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Link Age

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



Bestow
unconditional love

VOLUME : 15

JULY, AUG, SEPT 2020

ISSUE : 5



Warm Greetings & Best Wishes To All

For year long

Silver Jubilee Celebration of

SENIOR CITIZENS BUREAU (SCB)



ALL ARE WELCOME

To participate in the Zoom Virtual Meeting
organised on Wednesday the 14th October 2020 at 11 a.m.

for the Inaugural function of

SILVER JUBILEE CELEBRATION OF SCB

And for Observance of Commemoration of

INTERNATIONAL DAY OF OLDER PERSONS

(Link to join the Zoom meeting will be shared thru WhatsApp)



World Elders Day



*Listen to your elder's advice.
Not because they are always
right, but because they have
more experience of being wrong*

228th EVENT AGENDA

Inauguration of Silver Jubilee Celebration of Senior Citizens Bureau (SCB)

& Observance of Commemoration of World Elders Day

Via Zoom Virtual Meeting at 11.00 am, on Wednesday, the 14th Oct 2020.

Hosted by Help Age India, Chennai - Duration: 90 Mnts

- | | |
|--|-----------|
| 1. Welcome Address by SCBian T.V. Nagarajan , Chairman/SCB | - 10 Mnts |
| 2. Inaugural Address by Thiru Rohit Prasad , CEO/HAI, New Delhi | - 15 Mnts |
| 3. Felicitation Address by | |
| (i) SCBian S P Ambrose , IAS (Retd), Former Addl. Secretary/GOI | - 5 Mnts |
| (ii) SCBian R Venkatesan , IA&AS (Retd), Former Secretary, Cabinet Secretariat/GOI | - 5 Mnts |
| (iii) SCBian TV Hariharan , National VP / FASII | - 5 Mnts |
| 4. Opening Address & Introduction of Panelists by the Moderator
SCBian Dr Capt M Singaraja , Chairman Emeritus/SCB | - 10 Mnts |
| 5. Address by the Panelists | |
| (i) Social Security: Thiru V Sivakumar , TN State Head/HAI | - 5 Mnts |
| (ii) Health Security: Prof Dr GS Shanthi , Head, Geriatric Medicine/
Govt. Rajiv Gandhi General Hospital, Chennai | - 5 Mnts |
| (iii) Financial Security: Probian S Gopala Krishnan , President/Probus Club of Chennai | - 5 Mnts |
| (iv) Family Security: Dr S Kothai , Principal/ Ethiraj College for Women | - 5 Mnts |
| 6. Question and Answer with Panelists | - 15 Mnts |
| 7. Vote of Thanks: SCBian Dr P Sethusheshan , Secretary General/SCB | - 5 Mnts |



SENIOR CITIZENS BUREAU

(Estd. 3/1996 & Red. # 370/2002)

Regd. Office : 90, Rama Street, Nungambakkam, Chennai - 600 034.



MISSION

- To give back to Society something in return of all that it has done for us, and exemplifying it through our commitment to serve.

- To put to use the wealth of our collective wisdom and experience by providing free information and guidance to various sections of society.

- To sensitise the community, especially the Youth, about the social ethics and value systems of our Society, especially in the care of the Aged, and inculcate the philosophy of Humanism.

- To promote the Joy of fellowship and bonding, as a means to develop unselfish love for one's fellowmen.

- To promote the well-being of the Elderly in body, mind and spirit.

VISION

- To raise and pool resources for the economic, physical and mental welfare of the Elderly.

- To highlight the worldwide movement on Ageing and its objectives and programmes, and seek to promote the well-being of the Elders through the agency of the State and of Society.

- To promote community projects at all levels for the care of the Aged.

- To Publicise the rights of the Elder Citizens and the means of securing them, and their duties and obligations to Society.

- To ensure to the Aged their legitimate share in all spheres of life, enabling them to live with dignity and respect instead of merely subsisting on sympathy.

