

NOVEMBER, 2021

ASLI NUGGETS

FOR WHOM AGE IS JUST A NUMBER



Association of Senior Living India
Empowering Senior Living and Care in India



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From Editorial Desk



Dear Readers,

Thanks for your warm response to the first edition of ASLI Nuggets! We have tried to make the second edition more entertaining for you and have created an exclusive id for us to interact with you in a much faster manner, now you can write to us at aslinuggets@gmail.com for direct access to all the members of the editorial desk.

As the saying goes, "Aging is a process where you become the person you should have always been", this time we are sharing with you an article on aging gracefully. While discussing health we only tend to focus on major health illnesses but tend to forget smaller issues which become extremely critical if not given proper attention. We are talking about Falls which as per statistics is a starting point of all major health issues with seniors. A fall affects a senior physically and mentally, breaking their routines & often confidence to do regular chores. Hope you find the article useful.

This pandemic has taught us a lot but one of the most significant conversations was around mental health & we would like to share some tips for ensuring healthy state of mind for our seniors. We have added a news bulletin segment in addition to the fun segment, for you, hope you like it!

In today's fast paced world we keep on trying to juggle between tasks and more often than not regret making a choice, in this edition we would like to share a true heartening story which highlights the importance of quality over quantity! ASLI members in their own little ways are trying to make a difference to the lives of seniors & we are very proud to share happy pictures of seniors & messages from our 90+ years young seniors about how they feel cared for.

Its Diwali time, festivities are in the air, please do read some tips to keep our elders safe and definitely do try our recipes to make your celebrations sweeter. I would like to wish all of you a very Happy & Prosperous Diwali, enjoy yourselves & please share your pictures with us and oblige us by making us a part of your celebrations.

*Keep Smiling Always,
Ankur Gupta*

Tips to Protect Elders this Diwali

Your elders and seniors may seem like they're tough enough to handle the conditions of Diwali, but that doesn't mean you can simply leave them on their own during this festive time of year. It's important to make sure your parents, grandparents, and other elders are kept safe from harm as you prepare for Diwali with your family, whether it's from firecrackers or wandering too far from home. Here are some tips to help keep seniors safe from Diwali's dangers.



Never leave elders alone during Diwali

It is an age-old tradition during Diwali for families to host relatives and friends in their homes. As one of India's most important holidays, it can also be one of its most dangerous for older people who are left unattended while younger family members celebrate. For elders alone or at home, here are some steps you can take to make sure they're safe during Diwali.



Never give elders firecrackers to hold

Firecrackers are festive, but they are dangerous for seniors. If an elder holds a firecracker in their hand, there is a chance that they could set it off unintentionally. For safety's sake, never give your senior loved one a firecracker to hold.



Don't let elders sleep before midnight on Diwali night

During Diwali night, fireworks can be heard and seen for miles. For elders with hearing impairments or sleep disorders, these sounds and sights can prevent them from falling asleep before midnight. If you know any elders who may fall victim to not getting enough sleep on Diwali night, consider turning off their TV or music an hour before bedtime and closing their curtains so they can get a good night's rest.



Author: Mr. S N Praveen

Founder and CEO - Priaashraya Assisted Living Homes

Golden Rules for Ageing Gracefully

Like your own place to enjoy independence and privacy.

Hold on your bank deposits and assets with yourself or your spouse.

Don't depend on your children's promise to care for you when you grow old, as their priorities change with time.

Expand your circle of friends to include those who will outlive you.

Do not compare, expect nothing from others.



Do not meddle with the life of your children, let them live their life-not yours.

Do not use old age as your shield and justification to demand care, respect and attention.

Listen to what others say but think and act independently.

Pray, but do not beg even to God, seek his grace.

And finally DO NOT RETIRE till the end of your life.



Author: Ms. Lalitha George
Resident - Mission Valley, Travancore Foundation

Fall Among The Old

A fall can cause serious injury to old people as their bones are weak. Bones have the capacity to grow throughout life and when broken can join together and form the older shape. But the capacity for growth decreases with age.

