



Committed to serve

Link Age

(R.O.) New No.90, Rama Naicken Street, Nungambakkam, Chennai 600 034.

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

Bestow
unconditional love

VOLUME : 09

OCTOBER : 2012

ISSUE : 4

Link Age presents

“AGE DEMANDS ACTION”

***A Commemorative publication in observance of
WORLD ELDERS DAY 2012***

Grandpa family celebrates his 105th Birthday



50 வாரிசுகளுடன் 105ஆவது பிறந்த நாளை கொண்டாடிய தாத்தா

நாகர்கோவில் வடிசேரி காந்தி பார்க் பகுதியை சேர்ந்தவர் ராமன் ஆசாரி. இவருக்கு 105 வயது ஆனது. கடந்த 20 ஆண்டுகளுக்கு முன்பு வரை மரவேலை செய்து வந்தார். இவரது மனைவி வள்ளியம்மாள். இவருக்கு 89 வயது. இந்த தம்பதியினருக்கு 5 மகன்கள், 3 மகள்கள் உள்ளனர். அவர்களுக்கு திருமணமாகி குழந்தைகள் என குடும்ப உறுப்பினர்கள் 50க்கும் மேற்பட்டவர்கள் உள்ளனர். 07.09.2012 ராமன் ஆசாரி தனது 105வது பிறந்த நாளை அவரது வீட்டில் கேக் வெட்டி கோலாகலமாக கொண்டாடினார். ராமன் ஆசாரி-வள்ளியம்மாள் தம்பதியின் காலில் விழுந்து உறவினர்கள் அனைவரும் ஆசி பெற்றனர்.

ராமன் ஆச்சாரியின் மகன் கூறுகையில், ‘எனது தந்தைக்கு மிகவும் உறுதுணையாக இருந்து அவரை கவனித்து வருவது தாய் வள்ளியம்மாள். தந்தைக்கு காய்ச்சல், தலைவலி என எதற்கும் மருத்துவமனைக்கே சென்றதில்லை. மூலிகை மருந்துகள் தான் உட்கொள்வார். அதுதான் அவரை நீண்ட நாள் வாழ வைக்கிறது’ என்றார்.

❖
நன்றி : தினகரன்

Invitation



SENIOR CITIZENS BUREAU

[R.O.] 90, Rama Street, Nungambakkam, Chennai - 34.
Ph : (044) 2823 1388 E-mail : m.s.raja@sify.com



133rd Programme

Senior Citizens Bureau
cordially invites you to the Celebration of

WORLD ELDERS DAY - 2012

(Part of SCB's Elders Welfare Project)

Date & Time : **September 29, 2012, Saturday, 09.30 Hrs.**

Venue : **Saraswat Association,**
89/28, Ormes Road, Kilpauk, Chennai - 10
(Ph : (044) 2641 2036. Opp : Bains School and
near ICICI Bank)

Chief Guest :

Hon'ble Justice Tmt. K.B.K. Vasuki
(Judge, High Court of Madras, Chennai)

Guests of Honour :

36 Senior Citizens of age 85(+)
who have sighted 1000(+) moons

Recipient of SCB Award of Excellence :

Padmabushan Dr. M. Sarada Menon, MD, DPM
(Founder, SCARF India, Chennai)

Presided over by :

Capt. Dr. M. Singaraja, SM, C.Eng,
(Chairman, Senior Citizens Bureau)

Special Address by :

Padmasri Dr. V.S. Natarajan, MD, FRCP, DSc. (Hon.),
(Senior Geriatrician & Patron, SCB)

Felicitations by : **Dignatories**

Pledge and Cultural :

**NSS Students of Ethiraj College & other city
Colleges**

All are welcome.

Brig. K. Muthulaxmi
Secretary General

WORLD ELDERS DAY - 2012 - AGENDA

9.30 a.m. : Interactive Games, Quiz, etc.

10.00 a.m.: Invocation

to Honouring 35 Senior Citizens of age 85(+)

10.15 a.m. Pledge against Elder Abuse by the
Students of Ethiraj College

10.15 a.m.: Honouring the Chief Guest
and other dignitaries

to : Welcome address and about the theme by
10.45 a.m. Capt. Dr. M. Singaraja, SM,

: Presentation of SCB Award of Excellence to
Padmabushan Dr. M. Sarada Menon

Acceptance speech by Awardee

10.45 a.m.: Address by the Chief Guest
Hon. Justice Tmt. K.B.K. Vasuki

11.05 a.m.: Address by
Padmashri Dr. V.S. Natarajan, MD, FRCP, DSc.(Hon.)

Mr. R. Venkatesan, IA & AS

Mr. T.V. Hariharan / Mr. T.C. Dayalan, CDisSA

NSS Project Officer / Ethiraj

11.30 a.m.: Cultural Programme by members of
SCB and NSS Students
(Skit, Street Play, Lively Debate, Song,
Dance, etc.)

Prize distribution to the students

12.30 a.m.: Vote of Thanks : Brig. K. Muthulaxmi,
Secretary General

National Anthem

MC : Mr. Prakash H. Lulla, Vice-Chairman SCB & NSS Project Officer /Ethiraj College

Tea and Pack Lunch will be served

Admission is Free • All are Welcome • Happy to be together

அனைவருக்கும்
உலக முதியோர் தினம் முல்லைத்தூத்துக்கோட்டை
Warm greetings and best wishes to all
on the occasion of World Elders Day

Message from the Guest of Honour

I am indeed most happy to send my message to all my friends - young and old, on this memorable occasion recognising the importance of Senior Citizens - support, encouragement, filling in the gaps in their lives - utilisation of whatever services of whatever services they can offer, meeting their need and helping them to cope.



Several organisations are on the go to satisfy all the above requirements, but I feel, (being a consumer, service provider and caregiver all rolled into one) our efforts must now go back to the earlier part of life of individuals. Nothing happens overnight. All that we wish for senior citizen must be inculcated into their lives not when they become "Senior" but when they are "Junior". Early upbringing - the responsibility of parents, value based education, healthy life style practices, Yoga and Religion the burden of Teachers & Parents - must be emphasised.

The working individual young and old needs to continue healthy life styles, expand interests, develop hobbies, involve in social activities, undertake social responsibilities and gradually prepare for old age - catch up with time and learn to use it to advantage. Plan post retirement life - regular physical exercise, check-up with family physician as necessary, join clubs and social service organisations, and like the boy scout, do some good deed everyday - and if you are bored there is always Sudoku !.

Padmabhushan Dr. M. SARADA MENON, MD, DPM.
Founder : SCARD India, Chennai

Message from the Chairman Emeritus

My dear Readers, Elders and the Young,

World Elders Day, as enunciated by the United Nations is celebrated by the Senior Citizens Bureau with great enthusiasm each year. Their primary aim is to render Aid, Advice, Guidance and support to The Elderly in need. Besides, the Bureau conducts a variety of programmes like Monthly Health Camp, Interaction with Doctors of Specialities, Lecture, Discussion and other essential civic needs. More importantly the Bureau can be proud of the creation of Geriatrics Clinic, the first of its kind in Chennai and indeed all over India, the Memory Clinic, House call attendance by Doctors - also the first in Chennai. All this is a boon and the most welcome facility to The Elders,



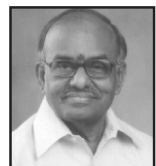
I am most appreciative of the growth of the Senior Citizens Bureau rendering useful service to mankind in general. The Immediate Chairman Dr. V.S. Natarajan, the Geriatric Specialist of international fame, the dynamic Chairman Capt. Dr. M. Singaraja and the persevering hardworking team need hearty congratulations for their vision and success of all programmes. May God Bless them!

I Wish the Senior Citizens Bureau the very best for all times to come.

Aban Naidu
Maj Gen
(Maj. Gen. ABAN NAIDU), PVS, AVSM, M-in-D.

Message from the Senior Geriatrician and Patron

1st October of every year is a solemn occasion for the elderly since this day is being observed as "The International Day for the Older Persons (World Elders Day)" as per the mandate of the U.N. Organisation. Senior Citizens Bureau has been celebrating this day since it's inception in a fitting manner to



- 1. Honor senior citizens who have excelled in their field of activity*
- 2. Bring out special publications to educate all sections of society on problems. Affecting senior citizens, with suggestion on ways and means to tackle them*
- 3. Offer guidance to elders on leading a healthy, stress free life*

It will be no exception this year, I'm sure, as Senior Citizens Bureau is marching ahead in fulfilling its envisaged mission and vision under the able stewardship of its present Chairman Capt Dr. M. Singaraja.

I wish all success to Senior Citizen Bureau in its efforts to celebrate World Elders Day 2012 in all its grandeur, to ensure the Bureau's unfailing service for the welfare of the elderly.

