

SWEET SEVENTEEN

Editor : Dr. Capt. M. Singaraja, SM



A commemorative publication in observance of
17th Annual Day of Senior Citizens Bureau and 9th Year Publication of 'Link Age'



Bestow
unconditional love

Link Age

A monthly journal by

SENIOR CITIZENS BUREAU

in service and advocacy to all age groups

VOLUME : 09 SEPTEMBER - 2012 ISSUE : 02 PRICE Rs.50/-



SENIOR CITIZENS BUREAU

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

(A free information and guidance centre for service and advocacy to all age groups)



Committed to serve

R.O. : 90 (93), Rama (Naicken) Street, Nungambakkam, Chennai - 600 034. Ph : 044 2823 1388

Senior Citizens Bureau
Unconditional love

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From the Editor cum Chairman

SWEET SEVENTEEN

We are observing the commemoration of 17th Annual Day of Senior Citizens Bureau as well as the 9th year publication of "Link Age" on August 26, 2012. It gives me a great pride and pleasure to recall the historical background of our prestigious institution, its popular monthly journal and its special publications.



In early 1996, several discussions were held under the auspicious of Probus Club of Chennai, headed by Thiru R. Venkatesan, IA & AS (LM/DM-7) with all the Senior Citizens Forums at Chennai viz. Probus Club of Madras East headed by late Thiru M.K. Deenadayalan, IPS (R) LM-5 and then President of All India Federation of Pensioners Associations, Probus Club of Anna Nagar, headed by Er. V. Hariharan, (LM-143) and Past Chairman SCB and Tamilnadu (then West Madras) Senior Citizens Association, headed by Thiru L.M. Vasagam, IAS (R), (LM-753) to primarily provide free information and guidance to the needy, from all sections of society, pooling together the expertise and wisdom of Senior Citizens thru a separate organisation. Late Dr. S.M. Diaz and Late M. Balaji from Rotary Club of Madras were the special invitees. I was then Secretary of Probus Club of Madras.

The model was Citizens Advice Bureau, London, founded after World War-2. Accordingly the new organisation was named as "Madras Citizens Advice Bureau", then changed as "Citizens Advice Bureau" and subsequently in 2002 as "Senior Citizens Bureau", while registering under TN Societies Act. The Chairman Emeritus and founding Chairman Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D, laid a very strong foundation and nurtured it present glory with his body and soul. With the

co-operation and contribution of all those connected with the Bureau, for example Maj. Gen. Aban Naidu, Padmasri Dr. V.S. Natarajan, Thiruvalargal SP. Ambrose, R. Venkatesan, P.S. Santhana Krishnan and S. Radhakrishnan. It was possible for me to put all my energy and time, to take it to the present height thru my committed involvement in various capacities right from its inception in March 1996.

The first publication entitled "A Guide" was brought out by then Chairman Maj. Gen. Aban Naidu in 1996 from the Bureau. It was meticulously carved out with every detail to its perfection like logo, slogan etc. It was in July 2004, the first issue of our monthly journal "Link Age" came out after I have completed all statutory provisions laid down by Registrar of News Paper of India, New Delhi and Post Master General, Chennai successfully, without involving any 3rd party agency. It was a strenuous task to manage single handedly for a transformation from adhoc newsletter to an elegant registered and licenced (with all Govt. concessions) publication.

Both the "Bureau" and "Link Age" are marching forward strongly inspite of many constraints such as lack of infrastructure, man-power and resources. I have ambitious projects lined up for the next 2 decades (though sky is the limit) to work for welfare of the Senior Citizens and for the society at large. I want the selfless young old to lead and bear the torch for Senior Citizens Bureau. ❖



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

SWEET 17

Greetings and Best Wishes to

all the members and

well wishers on this happy occasion





Committed to serve



Bestow
unconditional love

SENIOR CITIZENS BUREAU

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

solicits your esteemed presence on the occasion of

Commemoration of **17th ANNUAL DAY OF THE BUREAU**

&

9th Year Publication of **"LINK AGE" JOURNAL**

Date & Time : **August 26, 2012, Sunday, 10.30 Hrs.**

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

Chief Guest :

Mr. P.R. Anbazhakan

(Director - HelpAge India [Tamilnadu & Karnataka], Chennai)

will release the book "Sweet Seventeen"

Presided over by :

Dr. (Capt.) M. Singaraja, SM

*BE, PGDBM, FIE, FIV, M.Sc.(Psy.), Ph.D.
(Chairman, Senior Citizens Bureau, Chennai.)*

Felicitation by :

Thiru R. Venkatesan, IAAS (R)

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

All are welcome.

Secretary General I/C

AGENDA

10-00 hrs. to 11-15 hrs.

Invocation

Welcome address by :

Thiru Prakash H. Lulla

Presidential address by :

Dr. Capt. M. Singaraja, SM

Special Address and Release of the

Book "Sweet Seventeen" by :

Thiru P.R. Anbazhakan

Felicitation by :

Thiru R. Venkatesan

Padmasri Dr. V.S. Natarajan

Vote of thanks :

Brig. K. Muthulaxmi

National Anthem

★ Random Blood Sugar, BMI & BP will be tested free of cost, at the venue.

★ AGM will follow immediately vide notice already served.

DAUGHTERS

you are like the dew drop on the new born rose,
fathers love and grandfathers sweet heart.

Trials & tribulations-are washed away by your presence.

