



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

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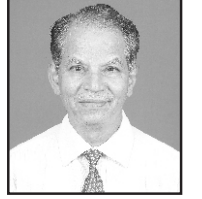
From the Editor cum Chairman

“முதியோர் அவமதிப்பு ஒழிய, ஒவ்வொரு நாளும் ஒருங்கிணைந்து உறுதியான நடவடிக்கையில் ஈடுபட வேண்டும்”

முதியோர் அவமதிப்பு எல்லாக் குடும்பங்களிலும், சமுதாயம் மற்றும் அரசாங்கத்தில் அனைத்து மட்டங்களிலும் நிலவுகிறது. அவமதிப்பின் தன்மையும், அளவும் கூட குறைய வித்தியாசப்படலாம். ஏழை பணக்காரர் என்றும், படித்தவர் படிக்காதவர் என்றும், உயர்ந்தவர் தாழ்ந்தவர் என்றும் வேறுபாடின்றி ஆண்பெண் என்று பார்க்காமல் நிகழ்கிறது. பல சுய அவமதிப்பும் அரங்கேடுகின்றன. இதை அன்றாடம் அனைத்த ஊடகங்கள் வெளிச்சம் போட்டுக் காட்டுகின்றன. தொண்டு நிறுவனங்கள் பறைசாற்றுகின்றன. இருந்தாலும் குறைந்த பாடல்லை. ஏன் என்றால் பாதிக்கப்பட்டவர்கள் பயத்தினால் வெளியே சொல்வதில்லை. குடும்பத்தார் கூடுதலாகக் கொடுமைப்படுத்தும் அச்சத்தாலும், அரசு நிர்வாகத்தின் பழிவாங்கும் போக்காலும் அடங்கி ஒடுங்கி விடுகின்றனர். முதியோருக்கு எதிராக அவமரியாதையும் தீங்கும் நிகழ அடிப்படைக் காரணங்கள் இளையோரின் பொறுமையின்மை, சகிப்புத் தன்மை இல்லாமை, இயற்கையான முதுமைக் கோளாறுகளைப் புரிந்து கொள்ளமை, வாழ்க்கை முறை மாறுபாடு, துரிதப் பொருள் ஈட்டும் மோகம், உல்லாசம் என சொகுசுப் போக்கு முதன்மையானவை ஆகும்.

இவற்றையெல்லாம் அளந்து ஆராய்ச்சி செய்து மூத்த குடிமக்கள் சீரழிவதையும் சமுதாய சீர்கேட்டையும் தடுக்க அயக்கிய நாடுகள் அவை 2006 முதல் சூன் 15 ஆவது நாளை உலக முதியோர் அவமதிப்பு விழிப்புணர்வு நாளாக

பிரகடனப்படுத்தியது. உலக நாடக அனைத்தும் இந்நாளை தங்களது அரசுகள் மூலமாக முழுமூச்சுடன் முதியோர் அவமதிப்பை ஒழிக்கப் பாடுபடுவதென ஒப்புக் கொண்டன. ஆனால் உப்பு சப்பு இன்றி ஏனோ தானோப் போக்கைத்தான் பார்க்கிறோம். அரசியல் தலைவர்களும், அரசு ஊழியர்களும், தொண்டு நிறுவன பொறுப்பாளர்களும் கூட அவமதிப்பும் அவதூறும் செய்கிறார்கள். இருந்தாலும் அயக்கிய நாடக அவை இதை வலியுறுத்தி இந்நாளுக்காக ஒரு கருப்பொருளையும் முன் வைக்கிறது. அதன்படி இவ்வாண்டுக்கான கருப்பொருள்தான் “முதியோர் அவமதிப்பு ஒழிய ஒவ்வொரு நாளும் ஒருங்கிணைந்து ஏகமனதாக உறுதியான நடவடிக்கையில் ஈடுபடவேண்டும்”. இதில் அரசாங்கம் முனைப்பு காட்டாவிட்டால், குடும்பத்திலும், சமுதாயத்திலும், அரசு அமைப்புகளிலும், வாய்மொழி மூலமாக, சைகை முகபாவனை மூலமாக, அடி உதை பலாத்காரம் மூலமாக, உள ரீதியாக, பொருளாதார ரீதியாக, சமூக ரீதியாக அன்றாடம் நடைபெறும் அவமரியாதை மற்றும் தீங்கை எப்படி ஒழிக்க முடியும்? கொள்கைகளையும், சட்டங்களையும் தவறாது உறுதியாக அமுல் செய்ய வேண்டும். முதியோர்கள் அன்புடனும் ஆதரவுடனும் கண்ணியத்துடனும் பராமரிக்கப்படும் சமுதாயம் தான் மகிழ்ச்சியான, வளமான, ஒளிர் விடும் சமுதாயம். ❖