V.S. Natarajan
Dr. V.S. NATARAJAN,
MD, FRCP(Edin), D.Sc.(Hon)

Message from the Patron Member

It gives me great pleasure to greet the Senior Citizens Bureau on the occasion of the World Elders Day, which it has been celebrating with unfailing regularity and in a most fitting manner ever since its inception. The World Elders Day is a very special day for older citizens the world over, and was chosen by the United Nations Organisation more than two decades ago in recognition of the increasing proportion of the elderly segment in the population of most societies. While the UN has been regularly addressing itself to the problems of the Elderly and giving policy guidelines for Member-Nations to adopt, the follow-on of those guidelines by individual countries including India has been tardy. It is in this context that the celebration of the World Elders Day has to be viewed, and various organisations representing the interests of the Elders should examine in what ways they can not only themselves further the cause of senior citizens but also assist governments and civic authorities with suggestions and feedback. I am glad to note that the Senior Citizens Bureau under its dynamic Chairman Capt. Dr. M. Singaraja and his team has been fulfilling this role well, and wish it many more years of useful service to the Elders of our Society.



R. VENKATESAN, IA & AS
Secretary, Cabinet Secretariat, New Delhi (R)

Message from the Chairman cum Editor

It is gratifying that the Principal, NSS Staff members and Students of Ethiraj College are joining us to promote inter generation bonding by observing World Elders Day. The movement of Senior Citizens is gaining momentum and the awareness about the impact of Elder issues is making in-roads steadily.



The spheres of Productive ageing are numerous, right from smart attire, keeping physically & mentally fit, fellowship with family members and societal groups, self engagements to help others and learning & disseminating. The peace and happiness is derived from our adaptability to changes and in keeping pace with the youth. The catalytic role of all four estates is very important to establish dignity and usefulness of the elderly, in the family and in the society as well.

I am proud and happy that Senior Citizens Bureau and "LinkAge" are always in the fore front in the activities of social responsibility. I am very thankful to our leading light Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D to our Seniors and to our members for their involvement and co-operation.

With regards & best wishes.

(Dr. Capt. M. SINGARAJA, SM, C.Eng.)



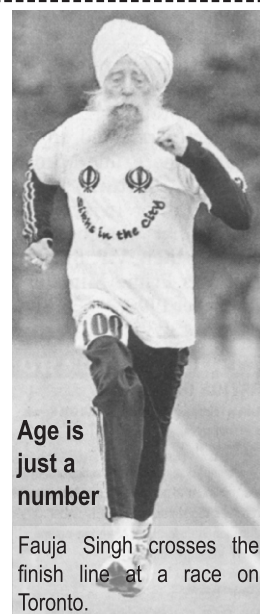
Tearing up Families : A Bodo girl consoles her grandmother at a relief camp in Korajhar district on July 27.

FREE PILGRIMAGE FOR SENIOR CITIZENS IN MP

Bhopal : Senior Citizens in Madhya Pradesh can now go on a pilgrimage within the country and send the bill to the state government. Announcing yet another largesse, the BJP government on Wednesday launched 'Mukhyamantri Teerth-Darshan Yojana' for the benefit of those aged 65 and above. The beneficiaries will be allowed to take one attendant with them under the novel scheme whose nodal agency will be the department of religious trusts. Badrinath, Kedarnath, Puri, Dwarka, Amaranath, Vaishnodevi, Kashi, Tirupathi, Shirdi, Gaya, Rameshwaram, Ajmer Sharif Amritsar and Sammed Shikhar (near Prasanth, Jharkhand) have been identified as the major pilgrim centers.

Chief Minister Shivraj Singh Chouhan made this announcement while addressing a gathering of senior citizens at his official residence. A Commission for Senior Citizens, construction of old age homes in every district, day care centers for the old in every city and celebration of senior citizens, day were among the other measures announced by the Chief Minister.

(Courtesy : Indian Express)



Age is just a number

Fauja Singh crosses the finish line at a race on Toronto.

***Felicitatation speech by
Thiru R. VENKATESAN, IA & AS (Retd.)***

Respected Chairman Emeritus, Padmasri Dr V.S.NATARAJAN, Chief Guest Mr. P.R. Anbazhagan, Director, Helpage India, Chairman of the Sr. Citizens Bureau Capt. Dr. Singaraja, distinguished invitees, Office-bearers and Members of the Bureau.

It gives me great pleasure to offer my felicitations to the Senior Citizens Bureau and its Members and Office-bearers and well-wishers on the 17th Annual Day of the Bureau and the 9th year of publication of its Publication, Link Age.

While doing so, my mind goes back to the days when the Bureau came into existence seventeen years ago, as the Citizens Advice Bureau, an event in which I was actively involved. As most of you may not be familiar with that period, I shall briefly narrate how the Bureau came to be formed.

The Bureau started its existence as part of the Probus Club of Madras, an institution comprising retired Professionals and Businessmen, that had been sponsored by the Rotary Club of Madras. When I was the President of the Probus Club in 1995-1996, Maj.Gen Aban Naidu, PVSM, AVSM (Retd) delivered a thought-provoking Speech as the Chief Guest during the celebration of the World Elders Day on 1st October, 1995. In his speech he called upon the members of the Probus Club to make use of their rich experience and expertise in various fields and professions to give something back to society in a spirit of self-less service.

Following up his suggestion, elder citizens belonging to the Probus Clubs in Madras and the West Madras Senior Citizens Association met in December 1995 and decided to set up a Citizens` Advice Bureau, to function under the Probus Club of Madras. Maj.Gen. Aban Naidu himself graciously agreed to be the Founder Chairman of the Bureau, and ably organized the Bureau, garnering resources for it, giving publicity to its activities and making it grow. Dr Capt Singaraja, our present Chairman, functioned as its moving spirit through the early years.

The Bureau was organized into six panels of Advisers, mostly Members of the founding institutions I have mentioned, to deal with queries and requests in different areas such as Health and Medicare, Civic Needs, Legal, Educational, Finance and Banking, and Personal Administration. Over the next few years, the Bureau received a large number of requests, which

were ably handled by the Panel Advisers. As one of the Panel Advisers dealing with requests relating to Pensions, I have myself handled a few hundred requests for advice and assistance.

In the year 2002, it was decided to spin off the Citizens Advice Bureau into a separate institution, rechristened as the Senior Citizens Bureau, having as its Chairman Dr V.S.Natarajan, M.D. F.R.C.P. Under his able guidance, the Bureau has addressed itself primarily to some of the most pressing and vitally important problems facing senior citizens, namely, problems relating to health, both mental and physical, and elder care and elder abuse, among others. The Bureau has grown in strength and is playing an extremely useful role in promoting the welfare of senior citizens in Chennai. A significant contributor to this has been the monthly publication of the Bureau, Link Age, which was started nine years ago under the inspiration of Capt. Dr. Singaraja, and has been brought out with unfailing regularity thanks to his dedication.

At this juncture, we would do well to remind ourselves of a most important part of the Mission of our Bureau, namely,

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

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

These were the objectives of the Citizens Advice Bureau, as I have explained, and should always be kept in view by the Senior Citizens Bureau.

Our Bureau has come a long way from the days of the Citizens Advice Bureau. It has been fortunate so far in having the dedicated participation of a number of eminent persons, some of whose names I have mentioned. However, as they are advancing in years, there is a need for younger Members to come forward to take a more leading part in the activities of the Bureau and gradually take over from the present leadership positions. With this word of advice, I once again felicitate the Senior Citizens Bureau and Link Age and the moving spirits, contributors and participants behind them and wish them all success in their efforts to serve the causes of senior citizens. ❖

STROKE**Padmashri Dr. V.S. NATARAJAN**

Senior Geriatrician & Patron, SCB, Chennai.

While Indians have become much more aware of cardiac disorders in the recent past, their knowledge about strokes is still rudimentary. Without proper precautions, strokes can be fatal, too. A stroke, or 'cerebro-vascular accident', occurs when blood vessels supplying the brain are blocked. This interrupts blood flow to brain cells, leading to the death of these cells. The blockage could be due to a clot – an ischaemic stroke, or the rupture of a blood vessel – a hemorrhagic stroke. Depending on the area of the brain involved and the extent of damage, specific body functions, such as speech, movement, or memory may be affected. A stroke is a life-threatening event and requires emergency medical treatment. The quicker you get medical attention, the higher your chances of surviving or limiting physical damage. The first step towards seeking medical help is knowing that you have had a stroke.

Symptoms

General symptoms of a stroke include sudden onset of:

- Numbness, weakness or paralysis of the face, arm or leg, especially on one side of the body.
- Trouble in seeing one or both eyes, such as blurring, double vision or loss of vision.
- Confusion, trouble in speaking or understanding.
- Trouble in walking, dizziness, loss of balance or co-ordination.
- Severe headache with no known cause.

The symptoms of a stroke can progress gradually over hours or even days. But a sudden clot or bleeding causes some strokes, and can occur within seconds.

Ministroke

In some cases, you get an early warning signal, called a transient ischaemic attack, a TIA, or a ministroke. Its symptoms are similar to a stroke but temporary, lasting just a few minutes. About one third of those hit by a mini-stroke are likely to suffer a stroke with a few months. It is easier to watch out for a stroke if you know who is at risk.

Risk Factors

- Age: The risk doubles with every decade for people over 55.
- Sex: Men have a 30 percent higher risk until the age of 55. After that, men and women are equally at risk.
- Family history: The risk is far higher if a parent or a sibling has had a stroke.
- Prior history: Suffering either a ministroke or a stroke multiplies your risk.