The results of a fall in the old can be broken bones such as wrist, forearm, shoulders/humours, pelvis, ankle, hip, head injuries, loss of mobility and even death.

Psychological effects are fear, anxiety, apprehension, losing balance and lack of confidence in attempting movements such as walking, standing, etc. Accidents can be minor, resulting in bruises, contusions, abrasions and so on.

But the results can be major fractures needing hospitalisation, surgery and even replacement with metallic parts which are no match for natural ones.

Young people are alert when moving and their reflex, strength of muscles and steadiness are normal. But as age advances, all these physiological abilities dwindle.



Old people without any health conditions need not worry much whether they will have a fall or not. But old people having other health problems should be cautious.

Some risk factors are weak muscles, poor balance, problems of eyesight and hearing, dizziness, memory loss due to dementia, low or high blood pressure, etc.

Seniors can take certain steps to shield oneself from fall:

These could be improving balance and strength of muscles with low impact exercises such as yoga, being attentive to health conditions, correcting eye defects, avoiding overuse and long-term use of drugs, being attentive while walking or standing, using a walking stick with prongs even if slight giddiness is felt at any time, avoiding loose dress or long pants which may get caught while walking, ensuring places of movements are properly lighted and not too bright.

“Seniors should avoid using dim lights and lights that cause glare”.

Seniors should also play games requiring only light exertion such as table tennis, which involves movements of the body, particularly hands and legs. It will help strengthen the muscles and make legs, hands and fingers dextrous, improve grip of legs and hands.

Author: Dr. A Sreekumar Menon
Resident - Columbia Pacific Communities

How **senior citizens** who are living away from their families are coping up with **mental health** and what can they do to **enhance it**?

We need a pen and paper to write an article, likewise in life we need both mental and physical fitness to live a happy and peaceful life. Once you age, both get interconnected and when one thing is affected the other also depreciates. The influence that one another has when seen holistically is huge and the impact they can create on each other can even lead to a poor overall wellness.

Mostly families remain the pillar of support in maintenance of good mental health for seniors, but what if seniors live alone? What do seniors do when they stay away from the family due to various reasons? How can they enhance it more?

Most often seniors who live alone have a bad social life and this leads them to fall in the trap of clinical depression. It is advisable to not leave them alone yet sometimes situations are not as we expect. Regardless of what happens, life has to move on and in that case seniors choose to do certain activities to keep their mental health intact.

Majority of the seniors are more than equipped with technologies, enabling them to communicate with their family anytime even though their families are apart and with availability of such technologies it has become easier to have a healthy social life even in a pandemic.



Apart from that senior citizens engage themselves in mindful activities such as book reading, playing board games and physical fitness activities like daily walking, yoga, etc.,. Seniors after a certain age develop a habit of going to temples as there is a strong connection between mental and spiritual health.

They also enable networking between the senior friends so that they get to communicate with other seniors in the locality, maintain good friendships and live as a community. To enhance it they can indulge in friendly competitions which can give them purpose to actively learn or do things. Sometimes physically fit people can choose travelling, which can also be of great help in relaxing their mind.

It is also possible that some seniors work with their business or occupy themselves with a hobby like watching television, playing with a pet or can even take up gardening etc.,.

Mental health for elders is equally important as for the younger generation. When a senior of the family is mentally fit, it positively impacts the whole family as well even though they are miles apart. It is best when mindful activities become a part of lifestyle rather than just techniques for coping up with difficult situations.

Author: Dr. Karthik Narayan
Managing Director - Athulya Assisted Living

Short Story Time

Gifting and Sentiments

This is a true story and has been written in brief.

82 year old Vimala is a fiercely independent lady . Her only grandchild, Arup finished his engineering from a prestigious technology school and had secured admission for higher studies with an Ivy League institution at the US. Most of Arup's education was in a boarding facility. Vimala got very little time with him. She longed for time with him and enjoyed whatever little she got of it. Arup was equally fond of his grandmother and cared for her.