"One Action... One Nation... Against Elder Abuse"

Whether rich or poor, elite or ordinary, male or female, elder abuse is prevalent in all families, all walks of life in the society and in all Govt. departments. Only the degree of abuse varies, irrespective of the status, gender and place. Self abuse also is quite common. There is evidence flowing from every day life thru media, candid out breaks from the elderly and NGOs / VOs. There is a fear of more cruelty by family members and victimisation by Govt. machinery if the affected older persons come out openly. The performers of Elder Abuse sometimes are political leaders, reputed NGO heads, top citizens in the society and Govt. The reasons are impatience, intolerance and ignorance of natural characteristic old age disabilities and difficulties, glamorous life styles and materialistic wants of the youth.

The primary object of observing World Elder Abuse Awareness Day is

to focus the attention of all state holders to eradicate this evil. That is why UNO has designated June 15 in 2006 as World Elder Abuse Awareness Day and urging its member states to publicise this day emphatically thru a theme every year. The theme for this year is "One action... One nation...against elder abuse". Unless there is a concerted effort at State level, the nation or the globe as a whole will be witnessing the manifestation of Elder Abuse in all its forms, verbal, physical, emotional, psychological, financial and social. So we need one focused action from every family to each limb of Govt. nation wise against elder abuse. The society with utmost love, respect and dignity to older persons is considered a true prosperous and peaceful society. State must implement the Policy Acts and Rules strictly in full, observe World Elder Abuse Awareness Day and International Day of Older Persons. ❖

Invitation**SENIOR CITIZENS BUREAU**

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



Jointly with

**INDIAN BOARD OF INTEGRATED
MEDICINES (IBIM)**

West Mambalam, Chennai - 33.

Cordially invites you for a Camp on

Acupressure and Nature Care

by

Prof. Dr. FA. Abdul Nazar

President, IBIM & TAAPRO, Chennai - 33.

Date & Time : Saturday, 16th August 2014, 10.30 Hrs.

Venue : Saibaba Hall, Opp to IBIM,

2A/68, Balakrishna (Naicker) Street,

West Mambalam, Chennai - 33.

(Near Ayodya Mandapam, Next to Vaibav Shoppee)

Presided over by

Capt. Dr. M. Singaraja, SM, C.Eng.

Chairman, SCB

All are welcome.

S. Jayakumar

Secretary General / SCB

Agenda:

10.30 to 12.00 Hrs: Presentation, Demo, Q & A,

12.00 to 12.30 Hrs: Free Consultation

12.30 Hrs : Lunch

EC Meeting will follow immediately after the camp.

Our appreciation

**E-mail to Birg. MAA RAJA, AVSM, VSM (79),
DM-864, Dubai.**

I am happy to convey my sincere thanks and appreciation for your Generous Contribution of Rs. 15000/- kindly find enclosed receipt and July Issue of our monthly journal "Link Age ". I am privileged and proud to welcome you to the family of SCB as donor member. As requested already, kindly e-mail your brief bio-data with a photo picture. With regards and best wishes.

SMS to Mr. KR. CHINRAJ, JSL-278, New Mumbai

The 2 page interview with u by Business India Magazine published in marketing column of their July 7 -20 issue, gives an insight to winning of brand right in FIFA 2014 by Suditi and emerging global outlet of sports fashion apparel by "Riot". I am extremely happy and proud of this excellent feat. I extend my appreciation and congratulation for your global advance without any nosie. Wishing you many more tops.