There are also some health conditions that leave you vulnerable to a stroke:

- High blood pressure.
- Diabetes.
- Coronary artery disease.

Some risk factors are manageable, so controlling these will greatly minimize the chances of a stroke:

- Smoking, including passive smoking.
- Heavy drinking
- High cholesterol
- Obesity
- Physical inactivity.

INVESTIGATIONS

Routine investigations like complete haemogram, blood sugar, urea, creatinine, uric acid and lipid profile are necessary. MRI brain is mandatory which will help to decide whether stroke is ischaemic or haemorrhagic.

MANAGEMENT

As doctors stress repeatedly, the key factors in limiting damage from a stroke are awareness and speed. Don't ignore any warning signals, even if they later turn out to be false alarms. Even if you suspect a stroke, it's no time to wait and watch. "People run to the hospital if they have pain anywhere in the chest. But they hardly ever visit their neurologist if they have transient symptoms such as a general weakness in one half of the body or sensations of tingling or numbness, a temporary loss of speech or blurring of vision. These symptoms are modifiable, they are treatable. If you notice them do go immediately to a doctor", says a Neurologist. The treatment for strokes has advanced hugely. The critical time is the hour or two immediately after the stroke. If treated properly during this period, mortality and disability rates can fall by as much as 20 per cent. Abandon a negative outlook towards treating strokes. Do not treat strokes with massages and oils. Strokes are preventable, they are treatable – modern medicine has excellent methods of treatment for all types of strokes. The first step in diagnosing and identifying the nature of a stroke is usually a CAT scan. This instantly identifies a haemorrhagic stroke. To detect ischaemic strokes, procedures like Magnetic Resonance Imaging (MRI), Magnetic Resonance Angiography (MRA) or Doppler scanning may be ordered.

Treatment would typically begin with anti-coagulants and thrombolysis, (medication to dissolve clots) for ischaemic strokes. In haemorrhagic strokes, medication is given to control blood pressure and manage body temperature. Surgical measures such as angioplasty may be required for severe cases. Long-term treatment involves secondary prevention, and rehabilitation, including occupational, speech therapy and physical therapy. "Will power is very important for recovery from the stroke". Roughly three fourths of all strokes are ischaemic in nature. Doctors have found that, while the mortality rate is higher in haemorrhagic strokes, disability rates are higher for ischaemic strokes. Either way, prevention is critical.

Prevention

- Have regular medical checkups. Work with your doctor to control conditions such as high blood pressure; high cholesterol; heart disease; diabetes and obesity.
- If you smoke, quit. Daily smoking multiplies the risk of a stroke.
- Exercise regularly. A sedentary lifestyle is a standing invitation to a stroke.
- Take steps to reduce stress.
- Eat a well-balanced diet low in cholesterol, saturated fats and salt. Eat more fruit and vegetable to increase your intake of potassium and vitamins. Add whole grain to your diet.
- Cut down on your peps. Low to moderate alcohol consumption.

Remember! Stroke is a preventable disease!



Elder Abuse Awareness (EA²) - Ending Elder Abuse (E²A)

(Dr. Capt. M. SINGARAJA, SM, C.Eng.)

INTRODUCTION : To popularise EA² (or) E²A - It warrants attention of all to eradicate Elder Abuse (EA).

HISTORY : Madrid 2002 UN International Plan of Action declares

- EA as HR violation.

- Detailed study by International Network for Prevention of Elder Abuse (INPEA of IAG), WHO, InFA from 2002.

- Initiated observance of WEAA Day, every year 15 June from 2006, partnering globally with UN, InFA, HAI, AARP.

MESSAGE / SLOGAN

- "My world Your World Our World Free of Elder Abuse".

- "Elder Infirmary is a Law of Nature. Elder Abuse is against Nature".

WHAT IS ELDER ABUSE ?

- Any act or lack of action causing harm or distress to an Older Person (OP)

- Intentional (Active) or Unintentional (Passive) neglect of OP causing harm or distress affecting his health or safety

- Mere look or thought of disrespect or dishonour to OP

WHAT ARE THE FORMS OF EA ?

Physical - Emotional - Psychological - Sexual - Financial - Maltreatment - Self Neglect

WHERE DOES IT OCCUR ?

- Domestic Elder Abuse @ our Homes

- Institutional Elder Abuse @ Nursing Homes, OAH Prisons etc.

HOW DO YOU ENDORSE (OR) SHOW SOLIDARITY ?

Show the world you care about Ending Elder Abuse (E²A), by wearing something purple on WEAA Day every June 15.

CONCLUSION

Pledge by everyone

"I hereby solemnly pledge that I will not be a party to any type of Elder Abuse, such as oral, physical, financial etc. against their needs of any form as Biological, Emotional, Safety, Love, Belongingness, Esteem, Self fulfillment. Further I pledge that I will undertake all the steps to detect, intervene, prevent and stop elder abuse, through my own efforts and if necessary through Govt. and non-Govt. organisation in an effective manner".

Video Clipping :

This is a 4 minute Video Clipping shown during observance of World Elder Abuse Awareness Day - 2009, jointly organized by Senior Citizens Bureau, Chennai and Social Work Dept. of Stella Maris College (Autonomous), Chennai. ❖

Changing Perspectives towards Joint Family Concept

When I was studying pre university course in St. Joseph's College, Tiruchi, my English teacher was Prof. Thomas Srinivasan, who was also member of Rajya Sabha for a term. In one of his lectures, he observed, "joint family system is the glory and ruin of India".

As a student, I did not understand the significance of his observation but somehow the statement has been remaining fresh in my mind for over fifty years. Certainly, for around fifty years, I have been repeatedly wondering about the observation of the learned Professor and even now I am not very clear in my mind as to whether the joint family system is a glory of India or its ruin.

However, I am sure that this concept is unique to Indian way of life and thinking. Traditionally, joint family system cover three generations with grand father and grand children living under the same roof and sharing their pleasure and sorrow together, with the wisdom of the elderly persons being gainfully passed on to the younger generations.

However, it has always not been a smooth affair with

bickerings between the cousins, nieces and in laws not being uncommon but all of them were still compelled to live together as an economic and social entity. The system, still by and large ran smoothly with the eldest of the family member often exercising his authority and enforcing sort of discipline amongst the family members. Even today, when such joint family way of life has largely become a thing of the past, there seem to be many advocates who think that the cost benefit analysis would ultimately favour the joint family system.

One reason why the joint family system has gone extinct may be due to the educational opportunities opening for women, who increasingly assert themselves and want to be part of an independent family and not being under the control of elder generation and in the process becoming a non entity in the huge family crowd. This need not mean that educated women lack regard for elders but on the other hand, it can be viewed as a positive trend of independent thinking and desire to experiment with their own ideas and objectives in life.

The time seems to be taking a full cycle now with the modern day of life, compelling both husband and wife to take up jobs and making particularly the working women to think that there could be positive aspects about the joint family system. With both husband and wife now taking up jobs in many families both in the lower and middle income group, attending to the children and bringing them up in a healthy way has become a challenge. The working couple think that the presence of the elderly family members would be of great help to them in meeting their requirement of keeping the job and bringing up the family.

While the younger people seem to be veering favourably to the idea of having the elders with them in the family due to job compulsions, what is curious is that many elderly people also want independence and desire to live

at safe and respectable distance from their children. If the sons and daughters think that the parents should live with them and look after their children, the elders seem to think that the grand parents should not be reduced to the level of glorified servants.

Now, this is the case of conflict of interests between the young and the old, brought about by changes in the socio economic developments. This is reflected by the fact that there are increasing number of old age homes springing up which cater to the need of the affordable elderly people, who want to live independently and safely in their ripe age.

In the earlier days, such old age homes were largely set up to meet the needs of the poor people and largely as charitable organizations. It is no more so. ❖

Courtesy : Nandini Voice - N.S. Venkataraman

Government of Tamil Nadu Finance (Pension) Department

G.O. No.184, Dated 1st June 2012

PENSION - Tamil Nadu Government Pensioners' Family Security Fund Scheme - Enhancement of financial assistance from Rs.25,000/- to Rs.35,000/- in the case of death of pensioners - Orders - Issued.

Read the following :

1. G.O.Ms.No.762, Finance (Pension) Department, dated 31.12.1996.
2. G.O.Ms.No.315, Finance (Pension) Department, dated 12.06.1997.
3. G.O.Ms. 413, Finance(PGC) Department, dated 17.10.2001.
4. G.O. Ms.No.416, Finance (Pension) Department, dated 18.11.2010./

ORDER :

In the Budget Speech for 2012-2013, announcements has been made by Government to enhance the financial assistance under the Tamil Nadu Government

Pensioners' Family Security Fund Scheme from the present level Rs.25,000/- ordered in the Government Order first read above to Rs.35,000/- in the event of death of the pensioner, as a special gesture.

2. Accordingly, the Government direct that the financial assistance under the Tamil Nadu Government Pensioners' Family Security Fund Scheme shall be enhanced from Rs.25,000/- to Rs.35,000/- in the event of death of the pensioners with effect from the date of issue of these orders.

