes and E mails for communication. We can organize tours to suit your requirements and budget and the places you like to visit in India and abroad and also the months you prefer to travel and number of days you like to spend. We can arrange cultural programmes you like to participate, be it music, dance or drama. Please e mail to Mr T.V.NANDAKUMAR, Joint Secretary, Senior Citizens Bureau and his e mail id is nandu04061938@gmail.com

DISPLAY OF VINTAGE/CLASSIC CARS AND BIKES: VCVF is organising a Vintage/Classic Cars and Bikes Display on Sunday. July. 21st. 2019 at TOWERS CLUB, ANNA NAGAR, CHENNAI, 600040 from 8 AM to 11 AM. Breakfast will be served from 8.00 to 8.30 am. Please participate in the display in large numbers and make it a grand success.

முதியோருக்கு இழைக்கப்படும் கொடுமைகள் ஒழிய, எடுத்துக் கொள்ளும் உறுதிமொழி

முதியோருக்கு எதிராக, வாய் மொழி யாகவோ, வன்முறையாலோ, பொருளாதார ரீதியிலோ அல்லது வேறு எந்த உருவிலோ இழைக்கப்படும் அனைத்து வகை கொடுமை களையும் அறவே ஒழிப்பேன். அவற்றை முளையிலேயே அடையாளம் கண்டு தடுப்பேன். அதற்காக என் சொந்த முயற்சியில் முழு மூச்சுடன் பாடுபடுவேன். தேவைப்பட்டால் அரசு மற்றும் தொண்டு நிறுவனங்களின் துணையோடு செயல்படுவேன்.

மேலும் முதியோர்களின் உடல் நலத்திற்கும், பாதுகாப்புக்கும், அன்புக்கும், மனவளத்திற்கும், மதிப்புக்கும், மரியாதைக்கும், அங்கீகாரத்திற்கும் மற்றும் அவர்களது ஏனைய தேவைகளுக்கும் இடையூறு ஏற்பட்டால் அவற்றைத் தடுத்து நிறுத்தி பாதுகாப்பேன் என்றும் உறுதி அளிக்கிறேன்.

குறிப்பு: இந்த உறுதிமொழி உலக நாடுகள் அவையின் வழிகாட்டுதல் அடிப்படையில் எழுதப்பட்டது. இதை மூத்த குடிமக்கள் மன்றத்திற்கு கையொப்பமிட்டு அனுப்பவும்.

PLEDGE AGAINST ELDER ABUSE

I hereby solemnly pledge that I will not be a party to any type of Elder Abuse, such as, oral, physical, financial, etc. against their needs of any form, as Biological, Emotional, Safety, Love, Belongingness, Esteem, Self-fulfilment etc.

Further, I pledge that I will undertake all steps, to detect, intervene, prevent and stop "Elder-Abuse" through my own efforts and if necessary with the help of Govt. and Non-govt. organisations, in an effective manner.

Note : The text of this pledge is based on guidelines of UNO. The pledge may be duly signed and forwarded to Senior Citizens Bureau.