228th EVENT



Senior Citizens Bureau
(Estd on : 3/1996; Reg.No.370/2002)

**INAUGURATION OF SILVER JUBILEE CELEBRATION OF
SENIOR CITIZENS BUREAU (SCB)
& OBSERVANCE OF COMMEMORATION OF WORLD ELDER'S DAY**

Cordially invite you

Chief Guest



Mr. Rohit Prasad,
Chief Executive Officer,
HelpAge India



ZOOM MEETING Link: <https://us02web.zoom.us/j/83058730700>

Date: 14/10/2020 (WEDNESDAY) at 11.00 am

Guest Speakers

Moderator



**SCBian Dr. Capt. M
Singaraja, Chairman**



SCBian Thiru S P Ambrose,
IAS (Retd),
Former Addl. Secretary/GOI



**SCBian Thiru R. Venkatesan, IA &
AS (Retd)**
Former Secretary, Cabinet Secretariat/GOI



Dr. G.S. Shanthi M.D.,
Prof & Head of Geriatric
Medicine, RGGGH, Chennai



**SCBian Thiru TV
Hariharan,**
National Vice President,
FASII



**Probian S. Gopala
Krishnan,**
President -
Probus Club of Chennai



**Thiru V
Sivakumar, State Head**
- TN, HelpAge India



Dr. S. Kothai,
Principal - Ethiraj
College for Women



**SCBian T.V
Nagarajan,**
Chairman/SCB



**SCBian Dr. P.
Sethuashan**
Secretary General/SCB

IDOP - 2020

The year 2020 marks the 75th Anniversary of the United Nations and the 30th Anniversary of the International Day of Older Persons. This year has also seen an emergence of COVID-19, that has caused an upheaval across the world. Considering the higher risks confronted by older persons during the outbreak of pandemics such as COVID-19, policy and programmatic interventions must be targeted towards raising awareness of their special needs. Recognizing older persons contributions to their own health and the multiple roles they play in the preparedness and response phases of current and future pandemics is also important.

This year has also been recognised as the "Year of the Nurse and Midwife". International Day of Older Persons 2020 will highlight the role of the health care workforce in contributing to the health of older persons, with special recognition of the nursing profession, and a primary focus on the role of women - who are

relatively undervalued and in most cases inadequately compensated.

The 2020 observance will also promote the Decade of Healthy Ageing (2020-2030) and help bring together UN experts, civil society, government and the health professions to discuss the five strategic objectives of the Global Strategy and Action plan on Ageing and Health while noting the progress and challenges in their realization. The global strategy is well integrated into the Sustainable Development Goals (SDGs), while ageing issues cut across the 17 goals, especially Goal 3 which aims to "ensure healthy lives and promote well-being of all at all ages". As stated by Dr. Tedros Adhanom Ghebreyesus (Director-General, WHO) "acting on the strategy, is a means for countries to implement the 2030 Agenda for Sustainable Development and ensure that every human being regardless of age will have an opportunity to fulfill their potential in dignity and equality"

***Message from our Advisory Committee Member Mr. S.P. Ambrose, IAS (Retd),
Former Addl. Secretary, Govt of India, New Delhi***

"COVID-19 has resulted in Lockdowns, preventing normal activities and people mostly stayed home. I am reminded of Kathleen O Meara's poem, "And people stayed home", a part of which reads, "and people began to think differently and people healed, even the earth began to heal, people made new choices, dreamed of new visions and created new ways of life".



The Senior Citizens Bureau has completed 24 years and will be celebrating the Silver Jubilee next year. At this defining moment, not only in the history of mankind, but also in the life of the Bureau, let us deeply ponder if, we as a group, should initiate desirable changes to the Bureau's Vision and Mission for suitable action to meet the challenges of the post Pandemic period. My congratulations to you and your team for all your efforts to implement the objectives of the Bureau and to inform us regularly through the Bureau's publication, *LinkAge*. ❖

***Message From our Advisory Committee Member Mr. R.Venkatesan I.A & A.S. (Retd),
Former Secretary, Cabinet Secretariat, Government of India***

