

# DOCTORS IN HELP

**Editor : Dr. Capt. M. SINGARAJA, SM**



**Launch of Geriatric House Call Project on February 17, 2008**

A commemorative publication from



Bestow  
unconditional love

## Link Age

A monthly journal by

**SENIOR CITIZENS BUREAU**

in service and advocacy to all age groups

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## FOREWORD

Dear Readers,

We are confident that this booklet will induce you to become a proud and privileged member of the Senior Citizens Bureau (SCB). You may be rest assured that this will go a long way in supporting and empowering the Bureau to render humane service to the elderly in need of help, right at their homes!

We are also happy to share with you the information that hundreds of cases of emergency have received appropriate medical attention at their homes under this programme.

We have also received unreserved appreciation from all quarters for the issue of life certificates and death certificates as well.

We are happy to bring out this 6th revised edition in commemoration of 4th anniversary of our Geriatric Housecall Project (GHP).

**Dr. V.S. NATARAJAN**    **Dr. Capt. M. SINGARAJA, SM**  
Patron, SCB                      Chairman, SCB  
Ph : 2641 2030                      Ph : 2823 1388

## HEARTY CONGRATULATIONS



**Presentation of Padma Sri Award to  
Dr. V.S. Natarajan, MD, FRCP, D.Sc.(Hon),  
Senior Geriatrician and Patron/SCB  
by Her Excellency President of India, Tmt. Pratibha Devi Patil  
on April 4, 2012, at Rashtrapathi Bhavan, New Delhi**

## 129th Programme



### SENIOR CITIZENS BUREAU

[R.O.] 90, Rama Street, Nungambakkam, Chennai - 34.



*cordially invites you to attend the  
Commemoration of*

## **World Health Day, 4th Anniversary of Geriatric Housecall Project**

*and*

### **Conferral of Padmashri Award to**

**Dr. V.S. Natarajan, MD, FRCP, DSc (Hon)**

Senior Geriatrician and Patron, SCB.

**Date & Time :** *Monday, 9th April 2012, 6.00 pm.*

**Venue :** *Seminar Hall, Madras Medical College, Chennai - 3.*

**Dr. V.S. Vijay, MS (Ortho)**

*Hon'ble Minister for Health & Family Welfare, GOT*

*will be the Chief Guest*

**Dr. V. Kanagasabai, MD**

*Dean, Madras Medical College, Chennai.*

*will felicitate*

**Dr. Capt. M. Singaraja, SM,**

BE, PGDBM, FIE, FIV, MSc(Psy.), PhD

*Chairman, Senior Citizens Bureau*

*will preside over the function*

**All are welcome.**



## GERIATRIC HOUSECALL PROJECT

(**Dr. V.S. Natarajan, MD, FRCP, D.Sc. [Hon.]**)

Longevity of life is now a 'fait accompli'. More and more people are living beyond 70 and 80 years of age. Though the elderly enjoy longevity of life, they are prone to suffer from multiple problems like fall, stroke, arthritis, Parkinson's disease, dementia and urination.

The concept of family physician has totally disappeared now. At the present juncture, doctors are not in a position to make housecalls due to various reasons like pressure of work, lack of time and difficulty in transport. When the elders fall ill, all of a sudden, medical facility is not only an urgent necessity for them, but has also to be extended right at their homes. Due to non availability of medical personnel nearby, the sick elderly are unable to receive urgent medical attention. Such denial of immediate medical attention tends to develop complications in the condition of the sick elderly. Sometimes it may even lead to the extent of endangering their life. Bedridden elderly need continuous medical care or at least periodical medical attention at home.

To overcome the above problem now prevalent, Senior Citizens Bureau, Chennai has launched Geriatric Housecall Project on February 17, 2008, in which a panel of doctors have volunteered to offer their services when called. Physiotherapists and Psychologists also have joined the panel for Housecall.

This is just a beginning confined at present to Chennai city. No doubt this is a pioneering venture and in fact the first of its kind in the country.

### Guide lines

- This programme is launched mainly to help the deserving elderly (70 and above) with the restricted mobility (60 and above) or to manage the acute medical problems.
- The Doctors residing in the particular area will attend the elderly who reside in the same locality.
- General Physicians or Geriatricians will be involved in the programme.

- Physiotherapist and Psychologists have also committed to serve for this good cause.
- In a needy situation the family members can contact the nearby Doctor who is enrolled in this project, either by phone or in person. In response, the Doctor may attend the call for immediate treatment or guide the caregiver over the phone. For emergency visit it is better to provide necessary transport facility. If necessary after the visit, he may direct the patient for admission in the nearby Hospital or Nursing Home. Priority is given to the members of Senior Citizens Bureau.
- It is better that the family members get acquaintance with the near by doctor and appraise about the elderly person in their house. This will enable the Doctor to know about the health status of the elderly persons, well in advance.
- Regarding professional charges it is up to the Doctor and the patient relative should decide about it. It is very difficult to draw strict fee structure. Concession is extended to the members of Senior Citizens Bureau on production of proof.
- Family members are requested to use this scheme very carefully and not to disturb the Doctors unnecessarily for minor problems. They are requested to provide feed back to Senior Citizens Bureau.
- The phone numbers and address of the Housecall programme Doctors, Physiotherapist and Psychologists can be obtained from

**Dr. V.S. Natarajan** - Adiparasakthi Clinic, 18A, Flowers Road, Kilpauk, Chennai - 600 010.  
Phone : 2641 2030, Time : 5 to 7 pm

**Help Line (HelpAge India) :** (044) 1253

**Help Line (Dignity Foundation) :** (044) 4213 3002

### Launching of Geriatric Housecall Project (GHP)

The Senior Citizen Bureau, a voluntary organisation in Chennai first time in India has launched Geriatric House Call Project on 17th February 2008. The medical house call program provides compassionate and skilled primary health care to elders in the comfort of their homes. Our team of dedicated Doctors, Nurses, Physiotherapist and Psychologist will provide social and medical services that help elders remain in their homes in dignity.

### Results (for four years period)

- Approximately 800 elders were seen at their home.
- Women out numbered men among the beneficiaries.
- Patients of age 70 and above were maximum benefited.
- In a period of four years 57 Doctors, 33 Physiotherapists, 7 Psychologists and 1 dietician joined in this project.
- Ten Doctors opted out of from the panel due to reasons beyond their control.
- Initially 20 major areas of Chennai city were covered under this programme, which has gradually spread over 26 areas in a period of four years.
- Still many more areas yet to be covered.

### Types of Calls

- Most of the calls are emergency like falls, high fever, disorientation, stroke, difficulty in breathing and difficulty in urination.
- Non-emergency cases like lack of mobility - due to arthritis, stroke, Parkinson's disease and dementia are also attended.
- Calls received from few Old age Homes for cases of emergency are also attended.
- Regular / periodic house visits of senior citizens are being attended as per the standing instructions of family members.

### Academic Meet

- To update the recent developments in the Geriatric Medicine, scientific lectures have been arranged periodically to panel doctors, under various topic as given below :

### Topic

- |                                       |           |
|---------------------------------------|-----------|
| • Geriatric Emergencies at Home       | 6-4-2008  |
| • Geriatric Sexuality                 | 8-6-2009  |
| • Cognitive Impairment in the elderly | 27-7-2008 |
| • Incontinence of Urine               | 24-8-2008 |



- Geriatric Dermatology 19-04-2009
- Medical management of Renal Stones 13-09-2009
- Geriatric Rehabilitation 24-04-2010
- Urological Problems in the elderly 13-02-2011
- Geriatric Cardiology 27-11-2011

These periodic meetings not only help Doctors to update the recent developments but also help to review the Housecall Project periodically.

### **Geriatric Lab Service**

- We also launched Geriatric Lab Services on 1-10-2008 to do blood test for sick elderly at their home. Reasonable concession will be offered for the lab test. But still, this programme has not yet picked up well.

### **Launching of Geriatric Nursing & Nursing Aids**

- Some elderly needs nursing care personnel to attend acute problems or to provide continuing support. For this we are also providing list of addresses who will arrange Nurses, Nursing aids or Ayas from February 2011 onwards.

### **Death certificate**

- When a elderly persons dies, to get a death certificate is really a problem for the family members. This problem has been discussed with the panel of Doctors and requested to issue the death certificate at the earliest with a nominal charge or without charge if possible. This has been well accepted by the Doctors and so far, nine death certificates have been issued by the Doctors. Family members are very much satisfied about the ready response from the Doctors.

### **Life certificate**

- Senior Citizens Bureau through the Geriatric Housecall Project not only treat medical problems of the sick elderly at their doorstep, but also obliged to give life certificate whenever possible.

### **Honorary Member of Senior Citizens Bureau**

- The executive committee of Senior Citizens Bureau in its meeting held on May 27th 2009 has agreed that the Doctors associated with the Geriatric Housecall Programme will be considered as "Honorary Member of Senior Citizens Bureau", by paying single payment of Rs.500/- renewable every 3 years. These Doctors were honoured by issuing I.D. cards at the "World Elders Day" function on 30-09-2009.

### **Launching of Geriatric Dental Service**

- Dental problems are widely prevalent among old people. Sometimes even emergencies like gum bleeding, infections, pain, etc., arise. To attend such cases at the door step of the sufferers, we are launching Geriatric Dental Service also now.

### **Extending GHP beyond Chennai**

- We have been receiving request for similar facilities in other cities besides Chennai. In response to such request, we are extending our services to the following cities : Trichy, Srirangam, Tiruvanai Koil, Madurai, Coimbatore, Vellore, Rajapalayam and Gingee. Details are given separately.
- This is just a beginning and we expect that more cities will be added in due course.

### **Anniversary of GHP**

Anniversary is held every year and special programme and publication of updated booklet are arranged to commemorate annual day.

### **Conclusion**

This programme is launched mainly to help the deserving elderly in emergency and also to provide palliative care and terminal care in Geriatric population in the community. The panelist are requested to maintain statics/Data base of beneficiaries and pas on to Bureau.

Overall the Programme is highly successful and the many caregivers thanked the Bureau either in person or over the phone for launching this programme. ❖



## முதியவர்களுக்கு வீட்டுக்குச் சென்று சிகிச்சை அளிக்கும் திட்டம்

(டாக்டர். கேப்டன். மூ. சிங்கராஜா, SM  
BE, PGDBM, M.Sc.(Psy), FIE, FIV, Ph.D)

### அறிமுகம் :

இத் திட்டத்தின் சாதனைகளைப் பற்றியும், திட்ட நடைமுறையில் ஏற்பட்ட அனுபவங்களைப் பற்றியும், திட்டத்தின் கூறுபாடுகளைப் பற்றியும் சுருக்கமாக உங்களுடன் நாம் பகிர்ந்து கொள்கிறோம்.

மருத்துவர்கள் வீட்டுக்குச் சென்று நோயாளிகளைப் பார்க்கும் கால கட்டம் மறைந்து விட்ட நிலையில் நடக்க முடியாத முதியவர்களின் அவல நிலைக்கு நாம் ஏதாவது பரிகாரம் செய்ய வேண்டும் என்று, வருத்திக் கொண்டே இருந்தது. இது குறித்து பல கட்டங்களில் சிந்தித்து கலந்தாலோசனை செய்தோம்.