Birthdays : July, August and September, 2019

Wishing you a Cheerful, Peaceful and Prosperous life

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1.	Prabhakaran.S	LM 660	1- July - 1939
2.	Vasudevan. S.K.	LM 18	1- July - 1940
3.	A.G. Madhava Rao	LM 852	2- July - 1935
4.	Rajasimham T.N.	LM 905	2- July - 1935
5.	Balasubramanian.V.A.	LM 669	2- July - 1939
6.	Balaraman.M	LM 681	4- July - 1938
7.	Kandaswamy A.C.	LM 352	4 -July - 1939
8.	Baby Parimala S	LM 800	4- July - 1952
9.	V. Shanmugam	LM 783	5- July - 1939
10.	Rajarithnam.L.V.	LM 60	6- July - 1939
11.	Ganapathy.N	AM 410	9- July - 1945
12.	Raghunatha Rao.D	LM 863	10-July-1942
13.	Navaneethakrishnan.K.R.	JSH 817	10-July-1946
14.	Balakrishnan Rao N	LM 593	11-July - 1929
15.	Rajaram.S	LM 808	14-July - 1930
16.	Gnannasambandam.V	LM 785	15-July - 1940
17.	Dr.Govindan.T.V.	AM 562	15-July - 1946
18.	Dr.Sanjeeva Rao.A	LM 495	15-July - 1946
19.	Vir Prakash Jain	LM 767	15-July - 1955
20.	Viswanatha.S.	LM 587	15-July - 1955
21.	Eswaran.C.G. Er.	LM 501	16-July - 1940
22.	Gruruswamy.G. Er.	LM 780	16-July - 1942
23.	Ramani.S	LM 663	16-July - 1948
24.	Janakam.M.	LM 784	19-July - 1931
25.	Murugesann.M.	LM 661	19-July - 1939
26.	Dr.Prof. Ramaswamy.S	LM 539	20- July- 1924
27.	Devaram.W.I., I.P.S.(Retd)	LM 772	20- July - 1939
28.	Jananrthan.S.K.	AM 447	20- July - 1946
29.	Swaminathan.E. Er.	LM 674	22- July - 1945
30.	Dr.Prof. V. Cockalingam	LM 682	27- July - 1945
31.	Dr. Amaresan.M.S.	LM 21	30- July - 1937
32.	Raghunathan.C. Er.	LM 878	01- Aug - 1932
33.	Nagarajan	LM 518	02- Aug - 1943
34.	Justin Paul Er.	LM 684	03- Aug - 1942
35.	Sethuraman.N.	LM 298	05- Aug - 1936
36.	Natarajan.V.S.	LM 686	07- Aug - 1933
37.	Olney Aaron Er.	LM 583	07- Aug - 1937
38.	Seshadri.G	LM 613	10- Aug - 1932
39.	Balasubramanian.N	LM 458	11- Aug - 1936
40.	Amarnath.M.I.	LM 515	14- Aug - 1934
41.	Visweswaran Raju C.S. Er.	AM 485	14 - Aug - 1936
42.	Harindner Sagar Naidu	LM 22	14- Aug - 1948

43.	Habibunissa Begum	LM 826	15- Aug - 1927
44.	Mani.KI.S.	AM 540	15- Aug - 1933
45.	Hariharan.T.V.	LM 23	15- Aug - 1936
46.	Kolandan.S.N. Er.	LM 680	15- Aug - 1937
47.	Kousalya Sarathy	LM 19	15- Aug - 1943
48.	Antony Samy S	LM 740	16- Aug - 1948
49.	Umakanthan.C	LM 596	17 - Aug - 1949
50.	Raja Raman.V.	LM 901	18 - Aug - 1936
51.	Mrs.Channndra Veeraraghavan	LM 617	18 - Aug - 1944
52.	Dr.Vasanthavalli.R	LM 574	19 - Aug - 1942
53.	Krishnamoorthy.H.	LM 332	23 - Aug - 1931
54.	Loganathan.A.R.	LM 239	23 - Aug - 1935
55.	Rajendran Raja.K.V.	LM 859	23 - Aug - 1952
56.	Rajeswari.A.	LM 608	24 - Aug - 1944
57.	Ratnasamy.J	LM 807	26 - Aug - 1934
58.	Dr.Premkumar Satya.A.J.	LM 649	26 - Aug - 1948
59.	Dr.Prof.Gomathi Narayanan	LM 137	27 -Aug - 1934
60.	Sundara Rajan.S.	LM 888	01- Sept - 1934
61.	Dr. Sujaya Kumari.	LM 903	02 -Sept - 1937
62.	Pachaiappan.V	LM 845	05 - Sept - 1938
63.	Santhanam.R.	LM 512	05- Sept - 1939
64.	Lakshmi Narayanan.S	LM 879	06- Sept - 1940
65.	Rajarethinam.T	LM 465	07- Sept - 1928
66.	Parvathi Menon	LM 516	07- Sept - 1933
67.	Nagarajan.T.V.	LM 902	07- Sept - 1951
68.	Umapathy.A	LM 734	08- Sept - 1931
69.	Jayakumar.S.	LM 546	08- Sept - 1937
70.	Shanmugam.K.S.	LM 665	08 -Sept - 1939
71.	Raman.A.	AM 520	11 - Sept - 1935
72.	Jayaraman.K.	LM 343	11 -Sept - 1937
73.	Dr.Krishnamoorthy.S.R.	LM 492	11 - Sept - 1940
74.	Mahalingam.K.P. Er.	LM 320	12 - Sept - 1922
75.	Krishnamoorthy S.T.	LM 741	14 - Sept - 1938
76.	Dr. VedagiriShanmuga Sundaram	LM 869	16 - Sept - 1926
77.	Radhakrishnan.S.	LM 4	16 - Sept - 1930
78.	Kanagaraj.T.S.	LM 68	17 - Sept - 1943
79.	Mumtaz Begum	LM 827	17 - Sept - 1946
80.	Mukundan.R.	LM 138	18 - Sept - 1934
81.	Dr.Sharma BVSC	LM 552	22 - Sept - 1946
82.	Chaco.P.E.	HM 423	26 - Sept - 1926
83.	Amritha Kumar	LM 844	29 - Sept - 1923
84.	Kuttalam Pillai	AM443	30 -Sept - 1941

Your liberal contribution to Sun Shine Fund is solicited.