If the light of the world is our son, who brings hope to our family,
you are the dual holder and keeper of the honour of two families!

If the son is a diamond; daughters are born as oysters who turn into pearls.

Even if Daughters walk on a thorn strewn path, they only bring soft petal led
flowers to this world:

They say that a daughter does not be to the family born in,
they are the true souls of the family where born.

the son is the eye, then the daughter is its sight.

The spring of life is a daughter.

Saying farewell to you, as you become part of a new family has made me
realise what it means to say you never belonged to us.

Sadness & happiness come hand in hand' such is this relationship, Its my shadow
saying farewell to our soul

Dearest Shibani, go with our blessings to illuminate the family of
Siddharth.

your Dad & Mom Love & Cove & more Cove

Viji Athai & Dagit ❖

Greetings from the Chairman Emeritus

Major General **ABAN NAIDU**, PVSM, AVSM, M-in-D.


"BLESSINGTON", No.4, 4th Cross
Sylvan Lodge Colony, Kilpauk, Chennai - 600 010.



The Senior Citizen Bureau had a very purposeful journey in the last 16 years in elevating and meeting the human needs of different strata of the society. A very gratifying and laudable service to humanity, as stated, "Service to God is service to mankind". Senior Citizen Bureau has grown from strength to strength and greatly appreciated by one and all. In recent times the Bureau has been focusing on Health Care, Projects such as Geriatric House Call Programme and Memory Clinic, under the dynamic Immediate Past Chairman Dr. V.S. Natrajan, Geriatric Specialist of International fame.

The Senior Citizens Bureau introduced a publication in 2004, titled "LinkAge" for service and advocacy to all age groups, more importantly for dissemination of information regarding details of monthly health camps, Lectures, Demonstrations sponsored by Pharma Companies, Publication of Books, Civic Needs, Security - Law and Order, Finance and Banking, Education, Administration and the like, to fulfill the needs of the elder citizens. "LinkAge" is popular and well received with more valuable information on other subjects. I have no doubt that in time to come, with dynamic efforts of its editor, Capt. Dr. M. Singaraja and with the help of generous donors the publication will present itself in full form.

I wish the Bureau and its publication, to scale greater heights and to an enviable position and fulfill the desires of all. ❖


(Maj. Gen. **ABAN NAIDU**)
PVSM, AVSM, M-in-D.

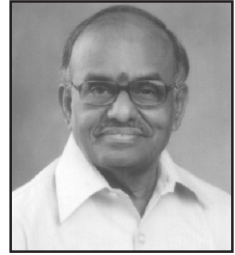
POLY PHARMACY- IS IT A MUST?

(**Padmashri Dr. V.S. Natarajan**, MD, FRCP, D.Sc. [Hon]
Senior Geriatrician & Patron, Senior Citizens Bureau, Chennai)

What is Poly Pharmacy?

“A pill for every ill” seems to be a sacred doctrine nowadays, not only among the suffering patients but also among some members of the medical profession.

Patients especially old patients, taking 6 to 10 drugs per day is quite common now. When a person takes more than four drugs per day he is said to be on “Poly Pharmacy”. Certainly this type of multiple drugging is a burden on the patient. Is it a must? Is there any possibility of reducing this burden? The time has come to ponder on these lines.



Sufferings of the elderly

At present elders are generally prone to multiple diseases which can be attributed to any of the reasons listed below:

i) Diseases purely due to ageing process, e.g. Tremor in the hands, dry skin, itching, constipation, excessive gas formation, cataract, increased pigmentation of skin. ii) Diseases detected at later stages of life. Diseases / ailments contracted in the middle age due to various reasons like lifestyle, food habits, hereditary inheritance, etc., manifest themselves in old age rather vigorously, e.g. Hypertension, diabetes, heart attack, arthritis. iii) Diseases mainly pertaining to old age (Not necessarily due to ageing), e.g. Dementia, Parkinson's disease, osteoporosis, fall, urinary problems, certain types of cancer.

Role of Family physician

About 30 years back, for any health related problem, people used to consult their family physician only. A family physician is conversant and familiar with the family, personal and health history of his patient. It is therefore no wonder that the family physicians is generally successful in offering relief to the patient by his treatment, with the least possible medical expenses. Only in acute and deserving cases, the family physicians refers the patient to the correct specialist for advice and management. As the concept of family physician has almost become extinct now, this convenient and dependable line of treatment has become a thing of the past.

Elders seeking advice of specialists

In the absence of a family physician now, the tendency on the part of the patient to rush to a specialist straight away even for minor ailments like headache, gastric problem, arthritic pain, etc., is on the rise. Even though there is nothing wrong in such consultations, there are certain practical constraints and limitations in this process. Elders are prone to multiple health related problems. For different symptoms, the elders choose different specialists. The natural outcome is multiple prescriptions. The specialists do not generally have much time to go through and check thoroughly the current medicines taken by the patient. As such there is every possibility of duplication of drugs.

For example, the specialist may prescribe some antacids, vitamins, which are being taken by the patient already. The same drug in different brand names may be taken by the patient in this process. This not only causes unnecessary expenditure but also adverse side effects at times.

I am rather pained to see old patients coming to my clinic with 3 to 5 files, each file for different problems. This is exactly the main cause for “Poly Pharmacy” which is proving to be a heavy burden to the elders. This burden may be broadly classified as pill burden, bill burden, memory burden and tension burden, as discussed below.