நமது மூத்த மூப்பியல் நிபுணர் டாக்டர்.வ.செ.நடராசன் அவர்களின் பெருமுயற்சியால் சென்னை மாநகரத்தின் பல பகுதிகளில் இத்திட்டத்திற்கு மனமுவந்து ஒப்புக் கொண்ட மருத்துவர்கள் செய்தி, மனநல ஆலோசகர்கள், உடற்பயிற்சியாளர்கள் ஆகியோரை ஒருங்கிணைத்து 17-02-2008 அன்று திட்டத்தை துவங்கினோம், புத்தகம் ஒன்றையும் வெளியிட்டோம். பின்னர் நடைபெற்ற நிகழ்ச்சிகள் வருமாறு.

17-02-08 முதற்பதிப்பு, தோற்றம்

01-10-08 இரண்டாம் பதிப்பு

22-02-09 மூன்றாம் பதிப்பு, முதல் ஆண்டு நிறைவு விழா

30-09-09 நான்காம் பதிப்பு

24-04-10 இரண்டாம் ஆண்டு நிறைவு விழா

13-02-11 அய்ந்தாம் பதிப்பு - மூன்றாம் ஆண்டு நிறைவு விழா

தற்போது 09-04-12 அன்று புத்தகத்தின் ஆறாம் பதிப்பும் நான்காம் ஆண்டு நிறைவு விழாவும் இடம்பெறுகின்றன. ஒவ்வொரு பதிப்பிலும் கூடுதலாக இரத்தப் பரிசோதனைக் கூடங்கள், கருத்தரங்கு, மற்றும் மருத்துவர்களின் செய்தி, செவிலியர்கள், உதவியாளர்கள், சேவை நிறுவனங்கள் சேர்க்கப்பட்டுள்ளன. இத்திட்டத்தினை ஆய்வு செய்த போது கீழ்க்காணும் புள்ளி விவரங்களைக் கண்டெடுத்தோம்.

### முதன்மையான முன்னோடித் திட்டம் :

- | இந்தியாவிற்கு இது ஒரு முன்னோடித் திட்டம்.
- | ஆஸ்திரேலா, அமெரிக்கா, சப்பான் நாட்டு மருத்துவர்களும் வியந்து பாராட்டுகிறார்கள்.
- | தமிழக குடும்ப நலத்துறை அமைச்சர், செயலர், மற்றும் சமூக நலத் துறைஇயக்குனர், மைய அரசின் சமூகப் பாதுகாப்பு அமைச்சர், இணை அமைச்சர் முதலாரால் பாராட்டப்படும் திட்டம்.
- | இந்தியா முழுவதும் உள்ள, சமூக நல ஆர்வலர்கள், தொண்டு நிறுவனங்கள், மூத்த குடிமக்கள் அமைப்புகள், கல்வியாளர்கள் போற்றும் திட்டம்.
- | எந்த விதமான ஊக்கத் தொகை உதவியில்லாமல் இம் மன்றத்தின் உறுப்பினர்கள், பொது மக்கள் வழங்கும் நன்கொடையால் மட்டும் இயங்கும் திட்டம்.
- | விளம்பரம் கிடையாது. ஆங்கிலம் மற்றும் தமிழ் நாளேடுகளிலும் எங்களது - லிங்க் ஏஜ் மாத வெளியீட்டிலும் செய்திகள் வருகின்றன.

### சாதனைகள் :

- | தொடர்ந்து தொய்வில்லாமல் வெற்றிகரமாக செயல்படுகிறது.
- | செய்திகளைப் பார்த்தும், நமது திட்டத்தின் புத்தகங்களைப் பார்த்தும், மின்னஞ்சல் மற்றும் வாய் மொழி மூலம் மட்டுமே இத்திட்டம் இயங்கி வருகிறது.
- | தற்சமயம் திட்டத்தில் ஈடுபட்டுள்ளவர்கள் விவரம் : மருத்துவர்கள் - 57, மனநல ஆலோசகர்கள் - 7, உடற்பயிற்சியாளர்கள் - 33, இரத்தப் பரிசோதனை நிலையங்கள் - 4, செவிலியர் மற்றும் அவற்றைச் சார்ந்த இதர சேவைகள் - 12.
- | சென்னையில் திட்டம் செயல்படும் பகுதிகள் - 26, மற்ற சில நகரங்களில் சேவை உள்ளது. (திருச்சி, மதுரை, கோவை, வேலூர், இராசை, செஞ்சி)
- | 800க்கு மேற்பட்ட பயனாளிகள்
- | திட்டத்தில் ஈடுபட்டுள்ளவர்களும், பயனாளிகளும் மிக மகிழ்ச்சியாகவும், திருப்தியாகவும் உள்ளனர்.

நமக்குத் தெரிந்தவரை இந்தியாவில் இதுவே முதன் முதலாக நடைமுறைப் படுத்தப்பட்ட திட்டம்.

#### கூறுபாடுகள் :

- 60 வயதுக்கு மேற்பட்ட நடமாட முடியாத முதியவர்கள் அவர்கள் வசிக்கும் பகுதியில் உள்ள மருத்துவர் மற்றும் தேவையான பிறரை அவரது தொலைபேசியில் தொடர்பு கொண்டு ஒத்த நேரத்தை உறுதி செய்து கொள்வார்கள். உடனடியாக அவசர சிகிச்சைக்கு அப்போதே வர வேண்டிய சூழ்நிலையில், நோயாளி தரப்பில் டாக்டரை அழைத்து வந்தால் நல்லது. நேரம் விரயமாவது தவிர்க்கலாம்.
- பரிசோதனையின் போது உண்மை நிலவரம் கண்டறிவதால் அதற்கேற்றாற் போல் சிகிச்சை அளிக்கப்படுகிறது. குளுகோஸ் ஏற்ற வேண்டியதிருந்தாலும் அந்தப் பகுதியைப் பொறுத்து ஏற்பாடு செய்யப்படுகிறது. மருத்துவரும் நோயாளியும் அவர்களுக்குள் பேசி கட்டணம் முடிவாகிறது. அது தூரம், நோயின் தன்மையைப் பொறுத்து செலவிடும் கால அவகாசத்தைப் பொறுத்தாகும். மூத்த குடிமக்கள் உறுப்பினர்களுக்கு முன்னுரிமையும் கட்டணச் சலுகையும் உண்டு.
- முதியவர்களுக்கு பரிசோதனை செய்ய அவசியம் தேவைப்படுவர் முதுமை நல மருத்துவர் அல்லது முதுமை நலம் தெரிந்த பொது நல மருத்துவர்தான். இருதய நோய் போன்ற எல்லா நிபுணர்களும் வீட்டுக்கு வந்து வைத்தியம் செய்யும் காலம் வர நாளாகும்.
- அந்த அந்தப் பகுதியில் உள்ள மருத்துவர்கள், தேவைப்படுவோருக்கு இறப்பு சான்றிதழ் இலவசமாக வழங்க ஏற்பாடு செய்யப்பட்டுள்ளது.
- நோயாளியான நடக்க முடியாத முதியவரை வெளியில் மருத்துவரிடம் அழைத்துச் செல்வதென்றால், உதவியாளர், குடும்ப உறுப்பினர் உடன் செல்லும் சிரமும், பயணச் செலவும் தவிர்க்கப்படுகிறது.
- மேலும் வீட்டுக்கு வந்து பார்க்கும் மருத்துவர் அல்லது பிறர் பழக்கப்பட்டு விட்டால், நோயாளியின் உடல் நிலை தொடர்ந்து ஒருவரே கண்காணிக்க வழி ஏற்படுகிறது.
- எம்மிடம் பதிவான நோயாளிகளில் ஆண்களும் பெண்களும் அடங்குவர். வயது 70 முதல் 96 வரை.
- வயது வாரியாகக் கணக்கெடுத்தால் 90 வயதுக்கு மேற்பட்டவர்கள் 25% ; 70 வயதுக்கு கீழ் உள்ளவர்கள் - 5% ; 80 வயதை ஒட்டியவர்கள் - 70%.

நோய்களின் தன்மை: ஆண்களுக்கு - ஆ.ட., நீரிழிவு, இதயக் கோளாறு, சிறுநீரகக் கோளாறு, எலும்பு முறிவு, மறதி, மனச் சிதைவு, குழப்பம், முடக்குவாதம், பலவீனம். பெண்களுக்கு - மனச் சிதைவு, குழப்பம், மறதி, வாதம், பலவீனம் (ஆண்களைக் காட்டிலும் அதிக எண்ணிக்கை), சிறுநீர் போகுதல்.

- பல காரணங்களால் சிகிச்சையை தள்ளிப் போடுகிறார்கள். வியாதி முற்றிய பிறகு கட்டாயத்தின் காரணமாக சிகிச்சையை நாடுகிறார்கள்.
- 20% நேரிடையாக மனநல ஆலோசகர் மற்றும் உடற் பயிற்சியாளர் தேவை எனக் கேட்கிறார்கள்.
- மருத்துவர்களும் மற்ற சிகிச்சை அளிப்பவர்களும் நோயாளிகளின் விவரங்களைப் பதிவு செய்து கொள்வதும், மன்றத்திற்கு தெரிவிப்பதும் நல்லது.
- வால்மீகி நகர், திருவான்மியூர், ஆதம்பாக்கம், குரோம்பேட்டை, அம்பத்தூர், பெரம்பூர், ராயபுரம், புளியந்தோப்பு என்றபுறநகர் பகுதிகளிருந்து ஏராளமானவர்கள் பயன் பெற்றுள்ளார்கள்.
- போளூர், பூந்தமல் பகுதியிருந்து கேட்பவர்களுக்கு மருத்துவர்கள் பதிவாகவில்லை.
- எமக்குக் கிடைத்த தகவல்கள் படி சிகிச்சையின் மூலம் மனதில் தெம்பும், புத்துணர்வும், மகிழ்ச்சியும் ஏற்படுகிறது.

#### பரிந்துரை :

- மன்றத்தில் 24 மணி நேரமும் சேவை செய்யும் வசதி வாய்ப்பு கிடையாது. பொறுப்பாளர்களும் மூத்த குடிமக்கள். ஆகவே இதன் தேவையை உணர்ந்து அரசு அல்லது பொது நிறுவனங்கள் முன்வந்து காலை 8.00 முதல் மாலை 10.00 வரை பணி செய்ய எங்களுக்கு ஆவன செய்ய வேண்டும்.
- பயனாளிகள் சிகிச்சையைப் பற்றி மன்றத்திடம் பிரதிபலிக்க வேண்டும்.
- இத்திட்டத்தில் சேர்ந்துள்ள மருத்துவர்களும் பிற சிகிச்சையாளர்களும் மன்றத்தில் பதிவு செய்ய வேண்டும். மூன்று ஆண்டுகளுக்கு ஒரு முறை புதுப்பிக்க வேண்டும்.