3. There shall be no change in the existing rules and regulations governing the sanction of assistance under the Tamil Nadu Government Pensioners' Family Security Fund Scheme.

(By Order of the Governor) ❖

K. Shanmugam

Principal Secretary to Government

Expressive Art Therapy

Women's Christian College (WCC), Chennai, and East West Center for Counselling and Training are jointly offering a diploma course in Expressive Art Therapy, open for both men and women. It is an intensive programme designed for therapists, social workers, counsellors, psychologists, and those working with children.

Expressive Arts Therapy is the practice of using storytelling, singing, instrumental music, movement and dance, drama, and visual arts, all together, in an integrated way, to foster human growth, development, and healing. It is an inter-modal therapeutic discipline in which

the therapist and the client use the art form for better understanding of the situation in question.

The training will be in three modules, each lasting 10 days. Participants will complete 150 hours of class work in Chennai, and 75 hours of practical work as assignments and a final project in their respective organisation. Trainers are experienced therapists and they will handle subjects such as psycho-drama, playback theatre, storytelling, music therapy and counselling skills and ethics. The course fee is Rs.75,000. For details, contact 044-4208 0810 or 98841 00135. ❖

Courtesy : The Hindu

Electronic Payment

Electronic payment has finally arrived. Finance Ministry issued a circular to the chairmen of public sector banks and regional rural banks not to make payments to their customers through cheques w.e.f. July 1, 2012 and to "migrate totally" to electronic payment channels to cut costs, estimated to be

between Rs.4000 - Rs.8000 cr. According to the circular issued by Finance Ministry, all payments to customers, staff, vendors and suppliers as well as disbursement of loans and payments towards investments should be made only through the electronic mode.

Courtesy : The Consumer Voice

முதியோர், ஆதரவற்ற குழந்தைகளுக்கு சிறப்பு இல்லங்கள் முதல்வர் திறப்பு

முதியோர் மற்றும் ஆதரவற்ற குழந்தைகளுக்கான சிறப்பு இல்லங்களை உள்ளடக்கிய ஒருங்கிணைந்த வளாகங்கள் ரூ.1 கோடியே 76 லட்சம் செலவில் கட்டப்பட்டுள்ளன. இவற்றை முதல்வர் ஜெயலலிதா வீடியோ கான்பரன்சிங் மூலம் திறந்து வைத்தார். தமிழகத்தில் ஒரு மாவட்டத்திற்கு 2 வட்டங்கள் வீதம் 64 இடங்களில் முதியோர் மற்றும் ஆதரவற்ற

குழந்தைகளுக்கான சிறப்பு இல்லங்கள் ஏற்படுத்தப்படும் என அரசு அறிவித்தது. வயது முதிர்ந்த மாற்றுத் திறனாளிகளும் இந்த இல்லங்களில் தங்க வைக்கப்படுவர்.

ஒவ்வொரு ஒருங்கிணைந்த வளாகத்திலும் 25 ஆதரவற்ற குழந்தைகளும், 25 முதியோர்களும் தங்கி பயன்பெறுவர்.

689 பேருக்கு முதியோர் உதவி

ராயபுரம் தொகுதியை சேர்ந்த பலர், முதியோர் உதவித் தொகை கோரி விண்ணப்பம் செய்திருந்தனர். இவர்களில், 689 பேருக்கு முதியோர் உதவித்தொகை பெறுவதற்கான உத்தரவுகளை சபாநாயகர் ஜெயக்குமார் வழங்கினார்.

சம்பளம், பென்ஷன் வழங்குவதை எளிமையாக்க கருவூலங்களில் ஒருங்கிணைந்த நிதி மேலாண்மை திட்டம்

கருவூலங்களில் ஒருங்கிணைந்த நிதி மேலாண்மை திட்டம் செயல்படுத்த அரசு முடிவு செய்துள்ளது. தமிழகத்தில் உள்ள 32 தானியங்கி கம்ப்யூட்டர் முறையில் செயல்பாடுகள் மேற்கொள்ளப்படுகின்றன. கோவை மாவட்ட கருவூலத்தில் இதன் செயல்பாட்டை தமிழக நிதித்துறை செயலர் சண்முகம் நேற்று ஆய்வு செய்தார். அவருடன் மாவட்ட அலுவலர் பூங்கோதை, உதவி கருவூல அலுவலர்கள் நாகராஜன், சேதுராமன், பாஸ்கரன், சாமிநாதன் ஆகியோர் பங்கேற்றனர்.

பின்னர் நிதித் துறை செயலர் சண்முகம் கூறுகையில், தமிழகத்தில் நிதி நிலை நல்ல நிலையில் உள்ளது. கருவூலத்தில் ஒருங்கிணைந்த நிதி மேலாண்மை திட்டம் மாநில அளவில் விரைவில் செயல்படுத்தப்பட உள்ளது. அதை கோவையில் செயல்படுத்த ஆலோசனை வழங்கப்பட்டுள்ளது. ஆன்லைன் முறையில் இத்திட்டம் பயன்பாட்டில் இருக்கும். கருவூலப்பணிகளை முற்றிலும் கம்ப்யூட்டர் மயமாக்குவதற்கான அனைத்து ஏற்பாடுகளும் நடக்கிறது.

நன்றி : தினகரன்

கூடுதல் ஓய்வூதியம் / கூடுதல் குடும்ப ஓய்வூதியம்

நிதித் (ஓய்வூதியம்) துறை,

தலைமைச் செயலகம், சென்னை - 9.

1) கடித எண்.44093/ஓய்வூதியம்/2011-1, நாள் 24.02.2012

2) கடித எண்.1506/ஓய்வூதியம்/2012 நாள் : 24/02/2012

80 வயது மற்றும் அதற்கு மேற்பட்ட வயதுடைய ஓய்வூதியதாரர்களுக்கு 01.01.2011 முதல் கூடுதல் ஓய்வூதியம் / கூடுதல் குடும்ப ஓய்வூதியம் வழங்க அரசு ஆணை (நிலை) 42, நிதித்துறை (ஓய்வூதியம்) 07.02.2011 நாளிட்ட ஆணையைத் தொடர்ந்து கீழ்க்கண்ட தெளிவுரைகள் மேற்கண்ட கடிதங்களிலிருந்து தொகுத்து கொடுக்கப்பட்டுள்ளன.

1) ஓய்வூதியதாரர்களின் கொடுப்பாணை/படிவம் 14ல் குடும்ப ஓய்வூதியதாரர்களின் வயது உறுதி செய்யப்படாத நேரவில், கூடுதல் ஓய்வூதியம்/கூடுதல் குடும்ப ஓய்வூதியம் தற்காலமாக வழங்கி அதற்குள்ளாக சம்பந்தப்பட்ட ஓய்வூதிய முன்மொழிவினை அனுப்பிவைத்த அலுவலத்திலிருந்து உரிய கால கெடுவிற்குள் வயது உறுதி செய்யப்படாத நிகழ்வுகளில் தற்காலமாக வழங்கிய கூடுதல் ஓய்வூதியத்தை ஓய்வூதிய முன்மொழிவுகள் பெறும் வரை பிடித்தம் செய்யத் தேவையில்லை. எனினும் சம்பந்தப்பட்ட ஓய்வூதிய முன்மொழிவினை அனுப்பிவைத்த அலுவலகத்திலிருந்து உரிய பதில் பெற சம்பந்தப்பட்ட கருவூல அலுவலர் / ஓய்வூதியம் வழங்கும் அலுவலர்களால் தக்க மேல் நடவடிக்கை மேற்கொள்ளப்பட வேண்டும்.