Vimala wanted to gift something special for her only grandchild who was going abroad for his studies. A feeling that she might not see him much was always worrying her. Her only son and his wife were staying in the same city that she lived. Every weekend they would go over to her place and spend time with her, something that she looked forward to. Time with her grandson, was always a pleasure, but scarce.

Soon she decided on an idea to gift digitized documents for her grandson. She carefully selected photos of them together from the childhood – a tear in her eye for most memories. She spoke to her son about the idea – he said it was a brilliant one and helped her. They got Arup's medical certificates digitized, his key records like Adhaar, birth certificate, horoscope etc., and education certificates.

A thought suddenly occurred to her "what if Arup gets married in the US and she is unable to attend the wedding ??". She went to a music store to legally download auspicious music to be played at the wedding time.. Finally a hard disk drive to load these into. The son and mother spent a lot of time putting these records into folders and labeling them. For Vimala, this was a huge experience. Overwhelmed with herself, she was all set to gift her grandson.

Her son arranged for a lunch date for the grandmother and grandson. At a restaurant that Arup enjoyed visiting with his grandmother. Just the two of them. After lunch , she took out the carefully wrapped gift and gave her grandson. "Thanks Grandma, said Arup and added "Can I open it ? ".

Of course said Vimala. He unwrapped the gift. He thought it was a hard disk drive inside a nice pouch. Couldn't think further. Thanks he said. It will be very useful. Now it was Vimala's turn to raise the curiosity. She said "go home and open it on your laptop"... I will said Arup – now really curious about the gift.

At dinner time, Arup was unusually quiet. He kept looking at Vimala. She could sense that he was a bit sad. And then a panic gripped her. Did the disk not open ? Was there a problem ? So she asked Arup "were you able to open the gift dear ? Did you like it ?" Arup could not control his tears flowing down from his eyes. "It was a brilliant idea patti (tamil version of grandmother) I will cherish this for my life. So meaningful and thoughtful. He said.

That night, Vimala was in her room going to retire for the day. Arup walked in. He sat quietly across her bed. He had tears in his eyes. "I am sorry, I could not spend much time with you the last few years. It's been very hectic he said." "Can I sleep on the floor in your room tonight ? I want to be with you" . Vimala was now feeling sorry and a bit guilty. She hugged him close to her. They sat talking till dawn. About various topics, laughed and cried. She did not know when she slept. Vimala was longing for time with her grandson, and now it came in abundance. An evening she would always cherish and remember.



Author: Mr. Srikumar Sampathkumaran
Founder - Care Finder

NEWS Corner



Elder Line

India's first pan-India toll-free helpline – 14567 – called 'Elder Line' was officially launched by the Ministry of Social Justice and Empowerment. It aims to provide information, guidance, emotional support, and in cases of abuse, immediate assistance too.

Link: <https://bit.ly/2ZgVyG1>



R. Subrahmanyam

#elderline It is time to stand up for the needs of the elderly. ELDERLINE - the National Helpline for Elders is now available at #14567. Grateful thanks to Amitabh ji for his endorsement.

Link: <https://bit.ly/3b5eh9D>

#Vayonaman2021 On the eve of the World Elders Day, Hon Vice President of India is dedicating the ELDERLINE the national Helpline for Elders to the Nation.

Link: <https://bit.ly/3ngOHnC>



Alone in pandemic, tech rescues elderly in Delhi

Link: <https://bit.ly/3C9k61C>



Job Portal for Senior Citizens

The Union government is all set to develop a job portal for senior citizens. The portal named, 'Senior Able Citizens for Re Employment in Dignity' (SACRED), will bring the employment seeking senior citizens and providers on one platform. The aim is to devise ways to ensure senior citizens live healthy, happy, empowered, dignified and self-reliant, says the Ministry of Social Justice and Empowerment

Link: <https://bit.ly/3E5aSEa>



R. Subrahmanyam

Hon Vice President of India is launching the "SACRED: the electronic employment exchange for elderly" to find jobs in dignity.