This is the silver jubilee year (25th year) of the founding of the Senior Citizens Bureau, a premier institution in Chennai catering to the well-being of senior citizens in various ways. As one who had been associated with the Bureau from its inception, I had been looking forward to a Celebration of the Year which was planned for the 18th of April, 2020. Due to the Covid 19 outbreak, the event has had to be postponed till things return to normalcy. In these circumstances, it gives me great



pleasure to learn that it has been decided to bring out a Newsletter. I applaud this move as there is a great need during these difficult times to disseminate information and expert advice on various matters connected with the pandemic relevant especially to senior citizens. This News Letter coming out at regular intervals will be of great help in giving upto-date information on developments. I wish and pray that we senior citizens, at present constrained and confined to our homes indefinitely, will soon be able to resume our normal activities, and that the Senior Citizens Bureau will be able to celebrate the Silver Jubilee in a befitting manner.

***Abstract of Year Long Celebration of
Silver Jubilee of SCB***

❑ **Oct 14, 2020 (Wednesday)** – Inauguration of Silver Jubilee Celebration through Zoom Meeting, synchronised with International Day of Older Persons

❑ **Dec 19, 2020 (Saturday)** – Launching Co-ordination Committees for Silver Jubilee Celebration along with AGM, at Thakkar Baba Vidyalaya, T. Nagar, Chennai

❑ **Jan 08, 2021 (Friday)** – Launching of competitions for the students along with Festival of Farmers, at Ethiraj College for Women

❑ **Apr 17, 2021 (Saturday)** – Launching of

competitions for the SCB Members along with observance of International Day of Women, at Nehru Indoor Stadium

❑ **July 16, 2021 (Friday)** – Launching of Short story competitions for the Public through Kalaimagal along with observance of World Elder Abuse Awareness Day, at Ethiraj College for Women.

❑ **Oct 9, 2021 (Saturday)** – Valedictory function of Silver Jubilee Celebration, at Eithiraj College for Women

(All events are subject to confirmation) ❖

Silver Jubilee Year Message from the Chairman Emeritus cum Editor

I have initiated the idea of observing Silver Jubilee Year, in March, 2020. Accordingly, we have deliberated the modalities in our Executive Committee Meetings held in March, August and September, 2020. It was unanimously decided to have the inauguration of Silver Jubilee Celebration synchronizing with Observance of Commemoration of International Day of Older Persons through a Virtual Zoom Meeting on 14th October, 2020.



The road map for year long celebration culminating with Valedictory function in next October, 2021 again synchronizing with International Day of Older Persons is crystallized in the EC Meeting held on 30th Sept, 2020. In accordance with current practice of holding quarterly programs, the Silver Jubilee Celebration is planned. You can find the abstract of year long programme, elsewhere in this issue of *LinkAge*.

As per the unanimous decision of then EC in 2004, I have registered our “*LinkAge*” with the Registrar of News Papers of India (RNI) in June 2004, vide Regn. No. TN/ENG/2004/13996. Subsequently I got Postal Regn. Vide TN/CH(C)/37/2004-2006 as well as licence to post on 7th/8th of every month, at a concessional rate without prepayment, vide WPP No. TN/PMG (CCR)/ WPP/ 41/ 2004-06. This was renewed every 3 years regularly. Due to switching over to Quarterly publication, by the present team 2 years back, the above Postal registration and Licence became Null and Void. Similarly, compliance of legal provision, under RNI registration is given up by the present team, to change the Editor, Publisher and Place of publication, from my name. I served untiringly for 15 years from the first publication in July 2004 until now. SCBians C. Panneerselvam, Er.S. Murugaiyan, S.K. Vasudevan and S. Radhakrishnan toiled with me, day and night for almost 10 years, to print, publish and post till it got stabilised with a regular agency. I sincerely thank all those connected with delivering the publication on time, successfully, overcoming the troubles now and then.

WHAT IS THE SIGNIFICANCE OF SILVER JUBILEE CELEBRATION?

WHY, HOW AND WHEN THE CELEBRATION IS HELD?

SCB is now stepping into 25th year since its birth on Mar3, 1996. In its long journey, we have crossed over many road blocks and emerged successfully. We have earned recognition and reputation over a period, for our remarkable work for the cause of well being of the Elderly and Intergenerational bonding.