- 1. இத்திட்டத்திற்கு ஒருங்கிணைந்த கட்டமைப்பு தேவை. காலை 8.00 மணி முதல் மாலை 10.00 மணி வரை இயங்க வேண்டும். இதே கட்டமைப்பில் நமது அடிப்படை சேவையான இலவசத் தகவல் மற்றும் ஆலோசனை வழங்க வகை செய்யலாம்.
- 2. இத்திட்டம் ஏழை மக்களுக்கும் சென்று அடையுமாறு விழிப்புணர்ச்சி ஏற்படுத்த வேண்டும்.
- 3. அவர்களுக்குக் கட்டணச் சலுகை மற்றும் இலவச மாத்திரைகள் பெற அரசு முன் வர வேண்டும். அருகிலுள்ள அரசு மற்றும் உள்ளாட்சி, நகராட்சி மருத்துவ மனைகளுடன் இணைக்கப் படவேண்டும்.
- 4. மன்றத்தில் உறுப்பினராக இருப்பவர்களுக்கு கட்டணச் சலுகையும் முன்னுரிமையும் பெற மன்றப் பொறுப்பாளரிடம் பதிவு செய்ய வேண்டும்.
- 5. மூத்த குடிமக்கள் மன்றத்தின் உறுப்பினர் அடையாள அட்டை பெற்றுக் கொள்ள வேண்டும். மருத்துவர்களிடம் அதைக் காண்பிக்க வேண்டும்.
- 6. மூத்த குடிமக்கள் மன்றம் வழங்கும் உறுப்பினர் அட்டையை அரசு மற்றும் நகராட்சிகள் அனுமதிக்க வேண்டும்.
- 7. அரசு இத்திட்டத்தில் முன் வந்து இணைந்து சேவை செய்ய பயிற்சி மருத்துவர்களையும் மற்றும் பிறரையும் ஊக்கப்படுத்த வேண்டும்.
- 8. இம்மாதிரி தொண்டு நிறுவனங்களையும், முதுமை நலக் கழகங்களையும் அங்கீகரித்துப் பாராட்ட வேண்டும்.
- 9. மூப்பியல் மருத்துவர்கள் பெருகிட வேண்டும். எல்லா அரசு மற்றும் தனியார் மருத்துவ மனைகளில் மூப்பியல் பிரிவுகள் இயங்க வேண்டும்.
- 10. இத்திட்டத்தை படிப்படியாக அனைத்து பகுதிகளுக்கும் கொண்டு செல்ல வேண்டும்.
- 11. நீரிழிவு, இருதய சிகிச்சை போன்ற சிறப்புச் சேவைகளையும் வழங்க வேண்டும்.

#### நிறைவு :

தேவைகள் அநேகம், படிப்படியாக நிறைவேற அரசு மட்டுமல்ல தனியார் நிறுவனங்கள் முன் வர வேண்டும்.

முதுமை மதிக்கப்பட்டால், சமூகம் மிதிபடாது.

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## ACTIVITIES OF THE GERIATRIC HOUSECALL PROJECT

### EVENTS

1. Launching of Geriatric Housecall Project by Major. Gen. Aban Naidu, PVSM, AVSM, M-in-D, Chairman Emeritus, Senior Citizens Bureau & release the Housecall booklet on 17-2-2008.
2. Launched Geriatric Lab Services & released 2nd edition of Housecall booklet in the "World Elders Day" function on 01-10-2008.
3. First Anniversary of Geriatric Housecall Programme celebrated. Padma Bhushan DR.V.C.Kulandaiswamy, Former Vice-Chancellor, Indira Gandhi National Open University was the Chief Guest & released of 3rd edition of Housecall booklet on 22-02-2009.
4. Fourth edition of Housecall booklet was released in the "World Elders Day" function on 30-09-2009.
5. Second Anniversary of Geriatric Housecall Project was conducted on 24-04-2010.
6. Third Anniversary of Geriatric Housecall Project and release of 5th Edition of the Booklet on 13-02-2011.
7. Fourth Anniversary of Geriatric Housecall Project and release of 6th edition of the Booklet on 09-04-2012.

### 4. ACADEMIC EVENTS

**Scientific Sessions were held periodically on different topics exclusively for Panel Doctors, as follows:**

#### 1. Geriatric Emergencies at Home 6-4-2008

The scientific session was held at Hotel Savera, Mylapore, Chennai and chaired by Dr.R.Magesh, Powerpoint presentations were made by doctors on the following topics

- Dr. G.S. Shanthi - Cardiac Emergency
- Dr. S. Sivakumar - Geriatric Respiratory Emergency
- Dr. R. Magesh - Acute Abdomen problems in old age
- Dr. Laksmipathy Ramesh - Delirium (Acute Confusional State)
- Dr. D. Thangam - Geriatric Neurological Emergencies
- Dr. G. Usha - Falls in the elderly



## 2. Geriatric Sexuality

8-6-2009

Lecture by Dr. Narayana Reddy, renowned by consultant on sexual medicine at Hotel Marina Towers, Egmore, Chennai.

## 3. Cognitive Impairment in the elderly

27-7-2008

Lecture by Dr. R. Pazhani, Senior Consultant Neurologist, Neurointensivist and Neuro Psychologist at Hotel Benz Park, T.Nagar, Chennai.

## 4. Incontinence of Urine

24-8-2008

Dr. R. Vijaykumar, Urologist, gave lecture about recent developments in laser treatment on prostatic enlargement and Dr. T. Srikala Prasad, Uro-Gynecologist gave lecture about urinary incontinence.

## 5. Geriatric Dermatology

19-04-2009

Dr. N. Balakrishnan, Consultant Dermatologist introduced the guest speaker Dr. M. Sundaram. Dr. M. Sundaram, Prof. of Dermatology and HOD(Retd), Madras Medical College, Chennai made a powerpoint presentation at Hotel Benz Park, T. Nagar, Chennai.

## 6. Medical management of Renal Stones

13-09-2009

Lecture by Capt. Dr. A.C. Mani, Consultant Urologist at Hotel Benz Park, T.Nagar, Chennai.

## 7. Geriatric Rehabilitation

24-04-2010

Lecture by Dr. David Vijay Kumar, Physiotherapist at Saraswath Association.

## 8. Urological Problems in Elderly

13-02-2011

Lecture by Dr. P. Hemraj, Urologist at Hotel Benz Park Tulip, Chennai – 600 017, Dr. Sudha Seshayyan, M.S., Registrar, Tamil Nadu Dr.M.G.R.Medical University was the chief guest.

## 9. Geriatric Cardiology

27-11-2011

Lecture by Dr. D. Vaidyanathan, Cardiologist at Hotel Maurya International, Vadapalani, Chennai - 600 026.

## DOCTORS EXPERIENCE IN THE GERIATRIC HOUSECALL PROJECT

Dr. S. Hyderi, MBBS - CELL: 9381016580



I am happy to be associated with Geriatric Housecall Programme in which even midnight calls are not unusual.

The experience gained by me in the course of housecalls attended by me is briefly given below:

1. Lack of awareness and prevalence of myths among the patients and caregivers have to be suitably dealt with in house visits.
2. Patients suffering from exhaustion due to summer heat were advised to consume loss of fruits and undertake journey in air conditioned vehicles.
3. Fruits and tender coconuts were liberally offered to a patient by family members under the impression that the patient was weak and losing weight. Actually the patient was suffering from anaemia of chronic kidney disease, in which above items are contraindicated. The patient was referred to a nephrologist.
4. Housecalls are sought to attend to Parkinson's Disease, Dementia, etc., In such cases it is difficult to offer relief.
5. Women suffering from post menopausal problems, urinary incontinence, osteoporosis, etc., are being offered temporary relief.
6. A diabetic patient skipped his dinner due to tooth-ache, after taking diabetic drugs. As a result, he went into a stage of coma due to steep fall of blood sugar level. The patient had to be received in the I.V.Dextrose, in mid night.
7. Varying degrees of chest pain, stomach pain, palpitation, etc., are mistaken as "Gas" or "Vayu" without realizing that it may be a cardiac problem.
8. When called to attend malignant diseases, sedatives and pain killers have to be prescribed, besides counseling the caregivers to accept the inevitable.

In all my visits, I have tried my best to educate the patients and caregivers on the need to eat in moderation, keep body and mind active all the time and above all to realize that "Old age is not a Curse"



## Area : Adambakkam

### Dr. M. Marudhupandian, M.D.,

Ponmalligai Geriatric Care Home, 1, Kakkan Nagar, 1st Main Road,  
Adambakkam, Chennai - 88. Phone : 43595999, Cell : 9884020980



Doing Medical services in and around Adambakkam & Madipakkam areas with the inspiration, assistance and support of Padmashri Professor Dr.V.S.Natarajan, who is the pioneer in Geriatric Care and Housecall Programme. We are doing nearly 5 to 10 house visits per week.

### Mobile Clinic :

Our Ponmalligai Geriatric Care is having Mobile Clinic with all facilities with the specific approval of Corporation of Chennai which runs 24 x 7. Any house call at any time our medical team will visit their house and do necessary services at their houses itself. If they need any hospital assistance, they will be shifted in our ambulance and give them complete care.

### Ponmalligai Geriatric (old age) Care Home :

As per Government of Tamil Nadu Gazette Notification of 31-12-2009 regarding. The Tamil Nadu Maintenance and Welfare of Parents and Senior Citizens Rules 2009. Our home has been registered with District Social Welfare authorities, Kancheepuram, duly inspected and satisfied.

Old age home is running by us where we will take care of all sick and bedridden patients and gives them medical care at an affordable cost. At present 15 inmates are in position.

Our Ponmalligai Geriatric Service is functioning in association with Senior Citizen Bureau headed by Prof.Dr.V.S. Natarajan and Chairman Dr.Capt.M.Singaraja. We will follow his footsteps in our Geriatric Care Services and will be extended in the coming days. ❖

### Areas : Kodambakkam, Vadapani, K.K. Nagar and T. Nagar

### Dr. P.N. Somasundaram

Cell: 9840252558 / Ph.No.: 42047808



I am very proud to be associated with Dr.V.S.Natarajan since my College days and also for selecting me as one among the Physicians of this Bureau.

It will be good if the patients come for follow up for their

well being after being treated in an acute condition.

So far I have treated nearly one hundred patients at their residences. Mostly cases of chest infection, heart failure, diabetes, hypertension and stroke patients were treated. I am very much happy that because of my timely treatment, few lives have been saved. Thanks to the Bureau for giving this golden opportunity. ❖

## Chennai

### Dr. Vidhya,

Dentist, Old No.33, New No.48, 5th Block, Mogappair East,  
Chennai – 600 037. Phone No.:26563671/ Cell: 9677232798.

I was the first dentist to introduce MOBILE DENTISTRY, this is a concept where I go to the patient's home and treat them. This service is also done at a very affordable cost. I started this service for disabled people, physically challenged, mentally retarded, bed ridden patients and the senior citizen. My objective of starting this service is that no one should be denied of the health service just because that they cannot come to the clinic. Till date I have completed more than 30 patients. I have travelled all over Chennai. ❖

## Area : Mogappair

### Dr. Amutha Senthivel, MBBS, DFM(RCGP,UK)

Consultant Family Physician- Excel Polyclinic, Annanagar, Chennai  
Honorary Member - Senior Citizen Bureau, Chennai  
Master Health Check- Co-ordinator and Staff Medical Officer  
Apollo Speciality Hospital, Chennai, Panel Doctor, ONGC, Chennai  
Cell: 9884026543 / Ph: 26543130

1. 64 year old man with intracerebral bleed following a fall at home in 2010 . He underwent emergency craniectomy and VP shunt followed by cranioplasty and revision by programmable shunt . Co-morbidities included diabetes mellitus, coronary artery disease with poor left ventricular function, parkinsonism, recurrent status epilepticus on maximum antiepileptic therapy, pan resistant septicemia secondary to Tracheostomy tube, urinary catheter, bed sores, general immunosuppression secondary to underlying debilitating illness and hospital acquired infection, grade 4 bed sores on VAC therapy, long term suprapubic catheter, chronic constipation needing frequent enema, recurrent electrolyte abnormalities and arrhythmias and frequent bleeding manifestations intermittently. ❖

He is bed bound for the last 1.1/2 years approx with a GCS of 8T/15 , needing full nursing care daily, minimum of two hospital admissions per month for sepsis, other medical problems and seizures .