Pill burden

Old people are generally having failing eyesight, hard of hearing infirmity, failing memory, confusion and unfamiliarity with modern medicines. When elders are provided with multiple drugs in their cupboard, they are not able to comply with the instructions of the prescriber of drugs due to their infirmities listed above. This results in causing more side effects, increased drug interaction, possible damage to the kidney and omission in following the prescription regimen.

Bill burden

Most of the elders do not enjoy financial freedom. Once the symptoms are relieved or appear to have subsided after taking a few doses of drugs, they tend to discontinue the drug without following the prescribed regimen due to their financial crunch. This is risky as the relapse of the original ailment may be more vigorous.

Memory burden

Memory loss due to ageing is common among elders. When the elders are loaded with multiple drugs, they may not be capable of remembering the prescribed format of drugs – just as – whether to take a drug before meals or after meals. In such cases, the action of the drugs may not be to the expected level.

Tension burden

Availability of a number of drugs in the cupboard of an old patient as per the prescriptions of a number of different specialists does more harm by disturbing the patient mentally than relieving him of the ailments. The elderly tend to assume that they are suffering from chronic and incurable ailments in such cases. So most of the time, they spend their life with a little bit of anxiety resulting from “Poly Pharmacy”.

No Drug Please

Even though the elderly are suffering from multiple diseases, it is not absolutely necessary that they should take multiple drugs. “A pill for every ill” is not the rule as stated already. Many diseases in old age may be treated without drugs. eg.

- For nutritional deficiency, proper nutritious dietary advice is sufficient,
- For arthritis, physical therapy will give good amount of relief,
- Mental depression can be treated by counseling the patients along with family members/ care givers,
- Mild diabetes mellitus and high blood pressure can be controlled by dietary advice and exercise,
- Constipation can be managed by high fluid intake with high fiber diet.

What is the solution for poly pharmacy?

Here comes the role of a Geriatrician. Initially he will assess the problem of the elderly in totality like medical, mental, functional and social problems. Accordingly he will classify the problems of the aged into two categories, i.e. active and inactive problems.

Active problems – Heart attack, very high level of blood sugar, high blood pressure, breathlessness, high fever, severe pain anywhere in the body, altered sensorium, etc.,

Inactive problems – Constipation, body pain, neuropathy, past history of fracture, past history of any surgery, etc.,

The Geriatrician will write down the prescription initially for the active problems which will release the symptoms at the earliest. After completing his prescription, he will go through the specialist's prescriptions and include in his prescription, the drugs which are "must" for the patient. Many elders are usually prescribed with too many antacids, vitamins, calcium and tranquilizers. This can be minimized by a Geriatrician.

Poly Pill

To overcome the multiple prescribing a concept of poly pill has been launched. Poly pill therapy involves different medicines, with fixed dose combination, to treat multiple problems like hypertension, high cholesterol and stroke. But cardiologist says it is advisable to prescribe one drug at a time and move on to the second only after ruling of side effects first. So even though poly pill can minimize poly pharmacy and bill burden on the elderly it is not the preferable pill for them.

Finally a word to practicing doctors and patients as well, on ways to reduce pill burden

For Doctors:

- Before writing a prescription, it is better to go through patient's current drugs,
- Accordingly addition or deletion of drugs may be advised,
- Only "a must" drugs should be prescribed by the specialist,
- Routine drugs will be monitored by the family physician,
- Patient should be warned not to alter the dose or add any new drug without consulting the doctor.

For Patients:

- Any drug allergy or drug's side effects known for the patient due to past experience should be informed to the doctor, before he starts writing the prescription,
- Any abnormal symptoms experienced after taking a new drug should be reported to the doctor immediately,
- Do not discontinue the drug abruptly,
- Do not change your doctor frequently. This will only increase your pill and bill burden,
- Avoid getting the medicines over the drug counter as far as possible.

Conclusion :

"Poly pharmacy" is not a must for elders but if the diagnosis and the line of treatment are correct, many times mono pharmacy can do wonders." ❖

ANNUAL REPORT FOR THE PERIOD ENDING 31.03.2012

Dear Friends,

Vanakkam. It is my proud privilege to present this Annual Report before this august body.

1.0 Introduction : This Bureau was registered under Societies Act on 24th Sept. 2002 with Reg. No.370/2002, though it was founded on 3rd March 1996 and as such the Bureau steps into 17th year.

As you know that this Bureau is marching with its pioneering service to the Elders of the Society. It is worth remembering on this occasion, the valuable contributions made for the growth of the Bureau by founding fathers and the past office bearers/EC Members as well as the support extended by our members, other organisations & Govt. We have been representing to the Govt. both State & Central on vital issues and the grievances of our members.

2.0 Membership : With our earnest efforts and help of the media the strength is steadily increasing. Out of total membership of about 450, the strength of Life Members is about 300. The rest belongs to other categories.

3.0 Meetings.

3.1 The last AGM was held at 11.45 a.m. on May 21, 2011, Saturday at Saraswat Association, 28, Ormes Road, Kilpauk, Chennai - 10. The proceedings of the last AGM was published in June 2011 issue of Link Age.

3.2 **Annual Day Conference :** Following the AGM, the Annual Day Conference was held on 21.05.2011 at 10.30 hrs, prior to AGM.

3.3 **E.C. Meetings :** E.C. Meetings were held regularly every months. Core group meetings were held frequently to plan and carry out the activities.