Hence it is pertinent to pay tribute to the legacy of our founding fathers viz. Late Maj. Gen. Aban Naidu, AVSM, PVSM, M-in-D, Thiru. R. Venkatesan, IA & AS (Retd), Late Rtn PDG PHF M. Balaji, Late PMG M.K. Deenadayalan, IPS (Retd), Late LM Vasagam, IAS (Retd), Late PS. Santhana Krishnan, CMD of SBH (Retd), Late N Subramanian, IRS (Retd), Late M.S. Sivaramakrishna, IRS (Retd) and Er. V Hariharan.

The dedicated teams one after the other proved their mettle and contributed to the growth of the organisation for the cause of the society. We have to remember all the office bearers and EC members. We are privileged to continue to have Padmabushan Dr M Sarada Menon, Thiru S P Ambrose, Thiru R Venkatesan, Padmasri Dr V S Natarajan and Thiru T V Hariharan in our Advisory Committee. We are blessed to have Thiruvallarkal, R Venkatesan, Er V Hariharan, V Jagannathan FICWA, S Radhakrishnan and Dr Capt M Singaraja as our surviving Charter members.

This is the occasion to convey our gratitude to all of them and to celebrate our historical contributions, accomplishments and milestones. It is the time to rededicate ourselves to march forward with our well defined Mission and Vision. We will now specially reach our members, youth and public thru various ways and means to focus our objectives and goal.

Silver Jubilee celebrations will enable us to document and preserve our Projects, Programs and Events in promoting the quality of life of the elderly. The curtain raiser is the virtual inaugural function on 14th Oct 2020. And it will run thru the year in 2021 with valedictory function in Oct 2021.

Dr. Capt. M.Singaraja

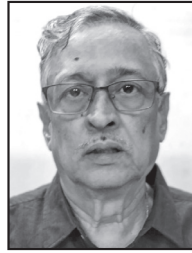
Message from the Chairman, SCB

I am happy to communicate with you during this Pandemic situation through our Linkage Magazine and I Would like to share some of my thoughts regarding our ensuing Silver Jubilee celebrations, present pandemic situation, World Elders Day 2020 and some of the problems faced by Senior citizens which require immediate attention of the appropriate authorities.

1. I am happy to inform our members that our organization is heading towards Silver Jubilee celebration in the Year 2021 and we are planning to celebrate our Silver Jubilee in the Year 2021 in a very grand manner with the support and cooperation of all members. Our next Quarterly meeting will be conducted in the month of October 2020 which will a prelude to our Silver Jubilee celebration and also in commemoration of World Elders Day.

2. I wish to state that Growing old is a natural phenomenon and we must all gracefully accept but it could be problem in the absence of proper care, love and support from family, society and the Government.

Most of us after retirement invested our retirement benefits in Bank deposits as we all consider that the they are the favourite and safe investments. But in the present scenario, Bank deposits are no longer attractive. Senior citizens especially those who are depending on interest income for their living are suffering as their expenses are increasing day by day. As you know health related problems grow as one enters the sixties and their medical expenses are also increasing and they are experiencing difficulties to meet the expenses with their meagre pension. When we want to go for Health Insurance to meet the medical urgencies there also the problem arise by the high cost of insurance premium which is increasing every year exorbitantly, adding



agony to it ,the GST on the premium is as high as 18% and many of the Pensioners are not affordable to pay the premium. I also come to know from one of our Senior citizens who is staying in a Paid Old age home that

they are charging 18% GST on food bills paid by them. I have shared some of the problems being faced by Senior citizens which should be taken up with the Government at the appropriate level to mitigate the sufferings of the older people.

3. World Elders day is being observed every year on 1st October and this year has been recognized as the YEAR OF THE NURSE AND MIDLIFE, will high light the role of health care force in contributing to the health of older people with special recognition of the nursing profession.