His blood glucose is being monitored closely on a daily basis at home, ryles tube feeding adjusted to maintain electrolyte balance with dietitian input . Chest and limb physiotherapy twice daily and a devoted family who take every effort to treat the problems at the earliest stage possible and coordinate with the consultants in all medical specialities do not hesitate to take maximum steps to keep him comfortable and healthy . As a team we all work to keep upto the family's expectations.

Note: Prevention of falls in the elderly is one of the most important aspects of care of the elderly at home as the consequences can be devastating. Close liason with the treating family physician is important.

2. 77 year old female Case of chronic kidney disease secondary to hypertensive nephrosclerosis . Previously on dialysis but discontinued due to patient's choice. She has been bed bound for few years on minimal oral feeds. Relatively asymptomatic with signs of adequate hydration. I was called to see her as she was found to have raised creatinine , urea and low sodium on routine testing compared to before and had abdominal pain with few episodes of diarrhoea and reduced urine output for the last 1 day. I found her to be quite dehydrated with normal cognition on examination. As it was not agreeable for hospital admission she was hydrated with oral hydration solution at home, electrolyte disturbances corrected , infection treated appropriately , neuropathic pain controlled on medication . She recovered remarkably in a very short span of time with fairly quick normalization of electrolytes . and started tolerating oral feeds. She was commenced on resource dialysis to improve her nutritional status, correct electrolyte disturbances and also with a view to a possible improvement with physiotherapy in the near future. ❖

**Areas : all the areas of the city**

**S. David Vijay Kumar**

M.P.T (Geriatrics), PG.Diploma (Gerontology),  
MIAP, MIAG, MHPC (U.K).

Geriatric Physiotherapist, Mobile: 9884130430, 9940234934



I am S. David Vijay Kumar, Geriatric Physiotherapist, writing a small note about my experiences in geriatric house call project.

Firstly I would like to thank my professor/teacher/mentor/well-wisher/guide Padmashri Dr. V.S. Natarajan who

molded me as a good Geriatric physiotherapist. Five years back when I met Dr.V.S.Natarajan, he included me in the Geriatric house call project. Doctor started referring patients for physiotherapy, then taking his guidance I treated all the patients and they we showing good recovery, later Dr.V.S.Natarajan started loading me with patients.

I should say I had a great exposure and experience in treating patients with various health issues. Without any exaggeration I can say, I have treated nothing less than 1500 patients in house call project.

I employed 12 physiotherapist, working for me in order to meet the demands of physiotherapy in Geriatric House Call Project. All credit goes to Dr. V.S. Natarajan.

In our Indian scenario, grand parents are made as baby sitters and their duties at home and outside are tremendous. They don't even share their worsening health status to their sons and daughters, In this case they never try to take care of their health status or to go consult a health care provider. The main advantage and success behind this program is, all the health care professionals were able to reach out to the door step of the patients and try to manage the patients in their homely atmosphere. I would say it's a boon to all the elderly population in our city.

I learn't a lot from every patient and I got valuable opinions from my professor Dr.V.S. Natarajan. I can strongly say without Dr.V.S.Natarajan Iam nothing in my profession. My sincere and heart full gratitude to my Mentor.

All thanks to you Doctor. Thank you. ❖

**Areas : Choolaimedu, T.Nagar, Nungambakkam**

**MS. U. Hemalatha**

Phone : 24734405 / Cell: 9840316333



I take this opportunity to thank Padmashri Dr.V.S.Natarajan, Indian father of Geriatrics for enrolling me as a part of his Geriatric Housecall Programme from the year 2009 launched by the Senior Citizen Bureau. Our main goal is to reduce pain and mobilize the person at the earliest possible, to prevent bedrest complications such as bedsores, deep venous thrombosis, contractures, depression, etc., During our house visits, most of the youngsters working in various professions like IT, are very much motivated to learn exercises for the neck and low back from us. Irrespective of the age, we are getting tremendous support from people to initiate the awareness of physiotherapy and its exercise need into daily life.

Thank my parents for giving their full support to me by accompanying with me to cover areas like Anna Nagar, Purasawakkam, Virugambakkam, Vadapalani, T.Nagar, Nungambakkam, Kodambakkam and Choolaimedu. I would like to give my respect and regrets to the Chairman of the Bureau Dr.Capt.M.Singaraja for extending his support to physiotherapist like me. ❖

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### Area : Adyar

#### **Dr. N. Lakshmipathy Ramesh**, M.D. (Geriatrics)

Consulting Geriatric Physician, The Geriatric Clinic, No.4/18, Mythri Apartment, Ramaniam Building, ECR, Thiruvanmiyur, Chennai .

Phone : 9003276900 Cell: 9444155644

Consulting Geriatric Physician at

Dr. Kamakshi Memorial Hospital and Cauvery Hospital, Chennai.



I would like to share my Geriatric house call experience. First of all, my sincere thanks to my professor V.S.Natarajan who molded me as a good geriatrician. Once the senior citizen bureau was started house call program. I have been visiting in and around my residing area. I attend to bed ridden and severe dementia patients. Most of my house visit patients have multiple medical problems and frail elderly, during week days I will attend only for emergency cases. I get calls from 2 to 3 new patients per week. Old pt's are scheduled on weekends once in a month. There are also a number of advantages of home visits as opposed to hospital visits. The patient will be more relaxed and co-operative in familiar surroundings. Older patients are thrilled that a doctor would take time to visit them in their homes. They will be more compliant, more open and as a result receive better treatment as opposed to receiving care in the doctor's clinic. Typically the doctor will take more time and be able to establish a better rapport with his patient. Another very important benefit is that the physician can see the environment in which his patient is living and have a better understanding of how that environment may affect his patient's health. By seeing it first-hand, i can make recommendations for care that would have been impossible in my clinic. In essence the doctor learns much more about a patient in her home and he can achieve a personal connection that would have been difficult to establish in the clinic. The ultimate outcome of a house call is that the doctor can provide a greater degree of holistic medicine. The main drawback will be of distance, longer time, minimal paramedical support and limited investigation, however yet home care management is best for bedridden patients and caregiver. Hereby, I thank to my professor, one and all who had both active and passive role in making me what I am today and senior citizen bureau for starting this program. ❖

## GERIATRIC HOUSECALL PROJECT - OUTSIDE CHENNAI

### 1. Trichy, Srirangam, Tiruvanikaval and other nearby Areas

#### **Dr. S. Velmurugan**, M.D (GEN.MED), CAMS(NEPHROLOGY) VIENNA

Consultant Physician & Nephrologist,

Specialist in External Counter Pulsation & Chemical Angioplasty

Shree Akila Hospitals & ECP Heart Centre

Balaji Garden, Aruna Nagar, 3rd Street (East), Srirangam, Trichy – 620 006.

Phone : 0431 - 2334004, Cell: 9345101498



Dr. S. Velmurugan done his graduation in Tanjore Medical College, had his post graduation at Mumbai, served as Senior Registrar of Nephrology in KEM Hospital, Mumbai also serving as assistant Professor of Nephrology.

He came back to his native city Trichy and started his practice in his newly built Hospital in 1877 and aimed at serving the people of Trichy with all facilities under one roof at an affordable cost.

In the year 2009, he switched over to the city of Srirangam adjacent to Trichy a holy religious city with a population of about 1.2 lakhs. This city is a big residential city with higher rate of elderly people – most of them belong to middle and upper middle classes. There are as many people suffering from age related disorders – like dementia, parkinsonism, prostatic problems, osteopenia, sleep apnea and there are also bedridden people and terminally ill people who need periodical medical guidance. Dr. ❖

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### 2. Madurai

#### **Dr. N. Raja**, MD (GERIATRICS- MMC, CHENNAI)

104 Malligai Malar Street, Mahathma Gandhi Nagar, Madurai 625014.

CELL: 9443041062, 0452 2640179.



I am practising as a full-fledged Geriatrician in Madurai since June 2001. I am also attached to Apollo Speciality Hospital, Madurai as a visiting Consultant Geriatrician since 2001. My services are also utilised by other hospitals in Madurai which includes Vadamalayan and AR hospital. So far I have conducted various awareness



programmes and Geriatric health camps in and around Madurai. Im also attending Geriatric House Call programme for the needy and crippled elderly in these 10 years of my practice. As my area of interest is Diabetes I have also conducted many Geriatric Diabetic camps. ❖

### 3. Coimbatore - House Call project: (domiciliary visit)

**Dr. Sathishkumar**, MBBS; MRCP (UK)

Consultant Geriatrician, K.G. Hospital, Coimbatore- 18,  
PHONE: 0422-2212121-29 / 9790792110



Monday to Saturday : 09 AM to 01 PM

Within 15 kilometers radius, from K G Hospital,  
Coimbatore

Transport can be arranged by us (if needed)

Only by prior appointments (by phone or in person)

Outpatient services:

Monday to Saturday : 02 PM to 06 PM

Only by prior appointments (by phone) ❖



### 4. Vellore

**Dr. P. Ranjith**, MBBS, MD., Geriatrician

Ph : 9600145125 ❖

### 5. Rajapalayam

**Dr. Pari**, M.D.(Geriatric Medicine), D.Diab.

Res. : 349. Sankarapandiapuram Street, Rajapalayam - 626 117.

Clinic : 667, Tenkasi Road, Rajapalayam - 626 117.

Contact : Mobile : 9443326825 / Clinic : 04563-221177 ❖

### 6. Gingee (Villupuram District)

**Dr. E. Subbarayan**, MBBS, MD,

Cell: 9443497565



I underwent the course of one year duration of Post Graduate Diploma in Geriatric Medicine during 2006 at Christian Medical College, Vellore, through Indira Gandhi National Open University.

I had started special clinic for the aged at rural Tamilnadu in Gingee at Villupuram District. For the last six years I have been taking care of elderly health care. This clinic is exclusively for the Aged population of Gingee town and surrounding villages.

I am a member of Indian Academy geriatrics through which I got the opportunity of attending the National and international aging congresses and conferences.

During 2009 November National Conference for the aged was held at HOTEL OBARAI in Calcutta where I had the opportunity of meeting founder of geriatric medicine in India, Professor Dr.V.S.NATARAJAN, I became umbel close associate with him, who is well known in the field of medical fraternity who introduced me into the Senior Citizen Bureau.

Linkage monthly periodical was highlighting the Housecall Programme in Chennai under the leadership of Dr .V.S. Natarajan inspired me. Under his guidance I started the Housecall Programme in Gingee.

Bedridden cases, patient who are not ambulant, and any emergencies for the aged are attended at their houses after getting the phone calls from their relatives.

Hypoglycemia, hyponatremia, change of catheter and Ryles tube are the calls I have been attending on the senior citizens. ❖

### 7. Around Coimbatore

**Mr. V. KARTHIK**,

Physiotherapist

No.1688, 1st Cross, TNUDP Colony,  
Gandhima Nagar, Coimbatore.

