

OCTOBER, 2021

ASLI NUGGETS

FOR WHOM AGE IS JUST A NUMBER

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



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R. Subrahmanyam, IAS
Secretary



Ministry of Social Justice and Empowerment
Department of Social Justice & Empowerment
Government of India

FOREWORD

I am extremely happy to know about Association of Senior Living India's new initiative of reaching out to the elders through the e-magazine. It is indeed a wonderful initiative and I congratulate ASLI for reaching out to the senior community. I am sure that the e-magazine, aptly titled ASLI Nuggets will engage the Elders and provide information and entertainment in meaningful manner helping them stay abreast of what is happening around them. I do hope that this initiative will reach a wide range of seniors and their families providing them the much-needed insights in an engaging format. 1st October is observed as International Day of Older Persons and it is appropriate that ASLI decided to launch this initiative around this date. We dedicate this day to the Elders who have shaped us and helped us in the journey of life.

I wish ASLI my best wishes in this endeavour.

R. Subrahmanyam



Founder's Message

Dear Friends,

The launching of the E- Magazine is indeed a milestone event on a landmark day in a landmark decade. 2021- 2030 is designated as the “Decade of Healthy Ageing”; by WHO and U.N. It is very gratifying, for me personally, to see ASLI bounding from strength to strength on its chosen path to represent, promote and protect the interests of its members, and Senior citizens of India. ASLI is changing how we think, feel and act towards age and ageing; developing communities in ways that foster the abilities of seniors and healthy ageing, delivering integrated care at home and in communities and by encouraging the use of technology for infrastructure and critical care.

On this decade of healthy ageing, let us all pledge ourselves to eliminate Agesim, to add joy and years to our beloved elders. We owe them this and “ASLI Nuggets” is the step in the right direction. My profuse thanks to Ankur, Board, Bani and the team who made this momentous event possible.

Take care.

Mansoor Dalal

Founder & Chairman Emeritus,

ASLI



Chairman's Message

Dear Friends,

Its such a pleasure to take out our first newsletter on International Day of Older Persons. I would start with thanking Mr. Subhramaniam, Secretary, Ministry of Social Justice & Empowerment for writing the foreward for the emagazine. I cannot imagine anyone better for the foreword as his passion is clearly visible in giving the elders a better life in India.

As per UN Population Division 2019 the share of the Indian elderly population is projected to rise to 19.5% which is 319 million by 2050 to put it simply that is the entire current population of Unites States. Against this backdrop, the subject of an ageing population will be of social as well as economic significance to the country. The purpose of this emagazine is to educate customers on the senior care industry and have some fun at the same time. I am sure you will find many of the articles interesting and educational. We would love to hear from our readers their feedback from day one, so we can keep improving the content.

I'm very fortunate to be part of the industry where you can make a difference to your community and still be a profitable venture. Request all our members, to please keep contributing articles and stories keeping in mind the interest of our seniors so that this magazine can really spread the word about senior care segment. I would like to thank Srikumar and Babu Joseph for coming with the idea of an e-magazine and they have really done a lot of hard work for the same. Last but not the least Bani who has made sure this e-magazine is published on time as she had to coordinate with many people to get the content and the design.

Always keep smiling,

Ankur Gupta



PREVENTING ALZHEIMER'S OR DEMENTIA IN OLD AGE

What if there is a chance to prevent yourself from developing Alzheimer's or Dementia wouldn't you consider changing your lifestyle ?

Statistics show that 5.3 million people above the age of sixty, had dementia in India in 2020. One in twenty seven people have dementia and the most common type is Alzheimer's and Dementia.

Alzheimer's not only robs you of your memories but also dignity and respect from the people. Only when such a thing strikes our close ones, we understand it's intensity.

Promising research has shown that changes in our lifestyle can help us improve brain health and prevent Alzheimer's or Dementia in old age.

Staying Physically Fit :

Regular exercise and Physical activity can help in maintaining and protecting the brain structure and function. It is prescribed to exercise for 30mins per day for 4-5 times a week.

Stress management :

Excessive stress can lead to loss of memory impairments and can hinder the growth of nerve cells.

Breathing exercises, yoga and other fun activities can help in management of stress.

Eating Healthy :

Maintaining a Mediterranean diet can reduce the risk of decline from cognitive impairment & Alzheimer's.

Adding plenty of veggies, beans, whole grains, and nuts can be of great help.

Quit Smoking and Alcohol :

Smoking and Excessive alcohol intake increases the risk of memory loss and dementia.

Good Sleep :

Lack of enough sleep can lead to brain repair and damage whereas good sleep routines will improve functioning of brain cells.



Learning New things & Social Engagement :

Mental stimulation and learning new things helps in keeping the brain active for good memory and social engagement has positive effects too.