Link: <https://bit.ly/3jyty7v>



United Nations

1st October is International Day of Older Persons #IDOP. This year #UNIDOP theme "Digital Equity for All Ages"

Link: <https://bit.ly/3b7mzO8>

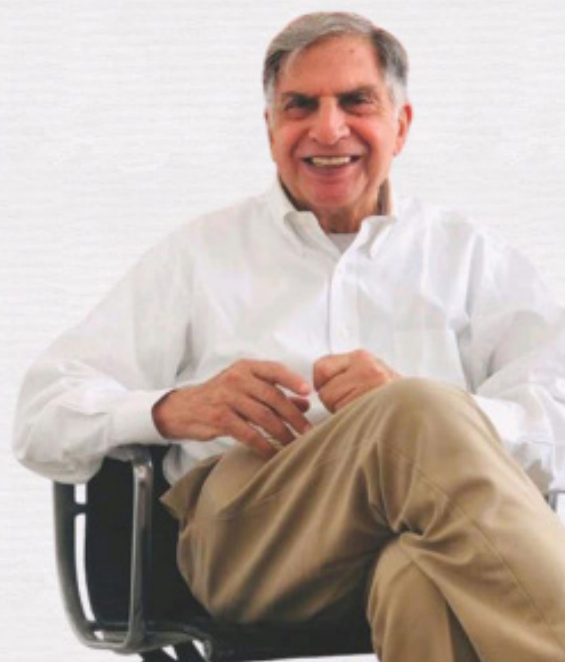
TATA TRUSTS

"The number of people in the age group above 60 years is growing and this group needs to be seen as not only continuing to contribute to the economic development of the country but also needs to be provided a favourable ecosystem for living with respect and dignity. The Government of India's leadership and monumental effort to conceptualise and operationalise an exclusive helpline with a single platform with a single toll-free number 14567 is a step in that direction.

We are really happy to have partnered with the Government of India in scaling this effort nationally. We congratulate and commend the leadership provided by the Ministry of Social Justice and Empowerment.

Elder Line will surely pave the way to improve the lives of senior citizens in this country and it will also hope to pass a clear message that senior citizens can lead an independent, respectful and dignified life, and be cared for in their twilight years."

Mr. Ratan N. Tata, Chairman, Tata Trusts



Video Nuggets

*"If happiness is the goal – and it should be, then adventures should be a priority."
-Richard Branson*

For all the travel lovers, a visual treat from Karevoyage!!!

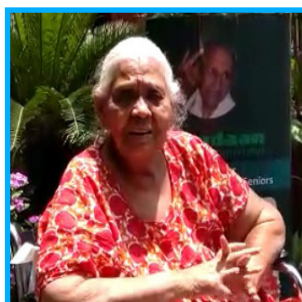
Link: <https://bit.ly/3jwqHfe>



Age is just a number!!!
Listen to our 90+ youngsters inspiring us all.

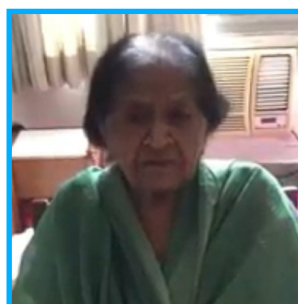
Ms. Asha Puri
Resident - Vardaan Senior
Citizen Centre