Cell: 9894463646

## Panelists of Geriatric Housecall Project

### DOCTORS

AREA	NAME OF THE DOCTOR & SPECIALITY	Phone / Mobile No.
<b>ADAMBAKKAM</b> (also Nanganallur / Velachery / Alandur)	1) <b>Dr. M. MARUDHUPANDIAN,</b> MBBS, M.D.General Medicine, Diabetic and Cardiac Care	Hos : 43595999 Cli : 22445890 Res : 22551475 Cell : 9884020980
<b>Nanganallur</b>	2) <b>Dr. P.S. SIVAM,</b> MBBS Family Physician	Cell: 9840337232
	3) <b>Dr. M. SENTHIL KUMAR</b> Family Physician	Cell: 9841345410
	4) <b>Dr. LESLIE ANAND</b> Family Physician	Cell: 9841115536
	5) <b>Dr. HARIHARAN</b> Diabetologist	Ph : 22247720 22247721
	<b>ADYAR</b>	6) <b>Dr. N. LAKSHMIPATHY RAMESH,</b> M.D., Geriatric Medicine
	7) <b>Dr. RIYAZ SHERIFF,</b> MBBS General Medicine	Cell : 9884475749
	8) <b>Dr. SRIDHAR,</b> MBBS General Medicine	Cell : 9884314781 24984156
<b>AMBATTUR</b>	9) <b>Dr. T.V. GOVINDAN,</b> M.S. General Surgery	Cell : 9842425255
<b>ANNA NAGAR</b> (also Shenoy Nagar Villivakkam, Arumbakkam)	10) <b>Dr. G.S. SHANTHI,</b> MBBS, DGO., MD - Geriatric Medicine	Cli : 30286699 Res : 26269494 Cell : 9381005775
	11) <b>Dr. G. USHA,</b> MBBS, D.G.O., MD Geriatric Medicine	Cell : 9444069384 Res : 26214166

AREA	NAME OF THE DOCTOR & SPECIALITY	Phone / Mobile No.
(Shenoy Nagar)	12) <b>Dr. V.S. RAJKUMAR,</b> MD General Medicine	Cli : 26223233 Res : 26214642 Cell : 9841433971
	13) <b>Dr. P. VADIVEL,</b> MD General Medicine	Cli : 26223233 Res : 26214431 Cell : 9444414431
	14) <b>Dr. S. SUKUMAR,</b> MBBS, P.G. Internal Medicine	Res : 26262364 Cell : 9884259390
	15) <b>Dr. RAMASWAMY,</b> M.D. General Medicine	Cell : 9941654415
	(Arumbakkam)	16) <b>Dr. T. MUNISWAMY</b> Family Physician
	17) <b>Dr. M. PRIYA DARSHINI</b> MBBS, D.A. P.G. in M.D. Geriatric Medicine	Ph : 26244286 Cell : 9884472763
<b>ASHOK NAGAR</b>	18) <b>Dr. S. VENKATESAN,</b> MBBS Family Physician	Ph : 24719191 Cell : 9840188487
	19) <b>Dr. KARTHIKEYAN,</b> MBBS P.G. in M.D. Geriatric Medicine	Cell : 999402870
	20) <b>Dr. JOSHILA NANDHINI,</b> MBBS	Cell : 9994042546
<b>BROAD WAY &amp; MINT</b>  (also George Town/ Park Town)	21) <b>Dr. S. HYDERI,</b> MBBS Diabetology & Family Physician	Cell : 9381016580
	22) <b>Dr. S.D. FEROZE,</b> MBBS, M.D Family Physician	Ph : 25241448 Cell : 9444849157
<b>CHETPET</b> (also Ayyanavaram, Kilpauk, Kellys)	23) <b>Dr. C.S.S. SETTY,</b> MBBS Family Physician	Cell : 9841087141

AREA	NAME OF THE DOCTOR & SPECIALITY	Phone / Mobile No.
<b>KILPAUK</b> (also Nungambakkam, Kodambakkam, Arumbakkam, Aminjikarai)	24) <b>Dr. S.SHIVA SHANMUGHAVEL</b> , MBBS - Family Physician	Ph :23741810 Cell : 9444245019
<b>K.K. NAGAR</b>	25) <b>Dr. T.M. PERUMAL</b> , MD, DGG Geriatric Medicine	Cli : 24746185 Res : 24745476 Cell : 9381065016
	26) <b>Dr. C. VENKATESAN</b> , MD, DGG Geriatric Medicine	Cell : 9884029040 Ph : 43530945
<b>KODAMBAKKAM</b> (also Vadapalani & K.K.Nagar)  (also T. Nagar)	27) <b>Dr. S. SIVAKUMAR</b> , MD, DTRD Geriatric Medicine / Respiratory Medicine	Res : 24830563 Cell : 9840584513
	28) <b>Dr. P.N. SOMASUNDRAM</b>	Ph : 42047808 Cell : 9840252558
	29) <b>Dr. K. RAMALINGAM</b> , MD, FCCP, General Physician	Tel. : 23720088 Cell : 9840620060
<b>MOGAPPAIR</b>	30) <b>Dr. D. THANGAM</b> , MBBS, MD Geriatric Medicine	Tel. : 26560789 Cell : 9444193839
	31) <b>Dr. AMUTHA SENTHIVEL</b> , MBBS, DRM(RCGP,UK), FRSH(London) Family Physician	26543130 Cell : 9884026543
<b>MYLAPORE</b>	32) <b>Dr. T.J. SENTHIL MANIKANDAN</b> , MBBS, M.D. - General Medicine	Res : 24991320 Cell : 9884204327
<b>NEELANGARAI</b> (Thiruvanmiyur, Palavakkam)	33) <b>Dr. SRIKALA RAVISHANKAR</b> , MBBS, Family Medicine	Cell : 9884069743
<b>NUNGAMBAKKAM</b>	34) <b>Dr. C. PRASANNA</b> , MBBS, DNB, Family Physician	Cell : 9952943219 9884283449
<b>PALLAVARAM</b>	35) <b>Dr. S. SABITHA</b>	Res : 22480258 Cell : 9840456726

AREA	NAME OF THE DOCTOR & SPECIALITY	Phone / Mobile No.
<b>CHROMPET</b>	36) <b>Dr. JAYACHITRA</b> Family Physician	Cell : 9962548811
<b>PERIYAR NAGAR</b>	37) <b>Dr. ARYA, MBBS</b> , P.G. in M.D Geriatric Medicine	Cell : 9677206758
	38) <b>Dr. PRIYAMALINI</b> , MBBS, P.G. in M.D Geriatric Medicine	Cell : 9940030506
<b>PURASAWAKKAM</b>	39) <b>Dr. S. DEEPA</b> , MBBS, MD Geriatric Medicine	Cell : 9176215487
	40) <b>Dr. A.J. PREMKUMAR SATYA</b> B.Sc., MBBS, BTS, FCGP, FIMSA Family Physician	Ph : 26423539 Cell : 9941993739
<b>R.A.PURAM</b>  (also R.K.Nagar, Abiramapuram)	41) <b>Dr. KANNAN</b> , MBBS Family Physician	Ph : 24938311 or 21/ 31/41/51 Extension: 336
	42) <b>Dr. HEMA VENKITESWARAN</b> , MBBS, PGD (Ger) P.G.DIP.IN DIABETOLOGY Geriatric Medicine	Cli : 24938311 Res : 24610842 Cell : 9940345612
<b>ROYAPETTAH</b>	43) <b>Dr. D. VENKATESARLU</b>	Cell : 9840064642
	44) <b>Dr. K. ANUPAMA</b> , MBBS, MD Geriatric Medicine	Cell : 9884278041
<b>TAMBARAM (EAST)</b>	45) <b>Dr. T.K.V.SHARAVANAN</b> , M.D.(Gen.Med), P.G.Dip.Dia, C.M.Diab Family Physician	Cell : 9841890186
	46) <b>Dr. N. BABU</b> , MBBS, M.D. Family Physician	Cell : 9840874888
	47) <b>Dr. BIJIN OLIVER JOHN</b> , MBBS P.G. in M.D Geriatric Medicine	Cell : 9840381851
<b>THIRUVANMIYUR</b>	48) <b>Dr. RAMESH SADASIVAN</b> , MBBS, Family Physician	Cell : 9282147984
	49) <b>Dr. HARI RAMESH</b> , MBBS	Ph : 43042323 / 43036364 Cell : 9445071212
	50) <b>Dr. AUGUSTINE</b>	Cell : 9884360789

AREA	NAME OF THE DOCTOR & SPECIALITY	Phone / Mobile No.
<b>T. NAGAR</b> (also Nungambakkam)	51) <b>Dr. VIJAYA RAGHAVAN</b> , MBBS Family Physician	Cli : 28343700 Res : 28343700 Cell : 9444037866
	52) <b>Dr. E. PRABHAKAR</b> , MBBS Family Physician	Ph : 28344258 / 42122012 Cell : 9380279999
<b>VIRUGAMBAKKAM</b>  (also Manapakkam, Alwar Thirunagar & Sainagar)	53) <b>Dr. D. SURESH KUMAR</b> , MD, General Medicine	Cell : 9444186807
	54) <b>Dr. B. LOKESH KUMAR</b> , MBBS, FRHS, - General Medicine	Cell : 9840254159
<b>VELACHERY</b> (also Pallikaranai, Taramani, Adambakkam)	55) <b>Dr. T.N. BALASUBRAMANIAM</b> , MBBS, DPH, Dip in Communicable Disease - Family Physician	Ph : 22454116 Cell : 9840527397
<b>ALL AREAS</b>	56) <b>Dr. C. DEEPA</b> General Medicine	Cell : 9677037717
<b>ALL AREAS</b>	57) <b>Dr. VIDHYA</b> , Dentist	Ph : 26563671 Cell : 9677232798



1st Anniversary of Geriatric Housecall Project on 22-02-2009,  
Padma Bhushan DR.V.C.Kulandaiswamy, Chief Guest addressing

## PHYSIOTHERAPISTS

AREA	NAME OF THE PHYSIOTHERAPIST	Phone / Mobile No.
Anna Nagar & Kilpauk	1) <b>Miss. G. Thenmozhi</b>	Cell : 9884136252
Anna Nagar, Kilpauk & Mandaveli	2) <b>Miss. T. Lavanya</b>	Cell : 9841431741
Vadapalani & T. Nagar	3) <b>Mr. R. Prasanna</b>	Cell : 9344681097
Anna Nagar, Koyambedu, Vadapalani, Perambur	4) <b>Mr. T. Muruganantham</b>	Cell: 9940393009
Anna Nagar	5) <b>Ms. T.R. Vandana</b>	Cell : 9444063541
Alwarpet, Adyar, R.A.Puram, Chetpet, Mylapore, Egmore, Santhome, Nungambakkam	6) <b>Mrs. Anita Naveen</b>	Cell : 9884098459
Ramapuram & Anna Nagar West	7) <b>Mr. J.V. Jai Sathish</b>	Cell : 9840057649
Mogappair & Anna Nagar	8) <b>Ms. V. Hemavathy</b>	Cell : 9841979499
Kodambakkam	9) <b>Mr. R. Anand Kumar</b>	Cell : 9444107734 Ph. : 24802887
Nungambakkam, Kodambakkam	10) <b>Mr. J. Prince Christopher</b>	Cell : 9444262224 Tel. : 28238350
Adyar, Besant Nagar, ECR, OMR, Velachery	11) <b>Mr. R. Arun Kumar</b>	Cli : 42300767 Res : 24488934 Cell : 9884411224