4. One more area of concern which I like to share with you is that we are now in an unprecedented time in the history of mankind. COVID19 pandemic is having a huge impact on all of us. The news about Corona virus is very scary and confusing. However we have to manage the time during this pandemic situation meaningfully, planning our days with useful routine and schedules, inventing opportunities during this time of adversities like Reading books, gardening, learning modern communicating ways thrown open to us by Technology etc.

Finally, I take this opportunity to wish you all.

A VERY HAPPY FESTIVE SEASON (Happy Dassera, and Happy Deepavali)

With regards,

T.V.NAGARAJAN

World Elders Day

Compiled by Thiru. S. Prabhakaran, Vice Chairman, SCB

Just like children and adults, senior citizens also constitute an important part of the society. However, a lot of elders face abuse and discrimination as they grow older. To attract the attention of the globe towards the well-being of the elderly, the World Senior Citizen's Day is celebrated on August 21. The day was first proclaimed by the General Assembly of the United Nations on December 14, 1990, while the first celebration was marked on October 1, 1991. The World Senior Citizen's Day was officially founded by the former President of the United States of America, Ronald Reagan.



As they grow in age, the elderly people face various issues including age deterioration and elder abuse. To create awareness about these issues and promote factors to improve their well-being, several organisations and institutions arrange meetings and programmes. These also recognize the contribution of senior citizens towards the society. In the current

times, when COVID-19 has affected the livelihood of many people, several senior citizens and artists are also struggling to make their ends meet and live a comfortable life. In order to show some love and respect for them, we should promote and encourage these people in their activities to create a better world.

The day is dedicated to increase awareness about the issues that affect older adults. From age deterioration to elder abuse, the day creates heightened awareness on these themes. Various programmes are held throughout the world where elders' life studies, personal experiences are shared and solutions are offered to fight the factors that affect their well-being. The World Senior Citizen's Day also recognises and acknowledges the contributions of older people to the society. June 15 is marked as World Elder Abuse Awareness Day. According to the United Nations, by 2050, 2 billion people, over 20 per cent of the world's population, will be 60 or older with Asia having the largest number of older persons.



Chairman Emeritus was Engaged in Virtual Conversation on 5th Oct.

Dear Dr.Capt. M. Singaraja,

We are currently having a research project entitled "Integrated Ageing Research with Policy and Programmes in India" at the International Institute for Population Sciences (IIPS) Deonar, Mumbai. The project is funded by UNFPA, New Delhi. As part of this project, we are conducting "A Study of Federations of Senior Citizens Associations in India." As you are aware, there are multiple organisations in India, which are carrying out remarkable work for the wellbeing of elderly. Hence the study aims to document the contribution of such organizations especially Organizations/ Federations in the field of aging. The study will be focusing on history of organization, organizational structure, activities/services, challenges, role in advocacy and formulation of policy and programs, research and

monitoring mechanisms, achievements and lessons learnt.

We are canvassing the activities of the selected Organizations/ Federations in the field of aging and interacting with their representatives. Since, your Organization/Federation is actively involved in this field through various programs and events for elderly, we would like to document the contribution of your Organization/ Federation along with the other similar Organizations/ Federations in our report. The part of the study findings will be published in the upcoming India Aging Report 2021 to be brought out by IIPS, Mumbai and UNFPA, New Delhi.

Regards

Dr. K.S. James, Director & Sr. Professor, International Institute for Population Sciences, Govandi Station Road, Deonar, Mumbai-400088, India



From the Desk of the Secretary General

With warm greetings to all

Since the pandemic Condition is still prevailing, we could not restore Our 'Senior Citizen's Bureau', activities in full swing. As such we convened Our Executive Committee meeting on 30-7-2020, at 11 a.m. through 'Zoom'. app. The meeting was hosted by me with the help of our new member Shri. C.N.Manoharan who is well versed with the technologies. The following members attended the meeting and made Our first attempt of conducting the Zoom Committee Meeting successful :

1. Captain Dr. M. Singaraja (Chairman Emeritus)
2. Thiru. C.N. Prasad (Immediate Past Chairman)
3. Thiru. T.V. Nagarajan (Chairman)
4. Thiru. S.Jayakumar (Vice Chairman)
5. Thiru. S. Prabhakaran (Vice Chairman)
6. Dr. P. Sethu Seshan (Secretary General)
7. Thiru. T.V. Nandakumar (Joint Secretary General)
8. Thiru. N.Sampath Kumar (Treasurer)
9. Thiru. Rt. Namasivayam (E.C. Member)

Even though more E.C. Members were interested to Join the meeting /Proceedings, they could not do so, due to technical problems.