Link: <https://bit.ly/3py8XEi>



Ms. Shakuntala
Resident - Panchvati Homes

Link: <https://bit.ly/2ZoAJs3>



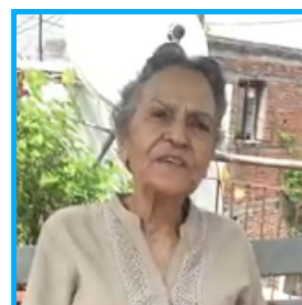
Ms. Geeta
Resident - Panchvati Homes

Link: <https://bit.ly/3E5gWMQ>



Ms. Satwant
Resident - Panchvati Homes

Link: <https://bit.ly/3BdKxSy>



Fun Nuggets

1. CAN YOU SOLVE THIS REBUS?

REC ORD

3. HOW?

$8 + 8 = 4$ O'Clock

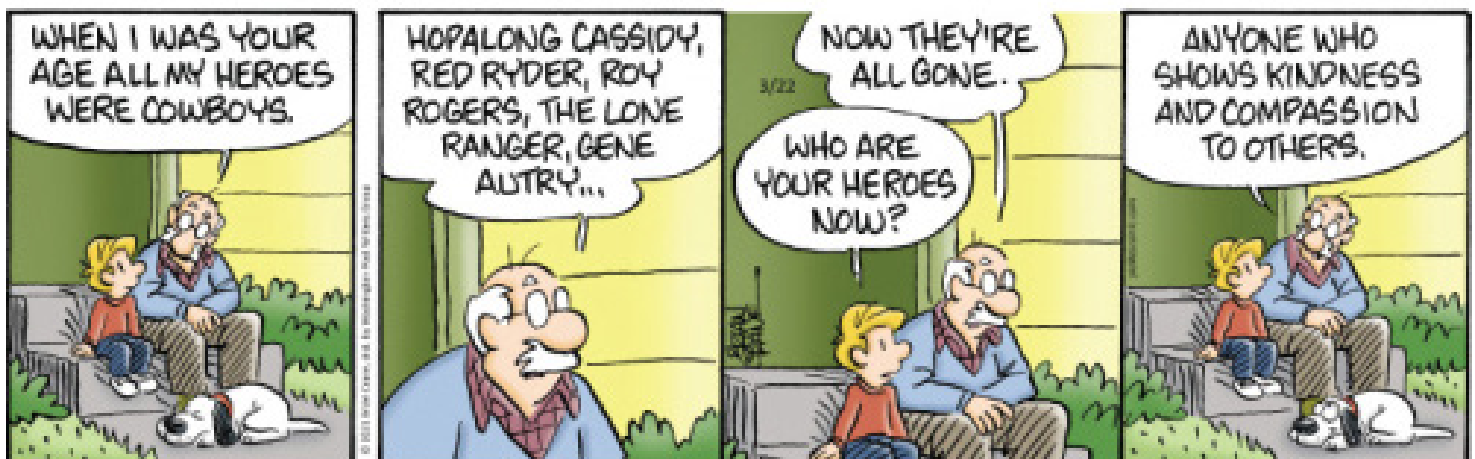
4. WHAT DO AN ISLAND AND THE LETTER "T" HAVE IN COMMON?

5. PETER'S FATHER HAS FIVE SONS. THE NAME OF THE FOUR SONS ARE FEFE, FIFI, FAFA, FUFU RESPECTIVELY.

WHAT IS THE NAME OF THE FIFTH SON?

2. SUDOKU

1			4	8	9			6
7	3						4	
					1	2	9	5
		7	1	2		6		
5			7		3			8
		6		9	5	7		
9	1	4	6					
	2						3	7
8			5	1	2			4



6. SPOT 7 DIFFERENCES



ANSWERS:

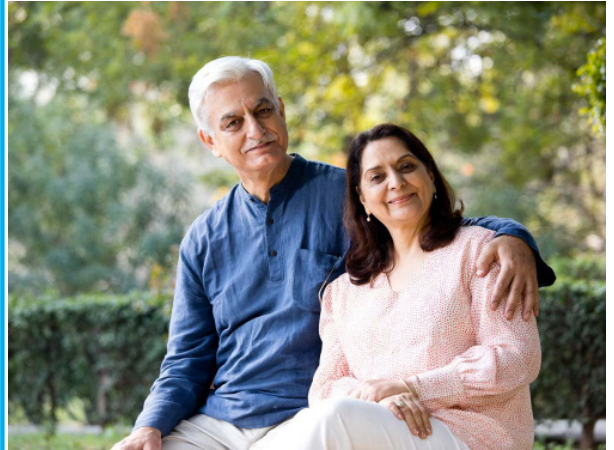
1. BREAKING RECORD
3. 8AM + 8 HOURS = 4 O'CLOCK
4. THEY ARE BOTH IN THE MIDDLE OF WATER
5. PETER
- 6.