Congrats

Sadhabishekam of Prof. K. Aludiapillai, IAS (Retd.), DM-327, former VC of Madurai Kamaraj University was celebrated by his Children and grand Children, on July 3, 2014 at D.K. Kalyana Mandapam, 3rd Avenue, Anna Nagar, Chennai - 40. His valuable service to UGC and his regular column in Tanseca's monthly journal, "Elders" are widely acclaimed. Our warm greetings and best wishes one again as your birth day being 23.06.34. ❖

Dr. S. Ramaswamy (92), LM-539, Chennai - 35, was conferred "Life-time achievement Award by A.R. Kalaimanram, on 08.07.2014 at Sastri Hall, Mylapore, Luz, Chennai - 4. We wish him many more feathers on his cap. ❖

பொறிஞர். S.N. கொளந்தன் இளநிலைப் பொறியாளர் (ப.நி) நெடுஞ்சாலைத்துறை. நாமக்கல் மாவட்ட TREAT பிரதிநிதி அவர்கள் 75 வயதிற்கு மேற்பட்டவர்கள் கலந்து கொள்ளும் "குண்டு எறிதல்" (Shot put) போட்டியில் கடந்த இரண்டு வருடங்களாக தமிழகத்தில் முதல் இடத்தில் வந்ததுடன், 2014-ஆம் ஆண்டு 25 பிப்ரவரி மாதத்தில் கோவையில் நடைபெற்ற அகில இந்திய போட்டியில் மூன்றாம் இடத்தில் வெற்றி பெற்றுள்ளதற்கு, 10.05.2014 அன்று TNEA, DECT மற்றும் TREAT இணைந்து நடத்திய சிறப்பு நிகழ்ச்சியில் 'முதுமையிலும் சாதித்த பொறியாளர்கள்' என்ற நிகழ்ச்சியில் பாராட்டப்பட்டார். வாழ்க வளமுடன். ❖

Dr. A.J. Premkumar Satya, LM-649, celebrated the wedding of his only son, Samuel Balasingam Satya, B.E., MBA with Jansi Sheeba Ezhilarasi, B.Com, M.Com. on Friday, 6th June 2014, at C.S.I. St. Paul's Church, Chennai - 112. Followed by the Wedding Reception at Lite Auditorium, Kellys, Chennai - 10. Also he received the Chairman's appreciation award in recognition of Excellent Performance in academic / organisational activities during the year 2013-2014 at "AMSCON 2014", Annual National Conference of Indian Medical Association Academy of Medical Specialities, held on 28th & 29th June 2014, at Hotel Hindustan International, Kolkata. God bless you. ❖

Get Well Soon

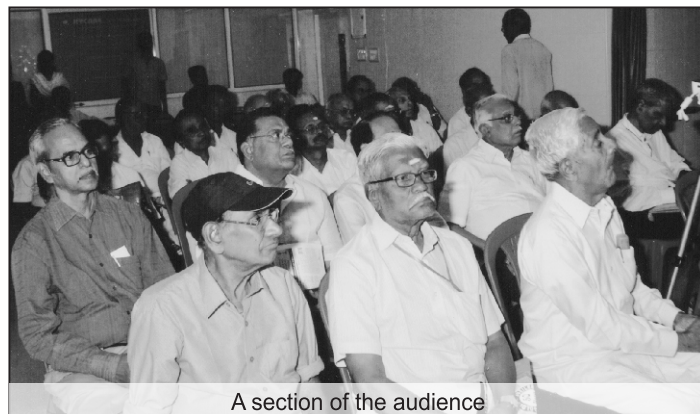
Tmt. Savithri Vaithi is ailing from Acute infection of Lungs, Food Pipe etc. I saw her in ICU at Kauvery Hospital on 14.07.2014. You may be aware that she was not keeping well and was suffering from Neuro problem for quite some time. Hospitalisation costs a lot of money and Vishranthi Trust is managing. Since the treatment is prolonged, expenses are more, it was indicated that a helping hand from all of us and from our organisations will be supporting the dedicated and unselfish social worker. She is a good friend of all and we have a very long association in extending our good wishes and support for her service. I feel that Probus can take a lead and initiate a helping hand. Let us pray for her speedy recovery. ❖

Report on Activities

Senior Citizens Bureau - 162nd Program - "HYCARE CENTRE" - 20.07.2014



A view of the dais
(L-R) Dr. R. Kesavan, Dr. VBN. Murthy, Capt. M.S. Raja, S.J. Kumar, P.H. Lulla