4.0 **World Elders Day :** World Elders Day was celebrated jointly with social Work Dept. of Stella Maris College from 9.00 a.m. to 12.30 p.m. on September 2011 at Stella Maris College, Cathedral Road, Chennai - 86. Thiru T.S. Krishnamurthy, IRS, former CEC of India was the Chief Guest. He released the book "Healthy Ageing", Thiru W.I. Davaram, IPS, former DGP presented the "Senior Citizens Bureau's "SCB Award of Excellence to Prof. P.V. Ramamurthi, Ph.D., DNA, Hon. Director, Centre for Research on Sri Venkatramana University, Tirupathi and to Dr. Kamakshi Sundaram, MBBS., former Population Control

Specialist, Chennai for their valuable contribution to the elderly community. Dr. Sr. Colleen North, fmm, Vice Principal, Stella Maris College, presided over and distributed prizes to the students.

5.0 Elder Welfare Programmes : The Bureau has conducted so far 128 programmes upto March 2012 since inception and 14 programmes during 2011-2012, vide annexure - 1

6.0 Finance : The Bureau is carrying its activities in promoting Elder Welfare and Elder Health Care with the contributions/subscriptions of Members and Donations from Well Wishers/Organisations. The audited Balance Sheet is placed separately, as annexure - 2.

The Budget for the year 2012-13 is as below :

1. Website Maintenance	₹	30,000
2. LinkAge monthly journal	₹	50,000
3. LinkAge special publication	₹	1,00,000
4. Welfare programmes/Seminars/ Workshops	₹	70,000
5. Office Administration / Infrastructure	₹	70,000
6. World Elders Day/Annual Day/ Elder Abuse Awareness Day	₹	80,000
Total	₹	4,00,000

7.0 Conclusion : I am sure that we can serve effecting with utmost co-operation and involvement of all of you. I hope that the Honourable members will extend their support to strengthen this Bureau.

Thanking you

Annexure - 1

Brief List of Activities 2011 - 12 (April 2011 - March 2012)

23.04.11 : A happy get-together with Gods own Special Children & inmates of Kilpauk Institute of Mental Health was held jointly with Kilpauk Residents Welfare Association. Padma Bhushan Dr. Sarada Menon was the Chief Guest. (115th Programme).

30-04-11 : World Parkinson's Day Celebration with lecture and release of Booklet on "Parkinsons Disease" authored by Dr. V.S. Natarajan, was held jointly with UCB-NCS Division, Dr. V. Kanaga Sabai, Chief Guest, Dr. V.S. Natarajan, Dr. Geetha Lakshmiopathy addressed. (116th Programme).

21-05-11 : Commemoration of 16th Annual Day of the Bureau. The Chief Guest, was Thiru K.S. Sripathi, IAS, TN Chief Information Commissioner. He released the special issue of "Link Age" entitled "Sweet Sixteen". He distributed awards in the form of cash, books, medallions and certificates to the first 3 toppers in plus 2 from Chennai Corporation Schools (116th Programme). AGM was held thereafter. Audited A/c and Annual Report were adopted (117th Programme).

15-06-11 : World Elder Abuse Awareness Day was observed jointly with Help Age India and City Police Commissionerate. Thiru Thamarai Kannan, Addl. Police Commissioner was the Chief Guest. He released the Report of All India Survey on Elder Abuse by Help Age India. The 1st copy was received by Capt. Dr. M. Singaraja, Chairman / SCB, who was honoured for his contribution to Age concern. The youth were administered pledge against Elders Abuse (118th Programme).

16-07-2011 : Pain Management Awareness Program cum Camp was held jointly with Amurthanjan Health Care Specialized Centre for Pain Management. Dr. M. Azhar Hussain, MD, DA, Ph.D. specialist in Pain management was the Chief Guest (119th Programme).

21-08-2011 : Health Care Awareness Program was held jointly with Insurance Pensioners Trust. Dr. G.S. Kailash, MD, DTCD, MACP, FCIP made a presentation on the topic "How not go to a Doctor" Mr. G. Srinivasan, CMD, UI Insurance was the Chief Guest (120th Programme).

29-09-11 : Commemoration of World Elders Day was observed jointly with Stella Maris College. Mr. T.S. Krishnamurthy, IRS, Former Chief Election Commissioner of India was the Chief Guest. He released the Book entitled "Healthy Ageing" and the first copy was received by Mr. W.I. Davaram, IPS. Prof. P.V. Ramamurthy, Ph.D., DNA (Psy) and Dr. Kamakshi Sundaram, were honoured with SCB/Award of Excellence. Quiz, Pledge, Talk Show and Cultural Program were held for the students (121st Programme).

15-10-11 : Free Geriatric Health Screening Camp was held in Commemoration of World Elders Day, Dr. B. Krishnaswamy, Chief Geriatric Medicine, lead a team of Geriatric Specialists by Dr. B. Kanagasabai, Dean, MMC & GH, inaugurated the camp. Mr. Bright, AGM, IOB/Kilpauk was the guest of Honour. Clinical Exam, ECG, Blood Sugar, ENT, Serum, B12 and Sarcopenia tests were conducted. (122nd Programme).

contd....

27-11-11 : 3rd Scientific Session of Geriatric House Call Project on the "Geriatric Cardiology" was held for the Panel Doctors. Dr. D. Vaidynathan, former Professor of Cardiology, MMC was the guest speaker. Dr. V.S. Natarajan reviewed the project and interacted with panel doctors. (123rd Programme).