SOME FACTS FOR YOU

LOTS OF KNOW HOW:

According to Population Census 2011 there are nearly 104 million elderly persons (aged 60 years or above) in India; 53 million females and 51 million males.



A report released by the United Nations Population Fund and HelpAge India suggests that the number of elderly persons is expected to grow to 173 million by 2026.

2. SUDOKU

1	5	2	4	8	9	3	7	6
7	3	9	2	5	6	8	4	1
4	6	8	3	7	1	2	9	5
3	8	7	1	2	4	6	5	9
5	9	1	7	6	3	4	2	8
2	4	6	8	9	5	7	1	3
9	1	4	6	3	7	5	8	2
6	2	5	9	4	8	1	3	7
8	7	3	5	1	2	9	6	4

Dusshera Celebrations

"Senior people are all different from each other, but one thing they have in common is that they enjoy celebrating festivals as much as the young do! that's why senior communities across the country incorporate National and Local festivals in their calendar as part of their routine, bringing its residents together connecting them at Physical, Emotional and Spiritual levels. Pictures here depicts the various facets of Dussehra, celebrated across the country".





Yummy Recipes

Easy Eggless Chocolate French Toast

Bourbon is the best option. I was a bit confused when I used it but I was amazed with the results. Everyone in my family loved it and asked for 2-3 servings.

1. 1 cup milk
2. 1 tbsp corn flour /custard powder
(I used corn flour)
3. 1/4 tsp vanilla essence
4. 3.tbsp Bourbon biscuit (crushed)
5. 6 bread slices
6. 1 tbsp icing sugar (if u don't have can use castor sugar but I recommend icing sugar)

1. Add milk,corn flour ,vanilla essence,bourbon biscuits powder in a bowl
2. Now cut bread in 2 half slices and dip in the milk from both side
3. Heat butter in a pan and put this dip bread slice
4. Cook it in low medium flame till it is brown and crisp
5. Now take a bowl add icing sugar,1 tbsp bourbon powder and some milk and make slurry
6. When u serve drizzle this slurry on the bread and it is ready to eat.

Link: https://youtu.be/uj_lIfLfYg



Grilled Potato Salad

1. 400 grams potato
2. 2 tbsp white vinegar
3. 2 tbsp olive oil
4. 1 tbsp honey
5. 1 tbsp mint leaves
6. 1 tsp basil leaves
7. Salt per taste
8. Pepper per taste
9. 1 clove chopped garlic
10. 1 sliced onion (small)
11. 1/2 sliced cucumber
12. 7-8 pieces of cherry tomato
13. 1/2 tsp red chilli
14. 2 cup water

1. Take small potato cut into half
2. Boil water with 1 tsp salt.Add potato,boil till it is soft
3. Heat oil in a grill pan/or any pan and cook potato till golden brown
4. For dressing combine olive oil,vinegar,honey,garlic,mint leaves,basil leaves,salt,pepper/tulsi ,and keep it aside
5. Now take a big bowl combine potato,cucumber,cherry tomato,onion ,chilli dressing and mix it together.

Link: <https://youtu.be/Sz0gq6vS3j8>

Diwali Wishes

DIWALI - FESTIVAL OF LIGHTS AND HOPE

MAY THIS YEAR BRING SMILES AS BRIGHT AS THE **DIWALI LIGHTS**



ASLI WISHING YOU AND YOUR FAMILY A VERY **“HAPPY DIWALI”**

About ASLI

ASLI – Association of Senior Living India. An association of like-minded service providers to the Senior living and care Industry, which aims to act as an Accreditation body for Senior Living and care in India, was founded by Mr. Dalal on 11th December 2011, along with Mr. Gupta as the Co- founder.

