

December, 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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ASLI wishes you the very best!

Chairman's Message



Its holiday season and Wishing all of you Diwali, Christmas and a happy new year. We are so glad to see the fun faces of our residents in so many different senior living projects enjoying Diwali. I am sure the celebrations will continue into the Next year.

To make the time from Diwali to New Year even more interesting we at ASLI have organized the first member intercommunity Senior's Talent show and the participation and the launch has been overwhelming. I believe this is a one of a kind event in the world. I am sure you will enjoy the content of the next issue on this.

As always we have great articles for you to read. These articles are simple to read and very informative. All my friends have taken a lot of pain to inform about how to live a happy life and shared some personal stories. I am also really happy this time that we have our first book review from SriKumar. Please do read and give us your comments.

ASLI with Nathealth, FICCI and MTal would be releasing a report prepared by PWC on senior care and the report really highlights some recommendations for government and private players to follow to make the life of our seniors better. This report is being launched in December.

Lastly at ASLI our purpose is to protect our consumers interest and create an environment for members and there customers to learn. This magazine hopefully is a fun and learning experience for you. Please write to aslinuggets@gmail.com with your feedback.

Regards
Ankur Gupta

How to live Independently with disabilities?

The ASLI way!

What does it mean to live independently with disabilities? It could mean many things, but no matter what type of disability you have, you can still live your life independently if you have the right resources, support and infrastructure.

If you're a senior and disabled, you may be wondering how you can still live on your own instead of going into a Nursing Home or an Assisted Living Home? While it may seem hard at first, there are some very easy tips and tricks for doing so. Here are some helpful hints that can help seniors with disabilities continue living independently.

1. Seek assistance from an Eldercare agency or a Home Healthcare agency, have consultants who will come in and work with you to create a care plan, so you'll know exactly what needs to be done in order for you to live comfortably at home.

2. Call for outside help when needed - as your needs change over time, you might need more specialized personal care services—like someone coming in once a week to do light housekeeping, grocery shopping or even a medical check. Today, almost all kinds of services are accessible over your mobile devices - from a beauty parlor service to complete ICU set-up at home. It's important to communicate with family members about these additional services so they know what kind of support is needed, when it's needed, and who will provide it.

3. Use electronic reminders, to-do lists, timers, and alarm clocks, they can all be very useful tools to help reduce anxiety and remind you about things like tea time, meal time, medication time, social media time and manage your rest and sleep.



S N Praveen

4. Remove clutter if your home feels too cluttered it could lead to problems later on down the road because people won't want to visit if everything seems messy and unorganized. Plan storage solutions ahead of time so you'll have a place for everything, organized and easily accessible.

5. Make sure lighting is sufficient, natural sunlight can go a long way towards making any space feel comfortable and inviting. Put up curtains to keep rooms bright during daytime hours, but don't forget to turn on a lamp at night!

6. Don't forget hobbies - pursuing pastimes you used to enjoy can be a great source of comfort and stress relief. Take up gardening or learn a new skill such as hand crafts or photography; whatever brings joy and contentment into your life, you should always stay part of it!

7. Work out regularly, many people find exercise helps improve their physical health while simultaneously improving their emotional wellbeing as well. Consider keeping yourself active by engaging in physical activity (even if it's just walking around your home, corridors or neighborhood) on a regular basis.

8. Be patient with others, people around you may not understand why you haven't gone into assisted living yet; however, make sure they respect your decision to remain where you are. Remember: no one knows better than you what works best for your situation! Allowing others to make assumptions based off their opinions or assumptions can prevent them from offering real support when needed most.



**International
Day of
Persons with
Disabilities**

3 DECEMBER

9. Get support - Everyone needs help sometimes! That's why it's so crucial to reach out to others when you're feeling overwhelmed or uncertain. Make a peer mentoring group in your community so you can spend time with individuals who are facing similar challenges.

10. Maintain good posture – it is essential for anyone who's trying to live independently. When you're sitting, remember to sit tall and straight with your back against a firm surface. And when you're standing, try placing your hands on your hips or shoulders so you can always maintain proper body alignment.

And, lastly - Keep a positive attitude, if you let your emotions get away from you it can have a huge impact on how others perceive you as well as your overall quality of life. Therefore, it's important to maintain control of how you react to stressful situations, so they don't become overwhelming. In addition, take time each day to reflect on what's going right in your life and appreciate those blessings.

Did you know?

1. Of the one billion population of persons with disabilities, 80% live in developing countries.
2. An estimated 46% of older people aged 60 years and over are people with disabilities.
3. One in every five women is likely to experience disability in her life, while one in every ten children is a child with a disability.
4. Persons with disabilities in the world are among the hardest hit by COVID-19.