"Prevention is better than cure".

To prevent Alzheimer's & Dementia, lifestyle changes should happen as early as possible to lead a happy, peaceful and independent senior life.

Author: G. Srinivasan
CEO, Athulya

HEALTH TIPS FOR SENIORS

You finally have the time and freedom to do whatever makes you feel happy. However, at this phase, you still have one important responsibility intact which becomes even more important now.

That is – taking care of yourself and your health in the best possible manner.

In that regard, here are some tips that you can integrate into your lifestyle to take care of your health

Engage in some kind of physical activity

It's not necessary for you to engage in hard core exercise at this age. What is important is inculcating the habit of movement. To start with, you could pick up any physical activity of your choice, be it brisk walking, yoga, or even join dance classes.

Make sure to intake a balanced and nutritious meal

As your digestive system is bound to slow down with your increasing age, you must avoid intake of fatty or packaged food that's difficult to digest.

Instead, you should opt for a healthy diet that comprises of easily digestible fruits, vegetables, and cereals.

Take preventive measures to avoid or detect illness on time

Make preventive visits to doctors and periodic regular comprehensive diagnostic checkups is highly recommended.

Doing so might demand some time and money, but in case there is anything going wrong, it can be detected and cured at the right time before it escalates.



Learn how to manage stress better

You need to consciously plug in efforts to relax and nurture a good state of mind for yourself. Even if life tests you, or you need to program your mind to consciously deal with it well.

You must make yourself realize that circumstances are not always in control, but our responses can be inculcating a positive attitude.



Stay connected with a like-minded community

Various researches have linked socialising to a better lifestyle. Staying in regular touch with like-minded people, family and friends during retirement is important to feel positive, stay busy and far away from loneliness.

Loneliness nurtures an unhealthy state of mind that attracts illnesses. All you need to do is find a group of people at a similar stage as you, and engage in some positive activities with that community.

Remember that your health and well being is always your responsibility. Your greatest wealth at any point in time is your health, and your own efforts are what will ensure it's always in good form.

SHORT STORY TIME

Being and Breathing

One warm evening many years ago...

After spending nearly every waking minute with Angel for eight straight days, I knew that I had to tell her just one thing.

So late at night, just before she fell asleep, I whispered it in her ear.

She smiled – the kind of smile that makes me smile back – and she said, “When I’m seventy-five and I think about my life and what it was like to be young, I hope that I can remember this very moment.”

A few seconds later she closed her eyes and fell asleep. The room was peaceful – almost silent. All I could hear was the soft purr of her breathing.

I stayed awake thinking about the time we’d spent together and all the choices in our lives that made this moment possible.

And at some point, I realized that it didn’t matter what we’d done or where we’d gone. Nor did the future hold any significance.

All that mattered was the serenity of the moment.

Just being with her and breathing with her.

The moral: We must not allow the clock, the calendar, and external pressures to rule our lives and blind us to the fact that each individual moment of our lives is a beautiful mystery and a miracle – especially those moments we spend in the presence of a loved one.



The Weight of the Glass

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students.

As she raised a glass of water, everyone expected they’d be asked the typical “glass half empty or glass half full” question. Instead, with a smile on her face, the professor asked, “How heavy is this glass of water I’m holding?”

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, “From my perspective, the absolute weight of this glass doesn’t matter. It all depends on how long I hold it. If I hold it for a minute or two, it’s fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn’t change, but the longer I hold it, the heavier it feels to me.”

As the class shook their heads in agreement, she continued, “Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them.”

The moral: It’s important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don’t carry them through the night and into the next day with you. If you still feel the weight of yesterday’s stress, it’s a strong sign that it’s time to put the glass down.

Source: Modern Short Stories

BENEFITS OF SMALL GROUP TRAVEL

Savvy travelers are realizing the benefits of small group travel, from the opportunity to meet like-minded people to the low-stress aspect of the holiday.

The world of group travel is changing. Niche group travel opportunities are emerging to provide enthusiastic travelers with unforgettable experiences. These groups are smaller and more intimate.

To be sure, small group travel is not the same as visiting a destination on your own. Nor is it the same as joining a mass group tour. Here are few points we have penned down for you while choosing your tour planner :

Do Your Research

Think carefully what you want out of your travelling experience,

Do your research to find a tour that fits with you.

Consider the focus of the tour: does it align with your own interests? Do the location and itinerary excite you? Does your

Ask Questions

Without a doubt you should pick up the phone and have a conversation with your tour manager. A good tour company personnel will be happy to share the details of the trip. Enquire about the detailed day-wise itinerary, the average number of guests and the demographic—after all, you will be spending a lot of time with these people.