The 'Webinar' meeting commenced with usual welcome speech by Chairman T.V.Nagarajan who initiated the idea of conducting Zoom meeting' in this pandemic condition. He also welcomed Our Chairman (Emeritus) Captain Dr. M Singaraja to address the members.

Captain Dr. M.Singaraja, in his speech insisted on conducting Our Silver Jubilee Inaugural session in the month of October 2020 and valedictory function in a grand manner next



year that is October 2021. He further added, that we can manage the inaugural function, with some local Chief Guest. But for our Valedictory function we should plan for a VVIP as Chief Guest. He also indicated that the venue for the function can be Ethiraj College Auditorium.

He also indicated that we should plan to invite Our Vice - President of India. Hon. ble M.Venkaiah Naidu for Our Silver Jubilee valedictory function on Oct. 2021.

Almost all other members who talked in this meeting agreed to Chairman (Emeritus) suggestions. Since the balance sheets for the financial for ended Mar. 2020 is not yet audited Our Treasurer Sampath Kumar submitted us unaudited, extract of Accounts for the year ending 31st Mar. 2020 and it was approved in the committee.

The committee also co opted. Shri. C. N. Manoharan as Our Executive Committee Member.

With the Vote of thanks by Secretary General Dr.P.Sethu Seshan the meeting came to an end.

Now we planned to continue our Executive Committee again on 30-9-2020, in Zoom and Our Inaugural function of Silver Jubilee is also likely to be conducted as 'WEBINAR' On 7-10-2020 or 14-10-2020.

We have also decided to commence publishing of 'Senior Citizen's Bureau' Monthly News letter from next month onwards, subject to approval in our committee Meeting to be held on 30-9-2020.

With Regards

P. SETHU SESHAN



The Statement Made By Our Emeritus Chairman, SCB In Helpage India Webinar

Helpage India National Webinar Dated Aug 26, 2020 On Covid-19 - Health Of Senior Citizens - Impact And Way Forward

1) Every stake holder involved in Covid-19 care, is aware that Older Persons (OPs) are the most vulnerable population, where fatalities are high. The Govt must disclose the statics of fatality in all the age groups. It is pitiable that the situation of the seniors is looked upon casually and the lowest priority is given to them, just like in any other matter. I appeal to the Govt to provide exclusive Covid -19 Geriatric wards and Care Centres for the OPs. For treating critically ill Elderly patients, separate non – Covid, Govt & Pvt Hospitals must be earmarked until the end of Pandemic.

In this connection, I would like to draw the attention of Union of India and all States, to the directions given by the Hon Supreme Court of India, to provide special care & protection to the OPs with all promptness in this pandemic, vide Writ Petition Civil No 193/2016, IA No 53824/2020, dated 4th Aug, 2020. This case is pending for final disposal. In order to identify this population, it has directed all concerned to access the Pension Disbursing Channels. I suggest that the Senior Citizens register maintainable in all Police Stations, as per Parents & Sr Citizens Maintenance Act 2007, is another channel available.

2) As part of Disease Prevention Strategy, the treatment extended to all age groups and all sections of the society by exclusive Siddha Care Centres, is commendable. Greater Chennai Corporation & TN Govt, after initial delay in commencing, are now steadily increasing their numbers. As a further confidence building measure for the

fearful public, the authorities are roping in Residential Welfare Associations (RWAs) as well as NGOs. I appeal to the Union of India and the States to rope in the services of HelpAge India (HAI), Red Cross Society (RCS), Mobile Medicare Units (MMUs), Missionaries and other fully equipped & experienced organizations. This will instill the trust among the public, to handle the pandemic fast.