A section of the audience

Our bureau in association with HYCARE CENTRE at Aysha hospitals kilpauk conducted a programme on diabetic foot and wounds. Prakash lulla welcomed the guests and members. Chairman Dr. M. Singaraja introduced the guests to the audience. He condoled the passing away of Mrs. Murugian spouse of our former VC & Sec. Gen. He very emotionally recalled the services of Mr Murgaian to the bureau and wished gods best blessing be with the family at this sad time. He also condoled the sad plane disaster over UKRAINE, and the sad collapase of the skyscraper at Chennai. He honoured the guest speakers Dr. Prof. V.B. Narayanamurthy and Dr. Rajesh. Dr. Narayanamurthy a plastic, diabetic foot surgeon took pains to bring forward the problem of Diabetic Mellitus patients who developed Neuropathy-loss of sensation in foot, which leads to ulcer and spreading into damaging the skin, bone, and the area around, most patients feel that this is a non solvable problem, but the professor cautioned that now good investigative process has brought about treatment in bringing normal blood supply to the area, and proper nerve sensitivity also back. Thus healing is easily possible and safe if the wound is not properly diagnosied or treated early the foot gets severely infected in causing at times removal of the infected foot. Hence with new treatments, and blood supply normal sensitivity can be restored and patient gets normal comfort. He stressed the importance of foot care, and hygiene specially the diabetic patients.

Dr. Rajesh Kesavan orthopaedic and foot surgeon said that every 7 seconds we have lost the life of a diabetic and every 17 seconds a diabetic patient is diagonised Neuropathy and lack of sensitivity leads to deformity , ulceration, and most deaths occur due to poor medication and wrong myths. foot and skin wounds that are not treated in time cause fissures, and damage to bone structure, and deeper infections leading to amputations and loss of limb. He took great

pains to stress the need to protect the diabetic foot properly at all time by wearing protective shoes that cover the front toes fully and also the heels fully, not wearing high heels or hawai chappals, washing the feet after coming back and drying the inner feet and fingers, wearing PROPER FOOTWEAR EVEN AT HOME not applying balms, and oils to open wounds, keeping the feet dry and moisturised at all times sometimes the use of coconut oil as a moisturiser has attracted mice and insects to the neuropatic foot. this can be avoided. Vasilene or parfin wax can be used instead. He also stressed the need for immidate treatment in time of accident, or wound occurance. the question an d answer session was lively and informative. Both the doctors took great pains in demystifying that diabetic foot was incurable and long standing. Mr. S. Jayakumar Secretary General proposed the vote of thanks. Useful and informative programme ended. ❖

EC Meeting was held at 12-30 P.M. on 20th July immediately after our monthly meeting held at Hycare Centre, Ayisha Hospital Kilpauk Chairman Capt. Dr. M. Singaraja presided over and welcomed the members. Mr. Lakshiminarayanan read out the minutes of the last meeting held at Ethiraj College, Egmore which was approved and greeted by members. Also JULY born names of Birthday members were read out and very few members who were present Mementos were given by Chairman. U3a Conference Katmandu, Nepal details were explained by Chairman and those interested to join should give their names before end July. Mr. Sethusheshan and Mr Jayakumar were asked to work out details about routes and fare details before 2nd Aug so that to attend the conference in time as well sight seeing details and visiting places of interest other than Sponsors Tour. The meeting was adjourned after a vote of thanks. ❖

- Prakash H Lulla, VC

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Birthdays : August

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1.	02-08-1943	LM 518	Thiru E. Nagaraja Sarma
2.	03-08-1942	LM 684	Er. Justin Paul
3.	05-08-1936	LM 298	Thiru N. Sethuraman
4.	07-08-1933	AM 686	Thiru V.S. Natarajan
5.	07-08-1937	LM 583	Er. Olney Aaron
6.	10-08-1932	LM 613	Thiru G. Seshadri
7.	11-08-1936	LM 458	Thiru N. Balasubramanian
8.	13-08-1913	LM 117	Thiru N. Jagannathan
9.	14-08-1937	LM 515	Thiru M.L. Amarnath
10.	14-08-1948	LM 22	Er. R. Harinder Sagar Naidu
11.	14-08-1936	LM 485	Er. C. Visweswara Raju
12.	15-08-1927	LM 826	Tmt. Habibunissa Begum
13.	15-08-1936	LM 23	Thiru T.V. Hariharan
14.	15-08-1937	LM 680	Thiru S.N. Kolandan
15.	15-08-1943	LM 19	Tmt. Kousalya Sarathy
16.	15-08-1933	LM 540	Lion K.S. Mani
17.	16-08-1948	LM 740	Thiru S. Antonysamy
18.	17-08-1949	LM 596	Tmt. Umakanthan
19.	18-08-1944	LM 617	Tmt. Chandra Veeraraghavan
20.	19-08-1942	LM 574	Dr. R. Vasanthavalli
21.	23-08-1952	LM 859	Thiru K.P. Rajendra Raja
22.	23-08-1931	LM 332	Thiru H. Krishnamurthi
23.	23-08-1935	LM 239	Thiru A.R. Loganathan
24.	23-08-1932	LM 754	Thiru P.K. Uma Shankar
25.	24-08-1944	LM 608	Tmt. A. Rajeswari
26.	26-08-1948	LM 649	Dr. A.J. Prem Kumar Satya
27.	26-08-1934	LM 807	Thiru J. Ratnasamy
28.	27-08-1934	LM 137	Dr. Gomathi Narayanan
29.	28-08-1940	LM 250	Thiru B. Augustin
30.	30-08-1927	LM 134	Tmt. M.N. Duraisamy Ammal
31.	29-08-1934	JSL 265	Thiru Murthy S.K.D.