2) ஓய்வூதிய கொடுப்பாணை (Pension Payment Order) அல்லாத அரசாணையில் தெரிவிக்கப்பட்ட பிற ஆவணங்கள் ஓய்வூதியதாரர் / குடும்ப ஓய்வூதியதாரரால் வழங்கப்படும் நேர்வில், அவர்களது பிறந்த தேதி / வயதை ஓய்வூதிய முன்மொழிவினை அனுப்பி வைத்த அலுவலகத்திற்கு அனுப்பி அங்குள்ள ஆவணங்களிலிருந்து உறுதி செய்ய வேண்டும் என அரசாணை (நிலை) எண்.42, நிதித் (ஓய்வூதியம்) துறை, நாள் : 07.02.2012ல் ஆணையிடப்பட்ட நடைமுறை கண்டிப்பாகப் பின்பற்றப்பட வேண்டும். அவ்வாறு ஓய்வூதியதாரர் / குடும்ப ஓய்வூதிய பணிபுரிந்து ஓய்வுபெற்ற உரிய அலுவலகம் பல ஆண்டுகளுக்குப் பின்னர் தெரியாத நிலையில் ஓய்வூதியதாரர் ஓய்வுபெற்ற துறையின் சம்பந்தப்பட்ட துறைத் தலைவருக்கு அவர் பணிபுரிந்த அலுவலகம் / மாவட்டத்தினை தெரிவித்து அனுப்பி ஓய்வூதியதாரர் / குடும்ப ஓய்வூதியதாரரின் பிறந்த தேதி / வயது உறுதி செய்யப்பட வேண்டும். இந்நடைமுறை இந்தத் தெளிவுரை வெளியிடப்படும் நாளிலிருந்து 6 மாதங்களுக்குள்ளாக மேற்கொள்ளப்பட்டு முடிவெடுக்கப்பட வேண்டும். சரியான வயது குறித்த, அரசாணையில் தெரிவிக்கப்பட்ட ஆவணங்களில் ஏதேனும் ஒன்றை அளிக்கவேண்டிய பொறுப்பு சம்பந்தப்பட்ட ஓய்வூதியதாரர் / குடும்ப ஓய்வூதியதாரரையே சாரும். எனவே, இது குறித்து ஓய்வூதியதாரர் / குடும்ப ஓய்வூதியதாரரால் அளிக்கப்படும் வயது குறித்த சான்றிதழ்க்கான தேவையான நகல்களைப் பெற்று ஓய்வூதிய கொடுப்பாணை மற்றும் கருவூலங்களில் பராமரிக்கப்படும் சம்பந்தப்பட்ட ஓய்வூதியதாரர்களின் பதிவேடுகளில் ஓய்வூதிய அலுவலரால் அதற்கான பதிவுகள் உடனடியாக செய்யப்பட வேண்டும். ஓய்வூதியதாரரால் முதன் முதலில் அளிக்கப்படும் வயது குறித்த ஆவணமே இறுதியானதாகக் கொள்ளப்பட வேண்டும். அதன்பிறகு வயது மாற்றம் குறித்து வேறு சான்றிதழ்கள் சமர்ப்பித்து கோரிக்கைகள் ஏதேனும் பெறப்பட்டின் அவை நிராகரிக்கப்படலாம்.

3) மத்திய வருமானவரி அலுவலகத்தால் வழங்கப்படும் நிலையான கணக்கு எண்ணிற்கான அட்டை (PAN CARD) மற்றும் இந்திய தேர்தல் ஆணையத்தால் வழங்கப்பட்ட வாக்காளர் அடையாள அட்டை போன்றவற்றில் காணப்படும் வயதின் அடிப்படையில் கூடுதல் ஓய்வூதியம் / கூடுதல் குடும்ப ஓய்வூதிய வழங்கலாம்.

4) பணியிலிருந்து ஓய்வு பெற்று அதற்குரிய ஓய்வூதியம்

மற்றும் கணவன் / மனைவி (Spouse) இறப்பிற்கு பிறகு பெறும் குடும்ப ஓய்வூதியம் ஆகிய இரண்டு ஓய்வூதியங்களை பெறும் 80 வயது மற்றும் அதற்கு மேற்பட்ட வயது நிறைவடைந்த ஓய்வூதியதாரர்களுக்கு அவர்களின் வயதிற்கேற்ப கூடுதல் ஓய்வூதியம் / கூடுதல் குடும்ப ஓய்வூதியம் என இரண்டு ஓய்வூதியங்களிலும் உயர்வு வழங்கலாம் (தெளிவுரை) பின்னர் தனியாக வெளியிடப்பட்டது.

இது குறித்து தெளிவுரைகள் தனியான வெளியிடப்படும்.

5. அரசாணை எண்.42 நிதி (ஓய்வூதியம்)த் துறை, நாள் 07.02.2011ல் பத்தி 5-ல் தெரிவிக்கப்பட்டுள்ள ஆவணங்கள் ஏதும் நாளைத் தேதிவரை இல்லாத நபர்களைப் பொறுத்தவரை மத்திய வருமானவரி அலுவலகத்தால் வழங்கப்படும் நிலையான கணக்கு எண்ணிற்கான அட்டைக்கு (PAN CARD) விண்ணப்பித்து அதனைப் பெற்ற பிறகு அதனடிப்படையில் அவர்கள் கூடுதல் ஓய்வூதியம் / கூடுதல் குடும்ப ஓய்வூதியத்திற்கு விண்ணப்பிக்கலாம். மத்திய அரசால் தெரிவிக்கப்பட்டுள்ள ஆவணங்களின் பட்டியலில் மருத்துவச் சான்றிதழ், குடும்ப அட்டை மற்றும் வாரிசு சான்றிதழ் ஆகியவை இடம்பெறாததால் இந்த ஆவணங்களை கூடுதல் ஓய்வூதியம் / கூடுதல் குடும்ப ஓய்வூதியம் வழங்குவதற்கு ஏற்க வேண்டாம் எனவும் தெளிவுரை வழங்கப்படுகிறது.

6. பிறந்த தேதி குறிப்பிட்ட ஆவணங்கள் ஏதும் இல்லாத நிலையில், வயது மட்டுமே குறிக்கப்பட்ட ஆவணங்கள் ஓய்வூதியதாரர் / குடும்ப ஓய்வூதியதாரரால் அளிக்கப்படும் நேர்வுகளில், கூடுதல் ஓய்வூதியம் / கூடுதல் குடும்ப ஓய்வூதியம் சம்பந்தப்பட்ட ஓய்வூதியதாரர் / குடும்ப ஓய்வூதியதாரர் 80, 85, 90, 95 மற்றும் 100 வயதினை முறையே நிறைவடைந்த வருடத்தின் அடுத்த வருடத்தின் சனவரி முதல் தேதியிலிருந்து வழங்கலாம். (i.e. 1st January of the year following the year in which the pensioner / family pensioner has completed the age of 80, 85, 90, 90 and 100 years based on the records). உதாரணமாக, ஒரு ஓய்வூதியதாரர் / குடும்ப ஓய்வூதியதாரரால் அளிக்கப்படும், பிறந்த தேதி குறிப்பிடப்படாமல், வயது மட்டும் குறிப்பிடப்பட்ட வாக்காளர் அடையாள அட்டை / பிற ஆவணங்களின் படி 01.01.2011 அன்று ஒருவரது வயது 80 எனக் குறிப்பிடப்பட்டிருந்தால், அவருக்கு கூடுதல் ஓய்வூதியம்/ கூடுதல் குடும்ப ஓய்வூதியத்தை 1.1.2011 முதலே வழங்கலாம். ❖

“தாத்தா பாட்டி வாங்க”

எத்திராஜ் பெண்கள் கல்லூரி, (தன்னாட்சி) சென்னை நாட்டு நலப்பணித்திட்டம், இந்திரம் டிரஸ்டுடன் இணைந்து தாத்தா பாட்டி மற்றும் பெற்றோர் முதியோர் பராமரிப்பு மற்றும் நலவாழ்வு சட்டம் - 2007 விழிப்புணர்வு விழா 01.09.2012 அன்று சிறப்பாக ஏற்பாடு செய்திருந்தது

பல்கலைக்கழகத்துணைவேந்தர் திரு. திருவாசகம் சிறப்புரை நிகழ்த்தினார்கள். கீழ்க்கண்ட 3 சட்டங்கள் வரவேண்டும் என்று வலியுறுத்தினர்.

1) தாத்தா பாட்டி, தாய் தந்தையைச் சேர்த்தால் தான் மருத்துவக் காப்பீடு பிள்ளைகளுக்கு அனுமதிக்க வேண்டும். 2)

பதவி உயர்வுக்கு தாத்தா பாட்டி, பெற்றோர் பரிந்துரையைக் காட்டாயமாக்க வேண்டும். 3) மேற்படிப்புக்கும் வேலை வாப்புக்கும் தாத்தா பாட்டி, பெற்றோரின் பரிந்துரையின் பேரில் தான் செய்ய வேண்டும்.

பெற்றோர் மற்றும் முதியோர்களின் பராமரிப்பு சட்டம் - முக்கிய அம்சங்கள்

1) தம்மை வளர்த்து ஆளக்கூடிய முதியோர்களை பாதுகாப்பது இளைஞர்களின் அடிப்படையான கடமை. அதை செய்ய தவறினால் மனித உரிமை மீறல் தான். முதியவர்களுக்குரிய உரிமைகளை இளைஞர்கள் மறுப்பதும் மனித உரிமை மீறல் ஆகும்.

2) பெற்றோர் உள்ளிட்ட ஒருவர் தனது சம்பாத்தியத்தில் அல்லது தன்னால் தேடி வைத்திருக்கும் சொத்தால் தன்னைத் தானே பராமரித்துக் கொள்ள முடியாத போது அவர் சீவனம்சத் தொகை வேண்டி, பிரிவு 5-இன் கீழ் மனுத்தாக்கல் செய்வதற்கு உரிமையுடையவராவர்.

3) நல் வாழ்வு என்பது முதியோர்களுக்கு உணவு, உடல் நலப் பாதுகாப்பு மனமகிழ் மையம் மற்றும் அவசியமான இன்னபிற உதவிகள் அளிப்பதைக் குறிக்கும்.

4) பெற்றோர் அல்லது தாத்தா பாட்டி தனது பிள்ளைகளில் ஒருவரிடமோ அல்லது பலரிடமோ அல்லது ஒரு பேரனிடமோ அல்லது பேத்தியிடமோ அல்லது ஒன்றுக்கு மேற்பட்ட பேரன் பேத்திகளிடமோ சீவனம்சம் கேட்கலாம். ஆனால், அவர்கள் இளையவர்களாக (மைனர்களாக) இருத்தல் கூடாது.