AREA	NAME OF THE PHYSIOTHERAPIST	Phone / Mobile No.
K.K.Nagar, Ramapuram, Porur, Kodambakkam, Adyar, Nungambakkam, Mylapore, Kilpauk, Alwarpet	12) <b>Mr. S. David Vijay Kumar</b>	Tel. : 22492286 Cell : 9884130430
Porur, Valasaravakkam, Virugambakkam, Anna Nagar, Maduravoyal	13) <b>Mr. M.K. Punnia Raj</b>	Cell : 9941201291
Park Town, Sowcarpet, Royapuram, Purasawalkam, Mannady	14) <b>Mr. P.M. Kamal Kumar</b>	Cell : 9840220309
Mylapore, Adyar, Triplicane, T. Nagar, Nandanam	15) <b>Mr. Ranjit Martyn</b>	Cell : 9840137716
Arumbakkam	16) <b>Mr. B. Senthil Kumar</b>	Cell : 9841724470
Guindy, Velachery, Madipakkam, Saidapet, Thiruvanmiyur	17) <b>Mr. S. Arunachalam</b>	Cell : 9941164297 9941078090
Mogappair, Korattur	18) <b>Mr. B. Reuban</b>	Cell : 9941143301
Avadi, Pattabiram	19) <b>Mr. C. Elanchezhian</b>	Cell : 9841230388
Periyar Nagar	20) <b>Mr. B. Balamurugan</b>	Cell : 9445117118
K.K.Nagar & Ashok Nagar	21) <b>Dr. R.S. Gangatharan</b>	Cell : 9941243352
Ashok Nagar Anna Nagar, Perambur, Ayyanavaram, Periyar Nagar	22) <b>Mr. Sathish</b>	Cell : 9443431403

AREA	NAME OF THE PHYSIOTHERAPIST	Phone / Mobile No.
Jawahar Nagar	23) <b>Miss. D. Suvitha</b>	Cell : 9047499227
Vepery	24) <b>Mr. A. Lokesh</b>	Cell : 9884331177 9710903670
Perambur	25) <b>Mr. Vijay. Shanmuga Sundaram</b>	Ph : 26703455 Cell : 9941070989
Nungambakkam	26) <b>Miss G. Priyanka</b>	Cell : 9894028540
Choolaimedu, T. Nagar, Nungambakkam	27) <b>Miss. U. Hemalatha</b>	Ph : 24734405 Cell : 9840316333
Vadapalani/ Saligramam/ Virugambakkam/ Kodambakkam/ Ashok Nagar / K.K.Nagar /Porur / Valasarawakkam	28) <b>Miss.T. Shanmugapriya</b>	Cell : 9629539762
T. Nagar	29) <b>Miss N. Jothi</b>	Cell : 9789073365
Purasawakkam / Kosapet / Perambur/ Ayanavaram / Kellys	30) <b>Mr. B. Surej Benni</b>	Cell : 9884792424
Porur/ Poonthamallee/ AyyappanThangal / Katupakkam	31) <b>Mr. Vijaykumar</b>	Cell : 9094499800
Nungambakkam, Loyala College area	32) <b>Mr. Vimal Raj</b>	Cell : 9941173997
Kodambakkam/ Vadapani/ Choolaimedu/ K.K.Nagar, T.Nagar,	33) <b>Mr. S. Sivaraja</b>	Cell : 9865261746 9025854058 9489535530

## **PSYCHOLOGISTS**

Dr. Augustine	Cell : 9884360789
Mrs. Sujatha Devi	Cell : 9884140293 / 9841986480
Mrs. Sathya Sadhana	Cell : 7418080820
Mr. Sunil Kumar	Cell : 9444297058
Mrs. Hemamamalini	Cell : 9841519454
Mr. Manoj	Call : 9444112608
Mr. K. Vijayan	Call : 9444312001

## **GERIATRIC NURSING & NURSING AID SERVICES**

1. **India Health Care**, Area: All Chennai except distant suburbs,  
Phone : 044 4284 9777
2. **anew (Association for Non Traditional Employment for Women)**,  
AH-107, New No.16, 4th Street, Shanthi Colony, Anna Nagar,  
Chennai - 600 040. Phone : 044-26200697, 044-26210492  
E.Mail: anew@vsnl.net.  
Timings: Monday to Friday - 9.00 am to 5.00 pm.  
Contact Person: Mr. Subbaiyan
3. **Miss. Lakshmi**, Co-ordinator, Advanced Care Assessment Team,  
No.4/9, Hill Side, St.Patrick Church Road, St.Thomas Mount,  
Chennai - 600 016. Ph: 32989300 / Cell: 9381383735
4. **Dr. C.R. Ramaswamy**, M.D., A.R.Home Health Care Services,  
AL-158, New No.31, 2nd Street, 12th Main Road, Annanagar,  
Chennai – 600 040. Cell : 9941654415 / Ph: 26212956
5. **Sneha Deepam**, 252, Z Block, 6th Street, Anna Nagar,  
Chennai – 600 040. Ph: 26630267( for nursing aids only,  
contact between 10 am to 5 pm)
6. **Mrs. Shanthi**, 4/1, Kabali Nagar, Mylapore, Chennai - 600 004.  
Ph: 9840528070 / 24610332
7. **Indian Red Cross Society**,  
No.50, Red Cross Building, Montieth Road, Egmore,  
Chennai - 600 008. Ph : 28554548 / 4425 / 4117 / 28586997  
(Timings: 10.00 am to 4.00 pm)
8. **Mr. K. Vasudevan**, Singaperumal Enterprises  
(Caring for Senior Citizens), "Rasika Priya", 13, Kannagi Street,  
Madipakkam, Chennai – 600 091. Ph: 98408 01019

## **9. YWCA Community College**

1086, Poonamallee High Road, Chennai – 600 084.  
Ph : 26650859  
Timings : 10.00 am to 5.00 pm  
(For Geriatric Nursing Aids & Nurses)

## **DIETICIAN**

All areas - Ms Komal Wadha - Ph : 98842 53122



## **GERIATRIC CLINICAL LAB SERVICES**

### **Guidelines :**

- 1) The sick elderly person will call the nearest lab.
- 2) The lab will attend to the call at the earliest.
- 3) The Housecall service is totally free.
- 4) Reasonable concession (15 to 20% less than normal rates) can be offered for the laboratory test.
- 5) If the total charges are less than Rs.100/- no concession will be applicable.
- 6) It is requested that the care givers should collect the lab results.



## **LABORATORY SERVICES ADDRESS**

- 1) **AARTHI ADVANCED CT SCAN & MRI**  
766, Poonamallee High Road, Kilpauk, Chennai - 600 010.  
Ph : 26611244 / 26611255 / 26661266 / 65390390 /  
Cell : 9940110501 / 9444411285
- 2) **LISTER METROPOLIS LABORATORY & RESEARCH CENTRE PVT. LTD.,**  
No.3, Jagannathan Road, Nungambakkam, Chennai - 34. Ph : 42055555
- 3) **METRO SCANS**  
No.43, Gangadeeswarar Koil Road, (Opp. to Hotel Raaj Bhavan),  
Purasawakkam, Chennai - 600 084.  
Ph : 25324455 / 25325566 / Cell : 9841399966 / 9841117622
- 4) **UMA CLINICAL LABORATORY AND ENDOCRINOLOGY CENTRE**  
872 (New No.208), P.H.Road, (Opp. to Nehru Park),  
Chennai - 600 084. Ph : 26427722 / 26427733 / 26427744



## **HEALTH CARE SERVICES**

### **India Home Health Care**

India Home Health care provides high quality health care at the patients's home. The staff, include well trained and experienced nurses, nursing assistants and therapists. As the health care service is discussed and adjusted in close consolidation of the treating doctor, a fast recovery process is secured. Depending on the patient's needs and the doctor's recommendation, the service is provided on a visit base, for 12 hours or 24 hours a day, for as long as needed.

Founded and managed by a proven and professional team of healthcare experts, and leading entrepreneurs with international experience (ex. McKinsey, Deloitte, Cisco, Amazon, Everonn, Sybrant, Invisalign, Mehta Hospitals), IHHC has established a strong base over the past year with over 600 referral partners and strategic relationships with many of the largest, multi and super specialty established hospitals in Chennai. Currently, IHHC is Chennai's largest independent home healthcare company.

IHHC staff are only recruited from approved educational institutions, undergo an in-depth training program in process, clinical skills, patient etiquette and safety. In addition all nurses and nursing assistants provided by IHHC are fulltime employees whose backgrounds and certificates are verified and retained to ensure patient safety.

For detailed information contact :

**India Home Health Care**, No.2, Mc.Nichols Road, Chennai – 31.  
Phone : +91 - 44 - 64626060 E.mail: info@indiahomehealthcare.com  
Website: www.indiahomehealthcare.com

### **Dignity Foundation's Dementia Day Care Centre**

There are no facilities for dementia afflicted persons in the city of Chennai today. The Foundation is therefore driven by the need to provide therapeutic and efficient models of community-based care to those suffering from dementia. It also seeks to provide support to the suffering members of the family of the dementia-afflicted in the city of Chennai.

## **Activities**

1. At the DEMENTIA DAY-CARE CENTRE the following facilities are made available:

- Tender care under the overall guidance of a clinical psychologist
- Facilities for indoor games
- Television and music
- Beds to lie down and rest
- Physiotherapy
- Light refreshments in the morning and evening, afternoon meal prepared under supervision of a dietician
- Bus facility to pick up and drop everyday from homes to the Day-care centre
- Activities for mental stimulation and social interaction
- Memory gym and clinic for diagnosis and follow-up, referrals
- Offer of advice, counseling and support for care givers will be undertaken by a professional social worker and a clinical psychologist. Regular care-givers meetings will be organized to support and educate the family members.

Contact Social Worker - **Ms.Gnana Roopini**

Address : A.V.M.Rajeswari Gardens,  
4/227, M.G.R.Salai, Palavakkam, Chennai - 600 041.

Phone : 24493165, 24495979

E.mail : chennaidignity@rediffmail.com

### **Dignity Foundation**

**Chennai Chapter:** New No.10, Old No.27, 45th Street,  
9th Avenue, Ashok Nagar, Chennai – 600 083.

Phone No.: 044-24717232 /24715586.

E.mail: dignityfoundation.chennai@gmail.com,

Website: www.dignityfoundation.com Helpline : 044-42133002.