National / International Days August

01.	World Breast Feeding Day	(I)
06.	World Peace Day, Hiroshima Day/Nagasaki Day	(I)
09.	Quit India Day	(N)
12.	World Youth Day	(I)
15.	Independence Day (India)	(N)
29.	National Sports Day	(N)

Note : N = National I = International

Changes

1) LM 784 Ph : 044-26266307 D.O.B. : 19.07.1931

Tmt. M. Janakam C/o. Manivannan

Room No.303, Senior Citizens Centre, VHS Hospital,
Rajiv Gandhi Salai, Adyar, Chennai - 600 113.

2) LM 835 Ph : 9944192733 D.O.B. : 01.06.1946

Thiru T.K. Perumal

No.10, Nehru Street, Anna Nagar, Manavalan Nagar Post,
Thiruvallur Taluk & District - 602 001.

Welcome to Our Family Fold

I. NEW MEMBER

1.	Thiru C.N. Reddappa Reddy	LM 862
2.	Thiru D. Raghunatha Rao	LM 863
3.	Brig. MAA RAJA, AVSM, VSM	DM 863
4.	Thiru K. Subramanian	LM 865
5.	Thiru P. Sethu Seshan	LM 866
6.	Thiru CPJ. Dias	LM 867

II. RENEWAL

1.	Thiru N. Balakrishna Rao	AM 593
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III. CONVERSION to LM

1.	Thiru G. Vemana Reddy	LM 525
2.	Thiru A. Kanthimathi Nathan	LM 507

Acknowledgment

Thanks a lot & God Bless You

I. Sunshine Fund

1.	Maj. S. Raghunathan	LM 809	₹	1000/-
2.	Dr. G.Viajayalakshmi	LM 526	₹	501/-
3.	Thiru. Sarveswara Rao	LM 313	₹	558/-
4.	Thiru. M. Munusami	LM 794	₹	1000/-
5.	Thiru. G. Rengaswamy	LM 114	₹	1000/-
6.	Thiru. V. Sitaraman	LM 519	₹	200/-
7.	Thiru. S. Prabhakaran	LM 660	₹	1000/-
8.	Thiru. A. Selvaraj	LM 459	₹	200/-
9.	Tmt. Janakam	LM 784	₹	5000/-

II. Donation Fund

1.	Thiru C.V. Murugesan	LM 661	₹	1000/-
2.	Thiru. S. Aravamudha Chary	LM 363	₹	5000/-

Note : AM/LM = Annual / Life Member JSL = Journal Subscriber Life
PM/DM/HM = Patron/Donor/Honorary Member

Obituary

Tmt. M. Bhama (60), dear spouse of our former Vice Chairman and Secretary General LM : 293, Er. S. Murugaiyan, (Ph : 044 - 26502424, DOB : 03.10.1939, Plot No.71, Door No.4, 2nd Street, North Jaganatha Nagar, Villivakkam, Chennai - 49) passed away peacefully on 17th July morning. ❖

Dr. Prof. A. Mannar Krishnan, LM : 149 (Ph : 044-24760384, DOB : 30.03.1918, No.9, 5th Cross Street, Lakshmi Nagar, Porur, Chennai - 116) passed away peacefully on 23rd July morning. ❖

Tmt. Shantha Ragupathi Raja (68), youngest sister in-law of our EC Member Er. V.S. Balakrishna Raja, LM, passed away on July 11, 2014, at Rajapalayam. ❖

Thiru N.K. Philipose, LM-850, passed away at Chennai on 04.06.2014. ❖

❖ **Our heartfelt condolence to their bereaved family.**