It is the first and only national professional trade association formed to represent senior living, care and technological partners in India and to protect the interest of seniors.

The acronym ASLI coined by Mr. Dalal, meaning REAL, echoes the need for real and committed players in this nascent industry. Most of the major pan India players of this industry across all verticals are members of ASLI.

Members of ASLI share a common dream of creating a model of self-regulation and work in tandem with key stakeholders that include government on guidelines of minimum standards for attaining operational excellence by its members in particular and industry at large.

Association of Senior Living India (ASLI) is an association that encourages consumer choice, quality care and accessibility for all Indian seniors needing assistance in accessing long term care.

The members of ASLI exemplify the principles of choice, dignity and independence for seniors to thus enhance their quality of life. ASLI members strive to promote business excellence in providing senior care options to the seniors in India.

Reader's Corner

You only live once so why not live life to the fullest and live life wisely! The most important quotes and wisdom on life and living will help guide you on the right path on living life to the fullest while making sure you're living life wisely.

Quotations give insight into others' minds; they reveal facts; they make information tangible; they offer a chance to rethink one's own life in light of someone else's wisdom. It's no wonder quotes resonate so deeply with so many people.

Share you're your experiences in form of quotes to aslinuggets@gmail.com , the best and the most inspiring will be published here.

ASLI Wisdom!

We've received great feedback from our readers for our first issue of ASLI Nuggets, and we're now ready to start accepting article submissions and suggestions.

We love hearing from you! What are you up to? What topics would you like to see us cover in the future? Are there any misconceptions you'd like to clear up? Submit an article, suggestions, or your thoughts to aslinuggets@gmail.com , our editorial team will review all submissions and if selected, we'll include them in the next edition of our newsletter!

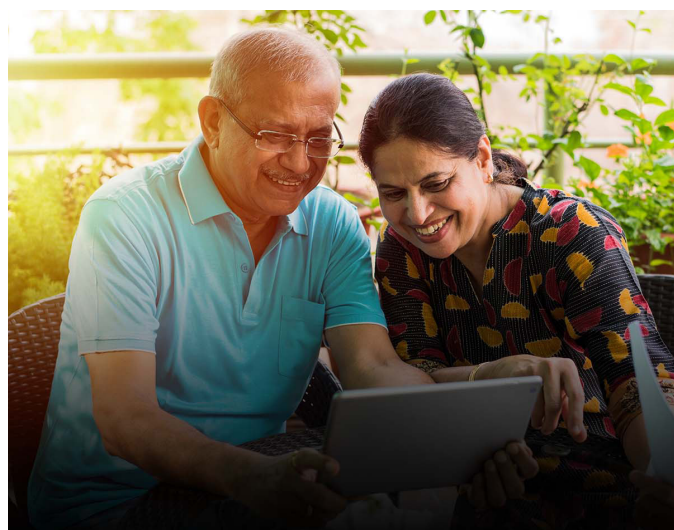
ASLI Nuggets reach thousands of senior citizens through our e-mail list and social media channels, so your article or comment could reach many interested readers!

We look forward to hearing from you!



Hello Dada Dadi, Nana Nani, Ajji Thata, We're getting ready for Diwali and we want YOU to be a part of it!

All you need to do is send us a picture celebrating Diwali - with friends, family, food, anything - and select pictures will be featured here, and don't forget to say a few words about the picture. We look forward to seeing your pictures soon :) - send it to aslinuggets@gmail.com, with the subject line.



It is an honour to take care of those, who took care of us and continue to guide us; at ASLI, we put seniors first. It is a privilege to work in an organization that inspires social values. We hope you enjoyed reading the e-magazine and look forward to your feedback.

For your feedback and free subscription of the e-magazine please email us at aslinuggets@gmail.com

*Bani Jain
Executive Director, ASLI*

Let's keep in touch

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Volume 1 Issue 2

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