**Mumbai H.O. :** BMC School Building, Topiwala Lane,  
Mumbai - 400 007. Phone No.: +91 22 61381100.

E.mail: responsedignity@gmail.com

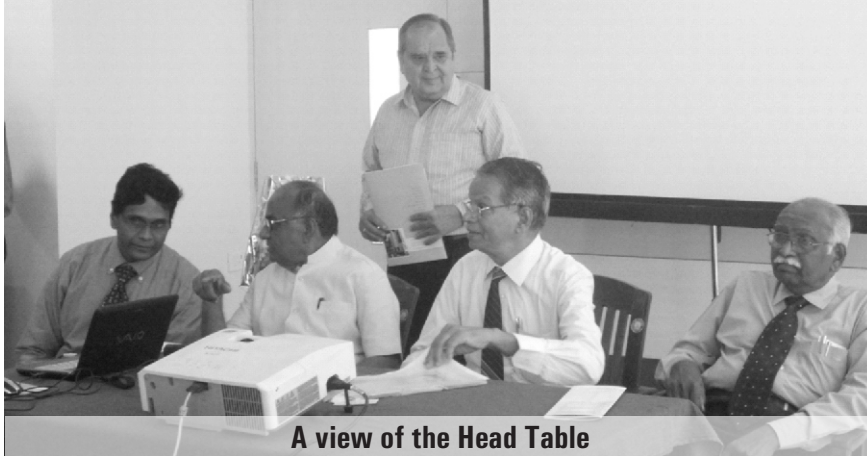
Website: dignity foundation.com

## **SECTION - 2**

### **Activities Report for the month of March 2012**

(Prakash H. Lulla, Director, Social Work/SCB)

#### **Health Care Camp on Management of Arthritis - 128th Programme**



**A view of the Head Table**

Saturday March 17 , 2012 at 10.30 a.m. 80 of our Members and others assembled together for a very interesting programme on Management of Arthritis at TOS Hospital, Kilpauk, Chennai.

Dr. Capt. M. Singaraja, SM, Chairman/SCB welcomed all present in his presidential address and appreciated TOS Hospital coming forward for this camp.

Padmashri awardee and Patron/SCB, Dr. V.S. Natarajan, in his inaugural address, stressed the need in reducing the pain & management of Arthritis and wished the Health Camp all success.

Dr. K. Annamalai, Retired Professor and Head of Dept. of Orthopaedics, General Hospital, Chennai, highlighted the quality of service available today.

Dr. V. Thirumal Selvam, MS(Ortho), MCh. and Consultant Surgeon, TOS Hospitals made a presentation to put at rest fears & myths of incurability of Arthritis. He explained symptoms of Arthritis and reasons for Arthritis being, normal ageing or family history or over use of joints or injury or over weight or muscular weakness or menopause. Arthritis can be easily managed in early stages by "Glucosumire" exercising, stretching and strengthening the joints or by aerobic and walking.

He highlighted the state of art & expertise available. The Latest



**A section of the audience**

Technique, machinery used and special imported THR Implants enabled the patient to walk with in 24 Hrs. of replacement and go home-in 5 days to a near normal activity. For Senior Citizens he offered free consultation, other lab tests at 50% cost and cost effective price at ₹ 1.30 lakhs as a full package of Tests / Surgery / Hospitalization for 5 days etc. Earlier the Hospital conducted free random blood sugar, bone densitometry tests and consultation how to manage Arthritis individually.

Dr. Adeline Dhivya Israel, Emergency Physician, GVK EMRI - 108 Emergency Medical Services / GOT, very effectively brought across the various services of "CALL Emergency 108", how at immediate notice, seniors could get Free Access to Medical Help and Transportation to nearest Hospital. This could be also for new Born Babies or Accidents, or Fire service and Police help. Each 108 Ambulance is specially equipped with life saving equipments. A trained Doctor can immediately handle any emergency or disaster. 18 of these special ambulances are here in city and 450 throughout Tamilnadu. These services are Free from Govt. of Tamilnadu and GVK-EMRI.

Mr. Prabhudoss .B, Regional Manager, GVK-EMRI presented the training facilities available at GVK-EMRI (Emergency Management and Research Institute), at Govt. Kasturibai Gandhi Hospital, Chennai. The network of Call 108 Emergency is operating in many states all over India, in collaboration with respective State Govt.

Though the certain came down, the event raised hope that we can manage our life styles in a safe, happy and healthy manner. Thiru R. Prasanna Venkatesh, ADM, Johnson & Johnson Medical, proposed a vote of thanks. Thiru Prakash H. Lulla, Director/SCB Social Work, was the master of the ceremony. ✓



## E.C. Meeting

E.C. Meeting for March 2012, was held at 1 pm on 17.03.12 at TOS Hospitals after the Health Camp. Chairman Dr. Capt. M. Singaraja presided over and welcomed all. The minutes of last meeting held on 21-02-2012 was read out by the treasurer Mrs. Nirmala and unanimously adopted. The points arising out of the minutes were discussed. After detailed interaction, it was decided unanimously:-

1) To request the accounts consultant to complete the process of Accounts for the ensuing AGM.

2) To contribute Rs. 5000/- towards the Chief Ministers special "Thane Relief Fund".

3) To contribute Rs. 1000/- to a poor old widow Mrs. Gnam, 92, Kamaraj Salai, Anakaputhur, Chennai - 70 spotted at GH for medical treatment by the chairman recently.

4) To commemorate the conferment of "Padmashri award" to Dr. V.S. Natarajan, World Health Day and 4th Anniversary of Geriatric House Call Project, on April 9, 2012 at MMC, Chennai - 3.

Then during the deliberation, the EC members present willingly accepted to share the work and responsibilities as a Team, to shoulder the Infrastructure shortage of the Association. The need for a paid staff continued to be elusive especially for correspondence, banking, secretarial work, sending receipts, maintaining files, records registers, arranging programmes, meeting VIPs, event management, getting sponsors, etc. Having an office to keep track of all records remains a challenge. The Chairman reviewed the past and forth coming activities of SCB sister SCFs and once again renewed his appeal to all members and readers to voluntarily take up active participation in day to day affairs of running this wonderful and event filled association as it progresses to its 129th programme. Brig. K Muthulakshmi proposed a vote of thanks. 9 Members and 3 invitees attended.



## News from Networking Associates

### 3rd U3A International Conference

IS U3A - Indian Society of University of 3rd Age, jointly with Central Chinmaya Vanaprastha Sanstham (CCVS) is organising Third U3A International Conference - 2012, on "Vasudhaiv Kutumbakam - One World, One Family through U3A & Holistic Living".

Date : October 12-14, 2012,

Venue : Chinmaya Vibhooti Post Kolwan, Pin : 412 408. 1 Hr drive from Pune by road (45 KM) 3 Hrs. drive from Mumbai on Mumbai - Pune High Way (145 KM).

For registration and other details, please log on to : (www.u3aindia internationalconference2012.org)

Note : Early bird fee till 30.04.12 for members is 1250/-. This will cover conference kit, boarding & lodging from lunch on 12.10.12 to lunch on 14.10.12.

### 17th Anniversary of Dignity Dialogue

Dignity foundation (DF), Chennai Chapter, celebrated 17th Anniversary of Magazine "Dignity Dialogue" on March 29, 2012 at Chinmaya Heritage Centre, Chepet, Chennai - 31. Swami Atmajnandaji Maharaj, Secretary, Sri Ramakrishna Mutt, Chennai was the key note speaker. 7 celebrities were honoured. Awards were presented to 12 elderly freelance writers including our "LinkAge" Editor cum Chairman / SCB Capt. Dr. M. Singaraja, SM, C.Eng.

### Awareness Programme

Senior Citizens' Welfare Association, Puducherry, organised a meeting on March 18, 2012 at Puducherry to create an awareness on Maintenance of Parents and Senior Citizens Act - 2009. Many officials from Govt. of Puducherry participants.

### Wheelchairs for rent

For the members of Dr. Muthulakshmi Reddy Women's Association, age is just a number. The more than 60-year-old 250-member association, with the eldest being 85, are keeping themselves busy with social work.

The association, a branch of Women's Indian Association (WIA), has been committed towards various causes for the past three years. One of the main activities of the association is to give away wheel-chairs and walkers for rent at a nominal fee.

Wheelchairs are given for a monthly rent of Rs.100 and walkers at Rs.50/-. A refundable deposit of Rs.4,000 is collected for wheelchairs and Rs.800 for walkers. "If the equipments are needed for more than three months, an extra charge of Rs. 50 is collected". To avail the service, contact Santha Venkataraman (T.Nagar) at 2814 2854 and Raja Meenakshi, 35, Majestic Garden, 48, Arcot Road, Saligramam, at 2376 0027.



## **MAIL BOX**

**K.P. Mahalingam**, LM-320, Chennai - 10 writes

### **Banyan Tree Library, Chennai**

May I introduce to your wide spectrum of members, a concept unique to Chennai. It is common knowledge that as the year go by, paramount is the need to maintain one's mind (brain) active at a high level of proficiency, if ailments such as memory loss, dementia, etc. are to be prevented. Professionally run, the advantages the manifold-free delivery and pickup of reading material from one's home, selection @ just a click of one's computer, no separate book reading charges, cost savings on endless trips to libraries, activity for the whole family to indulge in, no outright purchases involved with consequent storage to be provided in one's home and so on. Four categories of readership plans are available, viz., starter, avid reader, family pack and bulk readers. The total cost covers one-time registration fee, refundable deposit, and annual membership, which are quite reasonable. For instance, an "avid reader" can read upto 8 books per month for an annual fee of just Rs.400 (a little over a rupee a day) included in the total cost of Rs.1,049 at enrolment. Payment options are by credit/debit cards, cash or cheques.

Further details are available on [www.readersclub.co.in](http://www.readersclub.co.in). Mr. Sethuraman can be contacted on phone 6455551 or 9962100032 or on email at "customersupport@ readersclub.co.in" or at "sethuraman@ banyantreelibrary.org". He is prepared to visit one's home for further clarifications. His postal address is : Banyan Tree Library, Plot 5, Door 21, Rajarajan Street, Venkateswaranagar, Ambattur, Chennai - 600 053.

I have been a member of this club, and find it very useful and interesting. I have no hesitation in recommending it to all our members.

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**Mrs. Nirmala J. Fidelis**, B.Sc., B.Ed, Home for Senior Citizens, Shanmugapuram, Chennai - 99.

### **Health Tips**

I write the following health tips that will be useful to elderly persons. By the by I spoke to you over the phone to-day evening. Some of my letters have been published in the Hindu and some other magazines. Due to my prolonged ill-health I used to read health magazines like Herald of Health, Science Digest, Nature cure books and acquired knowledge. Also I came in contact with some specialists in various branches of medicine.

One cardiologist who practised in U.S.A. gave me the following fact about banana which I am sure most people do not know. This is the fact.

When you eat banana, be careful for "banana is gold in the morning, silver in the noon and lead in the night. Means it is not advisable to eat plaintain at night. Elderly persons have poor memory. To improve memory take a pinch of pepper powder with a little honey in the morning. As much as possible avoid white sugar for sugar is calcium stealer. Tamarind is iron stealer. When you are chronically sick and bedridden avoid lying on your back for long time. In this posture your spinal cord and kidneys get affected. When you are experiencing some pain somewhere in your body do deep breathing for sometime. This work wonders. You get relief from pain. (I write this from my own experience).

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**Mr. A Kanthimathinathan**, AM 507, Hosur writes  
Shanmugapuram, Chennai - 99.

பிப்ரவரி, 2012 மாத லினக் ஏஜ் இதழில் தாங்கள் தீட்டிய தலையங்கம் மூத்த குடிமக்களின் உரிமைகளையும் குறைகளையும் எடுத்து இயம்பும் கொட்டும் முரசாக அமைந்துள்ளது. மூத்த குடிமக்களின் சரிந்த தோள்கள் உயர்கின்றன. மூலையில் முடக்கி வைக்கப்பட்டிருக்கும் மூத்த குடிமக்களுக்கு கிடைக்க வேண்டிய சட்ட பூர்வமான சலுகைகள் கிடைக்கும் வண்ணம் அறை கூவல் விடுப்பது அருமையாக அமைந்துள்ளது.