16-12-11 : Free Screening Camp for Treatment of "Dementia and Depression" was held jointly with Help Age India. Padmabushan Dr. M. Sarada Menon inaugurated the Camp. Dr. V. Muthukrishnan, MD, DPM, made presentation Esai Pharma Ltd. and Empower Team did the screening (124th Programme).

24-12-11 : A book entitled "Marathi Noiyy Suhama? Sumaiya" in Tamil, (‘‘மற்தி நோய் சுகமா? சுகமயா?’’) authored by Dr. V.S. Natarajan was released by Prof. Dr. Silamboli Su Sellappan. Evergreen Cine Artist Mr. R. Sivakumar received the first copy and delivered a special address Dr. S. Ganapathy Raman, President, Thenkasi Thirukural Forum, addressed (125th Programme).

26-01-12 : A cheer-up visit to Geriatric Ward (both men & women) at MMC & GH was held. 2 large shoe racks were presented to the wards. Geriatric Patients & employees were greeted with useful gifts. Dr. V. Kanagasabai, MD, Dean and Dr. B. Krishnaswamy, MD, Chief of Geriatric Medicine held a discussion with members of SCB & Media. (126th Programme).

21-02-12 : A seminar on "Health Insurance for Senior Citizens" was held with Help Age India. Mr. V. Ramasamy, B.Sc., ACA, Insurance Ombudsman inaugurated and delivered the key note address. Dr. T.S. Selvavinayagam, JD/ Insurance, TN Health Systems Project, Mr. G. Rajan, Secretary General, Consumer Association of India, Mr. Anita Rajaram, Senior Manager, UI Insurance, Mr. H. Srinivasan, Asst. VP, Star Health & Allied Insurance Co., Dr. P. Banumathy, Manager, TTK Health Care made presentations (127th Programme).

17-03-12 : A Health Care Camp on "Management of Arthritis" was held. Dr. V. Thirumal Selvan, M.Sc.(Ortho), M.Ch., TOS Hospital made a presentation on Symptoms and Treatment of Arthritis and did the screening. GVK EMRI - 108 Emergency Medical Services participated. Tests for BMI, BP & Random Sugar were done at no cost (128th Programme). ❖

Audited Accounts for the Year 2011-2012

Balance Sheet as on 31.03.2012

CAPITAL LIABILITIES				ASSETS			
PARTICULARS	SCH	AS ON 31.03.2012	AS ON 31.03.2011	PARTICULARS	SCH	AS ON 31.03.2012	AS ON 31.03.2011
GENERAL FUND	I	263,333.22	349,201.72	FIXED DEPOSITS	IV	750,000.00	650,000.00
CORPUS FUND	II	582,274.00	463,625.00	CURRENT ASSETS	V	115,697.22	165,586.72
CURRENT LIABILITIES	III	20,090.00	2,760.00				
TOTAL		865,697.22	815,586.72	TOTAL		865,697.22	815,586.72

For SENIOR CITIZENS BUREAU

To be read with our report as on date
For A. JOHN MORIS & CO.,
Chartered AccountantsSd/-
(CHAIRMAN)Sd/-
(SECRETARY)Sd/-
(G. KUMAR)
Partner
M.No.023082PLACE : Chennai
Date : 21.08.2012

contd....

EXPENDITURE		INCOME	
PARTICULARS	AS ON 31.03.2012	PARTICULARS	AS ON 31.03.2012
To Opening Balance	18,714.15	By Administrative Expenses A/c	62,049.00
To Cash in Hand	134,623.10	By Expenditure on Camps & Meetings	25,534.00
To Cash at Bank	12,249.47	By World's Elder's Day	23,538.50
To Indian Overseas Bank	13,607.00	By Others	68,518.00
To Axis Bank	300.00	By Link Age Publications	100,000.00
To Subscription	118,649.00	By Investment Fixed Deposits	210.00
To Membership	24,900.00	By Purchase of Books	34,811.00
To Link Age	23,000.00	By Gift & Donation	2,760.00
To Corpus fund Received	1,816.00	By Audit Fees	5,499.00
To Life Subscription	3,310.00	By Advance to Chakravurthy	-
To Donation	1,655.00	By Website Maintenance	500.00
To General Purpose	87,153.00		
To World's Elder's Day	73,801.00		
To Sunshine Fund	12,125.00		
To Sale of Books	63,213.00	by Closing Balance	139.15
To Interest Received	1,736.00	Cash in Hand	
To Fixed Deposit	17,000.00	Cash at Bank	
To Savings Bank Account	-	Indian Overseas Bank	98,090.00
To Loan Received	-	Axis Bank	11,968.47
TOTAL	433,117.72	TOTAL	433,117.72
			336,072.62

To be read with our report as on date
For A. JOHN MORIS & CO.,
Chartered Accountants
Sd/-

(G. KUMAR)
Partner
M.No.023082

For SENIOR CITIZENS BUREAU

Sd/- (CHAIRMAN) Sd/- (SECRETARY) Sd/- (TREASURER)