Need Special Attention-Speak Up :

Don't wait until the last minute to spring a dietary restriction.

Most restrictions can easily be accommodated if notified well in time, but speak up in the early booking stage. The same



applies to mobility restrictions and health issues as well.

Take Some Down Time-(During the trip)

When reviewing your itinerary, keep your eye open for breaks or opportunities to do a little wandering on your own, or with your partner.

Everyone needs some “me” time every now and then, and occasional breaks will reboot your energy needs.



Author: Shefali Jain Mishra
Founder, Karevoyage

LIFESTYLE & DIET CHANGES FOR REVERSING MAJOR DISEASE

With today's lifestyles that we are leading and the food that we are consuming we are prone to major diseases.

A Plant Based Whole Food Diet (PBWF) without any dairy products, sugar, fat and processed foods can, not only prevent these diseases from occurring but can also reverse them. Some broad guidelines to follow for a healthy body:

1. No animal food, seafood, eggs, dairy
2. No refined or processed foods
3. No oil, ghee, butter or sugar
4. Eat by volume – ¼ fruits, ¼ vegetables, ¼ potatoes & legumes, ¼ whole grains; also have nuts, seeds, spices & herbs
5. Have 1% of body weight in fruits daily with one cup of berries
6. Have 1% of body weight in vegetables daily with ½ those in green leafy vegetables
7. Have 1 tablespoon of ground flax / chia seeds and 5 walnuts daily
8. Have just Vitamin B-12 and D-3 supplements; stop all other supplements – they can be toxic to your body
9. Have ½ litre warm water first thing in the morning – can add lemon, ginger, aloe vera, amla or turmeric
10. Do intermittent fasting with 8 hours eating and 16 hours fasting
11. Do extended water only / juice only fast for 24 hours every week and for 2-3 days every 6 months
12. Walk 10,000 steps daily



Protein should be 5-6% of your total calorie intake and these can be from plants instead of from animals or dairy. According to Dr. Colin Campbell of Cornell University, Casein in cow's milk is the cause for cancer, heart disease, 50% more bone fractures, etc.

According to Dr. Caldwell Esselstyn of Cleveland Clinic, heart, Diabetes, BP, Multiple Sclerosis, Arthritis, etc. can be reversed with PBWF.

2 fatty acids that are not made by the body are Omega 3 and Omega 6 which can be sourced from plants as can all your Vitamins intake. No need to take any supplements except B-12 and D-3.

By having 3-5 meals a day, we have insulin in our blood all day long from 7am - 11pm which interferes with the body's ability to burn fat. Intermittent fasting is when you eat for 8 hours or less and fast for 16 hours or more.

In addition to intermittent fasting, you should also do a 3-5 day water or green juice only fast every 6 months and do a water only 24 hour fast every 2 weeks. Autophagy happens in fasting, when your own cells rejuvenate themselves into new cells. Fasting is a nightmare for Cancer cells and can prevent growth and kill cancer cells.

1. CAN YOU SOLVE THIS REBUS?

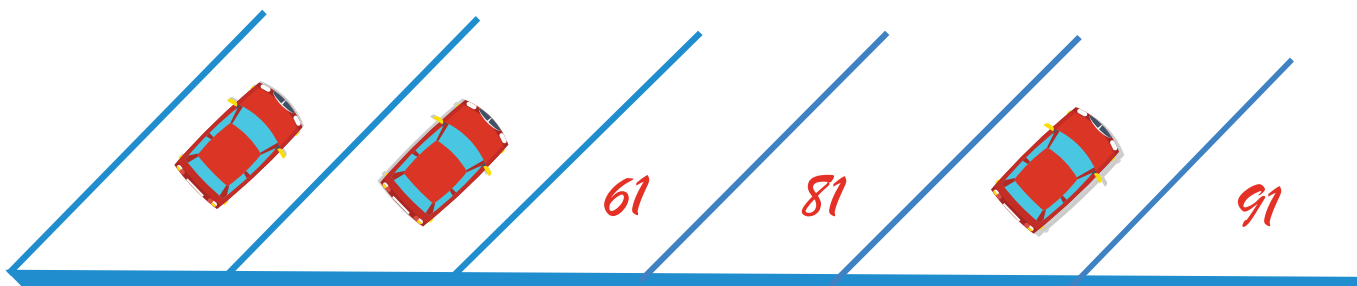
NEARFRIENDED

3. WHICH WORD LOGICALLY COMES NEXT?

SPOTS, TOPS, POTS,
OPTS, ?