14 Home Safety tips for Seniors who live alone

1. Stay in good health

One of the biggest risks for seniors who live alone is injury. If a senior slips and falls and there is nobody around to help, a simple concussion could quickly become life-threatening. Because of this, it's essential for seniors who live alone to stay as healthy as possible. Things like exercise, a healthy diet, an active social life, and drinking plenty of water drastically cut down on the health risks that face solitary seniors, and make it much easier for seniors to remain safe and happy in their own homes.

2. Build a close circle of friends

Senior isolation is a big problem, and it's one of the single most dangerous things for seniors who live alone. While living alone doesn't always mean being lonely, the two things go hand-in-hand for many seniors, and it's a potentially life-threatening mixture of things.

According to a 2012 study published in the Proceedings of the National Academy of Sciences, senior isolation has a dramatic impact on mortality rates: increasing them markedly in seniors ages 52 and older. What's more, senior isolation can contribute to depression, poor health, and the worsening of cognitive decline.

With that in mind, it's clear that one of the primary things seniors living alone can do to stay safe and healthy is to maintain an active social life. Seeing friends on a regular basis is a fantastic way to boost health and wellbeing and to develop a support system so that, if anything does go wrong, the senior has people to call on.

3. Keep plenty of medication on hand

If a senior who lives alone runs out of medication, it can be a devastating situation.

Because of this, specialists recommend that the senior keep extra medication on hand so that running out prematurely doesn't lead to a disastrous event. In addition to preventing frantic trips to the pharmacy, this approach also makes it easier to stay on track in the event that a senior misplaces his or her medication.

4. Develop a disaster kit

All people (and especially seniors) should have a disaster preparedness kit on hand. This kit, meant to be used in the event of power outages, freezing weather, or natural disasters, should include survival supplies like dried food, blankets, bottled water, flashlights, matches, candles, and medical supplies. Ideal for tending to one's own needs while help arrives, this simple little disaster kit can make severe weather or rolling blackouts easier for a senior to endure on his or her own.

5. Keep the home in good repair

A home that features preventable hazards like exposed cords or slippery stairs is dangerous for seniors who live alone. In fact, the National Institutes of Health reports that 1.6 million seniors go to the emergency room as the result of falls each year. With this in mind, keep the home in good repair to prevent dangerous hazards that could harm a senior.

6. Lock doors and windows

When a senior lives alone, the risk of theft and burglary is very real. Because of this, it's wise for seniors to be smart about home security. This means locking doors and windows and ensuring that the entire house is locked up when nobody is home. In addition to preventing break-ins, this step

also helps ensure that the senior's safety stays intact.

7. Consider an alert system

In the last several years, there have been several new senior alert systems to hit the market. Things like Life Alert and similar alert systems can be very helpful for seniors who live alone. In the event of a fall or accident, the senior just presses a button (worn on a necklace most commonly) and help is summoned. This is an excellent idea for any senior who lives alone.

8. Install a peephole in the door

Seniors are often targeted by scammers and thieves. Because of this, it's smart for all seniors to install peepholes in their doors so that they can keep tabs on who is knocking before they decide to open the door. While this is a simple security tip, it's one that can go a long way toward ensuring the senior's safety and security for years to come.

9. Install a home security system

Depending on a senior's needs and requirements, a home security system is a wonderful way to keep the senior safe and secure. Available in various configurations and options, home security systems keep a visual eye on the home and property so that the senior (or his or her family members) can keep an eye on the goings-on and spot any suspicious activity.

10. Develop a list of emergency contacts

Emergency contacts are critical for any senior who lives alone. To ensure safety and proper care in the event of an accident or injury, all seniors should develop a list of emergency contacts and keep it by the phone. This list should include the senior's medical professionals, family members, and friends.

11. Install motion-activated lights

Motion-activated lights help spot suspicious activity and stop it in its tracks. For the utmost in safety and security, install these lights over prominent windows and doors on the senior's property. This helps prevent break-ins and ensures that the neighbors or passers-by can spot an attempted burglary if one were to take place.

12. Have friends or family pick up packages when the senior travels

If the senior goes away to visit friends or family for a period, a friend or family member should retrieve the senior's mail and packages from the doorstep so that the house doesn't look vacant. This can discourage would-be thieves and help keep the property safer.

