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Link Age

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 : 14

APRIL / JUNE 2019

ISSUE : 8



*Our Best Wishes to the
Recipient of "SCB Award of Excellence - 2019"
Awarded in observance of the commemoration of
International Day of Women*

Dr. G.S. Shanthi, M.D. (Geriatrics)

Prof. & HOD of Geriatrics,
Regional Geriatric Centre

Madras Medical College, Chennai - 3

President of Indian Academy of Geriatrics



From the Emeritus Chairman and Honorary Editor

Dear Friends,

I am happy to convey my warm greetings and best wishes to you all, in connection with Thamizh New Year Day and International Day of Women. It is my proud privilege to present this April to June quarterly issue of *LinkAge* as Honorary Editor. From the next issue onwards, it will be handled by the Editor cum Secretary though I am available for any guidance. I was setting the guidelines to the new team for the 2 Quarterly issues in continuation of my job as Editor of *LinkAge* monthly issues.



You might be aware that there are missing links like list of our birthday babies and National/ International Days published earlier every month. Birthday greetings to each individual member is likely to be resumed soon. It will be opt to highlight some of the important National/International Days. Accordingly I present the following 5 significant days designated by UNO. It is imperative that we Senior Citizens appreciate and disseminate such valuable thoughts.

With best wishes,

(Capt. Dr. M. Singaraja)

Apr 01, 2019.

5 Significant Days

1. INTERNATIONAL DAY OF WOMEN – 8TH MAR

The theme for 2019, is “**Think equal, build smart, innovate for change**”...

Innovation and technology provide unprecedented opportunities, yet trends indicate a growing gender digital divide and women are under-represented in the field of science, technology, engineering, mathematics and design. It prevents them from developing and influencing gender-responsive innovations to achieve transformative gains for society. From mobile banking to artificial intelligence and the internet of things, it is vital that women’s ideas and experiences equally influence the design and implementation of the innovations that shape our future societies.

International Women’s Day 2019 will look to industry leaders, game-changing start-ups, social entrepreneurs, gender equality activists, and women innovators to examine the ways in which innovation can remove barriers and accelerate progress for gender equality, encourage investment in gender-responsive social systems, and build services and infrastructure that meet the needs of women and girls.

2. WORLD SLEEP DAY – 15TH MAR

The World Sleep Day is being celebrated the world over under the supervision of the World Association of Sleep Medicine (WASM). The association has gone back to its old theme ‘Good sleep is a rechargeable dream’ this year.

Mental health

When sleep fails, health declines, poor sleep and bad health decrease the quality of life and take happiness away. Sound sleep facilitates the preservation of mental health. Sleep disturbances are a risk factor for mental disorders such as depression and anxiety.

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Failure to obtain quality sleep may lead to poor alertness, lack of attention, reduced concentration, and decreased academic productivity, while increasing the risk of motor vehicle accidents, says sleep medicine experts.

The three elements of good quality sleep are:

a. Duration - The length of sleep should be sufficient for the sleeper to be rested and stay alert on the following day.

b. Continuity - Sleep cycles should be seamless without interruption.

c. Depth - Sleep should be deep enough or sufficiently sound to be restorative and refreshing.

Sleep hygiene is the science conducive to the preservation of high quality, sound and sufficient sleep.

Environmental conditions, such as temperature, noise, light, bed comfort, and electronic devices may modify sleep and thus play a significant role in the ability to get proper sleep-and, subsequently, in overall sleep-related wellness.

3. WORLD CONSUMER RIGHTS DAY 2019 – 15TH MAR

World Consumer Rights Day (WCRD) is an awareness day, which is observed on March 15, 2019. The WCRD was first celebrated in 1983 and became an important annual occasion for mobilizing citizen action and solidarity within the international consumer movement. The day is an opportunity for promoting the basic rights of all consumers, demanding that those rights are respected and protected and protesting about the market abuses and social injustices which undermine them.

Significance

The day takes place on 15 March to mark the definition of consumer rights, outlined by US President John F. Kennedy. He was the first world leader to set out a vision of consumer rights and

he also recognized the importance of consumers as a group. Kennedy gave the American consumer four basic rights: the right to safety, to choose, to information and to be heard. The aim of WRCD is to celebrate solidarity within the international consumer rights movement. The day is organized by Consumers International (CI), which is the world federation of consumer groups that serves as the only independent and authoritative global voice for consumers and was founded in 1960. Currently it has over 220 member organizations in 115 countries around the world.

4. INTERNATIONAL DAY OF HAPPINESS – 20TH MAR

Since 2013, the UN has celebrated the International Day of Happiness on March 20, as a way to recognise the importance of happiness in the lives of people around the world. In 2015, the UN launched the 17 Sustainable Development Goals that seek to end poverty, reduce inequality, and protect our planet – three key aspects that lead to well-being and happiness.