3) Having commenced the trials of vaccine, I appeal to ICMR, to include the OPs in the Age groups of 60~69, 70~79 & 80+, in their trials of COVACCINE, COSHIELD, BCG, SPUTNIK V, etc. The directions given by the Hon Supreme Court referred above, may be born in mind.

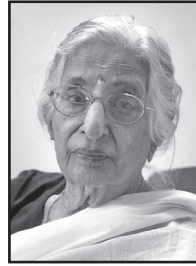
4) According to the reports, there is an acute shortage of Medical professionals and Para-medical staff with the Govt to handle the unprecedented pandemic, throughout the breadth and width of our vast country. It may be worthwhile to utilize the services of Private Doctors, Indian Medical Association (IMA) and other organizations including practitioners of Aurveda, Unani, Siddha & Homeopathi (AUSH).

5) We all know that India is the 2nd largest populous country, majority of them are poor. Also we are agriculture based. Anything and every activity must address them. But they are largely neglected. It is acknowledged that the present trend of pandemic spike is not alarming. With increasing emphasis on Precaution & Prevention, rapid unlocking of Public facilities as well as adequate welfare measures, may be seriously considered by the Govt, to prevent worsening of hunger and misery. Luxury and superfluous public spending may be avoided.

Long Live our Advisory Committee Member Padmabushan Dr. Sarada Menon

Our life member and Padmabushan Awardee Dr. Sharada Menon, now 97 years old as on 5th April, 2020, is one of the world pioneer in mental health and suicide prevention. She 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.

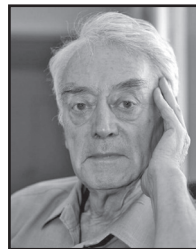


Message from Mr. Tom Holloway, WORLD U3A

I am sorry to inform you that, due to health problems, necessitating many visits to hospitals, I've decided that the August 2020 issues of U3A SIGNPOST and U3A ASIAPOST will be the last. I shall also be terminating U3A Forum, but I will continue to add to and update our project <https://myu3a.org> for the future. I'm sure you will understand that this has been a hard decision to make. I have edited and issued U3A SIGNPOST without fail every month for almost twenty years, but Signpost issue number 236 must be my last and now is the time to close it for the following reasons:

The Third Age Trust and U3A's worldwide have clearly accepted the predictions I made 15 years ago.

More important than that is my wish to extend my patronage and direct help to the two free schools for low-caste children that I started during my 17 years in Hyderabad - <http://itsmyschool.club> and <http://youngzoomers>.



club - because I believe that I can do more with the remainder of my life by devoting it to the education needs of the rising generation of Scheduled Caste/Dalit and disadvantaged children. They will inherit the world we have

made, and they will have the task of repairing the damage we have done to that world.

If anyone reading this, able to speak and listen patiently to young people from a different culture, would like to help please get in touch. Also, to lighten the load on my pension, any contribution towards that work will be used directly to pay our teachers and provide needed educational materials.

Tom Holloway

tom@worldu3a.org

Zoom: 773-960-9200

Phone/Whatsapp: 0044 773 960 9200



E mail from Mr. S. Jayakumar, Vice Chairman, SCB

Teachers Day in India is on 5th sep 2020. Reason Our President Radhakrishnan's birthday. INDIA - The world on oct 5th 2020 celebrates World Teachers Day. TEACHING is the profession that teaches all the other professions such as Medicine, engineering etc. except POLITICIANS. Therefore let us wish and pray for all teachers a long

healthy and happy life. My family JAYAKUMAR of brothers and sisters consist of more teachers and SPECIAL GREETINGS for them.