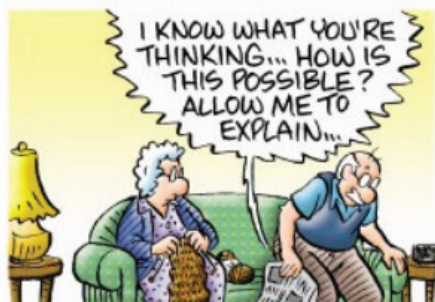
4. I SHAVE EVERYDAY, BUT MY BEARD STAYS THE SAME. WHO AM I?

5. ON WHICH NUMBERS THE CARS ARE PARKED?

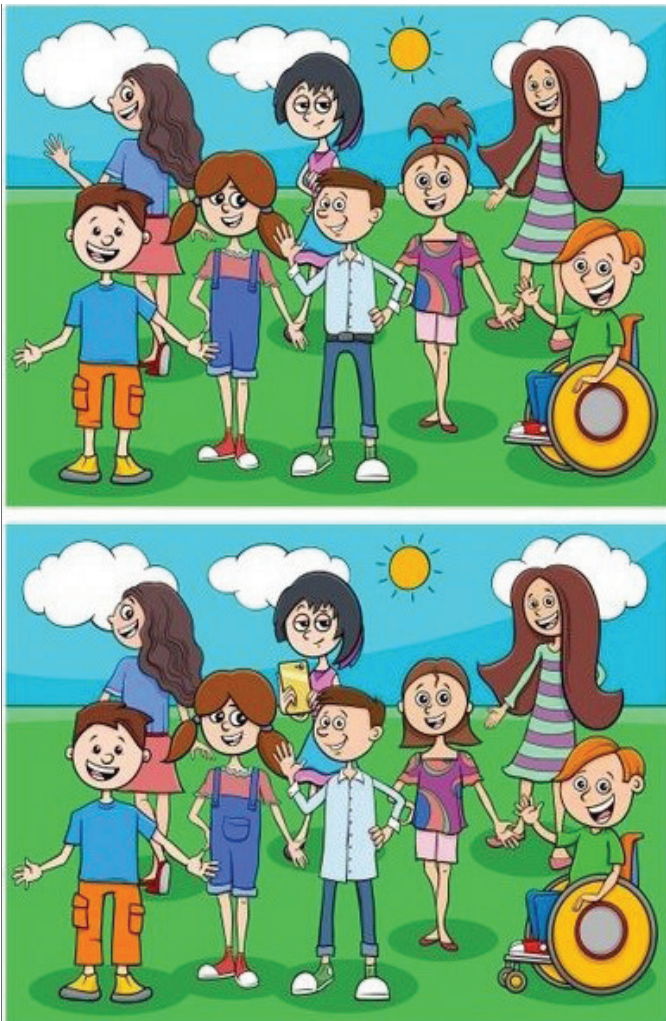


SUDOKU

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



SPOT 7 DIFFERENCES



SOME FACTS FOR YOU

LOTS OF KNOW HOW:

They're called the golden years for a reason. Getting older has its perks.

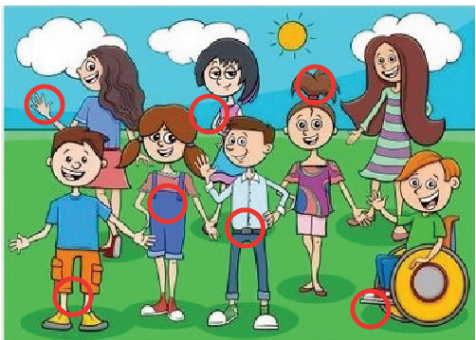
For one, you're good at using what you've learned.



This is called crystalized intelligence, and it keeps getting better, even when you're 65 or 70.

ANSWERS:

- 1. A FRIEND IN NEED
- 3. STOP
- 4. BARBER
- 5. UPSIDE DOWN - 17 - 20 - 21



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

VIDEO NUGGETS

A Shared Cup of Coffee

The heart has an everyday need for a friend, especially in old age. So many elder people live lonely lives, teetering on the fringe of society, being ignored by most of the rest of the world.

It would do well to remember that each one of us is slowly but surely walking down the same path of age, so maybe we could be a little more sensitive to those already there?!!



To watch the video use this link: <https://www.youtube.com/watch?v=FViHifCcOEY&t=31s>

Brahma Kumari, Sister Shivani's Session

Happiness begins with what you think. If you think positively about yourself, others, and the world around you, your words and actions will follow your thoughts. But too many times we lack faith in ourselves. Brahma Kumari, Sister Shivani speaks about the importance of emotional health and the health of the mind! Age is just a record of physical health. Listen to her very strong life insights in this video.

Aatmanirbhar = Being Emotionally Independent = Being Powerful

To watch the video use this link: <https://www.youtube.com/watch?v=je46zctURtA>

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.

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 mail us at admin@asli.org.in

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Executive Director, ASLI

Let's keep in touch

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