The International Day of Happiness is the annual celebration of the most sought after virtue or wish of each and every person on this earth, Happiness. It is celebrated on 20th March every year. It is a fundamental human right and common goal for all of the humanity. The theme for last 2 years is , #TenBillionHappy by 2050, which states that 10 Billion people will be official population of the Earth. So this International Happiness Day, remember “ Pledge to add happiness to someone’s life”

5. WORLD HEALTH DAY – APRIL 07

World Health Day is held on April 7 every year to commemorate the founding of the World Health Organization (WHO), and is an opportunity to focus worldwide attention to a subject of major importance to global health each year. In 2019, the global theme is ‘Depression: Let’s Talk,’ raising awareness about how mental health issues affect us all.





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223rd Event

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SENIOR CITIZENS BUREAU (SCB)

Admin.off. 768/1, 9th Street, Anna Nagar (WE),
Chennai - 600 101. Ph: 044-26152331
Website : www.seniorcitizensbureau.org

*Solicits your august presence
with your family for observing the
commemoration of*

Tamil New Year Day*and for***International Day of Women**

**Date & Time : Apr 20, 2019
(Saturday), 10.00 am**

**Venue : Smart & Happy Elders Lounge
68, Royapettai High Road, Chennai – 14
(Next to Damro Furniture)**

Thiru RAVI TAMILVANAN

Executive Director, Manimekalai Prasuram.
Chennai

Will be our Chief Guest**Dr. G.S. SHANTHI, M.D. (Geriatrics)**

Prof. & HOD of Geriatrics,
Regional Geriatric Centre
Madras Medical College, Chennai - 3
President of Indian Academy of Geriatrics

**Will be conferred with
“SCB award of Excellence”**

Thiru T.V. NAGARAJAN

Chairman, SCB Will preside over
Will preside over

All are welcome

Dr. P. Sethu Seshan
Secretary General / SCB

AGENDA**10.00 am:**

Registration,
Fellowship and Health Check-up

10.30 to 12.30 pm:

Invocation

Homage

Welcome address and
Honouring the Chief Guest by:

Thiru T.V. NAGARAJAN, Chairman / SCB

Presentation of the citation by

Dr. P. SETHU SESHAN, Sec. Gen. / SCB

Honouring the recipient of SCB award of
excellence and Address by:

Capt. Dr. M. SINGARAJA

Chairman Emeritus / SCB

Address by the Chief guest:

Thiru RAVI TAMILVANAN

Power point Presentation by

Dr. G.S. SHANTHI

Greeting the birthday babies from Feb to June

Honouring Health Team

Vote of thanks by:

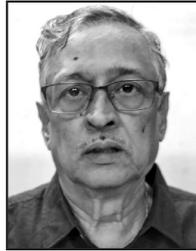
Thiru NANDAKUMAR, Joint Sec. Gen. / SCB

National Anthem

Lunch

From the Chairman

At the outset I wish all our members a very happy and prosperous Tamil New Years Day (14th April 2019). This is an occasion where we share joy and happiness among our members during the great get together on Apr 20.



We have started feeling the heat of summer and I wish that our members would take all precautionary measures to overcome the adverse effect/implications of the summer season. Keep cool and stay safe. Stay hydrated by drinking plenty of water at frequent intervals. Eat more of watery vegetables/ fruits and avoid coffee and tea. Keep the house as cool as possible. Wear preferably cotton clothes. Actually summer time is a time of fun and relaxation for most people, but for seniors' the heat and sun can be dangerous if proper care / precaution are not taken. I need not over emphasize the important of staying cool during the summer but at the same time, We should not overlook these aspects to safe guard our interest.

As you all know that the process has already started for the parliamentary elections and we could feel the heat of election campaigning of various political parties. Voting is the fundamental right of every citizen that enables them to choose their leaders of tomorrow. Many people do not vote thinking one vote do not make a change but as a matter of fact it does. The nation's political foundations are built using elections and your vote matters. As the right to vote is essential for the well functioning of the democracy. We should rise up to the occasion and exercise our constitutional right of voting without fail.

Finally I would like to make an appeal to the members who celebrate their birthdays to contribute / donate liberally to our sunshine fund in lieu of their birthday celebrations, which will augment to build up our resources. With this I once again wish all our members a very happy and prosperous TAMIZH PUTHTHAANDU / VISHU. ❖

With Warm Regards,
T.V.NAGARAJAN

From the Editor Cum Secretary General

With profound sorrow I share with Our members, the killings of nearly 40 of our valiant CRPF personnel at Pulwama (Jammu) in a suicidal attack by terrorists. We also take the opportunity to appreciate the subsequent efforts Our Army / Air Force in attacking the terrorist in their places and eliminating them totally.

Our first Quarterly 'LinkAge' journal released on 19th January 2019, was well received and appreciated by one and all. We look forward your continued support.

The members who Celebrated their birthdays in this quarter ie to 20th April 2019, are requested



to attend Our 223rd event on 20th April 2019 at Smart and Happy elders Lounge (SHEL) 68, Royapettah High Road, Chennai - 14 postively and permit us to honor you and enjoy your company. Of course your contribution to our Sun Shine fund on that day will go a long way in augment of our corpus fund.