PLACE : Chennai
Date : 21.08.2012

Income and Expenditure Account for the year ended 31.03.2012

EXPENDITURE		INCOME			
PARTICULARS	AS ON 31.03.2012	AS ON 31.03.2011	PARTICULARS	AS ON 31.03.2012	AS ON 31.03.2011
To Administrative Expenses	62,049.00	46,894.00	By Subscription	13,607.00	18,350.00
To Expenditure on Camps & Meetings			By Membership Linkage	300.00	400.00
To World's Elders Day	25,534.00	15,964.00	By Donation		
To Others	23,538.50	14,204.00	By General Purpose	24,900.00	87,153.00
To Linkage Publications	68,518.00	88,804.00	By World's Elders Day	23,000.00	73,801.00
To Purchase of Books	210.00	1,360.00	By Sale of Books	3,310.00	1,655.00
To Gift & Donation	34,811.00	-	By Interest Received		
To Audit Fees	3,090.00	2,760.00	By Fixed Deposit	63,213.00	43,960.00
To Website Maintenance	-	500.00	By Savings Bank Account	1,736.00	2,142.00
To Excess of Income over Expenditure	-	56,975.00	By Excess of Expenditure over Income	87,684.50	-
TOTAL	217,750.50	227461.00	TOTAL	217,750.50	227461.00

For SENIOR CITIZENS BUREAU

Sd/-
(CHAIRMAN) (SECRETARY)Sd/-
(TREASURER)PLACE : Chennai
Date : 21.08.2012To be read with our report as on date
For A. JOHN MORIS & CO.,
Chartered AccountantsSd/-
(G. KUMAR)
Partner
M.No.023082

Annexure - 2 contd....

Assessee's Name Date of Formation 12A Reg. No. Nature of Income Address	SENIOR CITIZENS BUREAU 24.09.2002 Sl.NO.366/04-05 CHARITABLE ACTIVITIES No.93, RAMNAICKEN STREET BEHIND POLICE STATION NUNGAMBAKKAM, CHENNAI-600 034	P.A.No. Status GIR NO. I.T. Juni. Asst. Year Year Ending	AAETS 3576 K SOCIETY NOT ALLOTTED ADI EXEMPT (EXEMPTIONS) 2012-2013 31.3.2012
REF:AJM/ TR-4/20			
STATEMENT OF TOTAL INCOME			
I. INCOME FROM OTHER SOURCES			
Subscription Received		13,907.00	
Donation Received		47,900.00	
Sale of Books		3,310.00	
Interest Received		64,949.00	130,066.00
			130,066.00
i) Amount spent to Charitable Purposes		217,750.50	
ii) Amount accumulated or set apart for application to Charitable Purposes to the extent it does not exceed 15% of Income derived from Property held in the Trust -u/s. 11(1) (a)		Nil	
iii) Amount eligible for exemption u/s.11 (1) (d) - Corpus Fund			130,066.00
TAXABLE INCOME			Nil
Place : Chennai Date : 21.08.2012			Sd/- (G. KUMAR) Partner M.No.023082

Minutes of EC Meeting held at 11.00 a.m. on August 05, 2012, at Adhi Parasakthi Clinic, Flowers Road, Kilpauk, Chennai - 10.

The meeting started with a silent prayer in memory to our departed members Mrs. S. Ambujavalli, Mrs. Parvathy Thampy. Friendship Day greetings were exchanged. Dr. Capt. M. Singaraja, Chairman was in the chair and 9 members attended. Minutes of last EC meeting, read by Mr. Lakshmi Narayanan was confirmed.

Dr. Singaraja welcomed the EC members and special invitees. He requested members to attend the solidarity day for Senior Citizens to be held on 16.08.12 at Tower's Park, Anna Nagar where a short walk has been arranged by TN Senior Citizens Association to be followed by a public meeting.

Dr. Singaraji also briefed about 17th Annual Day Celebrations to be held on Sunday, 26th August, followed by the AGM. Agenda and presentation of Annual Report, Annual Accounts and nomination to the vacancy in the EC were also discussed and finalized. Chairman requested for more participation by office bearers and EC members in the day to day, running of the Association to enable more programmes, more happiness and benefits to members.

Conducting World Elders Day on 30th September 2012 was discussed. Chairman reminded members to register for ensuing 3rd U3A World Conference at Pune in October 2012 and 12th ISCCON National Conference at Thiruvananthapuram in November 2012. Chairman thanked all members for completing another event filled year successfully in spite of several constraints. Dr. Nirmala, treasurer proposed a vote of thanks. ❖

Input by : Thiru Prakash H. Lulla

Wedding Bell

Selvi A. Bhagyalakshmi, B.E. (Syst. Engineer /CES), grand daughter of our active Life Member (LM 465), Thiru T. Rajarethinam, weds Selvan S. Balaji, B.E., MBA, (ASM/Kellogg India) on Aug. 20, 2012, at Thirunelveli, followed by Reception at Hotel Jaya Pushpam. 1131, Inner Ring Road, (opp : to Koyambedu Bus Station), Chennai on Aug. 26, 2012 at 6.30 p.m.