5. இந்த சட்டப்படி பெற்றோர்களைப் பராமரிப்பதற்குக் கடமைப்பட்ட மகனோ அல்லது மகளோ பெற்றோர் சாதாரணமாக நல்ல முறையில் வாழ்வதற்கு அவசியப்படுபவைகளை அளித்து பராமரிக்க வேண்டும்.

6. 18 வயதுக்கு மேற்பட்ட மகனிடமிருந்து தாய் சீவனம்சம் பெறுவதற்கு உடையவளாவாள் - 1973 (1) அக்ஃஓ286.

7. பெற்றோருக்கு 18 வயதுக்கு மேற்பட்ட மகன் சீவனம்சம் அளிக்கக் கடமைப்பட்டவளாவாள் - 1978 இக்ஃஓ600.

8. பிரிவு-4இன் கீழ் சீவனம்சத்திற்கான விண்ணப்பம் ஒன்றை

9. முதியவர் அல்லது பெற்றோர் தாக்கல் செய்யலாம்,

அல்லது

10. அந்த முதியோர் அல்லது பெற்றோர் இயலாதவராக இருக்கும் போது அவர்களது சார்பில் அவர்களால் அங்கீகரிக்கப் பட்ட நபரோ அல்லது தன்னார்வத் தொண்டு நிறுவனம் எதுவோ தாக்கல் செய்யலாம்.

11. சட்டம் எதிலும் என்ன கூறப்பட்டிருப்பினும் வழக்குத் தரப்பினர்கள் தீர்ப்பாயம் அல்லது மேல்முறையீட்டுத் தீர்ப்பாயத்தில் எனது சார்பில் வழக்கறிஞர் ஒருவரை தோன்றச் சொல்ல முடியாது.

12. தனது பாதுகாப்பில் உள்ள ஒரு முதியவரை வேண்டுமென்றே கைவிடுகின்ற ஒருவர் மூன்று மாதம் வரையில் சிறைத் தண்டனையோ அல்லது ஐந்தாயிரம் ரூபாயில் வரையில், அபராதமோ விதித்து தண்டிக்கப்படுவார். அல்லது சிறைத் தண்டமையும், அபராதமும் விதித்துத் தண்டிக்கப்படுவார்.

13. குற்ற விசாரணை முறைச் சட்டம், 1973 (2/1974)-இல் என்ன கூறப்பட்டிருப்பினும் இந்த சட்டத்தின் கீழான ஒவ்வொரு குற்றமும் நீதிமன்ற அனுமதியில்லாமல் காவல் துறையினரால் நேரடியாகக் கைது செய்வதற்குரிய குற்றமாகும். இந்த குற்றங்கள் ஜாமீனில் விடக்கூடிய குற்றங்களாகும்.

14. இந்தியாவில் உள்ள மாவட்டங்களில் உள்ள சமூக நலத்துறை மற்றும் மாவட்ட ஆட்சியர், மூலம் அரசு தர்பு உதவியை நாடலாம். (பெற்றோர் முதியோர் பாதுகாப்பு சட்டம் 2007ன் படி, மாவட்ட கமிட்டி சேர்மன்) ❖

Fall Prevention for Elderly

Falls are one of the most common fears of the elderly. Although anyone could fall, the chance of falling gets higher and the after-effects of the falls become more serious with age. Falling causes injury, loss of mobility and even death. However, it is not something that should give you sleepless nights as these can be prevented, once you evaluate your personal risks for fall and learn about ways to overcome those.

Falls are common in the elderly age group because of normal changes related to aging such as poor balance, impaired vision, reduced mobility or side effects of medication. As we age, our reaction time to avoid hazardous situations declines as the nerves that conduct impulses from the brain to the muscles weaken with age.

By incorporating a few changes in your lifestyle, you can bring down the chances of falling quite drastically. Here are some tips to get started upon:

1. Exercise regularly: It is important to keep moving as regular exercise keeps your muscles stronger and nerves more alert. Yoga and other forms of exercise like Tai-chi are often recommended for seniors as they focus on muscle strength and balance.

2. Check your vision: Poor eyesight puts you at a high risk for falls. Plan to visit your Ophthalmologist for a vision check at least once a year. With age, the chance of developing glaucoma or cataract becomes quite high.

This is more significant if you have diabetes or hypertension.

3. Review your medication with your physician: The changes in the different systems as people age, affect how the body is able to absorb, use and eliminate the excessive medication. The same medicines which you took earlier may have different effects with age. Some of them may cause excessive sleepiness or muscle weakness which again puts you at a risk for falling. So make it a point to discuss the medication you take, including the non-prescription ones, with your physician and understand their side-effects.

4. Use Mobility Aids: If you have problems with balance and coordination, your doctor will prescribe mobility aids like canes or walkers. These devices help you keep moving safely.

5. Make your home safer: Assess your homes for potential hazards and address them. Simple things like the way your furniture is arranged, avoiding use of rugs or mats on the floor, decluttering the floor, making sure the path from the bedroom to bathroom is well lighted have a great effect on your safety within the house.

6. Enrol in a regular health assessment program: There are a few healthcare providers who provide at home health assessment including checking your immediate environment for potential hazards and work

with you to make your health better and home safer. This helps in promoting independent living.

It must be in the whole family's interest to reduce the risk of falls. Using the help of professionals to eliminate potential risks should be taken into consideration. Dr. Anitha Arockisamy, Head of Clinical operations at India Home Health Care, south India's largest home healthcare provider, confirms the need for a risk analysis: "not only is it important to ensure that each room the



**INDIA
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Care for the Elderly at Home

India Home Health Care is the leader in providing quality care to the patient at their own home. Contact us for more information 044 4359 4456, No.107/40 Sait Colony, 2nd Street, Egmore, Chennai - 600 008.

Thank you - **India Home Health Care Pvt. Ltd.,**

Are you hearing well?

Hearing loss can affect your life in many ways. You may miss out on talks with friends and family. On the telephone, you may find it hard to hear what the caller is saying. At the doctor's office, you may not catch the doctor's words. Sometimes hearing problems can make you feel embarrassed, upset, and lonely. It's easy to withdraw when you can't follow a conversation in a family gathering. It's also easy for friends and family to think you are confused, uncaring, or difficult, when the problem may be that you just can't hear well.

Recognizing the signs of hearing loss and understanding the new techno-powers of hearing aids and devices can do a lot of the hearing impaired ego. For example, old hearing aids amplified sounds without distinguishing the sounds of focus, which could make background noise a frustrating experience. Many of the hearing aids also had a constant buzzing or sound irritant that was like fingernails on the chalkboard. No wonder people have been reluctant to get hearing aids! But today's hearing aids are programmed to match your unique hearing loss, providing amplification in the exact way you need it.

According to David Myers, a Psychology Professor at Hope College in Michigan, USA, and author of "A Quiet

elderly person uses is checked for any risk. In addition to those checks, we also recommend regular health checks. Our Elderly Care Plan includes quarterly visits by doctors and monthly or bimonthly visits by Registered Nurses to assess the health status of the elderly. We have developed a detailed health assessment tailored to the Indian population." Tackling the health of the elderly from this angle will increase the quality of life over a longer period.

World: Living with Hearing Loss," got hearing aids in his 40s and wasn't exactly impressed. Now 69, Myers said technological improvements in the past 10 years have changed his mind. "I now love the hearing instruments I once barely tolerated."

In the golden years it's all about improving quality of life, right?

If you have trouble hearing, there is help. Hi Tone Hearing will be organising a Hearing Screening camp at Senior Citizens Bureau's AROGYA 2012 on 12th October, 2012 conducted at Saraswat Association, 89/28, Ormes Road, Kilpauk, Chennai -10. Depending on the type and extent of your hearing loss, there are many treatment choices that may help. Hearing loss does not have to get in the way of your ability to enjoy life.

At Hi Tone Hearing, we provide comprehensive and professional hearing health care and speech care. Our computerized state of the art testing equipment and caring staff make it possible to offer the best in audiological services and hearing aid technology. Hi Tone Hearing is the first of its kind to receive ISO 9001:2008 Certification.

Thank you - **Hi Tone Hearing**

Care for Our Elders...

Senior Care India Private Limited' (SCIPL) is India's first integrated at-home senior care institution providing comprehensive medical and non-medical services to elders on a hotline. It may be noted that SCIPL is guided and mentored by India's first geriatric professor Padmashri Dr.V.S.Natarajan.

Knowing that elderly loved ones are safe and secure in their homes, even if they need assistance with daily tasks or medical issues is the wish of all family members who cannot personally care for their seniors. Many families have reached out to SCIPL for a variety of reasons, and SCIPL as a responsible caregiver is committed to constantly provide the assistance, elderly individuals need to continue living in the privacy and comfort of their homes without compromising on their safety or health.

Although families do a great deal to provide the assistance their elderly loved ones need, they cannot always be physically present to ensure the safety of their seniors. In these cases, SCIPL can offer customized solutions allowing families to be confidently relieved and seniors to be happily ensconced in their own homes.