I would like to take the opportunity to wish you all a very happy 'Tamil New Years Day'. ❖

With best wishes
Dr. P. Sethu Seshan

Report from the Secretary General - Event - 222

“First Quarterly Linkage Launching & Celebration of Pongal Festival (Program # 222) was held on 19th January 2019, at Tower Club, Inner Auditorium, 47 ‘X’ Block, 3rd Main Road, Anna Nagar, Chennai – 600 040.

The meeting commenced with welcome and presidential address by Thiru.T.V.Nagarajan Chairman SCB. In his speech, he stressed for mutual help between younger generation and senior citizens. He also Insisted that senior citizen should keep learning new technologies / make use of available facilities like “NO AGE FOR LEARNING”. Chief Guest Thiru S. Sathyamoorthy, Chairman emeritus Captain. Dr. M. Singaraja (Former Editor of linkage) & Thiru.C.N.Prasad (Immediate Past Chairman) were honoured. Best Sports student & an all rounder bright student of Thiru Vi .Ka. HSS were honoured. Then the Chief Guest Thiru.S.Sathyamoorthy released first quarterly journal of linkage;

Chairman Emeritus Capt. Dr. M. Singaraja, then introduced the Chief Guest and delivered his speech. He complimented him for establishing SMART & HAPPY ELDERLS LOUNGE (SHEL) a unique day care

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Launch of 1st Quarterly Issue of LA. (L-R) CN. Prasad, TV. Nagarajan, S. Sathyamoorthy, Capt. Dr. M. Singaraja, Dr. V. Kanagasabai, Dr. P. Sethuleshan, Nanda Kumar.



Honouring Thiru. Hari Baskaran (70), Leader of HelpAge India Silvers Cyclers. Extreme right mr. Mathew Cherian.



A Section of the audience

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centre' for Senior Citizens, at Royapettai to take care of 'elders' throughout the day. His mother 83 is active and good at singing bajans and patriotic songs. He has traced the the history of LinkAge from its founding in 2004 and told how he nurtured with colleagues Er Murugaiyan, C. Pannerselvam, Vasudevan, etc in difficult times. It is a prestigious monthly journal edited and published by him on the dot w/o default every month. It is now well established and enjoying Govt recognition and concessions. He has given a detailed a/c of the LinkAge journey in Jan/2019 issue. He appealed to the present team to take it forward. Dr.M.Singaraja ended his speech with invitation to wedding reception of his grandson Selvan.Er.S.G.Thila Deshing on 20th January 2019 at Ilara Hotels & Spa, Navallur, Chennai-600103.

Chief Guest Thiru S Sathyamoorthy, in his speech invited all SCB members to visit the 'Lounge', SHEL and offered his 'LOUNGE' for conducting next 'SCB' Quarterly meeting. He said he is getting the 'Linkage' journal regularly and fond of reading the articles published in them. He compared the magazine with Thirukkural. He further

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Health Monitoring test in progress.



Cash Awards to the Students of Thiru Vi Ka Boys HSS, Shenoy Nagar, Chennai.



A view of the dais (L-R) CN. Prasad, TV. Nagarajan, S. Sathiyamoorthy, Capt. Dr. M. Singaraja, Mathew Cherian

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added, with the conversion of periodicity to quarterly, the Editor is having enough time and publish more usual information and articles in the Linkage. He recollected that Hon'ble Governor of TAMILNADU Shri.Banvarilal Purohit inaugurated his SHEL and in the presence of the dignitaries H.V.Hande, Thiru. Nalli Kuppaswami, & Justice Jagadeesan. He concluded his speech with special reference and thanks to our Chairman Emeritus Dr.M.Singaraja and our active Committee member RT.Namashivayam.

Health monitoring tests like, Blood Test, B.P by 'Health above 60' were going on simultaneously and all our members were benefitted. Mr. Santosh, New Zeal Elder care executive

addressed and announced their contribution of Rs 3000 to SCB.

Thiru Mathew Cherian, the CEO of 'HELP AGE INDIA' honoured us with his visit and introduced Mr. Hari Baskaran, 70, who is Cycling his way to DELHI from CHENNAI to create an awareness of Age Care. He recalled his long association with SCB and appreciated our activities. Emeritus Chairman who arranged his visit with the officials of Chennai Centre, honoured Mr.Mathew Cherian and the veteran cyclist, Mr.Hari Baskaran. New Zeal Elder Care team and health above 60 team were honoured.

With the vote of Thanks by Secretary General Dr.P.Sethu Seshan and National Anthem, the meeting came to end with sumptuous Lunch.



Executive Committee Meeting

Executive Committee Meeting was held at 4.30 pm on 8.3.2019, at 'Arul Manam' 45, first street, Aspirin garden Kilpauk, Chennai-10. Participants were. 1. Mr. T.V. Nagarajan, Chairman, 2. Mr. S. Jeyakumar, Vice Chairman, 3. Dr. P. Sethu Seshan. Secretary General, 4. Mr.T.V.Nandakumar, Jt. Secretary, 5. Mr. N. Sampath kumar, Treasurer, EC members, 6. S. Prabhakaran. 7. Mr. P.M. Pandian, 8. Mr. Sainath and 9. Mr. R. Ramakrishnan.