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**Thiru G. Viswanathan**, B.Sc., M.F.M., M.B.I.M., L.I.M.A.,  
Chennai - 600 117. (LM)

### **Revere Mortgage**

My enquires with Central Bank of India reveals the following:

- 1) The eligible loan amount is deposited with an insurance company who provides a monthly annuity, which is TAXABLE and they levy a charge of 5 % on the monthly annuity amount as bank charges.
- 2) The bank also provides an option for a monthly installment as loan which is not taxable. However, the bank mostly prefers the annuity route.
- 3) The bank charges
  - a. Processing fee of 1% of the loan amount
  - b. Registration fee for equitable mortgage - Z 30,000/- in Tamil Nadu
  - c. Valuation/legal fees - Not known
  - d. There is a provision for a reset every five years, charges for which are not known
  - e. Interest as high as 14% is charged on a daily compounded basis
- 4) In my case, on the estimated value of my property at go lakhs I was told I can get a loan of 54 lakhs but I will have to repay 3,03,60,000 at the end of 15

years!!! This scheme has been lifted from western countries where the interest rates are very low. **The scheme can be worthwhile only when low rates of interest of about 5% is charged on SIMPLE basis, may be the government can consider a suitable interest subsidy scheme.**

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**Thiru E. Nagaraja Sarma**, Chennai - 101 LM-518, Ph : 94444 60365

**Health Insurance**

At the outset, I (WHO WILL NOT) admire your efforts in conducting meetings so smoothly & peacefully. Of course, you are continuously endeavouring such shows in all meetings in the past / present also. You invite many High Top Ranking dignitaries for creating full awareness of topics in different-fields of Paramount importance. You exhibit lot of patience too even at this age. I want this image to continue for ever. Though I am 69 years old (much younger than you) I take courage to present some of my experiences for the benefit of our own members.

The "SO CALLED" "List of cashless "Hospitals" runs to more than 100 Numbers. But what is their use? Luring, Room Rent upto 1% of sum assured, surgeon etc — overall 25% of sum assured are not FULLY APPLICABLE under already printed illness & with Max.package Rates under Sr.Citizens Policy. For Ex: Recently in Jan 2010, I was suffering from "PILES". I went to one of the cashless Hospital in the List. They calculated total expenses as Rs.35,000/-. But they said that the Insurance Company will pay Rs.8000 (-) 10% co payment i.e = Rs.7200/- only. Therefore I have to foot the difference bill payment i.e (Rs.35,000 (-) Rs.7200/- = 27,800/- . I could not afford to pay such huge amount. So I narrated this incident to my neighbours, who in turn suggested a good reliable, Doctor doing surgery for Rs.13,000/- to help Society. I have undergone the surgery and submitted the bill. Insurance Company paid Rs.7200/- only as mentioned above. I cannot approach "CONSUMER COURT" also Since the Insurance company already mentioned as Rs.7,200/- for Piles Surgery.

Last but not the least, I want to bring some good benefit to B.E., (ECTV Branch) students in the 6th Semester, owing to my technical experiences in AIR field. In 6th semester, they have network theory, transmission lines, Smith Chart etc, which is a bit difficult, as pointed out by many students, in general. As a result, they score less marks in that particular subject, which leads to drop in "OVERALL GRADE". Therefore our members can tell their grand children to contact me on Cell No:9445673622. Please note that it is a FREE SERVICE TO THE SOCEITY.

A word of Benevolent reply (even on Post Card), if possible will shower great SOLACE to my mind. ❖

**Congrats**



The TN Dr. MGR Medical University, Chennai, bestowed, "Best Dentist Award" to Dr. V.B. Krishna Kumar Raja, MDS, S/o. our active EC member Er. V. S. Balakrishna Raja, (LM 567) and Son-in-law of our enthusiastic life

member Er. L. Venkataraman (LM 724), in recognition of his exemplary contribution to the cause of Dental Education and Medicare Services on March 6, 2012, through the hands of His Excellency Governor of Tamilnadu, Dr. K. Rosaiah, at Rajbhavan, Chennai. ❖

**Kind Attention**

Annual Subscription to the Bureau and Link Age is due by April. Such annual members are requested to become Life Members or renew their membership immediately. **Defaulters will not get Link Age.** The rates of subscription are as follows.

Membership Subscription	Age		
	<69	70 > 79	>80
LA/AM	150	150	150
LA/LM	700	500	300
SCB/AM	300	200	100
SCB/LM	1500	1000	500
Donor Member	3000	3000	3000
Patron Member	5000	5000	5000

Admission Fee for all is Rs.50.00

Payment may be made by DD (out station) or by Cheque (Local) favouring "Senior Citizens Bureau", to Registered Office : 90, Rama Street, Nungambakkam, Chennai - 600 034. ❖

## Members - Additions / Changes

### Additions

- 1) LM 782 Ph : 9940294094 DOB : 4.6.1944  
**Mr. J.R. Bashyam**, (SGM, Nabard (Retd.)  
26/16, Sai Nagar, Cross Street, Chennai - 600 082.
- 2) LM 783 Ph : 9791100225 DOB : 5.7.1939  
**Mr. V. Shanmugam** (Ex-Serviceman),  
Block No.11, Plot No.68 (11/68), Mogappair East, Chennai - 600 037.
- 3) LM 784 Ph : 26266307 DOB : 19.7.31  
**Tmt. M. Janakam**, Home Making,  
C/o. K. Manivannan, Ram Niwas, Q 53, Anna Nagar, Chennai - 600 040.
- 4) LM 785 Ph : 26211542, 94442 99717 DOB : 15.7.40  
**Mr. V. Gnanasambandam**,  
DGM (Eng.), Best Crompton (Retd.)  
AK 12, New No.72, 5th Street, 11th Main Road,  
A.K. Block, Anna Nagar, Chennai - 600 040.
- 5) LM 786 Ph : 26262006 DOB : 9.6.30  
**Tmt. Jean Canthasamy**, Home Making,  
C/o. Mr. V. Prakash,  
F.66, 4th Street, Anna Nagar East, Chennai - 600 102.
- 6) LM 787 Ph : 28414233, 99412 29115 DOB : 8.6.40  
**Mr. K. Pandurangam**, DCTO (Retd.)  
19/82, Kanchipuram Pachiappan Street, Pudupettai, Chennai - 600 002.
- 7) LM 788 Ph : 28363178 DOB : 2.12.46  
**Cdr. M.D. Menon**, (Retd.)  
2A, Maruthi Apartments, 13th Avenue, Harrington Road, Chennai - 600 031.
- 8) JSA 789 Ph : 98845 19545 DOB : 3.7.48  
**Mrs. Nirmala Fidelis**  
Home for Senior Citizens, Shanmugapuram,  
Soorapattu, Kolathur Post, Chennai - 600 099.
- 9) HM 790 Ph : DOB :  
**Mr. T.V. Ramamurthy**  
Editor-in-Chief, "Senior Citizens"  
9, Fund Office Agrakaram, M. Chavady, Thanjavur - 613 001.
- 10) LM 791 Ph : 94444 28514 DOB : 13.12.36  
**Mr. A. Ramakrishnan**  
7, Thiruvalluvar Street Extn, Near Ganapathy Colony,  
East Tambaram, Chennai - 600 059.

### Changes

- 1) LM 665  
**Mr. K.S. Shanmugam**,  
G3, Deva Shree Flats, 5 VGP Avenue,  
Seethapathy Nagar, Velacherry,  
Chennai - 600 042.

## Birthdays 1st October - 31st October

Wishing you a Cheerful, Peaceful and Long Life

Sl. No.	D.O.B	Memb No.	Name
1.	01-04-1936	LM 313	Thiru S. Sarveswara Rau
2.	01-04-1941	LM 730	Thiru V.R. Govindarajan
3.	04-04-1945	LM 688	Thiru Joshwa J. Singh
4.	05-04-1923	LM 558	Dr. M. Sarada Menon
5.	05-04-1926	LM 606	Thiru S.R. Raja Rajeswaran
6.	06-04-1936	LM 157	Thiru A.G. Manuel
7.	06-04-1922	LM 056	Thiru K. Ramanathan
8.	07-04-1939	LM 186	Thiru K.S. Jagadeesan
9.	10-04-1932	LM 026	Thiru R. Manickam
10.	10-04-1929	LM 511	Thiru P.T. Vasudevan
11.	11-04-1928	DM 014	Thiru S.P. Ambrose
12.	15-04-1937	AM 544	Thiru V. Ramachandran
13.	15-04-1934	AM 190	Thiru L. Kalyanasundaram
14.	15-04-1942	LM 019	Tmt. Kousalya Sarathi
15.	15-04-1944	LM 420	Thiru N. Krishnamurthy
16.	16-04-1938	LM 088	Thiru P.V.R. Raja
17.	16-04-1937	AM 509	Thiru G.V.L. Narayanan
18.	17-04-1947	LM 027	Thiru C. Panneer Selvam
19.	17-04-1934	LM 231	Tmt. Savithri Krishnaswamy
20.	17-04-1922	LM 123	Thiru G. Sundara Rajan
21.	19-04-1939	AM 306	Thiru V. Ramakrishnan
22.	19-04-1939	LM 160	Thiru M. Mahadevan
23.	19-04-1938	LM 729	Thiru M. Marimuthu
24.	27-04-1926	LM 616	Tmt. V. Chellam
25.	27-04-1914	LM 111	Thiru C. Balasubramanian
26.	29-04-1935	LM 115	Thiru K.R. Narayanan

### National / International Days in April

01	All Fools Day	(I)
05	National Maritime Day	(N)
07	World Health Day	(I)
08	Safe Motherhood Day	(N)
11	National Safe Mother Day	(I)
17	Parkinson's Day	(N)
18	World Heritage Day	(I)
21	Civil Services Day	(N)
22	Earth Day	(I)
23	Book & Copyright Day	(I)

Note : N = National I = International



### ***Welcome to Our Family Fold***

#### **I NEW MEMBERS**

1.	Thiru V. Gnanasambandam	LM	785
2.	Tmt. Jean Canthaswamy	LM	786
3.	Thiru K. Pandurangan	LM	787
4.	CDR M.D. Menon	LM	788
5.	Tmt. Nirmala Fidelis	JSA	789
6.	Thiru V. Ramamurthy	HM	790
7.	Thiru A. Ramakrishnan	LM	791

#### **II RENEWAL**

1.	Thiru M. Chidambaram	AM	577
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#### **III CONVERSION - from AM to LM**

1.	Thiru C.P. Shanmugasundaram	LM	434
2.	Mr. N. Ramalingam	LM	412
3.	Er. L. Venkataraman	LM	724

### ***Acknowledgment***

*Thanks a lot & God Bless You*

#### **I. SUNSHINE FUND**

1.	Thiru Arumugham .M	LM 607	₹	500/-
2.	Thiru AR. Gururaja Rao	LM 127	₹	1000/-
3.	Thiru A.R. Janardhanam	LM 117	₹	200/-

#### **II. DONATION**

1.	Tmt. Janakam	LM 784	₹	50/-
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Note : AM/LM = Annual / Life Member - JSL = Journal Subscriber Life  
PM/DM/HM = Patron/Donor/Honorary Member

### **APPEAL**

Please donate liberally to Sunshine fund and general fund on important occasions of your family and the bureau. Our subscription rates are very low. We need your financial support encouragement and active participation.