Watch:

Despite being so numerous, persons with disabilities are still overwhelmingly overlooked in times of emergency, such as the COVID-19 pandemic. Here are five things you need to know about living with a disability during COVID-19:

Link: https://youtu.be/OELGwOHmg_Q



International Day For Persons With Disabilities

Advanced Nursing Care At Home: The Transforming Solutions For Your Elderly

Older adults always feel the need to do things on their own and require support only in certain touch points like medical care and assistance- in some cases.

The need to feel the sense of freedom of living and making choices always take the first row in a senior's life.

The introduction of a hospital scenario and medical professionals give them nothing but anxiety and the worry of getting older and feeble.

But with the right amount of care and compassion, the senior recovers sooner than expected while making them appreciate Interdependence (dependence only when required).

This is when Skilled Nursing care comes into action, taking a different route to care for the ones who once cared for us.

Skilled Nursing care at home provides the ultimate care a senior would require post a surgery like joint replacement or chronic illness.

Or for elders who require tracheostomy, oncology, IV infusions, catheter etc. where improving their quality of life become the core focus and the services revolve around that.

The proximity of medical equipment and the availability of the medical team are directed towards a speedy recovery.



G. Srinivasan

"But how does this improve the quality of life?" we might wonder.

An elderly is given the care and medical assistance in their homes and helping them believe in their own strengths and beliefs by slowly getting them into practicing their daily routines on their own.

With qualified nurses by their side round the clock to help them with their daily assistance as well as the medical care.

They specifically need to recover, skilled nursing would be the solution as it.

Focuses on improving the quality of life of an elderly by giving them the care and medical services.

They need to heal while allowing them to exhale the breath of independence in this process.

The Senior would feel liberated while recovering with dignity and not feel suppressed under the care of a nursing assistant.

Skilled Nursing enhances the quality of life with its services infused with care and compassion, eliminating the fear of hospital set up and its atmosphere.

And nothing comes closer to healing at your own comfort of home!

Author: G. Srinivasan
CEO, Athulya Assisted Living

Tips For Seniors To Keep Warm In The Winter

If you're a senior who's worried about how to stay warm this winter, don't be! There are plenty of things you can do to keep your home warm and cozy all winter long. Just take these steps to keep your heat bill down and your body warmer as well!

Wear Layers

When you're out and about during winter, it's a good idea to dress warmly. This means wearing layers so that you can add or remove clothing as needed. It's also a good idea to have some items on hand that can help keep you extra warm if need be, such as a scarf or gloves.

Stay Active

Heat escapes from our bodies when we breathe, sweat, and exhale. Overheating is a common concern in cold weather, but it's just as important to watch out for extreme cold. Cold weather puts an extra strain on your body, so it's vital that you drink plenty of water during winter months to keep yourself hydrated.

Tips to help older people stay warm and safe in winter.



1. Keep active



2. Get a flu jab



3. Keep warm (layers of clothing, hot water bottle, close curtains at night)



4. Keep medication up to date and in order



5. Plan for an emergency (torches, emergency contacts, keep mobile phone charged)



6. Stay up to date with weather forecasts



7. Be extra careful when driving

Drink Water

One of the easiest ways to keep warm during cold days is by staying hydrated. Proper hydration keeps your joints and muscles lubricated, which can help you maintain flexibility and increase your activity level during colder months. Drinking plenty of water also helps regulate body temperature, making it easier to stave off winter colds. Be sure that you're drinking enough liquid each day by keeping a container of water with you throughout your day.

Wear a Hat

Hats can be a great way to keep you warm when temperatures drop, and they work by keeping heat close to your body. You can wear them under or over your hair, and they're an easy wardrobe addition that will help protect you from winter cold. If you live somewhere with harsh winters and aren't used to dealing with below-freezing temperatures, we recommend wearing a hat at all times.

Don't Skip Meals

Skipping meals is a common mistake made by seniors during winter, but it's one that could have dangerous consequences. With food being your body's primary source of fuel, skipping meals can increase your susceptibility to colds and other illnesses. Don't let your health suffer; make sure you eat regularly throughout winter.

Author: S N Praveen

Founder & CEO, Priaashraya Assisted Living Homes

Myth vs. Reality: Aging in Senior Living Homes

India has been classified as an 'ageing country' by the United Nations, with 8.6% of the total population over 60 years of age. This number is expected to triple by 2050, thereby constituting 20% of the population. In today's fast-paced and busy life, specialist solutions are need of the hour. With enhanced longevity of life coupled with constant retirement age, India has produced a significant active senior population in the country which deserves to enjoy their golden years.

There was a time when seniors did not have any options and they had to settle for old-age homes, mostly run by NGOs or charitable trusts which were usually dull, gloomy, understaffed and lacked proper facilities.



Now our seniors can enjoy Senior Living Homes which are community living spaces with an active lifestyle, free from responsibilities of household chores and a secured neighbourhood of people with similar aspirations.