The Chairman Mr. T.V.Nagarajan took the chair and conducted the proceedings. One minute silence was observed to pay tribute to 40 of our valiant CRPF personnel who were killed recently at pulwama (jammu) in suicidal attacks by terrorists. Then he congratulated Secretary General Dr.P.Sethu Seshan & treasurer Mr.N.Sampath kumar for successfully completing the renewal of registration of Our 'SCB' with the registrar of Societies for the last year and for current year by paying Rs.2100/- towards registration fees including penalty for late renewal of last year. The expenditure was ratified. While

acknowledging the appreciation the secretary general thanked Our 'Chairman Emeritus' Dr.(Capt) Singaraja & Committee Member Mr. R.T. Namasivayam for their guidance. It was decided to conduct next Quarterly meeting on 20th April 2019 (3rd Saturday) coinciding 'Tamil New Year' Celebrations at 'Smart And Happy Elders Lounge' (SHEL).Royapettai. The committee permitted the Chairman & Secretary General to decide the 'Chief Guest' for that meeting and other arrangements for successful conduction of meeting. The Committee decided to conduct next Quarterly Executive committee meeting on 4th June 2019. The venue for the meeting was tentatively fixed at the residence of Jt. secretary Mr.T.V.NandaKumar, (k 44/9,13th Street, anna nagar east. Chennai 102) as per his invitation.

The payment of Rs.10,000/- towards the contribution for 'FOSCATAN' conerence ON 24TH MAR 2019 at 'Indian officers association' Royapettah. Chennai - 14. 10 members were nominated to represent our SCB. With vote of thanks by secretary general the EC meeting came to an end.



Have we failed in bringing up our 'Modern' Kids?

By: Narayana Murthi, CEO, Infosys

A very distressed neighbour shared that he had driven home after a long day at work. As he entered, he saw his wife in bed with fever. She had laid out his dinner on a tray. Everything was there just as he wanted it. The dal, vegetables, salad, green chutney, papad and pickles...
 "How caring," he thought, "Even when she is unwell, she finds the strength to do everything for me."

As he sat down to eat, he realised that something was missing. He looked up at his grown up daughter who was watching TV and said, "Beta (child), can you get me my medicine and a glass of water, please?" She rolled up her eyeballs to show her displeasure at being disturbed, but did the favour nevertheless.

A minute later he realised that salt was missing in the dal. He said, "Sorry beta, can you please get me some salt?" She said, "Ufff!" and got the salt but her stomping shoes made it clear that she did not appreciate the disruption.

A few minutes later he said, "Beta ..."
 She banged the TV remote on the table and said, "What is it now Dad? How many times will you make me get up? I too am tired; I had a long day at work!"

The man said, "I'm so sorry beta..." Silence prevailed. The man got up and placed the dishes in the kitchen sink and quietly wiped the tear escaping his eye. My heart wept... I often wonder; "Why is it that the youngsters of the so called modern world behave like this? Have we given them too much freedom to express? Have we failed to discipline and give them the right values?"

"Is it right to treat children as friends?" Think of it this way, they have lots of friends. But they have only one set of parents. If they don't do 'parenting', who will? Today the 'self-esteem' of even a new born or an infant is being talked about; but what about the self-esteem of the

parents? Are they supposed to just fan the egos of their children, while the children don't care two hoots about theirs? Often parents say, "Aajkal ke bachhe sunte kahaan hain (Where will you find obedient children in these times)?" Why?

The other day, we were at a dinner party. All the seats were occupied except for one bean bag. One of our fifty-something friends told his teen aged daughter to move to the bean bag, so that he could sit on the high back chair she occupied. She said, "Why can't you sit on the bean bag?" I was zapped; we all knew that the father had a back ailment, and even otherwise... Well!

Later as everyone was taking leave of the host, the same guy realised that he had left his car keys inside. He asked his daughter to go and get them. "Why can't you go and get them yourself? I am not your maid!" I looked away in disgust and disbelief. The poor guy had no option but to make light of the situation saying, "Ya, Ya, but Daddy is your eternal servant my princess!" He went inside to fetch the car keys. This is what our social behaviour has become! Why?

If we need to teach children about self-respect, self-esteem and self-confidence, we also need to tell them that howsoever big and rich and famous they may be, their parents shall always be their parents... children can never be their equals, let alone be their bosses!

*Remember to Pay-
 RENT - Respect, Empathy, Niceness, and Time!

I ALWAYS ADVISE PARENTS TO BE PARENTS AND NOT FRIENDS. Your kids can have n number of friends but have only ONE set of parents. *So don't be afraid to set rules and make the children obey them*



Forwarded by: MS

Yes, I am changing!