In short, SCIPL offers: Relief to senior citizens who live alone at home. First time in India providing medical and non-medical services on a hotline. Comprehensive package of services to elders in the privacy and comfort of their homes. Support to NRI's and others who relocate having to leave their elders behind. Advanced technology affording instantaneous voice and video caregiver connect

Thank you - **Senior Care India**

Report on the activities of the Bureau by Prakash H.Lulla, VC/SCB

131st Programme -17th Annual Day Conference



Book release by the Chief Guest



A section of the audience

The 17th Annual Day Conference of Senior Citizens Bureau was held at Saraswat Association Hall on Sunday 26.08.12 at 10.30 Hrs. It turned out to be a cool, cloudy day after the Late night showers, A pleasant windy aroma of leaves and flowers was in the air Mr. Prakash H. Lulla, Vice-Chairman welcomed all VIP's on the dias and members assembled. Capt. Dr. M. Singaraja in his presidential address traced the history of our Association to date. He thanked Founder Chairman Maj. Gen. Aban Naidu, AVSM, PVSM, M-in-D, R. Venkatesan, IA & AS and all charter members for their wisdom and vision to create this Bureau to foster fellowship, bonding, and give back to society something in return. He honoured the Chief Guest Mr. P.R. Anbazhakan, Director, Help Age. Mr. P.R. Anbazhakan released the special edition of Link Age entitled "Sweet Seventeen", edited by Dr. Capt. M. Singaraja to commemorate 9th Year of its publication of Link Age and 17th Annual Day of the Bureau. The Chief Guest in his speech, narrated how

Help Age India earlier worked for Citizens and now work with them, execute and promote joint ventures. He expressed his availability to help. Mr. R. Venkatesan, IA & AS (R) was indeed happy to see the growth of Senior Citizens Bureau and how well all Health Camps and programmes have benefitted the Senior Citizens. He wished that the collective wisdom of the Association could also take up new programmes by providing free information and guidance to various sections and society.

Padmashri Dr. V.S. Natarajan, Chief Patron congratulated Chairman, who is systematically bringing out each publication on time and conducting useful and fruitful programmes for all. He was Happy to note that his work for the Association has given him, great happiness and a sense of fulfilment. After a round of lively quiz and interaction Brig. Muthulaxmi gave the vote of thanks. The health monitoring tests for Glucose/Random, BP, BMD and Clinical Exam commenced at 10.00 a.m. ♦

132nd Programme - 9th Annual General Body Meeting



A view of dias



Health Monitoring Tests in Progress

The 9th AGM of SCB was held at the Sarawat Association Hall, on Sunday 26 at 11.30 a.m. after the conclusion of the 17th Annual Day Conference. Chairman

Dr. M. Singaraja called the meeting to order. A minute's silence and prayer was held in homage to the deceased members / spouses. Dr. M. Singaraja welcomed the

members to the 9th AGM and recalled and thanked the services of all Past Office Bearers and E.C. members. The Minutes of the last 8th AGM held on 21.05.11, were adopted. The annual report was read and adopted. Mr. P.S. Santhanakrishnan read the Financial Report and Audited Accounts in detail. The Accounts were passed unanimously. There was no amendment to the bylaws. The Chairman highlighted the resolutions of last year detailing the need to foster better rapport with the executive and the Senior Citizens in bringing about a safe environment for Elders so that they live harmoniously in the family and society with pride, love and peace.

The vacancies in the E.C. were taken up and following were elected to fill up : **Vice-Chairman** : Prakash H Lulla,

Secy. General : Brig. Muthulaxmi, **Treasurer** : Dr. R. Nirmala, **Members** : M/s. V. Sudarson, S. Lakshminarayanan, G.S. Raghupathi, P.M. Pandian, S. Seethalakshmi, Dr. G. Vijayalakshmi and **Social Welfare Directors** : Dr. V. Chockalingam, Er. A.K. Chakravurthy, S. Prabakar and S. Jayakumar.

M/S. A. John Morris & Co were reappointed as Auditors for the ensuing year at Rs.3,000/- as remuneration. Brig. Muthulaxmi gave the vote of thanks. Lunch was served. Time has once again flown away leaving behind happy memories of fellowship. The health monitoring tests for Glucose/Random, BP, BMD and Clinical exam continued from 10.00 a.m. ❖

EC Meetings

EC meeting for the month of September was held at 15.30 Hrs. on 23.09.2011 at Hotel Suriya Prakash. 15 members attended. The Chairman welcomed and reviewed the past & future programs. Sharing the responsibility and fund raising were the main topics. The Vice Chairman briefed at the progress of work for ensuing World Elders Day - 2012 and Arogya - 2012. Chairman expressed appreciation and happiness about publication of an article in Hindu Sunday magazine at 23.09.2012, authored by Dr. Vayu Naidu our advisor entitled Decoding Da Vinci. He complimented Dr. Nirmala and Dr. Vijayalakshmi for winning in Veterans Athletic meet. Mrs. S. Seethalakshmi gave a brief account of her tour to UP, Bihar and Nepal. Dr. V. Chockalingam extended invitation to participate in World Heart Day, at 17.30 Hrs. on September 29, 2012 at Chinmaya Heritage Auditorium, Harrington Road, Chetpet, Chennai. The meeting adjourned after a vote of thanks by Sec. General.

E.C. Meeting for the month of August was held at 2.00 p.m. on August 26, 2012, at Saraswat Hall immediately after the AGM, was well attended. Capt. Dr. M. Singaraja welcomed all members, a special welcome to the newly indicated members in vacant position. The Chairman briefed on the following and

decisions were arrived.

1) Conducting World Elders Day on 29th September 2012 at Saraswat Association Hall was discussed in detail. Ethiraj College NSS Staff & Students would be associated in this Programme after a 2nd round of consultation by Chairman with Principal. Mr. Prakash H. Lulla will be co-ordinating.

2) 35 Senior Elders members who have completed 85 years would be honoured. Brig. Muthulaxmi and Dr. G. Vijayalakshmi would be co-ordinating.

3) To Commemorate World Elders Day a Mega Health Camp will be conducted with the help of GH, Help Age India on 20th October 2012 at Saraswat Association Hall.

4) Resource Mobilisation will be co-ordinated by M/s. V.S. Balakrishna Raja, Prakash H. Lulla, Mrs. Muthulakshmi, Ragupathi & Nirmala.

Dr. M. Singaraja requested all members to join in aid make both these programmes meaningful, requested all to meet prospective sponsors for funding those events. They can make his appeal letter with 80 G copy. Brig. K. Muthulaxmi proposed the vote of thanks. ❖

Changes

1) LM 791 Ph : 9444428514 D.O.B. : 13.12.36

Mr. R. RAMAKRISHNAN

C/o. Balasubramanian

Flat 5, Manasarovar Apts., 2, M.G. Nagar III Street, Ullagaram, Chennai - 600 091.

3) JSL 416

Mr. C. JAYACHANDRAN

20A, Sivaprakasam Street, Thiru-Vi-Ka Nagar, Chennai - 600 82.

2) LM 665 Ph : 99962980412 D.O.B. : 08.09.39

Mr. K.S. SHANMUGAM

G-3, Devashree Flats, VGP Avenue,

Seethapathy Nagar, Velachery, Chennai - 600 042.

4) LM 492 Ph : 98407 61621 D.O.B. : 11.09.40

Mr. S.R. KRISHNAMURTHY

No.43, Abhinaya Apts., 14, First Avenue, Shastri Nagar, Adyar, Chennai - 600 020. ❖

Announcement

134th Programme of SCB - AROGYA - 2012

Please don't miss to attend "AROGYA-2012, - Geriatric Health Screening Camp for Active Ageing" at 09.30 Hrs. on October 20, 2012, at Saraswat Association, 89/28, Ormes Road, Kilpauk, Chennai - 10 (opp : Bains School). please see Invitations, despatched on 15.09.2012.

Walkathon : To synchronize World Elders Day - 2012, Help Age India Chennai is organising a Walkthon at Marina Beach from Labour Statue, at 07.30 Hrs. on October 01, 2012. Senior Citizens and Students are participating. Our members are invited to participate.

Welcome to "Celebrating Age"! India Expo 2012 World Elder's day celebrations and Active Ageing Retirement Expo series on 6th & 7th October 2012 at Annai Teresa Women Complex, Valluvar Kottam High Road Numgambakkam. Time: 11.00am-7.00pm. Entry Free. ❖

Third U3A International Conference 2012 on Vasudhaiv Kutumbakam - One World One Family through U3A & Holistic Living will be held at Chinmaya Vibhooti, Post Kolwan, Taluka Mulshi, Distt. Pune - 412 408 on October 12 - 14, 2012. It is organised by : Indian Society of U3As, jointly with Central Chinmaya Vanaprastha Sansthan & Janseva Foundation, Pune. About 500-600 delegates from all over the world associated with U3A movement, senior citizens organisations, institutions and individuals engaged in the field of training, research and action programmes relating to age care, Gerontology, Geriatrics and academicians are expected to participate in the conference. Interested U3A member may submit by post / email their registration form along with registration fee of Rs.1,550/-

Please Note : 20% discount is admissible for spouse / accompanying person. The registration fee covers expenses towards conference kit and food & stay from lunch on 12.10.2012 to 14.10.2012. To add Rs.600/- per day/night of extra stay. One can remit by Demand Draft / AT PAR cheques drawn in favour of Indian Society of U3As payable at Udaipur, Rajasthan, or by NEFT (Bank's IFS code SBIN0011406) directly in ISU3As SBI a/c No.30430637901.