I also take this opportunity to thank all the members for their "Get Well" soon messages, from my recent hip fracture and also for my birthday on 8th Sept, 2020. ❖

A thank you letter to Covid-19 by Lakshmi Srinivasan, LM: 71, SCB

Hi Covid! Is that you? Are you still loitering hereabouts? I think you have taken a shine to our people, you want to be in our midst! The last three months have gone swiftly, with a lot of plus in the negative and a few who showed positive where the infection was concerned. Lots of do's and more of don'ts regulated our lives. We are gradually coming out of the gloom, (smelling like roses?). I have my regrets though, I feel sorry most of our children will grow up to adulthood without knowing the joys of childhood games, group activity, the emotions that can run high when we win or lose. They will not know our scream of joy when our team wins, or the anguish of our loud voices shouting curses and hoots when our side goes down. What a day it was, when we cheered

for Kapil Dev, or Bolt, or the youngest champion in chess or swimming.

Have we given up our freedom to join clubs or association where we can pursue our choice of activity like music, dance or any other? This does not bode well for the growth of the community. So splinter groups are coming up with their version of group activity. We still cannot be in groups, physically, but we connect through TV, the computer or the cell. Small comfort though. So Covid, if you have enjoyed our hospitality and seen our lifestyle, I would suggest you pick up your bags and relocate to some other place, preferably the nether world. As a good hostess, I wish you well on your onward journey. Bye-Bye then. Have a good day. ❖

News from Networking Associates

HelpAge India, Chennai marks International Day of Older Persons on 1st October 2020 - Webinar Theme: "Empowering Elders: Building an Age Friendly & Caring Society"

Sub Title: "Navigating the New Normal"

Chief Guest: Thiru. V. Balakrishnan I.P.S., Joint Commissioner of Police – North Zone, Greater Chennai Police.

Moderator: Mr. V. Sivakumar, Director – Tamil Nadu, HelpAge India

Speakers:

1. Dr. G. Usha, MBBS., DGO., M.D (Geriatrics),

Professor Dept. of Geriatric Medicine, Rajiv Gandhi Govt. General Hospital & Madras Medical College, Chennai.

2. Dr. D. Rajasekaran IRS (Retd), President – Federation of Senior Citizens Association of Tamilnadu & General Secretary of Tamil Nadu Senior Citizens Association

3. Mr. R. Rajasekarapandy, DGM – CSR, L & T Construction, Chennai

4. Mrs. Vijaya Dorothy, Principal – Bharathiyar Mat. Hr. Sec. School, Guduvanchery

❖

Acknowledgement**SUN SHINE FUND**

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 Mr A James LM No: 877 Rs.1000/-
 Mr.S.Jayakumar LM No: 546 Rs. 550/-

Thanks a lot and God bless you**Obituary**

Our former EC member & Retd.Suptd of Nursing, Govt General Hospital, **Mrs.Kousalya Sarathy**, LM: 19, of Anna Nagar, Chennai - 40 passed away on 16th August, 2020 in Chennai; Born On 15th August, 1943. She worked in the Geriatric Unit since its inception in 1988 till her retirement in 1999 as Nursing Suptd. She is the recipient of prestigious awards - 1992 Geriatric Prestigious Award, 1998 Best Nurse Award, 1998 - Vocational Service Excellence Award by Tamil Nadu Nursing Council at T N Dr MGR Medical University on 12th May, 2018. She never missed important events.

Our former EC Member, **Thiru Sainth**, LM 834, passed away on Oct 6, 2020. He was very active and dedicated. He was hospitalised for his treatment of Prostate Cancer and was operated upon 8 months ago. He was admitted to GH a week ago where he got infected of COVID-19 and was put on ventilator unsuccessfully.

We pay our respectful homage to the deceased members.**Change in Address**LM 583: **Er. Olney Aaron**

Room No: 20, Athulya Assisted Home,
 6/6, Valluvar Road, Arumbakkam, Chennai, 600106.

LM 306: **Thiru V Ramakrishnan**

MF13, Tower 3, Ashiana Subham, Govindapuram,
 SP Koil Post, Chengalpattu Dist., PIN 603 204.
 Ph. 93810 46609.

Welcome to New Members

LM. 956

Mr.C.N.Manoharan DOB: 03/01/1953
 Senior Manager, IOB, (Retd),
 B -63, Casa Grand, Elan Jaganath Meadows
 Road, Thalambur, Chennai - 600 130.
 Phone: 044 42318062
 Mobile: 90403 70660

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