Our blessings and best wishes to the newly married couple for a happy and prosperous wedded life. ❖

Bon Voyage

Prof. Dr. V. Chokalingam (LM 682) is representing India in the seminar organised by European Society of Cardiology at Munich, Germany. He will be out of the Country from Aug.25 to Sep.9, 2012. *We wish him Bon Voyage and all the best.* ❖

Members - Additions / Changes

Additions

1) LM 805 Ph : 9444171757 DOB : 10.11.47

Mr. P.M. Pandian, F-3, Sri Krishna Apts., 45 (Old No.17), Muthu Street, Royapettah, Chennai - 600 014. ❖

**SALUTATION AND BEST WISHES TO OUR SENIOR ELDER MEMBERS
WHO HAVE COMPLETED 85 YEARS OF AGE AS ON OCTOBER 1, 2010**

S. No.	D.O.B.	NAME & MEMBER NO.	PHONE & ADDRESS
1)	13-08-1913	Thiru N. Jaganathan, LM 117 Flat No. 1258, Golden Colony, Mogappair, Ch - 50.	044-2624 4537
2)	27-04-1914	Thiru C. Balasubramanian, LM 111 K-block, 11 (35), Anna Nagar East, Ch - 102.	044-2626 3501
3)	26-12-1917	Thiru T.S.K. Ramarao, LM 601 7/5, Musiri Subramanyam Road, Mylapore, Ch - 4.	044-2499 4430
4)	30.03.1918	Prof. Dr. A. Mannarkrishnan, LM 149 9, 5th Cross Street, Lakshmi Nagar, Porur, Ch - 116.	044-2476 0384
5)	18-11-1918	Thiru C.V. Purnachandra Rao, LM 570 164-K, Srinivasan Kumar Street, G.E. Nagar, Nerkundram, Ch - 107.	044-2656 3355
6)	24-11-1919	Thiru K.S. Krishnamurthy, LM 796 Flat No. 5, Coronet Crest, 43/30, 3rd Street, Abhiramapuram, Ch - 18.	044-2498 8131
7)	17-03-1920	Thiru M.A. Vedagiri, LM 448 Dhanagiri, No. 11, 15th Street, J.B. Estate, Avadi, Ch - 54.	044-2655 5204
8)	26-05-1921	Thiru B. Nagarajan, LM 594 No.1, Rams Flats, 34/25, Masilamani St., Balaji Nagar, Royapettah, Ch - 14.	044-2813 3623
9)	20-10-1921	Thiru T.S. Ajitkumar, LM 214 C-4, Shanthi Apts., N.No.36, O.No. 23/30, Mahalakshmi St., T. Nagar, Ch - 17.	044-2434 7859
10)	06-04-1922	Thiru K. Ramanathan, LM 56 Plat No. 971, H-105, 16th Street, 'H' Block, Anna Nagar, Ch - 40.	044-2616 4478
11)	17-04-1922	Thiru G. Sundararajan, LM 123 S.P.K. Apts., 3/C, No.9, Dhanammal Street, Spurtank Road, Chetpet, Ch - 31.	044-2836 0129
12)	05-09-1922	Thiru P.A. Natarajan, LM 373 5, Solaiappan Street, First Lane, Washermenpet, Ch - 21.	044-24951866
13)	12-09-1922	Thiru K.P. Mahalingam, LM 320 6-B, The Peninsula, 778 P.H. Raod, Kilpauk, Ch - 10.	044-2641 1577
14)	27-01-1923	Maj. Genl. Aban Naidu, LM 001 "Blessington" No. 7, O.No. 4, 4th Cross St., Ormes Raod, Kilpauk, Ch - 10.	044-2642 5555
15)	05-04-1923	Padmashree Dr. M. Sarada Menon, LM 558 No. 2, Second Cross Street, Ormes Road, Kilpauk, Ch - 10.	044-2641 2697
16)	18-05-1923	Thiru S.R. Satakopan, LM 598 28/76, R.P. Road, Nehru Nagar, Chrompet, Ch - 44.	044-2223 3001
17)	08-06-1923	Thiru C. Madhavan, LM 528 83, Alpha Enclave, 30-F, Anna Nagar East, Ch - 102.	044-2626 1294
18)	12-11-1923	Thiru A.R. Balasubaramaniam, LM 743 33/48, 4th Main Road, R.A. Puram, Ch - 28.	044-2435 7138
19)	12-12-1923	Miss P. Sathyapriya, LM 451 New 52-E, Old I8-G, New Tank Street, Nungambakkam, Ch - 34.	044-2827 8012

S. No.	D.O.B.	NAME & MEMBER NO.	PHONE & ADDRESS
20)	17-12-1923	Thiru P.S. Santhanakrishnan, LM 13	044-2641 1938 Flat No. 2/3, Roselya Garden Apts., Barnaby Road, Kilpauk, Ch - 10.
21)	12-05-1924	Dr. S.V.C. Iyer, LM 367	044-2234 2468 Old No. 140, Defence Officers Colony, Ekattuthangal, Ch - 97.
22)	15-05-1924	Dr. Kamatchi Sundaram, LM 16	044-2466 1938 97, 772, 'CANOPY' Poes Garden, Ch - 86.
23)	24-05-1924	Thiru T.J. Xavier Pillai, LM 80	93802 75151 Kaivalya Nagar, Pondur Post, Sriperumbudur - 602 100.
24)	20-07-1924	Dr. S. Ramasamy, LM 539	94441 40829 26/25, Chamiers Road, Nandanam, Ch - 35.
25)	16-03-1925	Thiru S.S. Venkataraman, LM 425	044-2814 0248 Flat No. 4, N.No. 11, O.No. 7, Gandhi Street, T. Nagar, Ch - 17.
26)	16-05-1925	Miss. M.N. Chandra Kanthom, LM 133	044-2642 8382 Flat No. 1-D, Ranga Niwas, 40, Barnaby Road, Kilpauk, Ch - 10.
27)	05-10-1929	Thiru V. Balasubramanian, LM 536	94451 66319 101 A, Dr. Ranga Road, Mylapore, Ch - 4.
28)	29-07-1925	Thiru P. Thiruvengadam, LM 746	044-2827 4087 23, Veerabadran Street, Nungambakkam, Ch - 34.
29)	05-04-1926	Tmt. S.R. Raja Rajeswaramma, LM 606	Old No. 22, New No. 8, Krishnama Road, Nungambakkam, Ch - 34.
30)	27-04-1926	Thiru N. Chellam, LM 616	044-2376 1844 No. 1/7, Sethu Street, Postal Audit Colony, Saligramam, Ch - 93.
31)	18-05-1926	Thiru G. Rangasamy, LM 114	044-2625 7070 18/43, Sathya Nagar, Padi, Ch - 50.
32)	07-09-1926	Thiru M. Kandaswamy, LM 45	044-2621 2636 A.K. 49, 11th Main Road, Anna Nagar, Ch - 40.
33)	26-09-1926	Thiru P.E. Chacko, JSL 432	044-2662 3809 Agent, L.I.C. of India, No. 12, 4th Street, Hyder Garden, Perambur, Ch - 12.
34)	30-05-1927	Thiru N. Subramaniam, LM 6	044-2499 6905 Old No. 17, 3rd Street, Abhirampuram, Ch - 18.
35)	30-08-1927	Miss. M.N. Duraisamy Ammal, LM 134	044-2642 8382 Flat No. 1-D, Ranga Niwas, 40, Barnaby Road, Kilpauk, Ch - 10.