என் வயதை ஒத்த நண்பர் கேட்டார். இந்த வயதில் உன்னைப் பொறுத்தவரை what is changing in your life style?

Yes, I am changing: இதுவரை என் பெற்றோர், மனைவி, குழந்தைகள், நண்பர்கள் என்று அன்பு செலுத்திக் கொண்டிருந்த நான், *now I have started loving myself*.

Yes I am changing: இப்போது தான் உணர்ந்தேன். I am not Atlas. *The world does not rest on my shoulders*.

Yes I am changing: *சிறு வியாபாரிகளிடம் பேரம் பேசுவதை நிறுத்தி விட்டேன்*. ஒரு சிறு தொகையை அதிகமாக கொடுப்பதால் நான் திவாலாகிவிட மாட்டேன். அந்த சிறு தொகை அவர்கள் வாழ்க்கைக்கு தேவையாக இருக்கலாம்.

Yes I am changing: Taxi driver க்கும், ஹோட்டல் சர்வருக்கும் *தாராளமாக tips கொடுப்பதை வழக்கமாக்கிக்கொண்டேன்*. அவர்கள் என்னை விட தங்கள் வாழ்வாதாரத்திற்கு கடுமையாக உழைக்கிறார்கள். *அவர்கள் என்னை நோக்கி புன்னகைப்பது எனக்கு உற்சாகம்*.

Yes I am changing: மிகவும் வயதானவர்கள் பல முறை சொன்ன தங்கள் வாழ்க்கை நிகழ்வுகளை மீண்டும் சொல்லும் போது குறுக்கிடுவது இல்லை. *After all the story makes them walk down the memory lane and breathe oxygen*.

Yes I am changing: எல்லோரையும் *மனதார அவர்கள் நல்ல செயல்கள் செய்தால்

பாராட்டுகிறேன்*. அது அவர்களை உற்சாகப்படுத்துவது மட்டுமல்ல, என்னையும் உற்சாகப்படுத்துகிறது.

Yes I am changing: தேவை இல்லாமல் மற்றவர்கள் விஷயங்களில் தலையிடுவது இல்லை. *என் மன அமைதி எனக்கு முக்கியம்*.

Yes I am changing: என்னுடைய புறத்தோற்றத்தை பற்றி கவலைப்படுவது *After all, personality speaks louder than appearances*.

Yes I am changing: தனிமையில் அதிகம் மூழ்குகிறேன். எனக்குள் நானே மூழ்கி *சிந்தனையால் என்னை நானே செதுக்கி கொள்கிறேன்*.

Yes I am changing: *என்னை மதிக்காதவர்களை விட்டு I am just walking away*. அவர்களுக்கு என் மதிப்பு புரியவில்லை.

Yes I am changing: *என்னோட Egoவை விட உறவுகள் முக்கியம்* என்று உணர்ந்ததால், உறவுகளை தொலைப்பதில்லை.

Yes I am changing: ஒவ்வொரு நாளையும் மகிழ்ச்சியாக வாழ விரும்புகிறேன். *இந்நாளே கடைசி நாளாகவும் இருக்க வாய்ப்புண்டு* என்பதை உணர்ந்திருக்கிறேன்.

Yes I am changing: நிறைவாக

I am doing what makes me happy. After all, *I am responsible for my happiness* and I owe it to me.



Forwarded by: SJ / Nandu

Humor

5 year old boy :-

I Love u Mom.

MoM :- Awww ! I Love u Too.....

16 year Old Boy :-

I Love u Mom.

MoM :- Sorry ! I Have No Money...

21year Old Boy :-

I Love u Mom.

Mom :- Hmm...who is she and where she lives ?

Moral : Maa knows everything

But the Best is..

35 yr old man :

Mom I love you ..

Mom : I told u before itself, dnt marry dat girl....

And the award winning one...

55 yr old man :

Mom I love you...

Mom: போடா, நான் எதுவுமும் கையெழுத்து போட மாட்டேன். ❖

Forwarded by: SP

Misunderstood Potato

All the people who don't like eating vegetables have one thing in common- their love for anything potatoes.

Potato is one such vegetable that tastes yummy in every form - mashed, baked, boiled, sweet, fried, you name it. Unfortunately, it has been given a bad reputation due to the misconception that it makes you fat, increases blood sugar, and causes heart problems and other health issues.

Like they say, 'Blame the player, not the game' same way, 'Blame the method, not the potato!' Very few realize that it's the form in which we eat potatoes that matters more. Most of us choose fried and salty variety like French fries, cutlets, chips etc. but if eaten in baked/ roasted form it can prove to be really healthy.

Energy: Potatoes are starchy carbs which provide energy instantly. It's a great snack when feeling weak, famished or tired. Since it is digested easily it is a boon for patients, babies and aged individuals who cannot eat hard food.

Digestion: Potatoes have good amount of soluble fiber and with the skin it also provides insoluble fiber which prevents constipation, reduces cholesterol and helps you feel fuller longer.

Blood pressure: They are also a good source of potassium which helps control blood pressure and reduce water retention as well.