13. Install handholds and bars in the bathroom

The bathroom is a very dangerous place for seniors who live alone. Thanks to water and slippery floors, this is one of the highest-risk places for a fall. Because of this, seniors should consider installing handholds and bars in the bathroom (around the shower and toilet) to make falls less likely.

14. Check-in often

Seniors who live alone should check in often with friends and family members. This allows the support system to help if something is awry and makes it easier for loved ones to spot potential dangers.

Senior Security Starts Here

For seniors who live alone, home security is a real concern. Luckily, these simple tips make it easier for seniors to stay safe in their own homes, both now and in the future.

Source: Internet

Registered with Registrar of Newspapers for India No.TN/ENG/2004/13996

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

- | | | |
|--------------------------|---------|------------|
| 1. Mr. N. Sethuraman | LM: 298 | Rs.5,000/- |
| 2. Mr. S. Prabhakaran | LM: 660 | Rs.1,080/- |
| 3. Mr. N. Sampathkumar | LM: 947 | Rs. 1000/- |
| 4. Mrs. Sitalakshmi | LM: 798 | Rs. 500/- |
| 5. Mr. S. Renganadha Rao | LM 29 | Rs. 1000/- |
| 6. Mr. G. Madhava Rao | LM: 852 | Rs. 1000/- |

Your contribution towards sunshine fund/donations if any, may kindly be sent either by cheque (at par) or DD, drawn in favour of senior citizens bureau.

Alternatively, you can also remit to our bank account, the details of which, are as follows:

INDIAN OVERSEAS BANK,
KILPAUK BRANCH (0571)
477, Kilpauk Garden Road, Chennai - 600 010.

IFSC Code: IOBA 0000571

MICR Code: 6000200 19

SB ACCOUNT: 057101000014780

(Mentioning the Remitter's Name)

Change of Address

Mr. V. Lokiah Naidu, LM NO: 825
54, Chakrapani Street, Thanikachalam Nagar,
E Block (South), Ponniannan Medu,
Chennai - 600110. Mobile Number: 94441 38324

Obituary

Thiru Mathinirai Selvan LM: 558 has passed away during Jan., 2019.

LM: 619 Mr. S Vignarajan has passed away at Sydney on 13th June, 2019.

We convey our heartfelt condolences to the bereaved family members.

Donation**Thanks a lot and God bless you:****Donation to Odisha Cyclone Relief Fund****- Total Rs.10,000/-**

- | | | |
|-------------|------------------------|------------|
| 1. LM: 2 | Capt. Dr. M. Singaraja | Rs.1000/- |
| 2. LM: 313 | Mr. Sarweswara Rao | Rs. 501/- |
| 3. LM: 866 | P. Sethusheshan | Rs. 500/- |
| 4. LM: 902 | T.V. Nagarajan | Rs. 500/- |
| 5. LM: 660 | Mr. S. Prabhakaran | Rs. 500/- |
| 6. LM: 646 | Mr. S. Jayakumar | Rs. 500/- |
| 7. LM: 947 | Mr. N. Sampathkumar | Rs. 500/- |
| 8. LM: 942 | Mr. T.V. Nandakuamr | Rs. 500/- |
| 9. | Mrs. A.M. Sabitha | Rs. 500/- |
| 10. LM: 71 | Mrs. Leela Srinivasan | Rs. 500/- |
| 11. LM: 847 | Mr. R. Thangaraj | Rs. 500/- |
| 12. LM: 837 | N.Kumaran Thambi | Rs. 300/- |
| 13. LM: 907 | Mr. Bhaskar Mukerji | Rs. 500/- |
| 14. LM' 680 | Mr. S.N. Kolandan | Rs. 1234/- |

National / International Days: July to September

- | | |
|-----------|------------------------------------|
| 01 – July | World Health Day |
| 01 – July | State Bank of India Foundation Day |
| 11 – July | World Population Day |
| 26 – July | Kargil Memorial Day |
| 15 – Aug | Indian Independence Day |
| 05 – Sept | Teachers' Day |
| 08 – Sept | World Literacy Day |
| 14 – Sept | World Fraternity and Apology Day |
| 15 – Sept | Engineers' Day |
| 16 – Sept | World Ozone Day |
| 21 – Sept | Alzheimer's Day |
| 24 – Sept | World Deaf Day and World Heart Day |
| 27 – Sept | World Tourism Day |

If undelivered please return to:**LinkAge**

C/O 768/1, 9th Street,
Anna Nagar (WE),
Chennai - 600 101.

To.