God Bless you ! Wish you a Happy & Peaceful Life

K.A. : You are requested to confirm correctness of the details and to accept the honouring award on ensuing World Elders Day, on September 29, 2012.



Welcome to Our Family Fold

I NEW MEMBERS

1. Mr. P.M. Pandian LM 805

Acknowledgment

Thanks a lot & God Bless You

I. SUNSHINE FUND

- | | | | | |
|----|-----------------------|--------|---|--------|
| 1. | Tmt. J.B. Canthaswamy | LM 786 | ₹ | 1000/- |
| 2. | Dr. R. Vasanthavalli | LM 574 | ₹ | 1000/- |
| 3. | Thiru G. Seshadri | LM 613 | ₹ | 250/- |

II. DONATION

- | | | | | |
|----|-----------------------|--------|---|--------|
| 1. | Dr. R. Nirmala | LM 765 | ₹ | 1200/- |
| 2. | Thiru T. Rajarethinam | LM 465 | ₹ | 1000/- |

Note : AM/LM = Annual / Life Member - JSL = Journal Subscriber Life

PM/DM/HM = Patron/Donor/Honorary Member

National / International Days in September

- | | | |
|----------|---|-------|
| 01-09-09 | Friendship Day | (I) |
| 01-09-09 | National Nutrition Day | (N) |
| 01-09-09 | World Day of Co-operative | (I) |
| 07-09-09 | Grand Parents Day | (I) |
| 08-09-09 | International Literary Day | (I) |
| 10-09-09 | World Suicide Prevention Day | (I) |
| 14-09-09 | i) Peace Day ii) World Cross Cultural Day | (I) |
| 15-09-09 | Ozone Day | (I) |
| 21-09-09 | World Alzheimer's Day | (I) |
| 24-09-09 | i) Girl Child Day ii) World Heart Day | (I) |
| 25-09-09 | Tourist Day | (I) |
| 28-09-09 | i) Green Consumer Day ii) Maritime Day | (I) ❖ |

Note : N = National I = International

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.

Birthdays - September

Wishing you a Cheerful, Peaceful and Long Life

Sl. No.	D.O.B	Memb No.	Name
1.	01-09-1934	LM 311	Thiru V. Krishnan
2.	03-09-1948	JSL 789	Smt. Nirmala Fiedeils
3.	05-09-1939	LM 512	Thiru R. Sandhanam
4.	05-09-1922	LM 373	Thiru P.A. Natarajan
5.	06-09-1943	AM 572	Thiru P. Sampath
6.	07-09-1928	LM 586	Thiru K.P. Ayyanar Raju
7.	07-09-1926	LM 45	Thiru M. Kandaswamy
8.	07-09-1933	LM 516	Tmt. Parvathi Menon
9.	08-09-1937	LM 546	Thiru S. Jayakumar
10.	08-09-1939	LM 665	Thiru K.S. Shanmugam
11.	11-09-1937	LM 343	Thiru K. Jayaraman
12.	11-09-1935	LM 520	Thiru A. Raman
13.	11-09-1940	LM 492	Dr. S.R. Krishnamurthy
14.	12-09-1922	LM 320	Thiru K.P. Mahalingam
15.	14-09-1936	LM 741	Thiru S.T. Krishnamurthy
16.	15-09-1932	LM 771	Thiru D. John Selvaraj
17.	16-09-1930	LM 04	Thiru S. Radhakrishnan
18.	17-09-1943	LM 68	Thiru T.S. Kanagaraj
19.	17-09-1928	LM 465	Thiru T. Rajarathinam
20.	18-09-1934	LM 138	Thiru R. Mukundan
21.	22-09-1946	LM 552	Thiru B.V.S.C. Sharma
23.	26-09-1926	JSL 432	Thiru P.E. Chacko
24.	30-09-1941	AM 443	Thiru N. Kultalam Pillai

Kind attention : Your liberal contribution to Sunshine Fund is solicited on this memorable occasion



Committed to serve

SENIOR CITIZENS BUREAU



Bestow
unconditional love

MISSION

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

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

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

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

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

VISION

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

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

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

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

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