Gum problems: There is a very high amount of vitamin C in potatoes which can prevent gum bleeding. Vitamin C is also necessary for collagen formation which helps heal the skin, wounds and bone cartilages.

Cell building: The vitamin B6 content of potatoes is required for formation of new cells in the body and also for normal brain functioning.

Heart diseases: Potato skin contains lot of phyto chemicals which help protect against cardiovascular-disease by lowering levels of bad LDL - Cholesterol and keeping arteries fat-free.

Eat them the right way and you will never disregard them.

Did you Know? A bite of Potato is eaten before a meal. This helps the tongue become clear of any taste in your mouth and let's you fully enjoy the taste of food you are going to eat! ❖

Forwarded by: Dr. Hegde

Life after retirement - what do I do now?

As many retirees discover, leaving one life to begin another is difficult. A May 2013 study by the UK's Institute of Economic Affairs reports 40% of retirees suffer from clinical depression, while 6 out of 10 report a decline in health.

The truth is, even though most professionals look forward to retirement, the loss of a job can be unexpectedly traumatic. According to psychologists, jobs provide mental health benefits including:

- Feelings of contribution and being appreciated
- The satisfaction of solving problems and learning new things
- Relationships with fellow workers
- Daily routines eliminating mental decisions about "what to do next"

The key to a positive retirement is to ensure these benefits don't get lost, but are simply experienced in a different way.

Remember, Reflect, Reconcile, and Report

Experience brings knowledge and, hopefully, wisdom. Without the burden of a daily job, you have time to collect and consider the memories of past people, events, and places. Retirement allows you to recognize your accomplishments, understand and forgive your perceived failures, and set a new course for the rest of your life.

Writing a personal memoir, whether a chronological history or a series of lessons learned, can be comforting, therapeutic, and a declaration of identity – a statement telling the world you matter. Put your thoughts on paper, wrestle with their meaning, and

anticipate the opportunities your future has to offer.

Get and Stay Active

Retirees who take part in regular physical activity are privy to countless health benefits, including lower body weight, greater strength and endurance, increased flexibility and balance, and better mental health. In fact, you'd be hard-pressed to find any research suggesting the older you get, the less active you should be.

But being in shape doesn't mean achieving wash-board abs or running marathons. It means being able take your grand kids to Disney World or being able to take care of daily household chores without experiencing exhaustion.

If you're starting to get active after years of sedentary living, follow these tips to stay motivated and on track:

- **Keep a Record.** Log your physical activity and food intake each day and track your body measurements, including weight, waist circumference, and body fat percentage. Write down the types of activities you engage in and how long you participate. For instance, if you take a 30 minute walk, write it down. Activity logs and food diaries hold you accountable to your own actions while also providing you with a written record of how much you've improved.
- **Establish a Support System.** If possible, set a time each day to exercise with a friend or loved one. When you're tempted to skip a workout, hold one another accountable. Ask for encouragement from

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your partner, telling him or her how much your exercise schedule means to you.

- **Exercise Safely.** Use common sense – don't exercise when you're ill, wear bright clothing when exercising outside, and learn the difference between pain and discomfort. If you lift weights, pay close attention to form and don't hesitate to ask for help.

Volunteer Your Time and Expertise

In the May 1998 issue of *Journal of Business Ethics*, Al Gini asserts "work is not simply about trading labor for dollars." Work is the way we find identity as individuals and how others identify us. As a consequence, retirement can be emotionally devastating. Instead of sitting around feeling sorry for yourself, volunteer your time, years of experience, and wisdom to help fulfill your need for accomplishment and recognition.

There are thousands of organizations seeking volunteers, so it shouldn't be hard to find something you love. Start your search with one of these popular volunteer organizations:

- **Americorps Seniors Corps** Americorps Seniors Corps is a federally-sponsored organization that offers volunteers the opportunity to do everything from foster grandparenting to renovating homes.

- **Points of Light Foundation.** Established by former President George H. W. Bush in 1990, the Points of Light Foundation has more than 250 HandsOn Volunteer Action Centers in 16 countries, all dedicated to connecting volunteers with the causes they love.

- **SCORE.** As a nonprofit association sponsored by the US Small Business Administration, SCORE volunteers mentor

small business owners in skills like finance, technology, and accounting. At last count, there were more than 13,000 volunteers in 348 chapters across the country.

- **American Association of Retired Persons (AARP) Find the Good Program.** Volunteer opportunities offered through the Find the Good Program are tailored to meet needs within a volunteer's community, city and state. Some work can be performed from home.

- **VolunteerMatch.** VolunteerMatch is a website designed to match volunteers with more than 90,000 nonprofit organizations around the world. Whether you find an opportunity to act as a docent for one of the Presidential Libraries or to help teachers evaluate new curriculum, there's a little something for everyone.

If you'd prefer to volunteer with an organization you already feel connected to, ask your local civic organization or church how you can help; most are always on the lookout for willing volunteers.