Transport from Mumbai & Pune : Delegates disembarking at Mumbai should take prepaid taxi and reach Chinmaya Mission (Sandeepany Sadhanalaya) at Powai near Powai Gardens & opposite Hotel Renaissance, where they can refresh/stay overnight, from where arranged/shared Taxis/Transport will be made available. Contact : Ms. Saria, Mob : +91 9820093879, E-mail : ccmt@chinmayamission.com. ❖

(This is Reminder - 3)

12th Annual Conference of All India Senior Citizens Confederation (AISCCON) will be held on 2nd and 3rd November 2012 at RDR Auditorium, Edappazhanji, Thiruvananthapuram. It is hosted by Senior Citizens Service Council, Kerala. **Please Note :** If you need accommodation please submit your forms so as to reach us on or before 15th September 2012. If you don't require accommodation you may submit your registration forms on or before 20th September 2012. Please send your Registration forms and payment to P. Chandrasenan, Chairman, Registration Committee, AISCCON 12th Conference KGOF Building, Oottukuzhy, Thiruvananthapuram - 695 001. Ph : (0471) 2334980, Email : <aiscconconference2012@seniorcitizens service council.org> www.seniorcitizensservicecouncil.org>. Registration charges is Rs.600 per delegate and Rs.1,000 for Reception Committee Membership. Accommodation charges (approx) from 2nd November morning to 4th November morning 2012 are : Dormitory @ Rs.400 for 2 nights, Non-AC Room @Rs.800 for 2 nights and AC Room Rs.1200 for 2 nights. For details please contact S. Haneefa Rawther, Secretary, Ph : 9446362105. ❖

(This is Reminder - 3)

News from Net Working Associates

பாண்டிச்சேரி முத்த குடிமக்கள் நல்வாழ்வு சங்கம் சார்பில் 26-08-2012 அன்று நடைபெற்றது. அவ்வமயம் மனவியலில் ஒரு கண்ணேட்டம் - என்ற பொருள் பற்றி டாக்டர். வி. முத்துரங்கம் உரையாற்றினார். முத்த குடிமக்களும், வங்கிப் பணிகளும் என்ற தலைப்பில் புதுச்சேரி பாரத ஸ்டேட் வங்கி, உதவி பொது மேலாளர், திரு. எம். பிறவிபெருமாள் உரையாற்றினார். ❖

Congrats

Lion V.K. Ram Gopal, LM 770, has been nominated as District Chairperson - Spiritual Awareness, in Lions Clubs Internationald, District 324-A5 by the District Governor PMJF Lion Dr. S.P. Baskaran.

Wishing you many more feathers on your cap. ❖

The following members of our Bureau won prizes in Masters Inter-District Invitation Athletic Meet, conducted by Chennai Masters Athletic Association on August 19-20 at Jawaharlal Nehru Stadium, Chennai.

Dr. G. Vijayalakshmi, LM 526 veteran age group of 60+ - 2nd Place 100 mtrs. Run and Shotput, 3rd Place - Longjump.

Dr. R. Nirmala, LM 765 veteran age group of 65+ - 2nd Place 100 mts. Run, 3rd Place - Shotput.

Wishing them many more success. ❖

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Birthdays : October*Wishing you a Cheerful, Peaceful and Prosperous Life*

Sl. No.	D.O.B	Memb No.	Name
1.	01-10-1939	LM-409	Thiru D.V. Raju
2.	01-01-1935	AM-412	Thiru N. Ramalingam
2.	03-10-1939	LM-293	Thiru S. Murugaiyan
3.	05-10-1932	LM-530	Thiru V. Chellappa
4.	05-10-1929	LM-536	Thiru V. Balasubramaniam
5.	07-10-1945	LM-462	Thiru K. Sundaravaradan
7.	10-10-1944	LM-502	Thiru P.S. Rajam
9.	10-10-1942	LM-732	Thiru P.S. Shankar
10.	10-10-1953	LM-658	Dr. E. Subbarayan
11.	10-10-1943	LM-770	Thiru V.K. Ramgopal
12.	11-10-1950	LM-582	Prof. R. Bhagirathi
13.	12-10-1927	LM-611	Thiru Arundev Chowdhri
14.	12-10-1955	LM-733	Thiru A. Manohar
15.	12-10-1943	LM-649	Dr. A. Premkumar Satya
16.	12-10-1939	LM-503	Thiru K.G. Poornachandraiah
17.	13-10-1945	LM-557	Thiru R. Pandyan
18.	15-10-1928	LM-576	Thiru V.S. Venugopalan
19.	16-10-1930	LM-610	Thiru P.S. Manian
20.	16-10-1939	JSL-797	Thiru N.Y. Dhandapani
21.	17-10-1932	LM-776	Thiru M.S. Varatharajan
22.	19-10-1936	LM-127	Thiru A.R. Gururaja Rao
23.	19-10-1939	LM-775	Thiru C.P. Shanmugam
24.	20-10-1921	LM-214	Thiru T.S. Ajitkumar
25.	23-10-1935	LM-755	Tmt. Parvathi Umasankar
26.	23-10-1935	LM-535	Thiru V. Jagannathan
27.	24-10-1934	LM-125	Thiru V.R. Vaidyanathan
28.	24-10-1933	AM-577	Thiru M. Chidambaram
29.	26-10-1927	AM-739	Dr. D.S. Ramaiah
30.	27-10-1945	AM-592	Thiru V.M. Sundaravaradhan
31.	30-10-1949	LM-677	Thiru V. Sudarson
32.	30-10-1936	LM-187	Thiru G. Balakrishnan

*Your liberal contribution to Sunshine Fund is solicited***National / International Days - October**

01. International Day of older persons	(I)
09. World Post Day	(I)
16. World Food Day	(I)
17. International Day for eradication of poverty	(I)
24. World Habitat Day	(I)

Note : (N) = National (I) = International

Welcome to Our Family Fold**I RENEWAL**

1. Mr. R. Selvaraj	AM 459
2. Mr. Vamana Reddy	AM 525

II CONVERSION from AM

1. Mr. V. Ramachandran	LM 544
2. Mr. S.K. Janarthanan (partly paid)	AM 447

Acknowledgment*Thanks a lot & God Bless You***I. Donation - WORLD ELDERS DAY**

1. Thiru R. Venkatesan, LM 7	₹ 1500/-
2. Thiru C.V.P. Rao, LM 570	₹ 500/-
3. Thiru K.P.A. Raju, LM 586	₹ 1000/-
4. Dr. G. Vijayalakshmi	₹ 300/-
5. Thiru G.S. Ragupathy	₹ 300/-
6. Tmt. S. Seethalakshmi	₹ 300/-
7. Thiru T.V. Hariharan	₹ 1500/-
8. Capt. Dr. M. Singaraja	₹ 1500/-
9. Thiru Prakash H. Lulla	₹ 300/-
10. Thiru V.B. Balakrishna Raja	₹ 500/-
11. Thiru P.M. Pandian	₹ 300/-
12. Thiru S. Jayakumar	₹ 500/-
13. Tmt. S. Prabhakaran	₹ 500/-
14. Thiru J.R. Bashyam	₹ 1000/-
15. Dr. V. Chockalingam	₹ 1000/-
16. Thiru N. Doss	₹ 500/-
17. Thiru P.S. Santhanakrishnan, LM 13	₹ 300/-
18. Cdr. S.V. Iyer, LM 367	₹ 1000/-
19. Brig. K. Muthulaxmi, LM 612	₹ 5000/-
20. Thiru A.R. Gururaja Roa, LM 127	₹ 1000/-

I. Sunshine Fund

1. Thiru R. Venkatesan, LM 7	₹ 300/-
2. Thiru D.V. Raju, LM 409	₹ 501/-
3. Thiru V.A. Balasubramaninan, LM 669	₹ 200/-
4. Thiru R. Selvaraj, LM 459	₹ 200/-
5. Thiru S. Ranganatha Rao, LM 29	₹ 800/-
6. Thiru G.B. Krishna, LM 479	₹ 201/-
7. Thiru R. Madhavan, LM 419	₹ 500/-
8. Thiru S. S. Jayakumar, LM 546	₹ 1000/-
9. Thiru K.P.A. Raju, LM 586	₹ 1000/-
10. Thiru S. Radhakrishnan, LM 4	₹ 1000/-
11. Thiru M. Kandaswami, LM 45	₹ 500/-

Note : AM/LM = Annual / Life Member - JSL = Journal Subscriber Life
PM/DM/HM = Patron/Donor/Honorary Member**Appeal***It is your Bureau. It is your Projects and Programmes. Please donate liberally to empower yourself and to give something back to the society.*