Conclusion

Will Rogers once said, "Half our life is spent trying to find something to do with the time we have rushed through life trying to save." The average person has roughly 20 years of life remaining after retirement – time enough to write a masterpiece, run a marathon, or mentor hundreds of youth. There's even time to do nothing, discover the beauty of grandkids, or rekindle the romance of a long relationship. Tomorrow can be the beginning of new adventures, new joys, and greater successes – how you spend it is up to you.

What activities are you looking forward to in retirement? ❖

Forwarded by: Samarth

Few daily Mind Activities to keep the Brain Active

Age catches up with people in many ways and a decline in cognitive capabilities or memory loss, or even Alzheimer's disease etc. is possible. Hence, it is always advisable to keep oneself, not just physically, but also mentally active. Also, it is important to have a good 7 to 8 hours of sleep every day. Recent research on this topic has proved that sleep helps in decluttering the brain and delaying diseases like Alzheimer's. There are a few other activities that you can do on a daily basis to ensure that the mind is sharp.

Puzzles

Sometimes using good old pen and paper is like bliss. And if you work on some puzzles daily, it will really help your brain, to stay alert. There are many books available for the same, and a few examples are crosswords, patterns, Sudoku, etc. Many newspapers also run these on a daily basis, so you may even choose to work on it and complete the same. Researchers have suggested that doing such activities will indeed prevent or delay the progression of Alzheimer's disease.

Hobby

Each of us will have some hobby or the other. It may be writing, reading, painting, sculpting, arts and crafts, playing some musical instrument, singing, etc. It is essential to hold on to these and practice these on a daily basis to stay alert. Hobbies will require you to stay focused on that, and for the whole duration of the activity, the brain remains active and thus healthy.

Gardening

Gardening has a few benefits like spending some time outside in the sun to get enough Vitamin D, a little bit of exercise tending to plants, and it gives a lot of satisfaction. The gardening activity calms your mind and keeps you in a good mood, and that keeps your brain

healthy. Even the Vitamin D helps the brain in balancing its hormones. Hence, gardening may be looked at as a wholesome activity that helps seniors in their wellbeing.

Physical exercise

If you are wondering how physical exercise is useful in staying mentally alert, then you may be surprised to know the answer. Physical exercise is said to be integral for the reinforcement of memory of people of all ages. It has been found that people who exercise regularly can grasp things better, are more focused, and also recall information better. Hence, regular physical activity in the form of walks, jogs, stretches, yoga or aerobics may be adopted in the quest to stay mentally fit. Of course, there are many physiological benefits of the same as well in staying healthy.

Board Games

One good way to keep yourself mentally fit is to play board games. You may choose to play it with your family and friends or even your grandchildren. There are many board games that you can choose from like scrabble, or other such word games, Ludo, snake and ladder, and even better is the chess. Chess is anyway a mind game that requires you to use your mind to apply strategy to win or keep yourself in the game. Chess can really sharpen your mind.

Computer or video games

There are very many computer and video games that you can play either on the smartphone, laptop or even on TVs. Many of these games need you to stay mentally fit and react fast to overcome obstacles, move forward, achieve success and stay in the game. Hence, they hone your mental skills and can help you stay mentally fit. However, the downside of this is that you can get addicted and play for hours,

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missing out on other activities. Hence, it is important to restrict the timings for this activity to not more than half an hour.

Learning

Being aged does not in any way mean that you need to stop learning. You could easily pick up something like new hobbies, or a new language and start learning. This learning activity can also keep our brains sharp and help it to remain healthy.

Hearty welcome to our family fold

1) LM950 Dt 19/01/2019

Mr R.P. Chandran DOB 14/05/1956

43 Sathya Nagar, Padi, Chennai - 40.

Ph. 9444644700. Retd Manager of SBI.

Introduced by Mr Ramakrishnan EC member.

2) LM 951 Dt 04/03/2019

Mr P.B.Ramoji DOB 30/12/1936.

Jain Vatican, Apt C#13,14 , Vasan Street, T.Nagar, Chennai - 17. Ph. 9840067100, 044- 28140560.

Retd Divisional Manager, Lakshmi Vilas Bank.

Introduced by Capt Dr M Singaraja, Chairman Emeritus

Donation

Thanks a lot and God bless you:

I. Sunshine Fund:

1. Mr.N.Kumaran Thambi	LM 837	Rs.200
2. Mr.S.Bakthavatchalam	LM 890	Rs.300
3. Mr.Thangaraj	LM 847	Rs.500
4. Mr.N.Mani	LM 916	Rs.500
5. Mr.R.T.Namasiam	LM 820	Rs.500
6. Mr.G.Seshadri	LM 613	Rs.300
7. Mr.K.Sathya Narayanan	LM 481	Rs.500
8. Mr.K.P.Chandran	JSL 803	Rs.300
9. Mr.S.Prabhakaran	LM 660	Rs.1000

II. Gaja Relief Fund:

1. Mrs.S.Leela	LM 071	Rs.500
2. Mr.Thangaraj	LM 847	Rs.500

With Rs.5300/- already collected, & including the above contribution of Rs.1000/- the total amount collected comes to only Rs.6300/-. Hence with permission of Executive Committee, Rs.10,000/- was remitted to Chief Minister Cyclone Relief fund, by debiting Rs.3700/- from Our SCB account.

Travel

Travel is another activity that can help seniors, to stay mentally alert. Right from planning, to actually making the trip, there are a lot of things involved. You need to plan, pack, and ensure safety and things like that. Also, it means you will meet people, talk, socialise, see new places and learn about them, you may learn photography or blogging to tell others about your trips etc. All these help in staying mentally fit and fine. ❖

Forwarded by: MS

Obituary

We regret to inform sudden demise of our life members. Our heart felt condolence to the bereaved family.

LM 862 Er N Reddappa Reddy (75) passed away on 13th March 2019, at his residence in Choolaimedu, Chennai. He is the former EE of Chennai Corporation. He was very popular for his honesty and dedication. Our Chairman Emeritus called on the family on Mar 18.

MJF Ln V Amurthakumar, (96) passed away on 14th Mar 2019 after a brief illness at his residence in old Washermanpet. He is the founder of Zamindhar Ramaswami Mudaliyar Memorial Charitable Trust. He was born on 29th September, 1923. Senior Citizens Bureau was proud to give the SCB Award of Excellence on 5th October, 2013 for his distinguished service to humanity. He was connected with Cosmopolitan Club and many other prestigious NGOs. He was the invitee by the Governor for all the public functions held at Rajbhavan. He is one of the public figures of, Chennai. He has been presenting the saplings to the guests in every meeting attended by him. Our Chairman Emeritus and VC S Jayakumar spoke to his son on Mar 18.

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News From Networking Associates

AISCCON held its National EC meeting on March 25, 2019 at Sukhnavas Hotel, Mylapore, Chennai, under the chairmanship of President DN Chapke. More than 15 members participated. It was hosted by FOSCATAN. Invited office bearers of FOSCATAN also attended. Some of the items deliberated upon are: Action plan for Senior Citizens, Financing AISCCON News, Election 2019, National conference & Awards. Anil P Kaskhedikar, Sec. Gen. presented the background papers and reports.

FOSCATAN organized one day seminar on "Status of Senior Citizens of Tamilnadu" on March 24, 2019 at the auditorium of Indian officers Association, Royapettai, Ch – 14. Honorable Governor of TN was the Chief Guest, who inaugurated and released the souvenir and felicitated Padmasri Dr. VS. Natarajan and Tmt. Kamakshi. The first copy of the souvenir was received by AISCCON President DN, Chapke and AISCCON Sec.Gen Anil P. Kaskhedekav. There were 2 technical sessions followed by valedictory function.

Ms. Suhi from New Zeal HO @ Mumbai has collected feedback from its clients and specialists on March 28& 29, 2019@Chennai. Also It organized an interactive get together with New Zeal Citizens gathering on 22.02.19 at its Guindy office, Chennai.

Chennai Age care center jointly with HAI organized a health camp at its premises on 08.04.19, in connection with World Health Day.

AIUTA is holding short term summer schools on various subjects from June to Aug2019, for the Senior Citizens from all over the world at the oldest Trans. Siberia University, Siberia.

Sevalaya invites for the wedding/reception of its daughter Abirami, BFA, with prabhakaran, BFA on 08.05.19 at its premises. Selvi Abirami, a destitute child was adopted, reared, educated and employed in Sevalaya school.

HelpAge India Chennai, Jointly with Chennai Age Care Centre organized an awareness programs on financial matter and smart phones at royapettai, on Mar 15, Mar 19 to 20, 2019 respectively. Also HelpAge India CEO Thiru Mathew Cherian, and CEC Thiru TS Krishnamurthy inaugurated and flagged off cycle rally from Chennai to Delhi on 19.01.19 at Besant Nagar beach, to create awareness on critical needs of Age Care, as part of their Silver Cyclers project 2019. Thiru Hari Baskaran(70) is leading 4000km stretch across India.

Colours of Glory jointly with Thennai Foundation and S Foundation held a meeting & candle light vigil on 24.02.19, to pay homage to 44 CRPF jawans killed at Pulwama on 24.12.18, at Olcott memorial HSS. Besant nagar, Chennai. Also it arranged a presentation on 1971 land war of Bangladeshon 04.03.19 at AllianceFrancaise, Nungambakkam, Chennai; by veterans Col. A. Krishnaswamy, VrC, VSM and Capt. DP Ramachandran.

The Chairman of Delhi Senior Citizen Council (DSCC), Mr. J R Gupta was elected as Executive National Chairperson of ISU3A AGM held at Prayagraj on 09.03.2019. DSCC organized "Graceful Ageing" Conference at Haridwar on 23,24 & 25.02.2019. 1st Musical evening of DSCC was held at YMCA, Auditorium on 2.3.2019.

If undelivered please return to:

LinkAge

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To.