Data suggests more elders die due to loneliness than falls and therefore senior living communities have a calendar full of activities that make the residents healthy and happy along with strengthening the bonding amongst themselves.

Similar age, Similar aspirations

A neighbourhood of similar aged and like-minded people ensures a friendly environment; such neighbours become friends and family in no time.



Ankur Gupta

Active Life

In a senior living community the life is planned to be active through the facilities and activity services it offers.

Hassle-Free living

Senior Living Homes are equipped to handle many of your household chores, in addition to optional dining facilities that serves home-like nutritious and delicious food.

Safe and secure

Senior Living projects are gated communities with secured entrance and CCTV surveillance to ensure security and safety at all times.

Age-Friendly design

Senior Living Homes are specifically designed to take care of age related needs- be it anti-slip tiles, or chamfered edges of walls, grab rails, little details are taken care of for safety & comfort of seniors. At the same time it looks and feels like home.



Unfortunately in India most seniors are not able to enjoy their retirement years due to stigmas involved with senior living due to old age homes.

Today the consumer and their children are not as well aware of the difference between the two concepts. We did a research on senior living homes which found that seniors living in a senior living are twice as happy about quality of life compared to seniors living in cities.

Senior Living Homes are basically dwelling apartments, with added infrastructure and house help for the comfort of senior citizens.

Here, every resident is the owner of their own property. One can continue to cook in their own kitchens or come to community dining cafes for a break, or not cook at all. All the meals are nutritional and delicious, menus keep changing, and cooks are experts at their jobs.

Most city homes are built in closed, congested spaces, without much freedom of movement.

Senior-living homes have good architecture, spacious apartments, with lush green gardens, walking tracks, gymnasiums, pools, sports courts, clubhouse, daily-need shops, and practically everything to meet elders' needs. Neighbours become friends and family in no time.



Senior-Living homes have trained medical staff who can cater to first-aid and immediate medical attention in case of emergencies. Moreover, they have tie-ups with major hospitals where the residents can go for regular check-ups and special treatments as and when required apart from the residential check-up camps that are organized within the community living.

The concept of senior living is based on independent & active lifestyle & therefore they have a wide range of activities available on the campus. Yoga, fitness centres, table tennis, meditation, satsang classes, etc are a few of the many activities that senior-living homes provide. The added perk to these activities is that they help the residents in socializing with like-minded community of friends and neighbours. These communities help the residents in enjoying a long, healthy, and happy life.

The stigma or the taboo around Senior Living is basically born out of lack of exposure to the same. It is said that experience is the best teacher & people should try living in a Senior-living home and then make their own decisions.

Senior-living homes give a new life to the retired individuals, which makes retirement life a new beginning that they look forward to. A life that is carefree, healthy, joyful & most importantly fulfilling, a life that every senior dreams of and definitely deserves!



The Lift at Gate No 11 South Block

Most of us know Vijay Chowk in New Delhi. When you travel East towards Rashtrapathi Bhavan on Raisina Hill, the road is flanked by North and South Blocks. If you go towards West you will reach India Gate. Known as Rajpath, the Republic Day Parade in New Delhi takes place on this road!

While North Block houses Ministries of Home and Finance, the South Block is the seat of power! The Prime Minister's Office is on the Ground Floor and the Ministries of Defence and External Affairs on the first and second floors. South Block also has the offices of the Chiefs of the Army and Navy as well as the Army and Naval Operations Rooms! For reasons unknown, the Army Operations Room, is known as Military Operations and Navy's Operations Room is known War Room! In Both these offices, operations against our enemy countries are planned, coordinated and executed during war! The Air Force functions from Vayu Sena Bhavan.

I am writing from my memories of 1979 – 82, when I was posted to the Military Operations Directorate and from 1989 to 91 and when I was the Military Assistant to the Chief of the Army Staff. I went back again to the same office of the COAS in 1992, after commanding my artillery regiment in between for 18 months. I left South Block in 1993, when I was posted to Defence Services Staff College as a member of the Faculty. I never visited South Block since I retired from the army prematurely in 1995. Lots of changes would have taken place today!



Colonel Achal Sridharan, VSM

Circa 1981. I was a Captain with 12 years of service, married and we had our elder daughter. We were six (?) Captains and the rest were Majors (14?) , about 10 or 12 Colonels, two Brigadiers, and a Lt General in the Military Operations Directorate! I was posted to a section dealing with operations against one of our enemy countries.

Our Section did some major work and the approval for the same was to be given by the Cabinet Committee on Political Affairs (CCPA) headed by the PM (Smt Indira Gandhi). The Cabinet along with the Chief of Army and our boss, the DGMO were in the Operations Room. Other officers were not allowed when CCPA met, though most of the work was done by Captains, Majors and Colonels!

The general saying in the army was that only up to Colonel's rank one worked and the higher ranked officers added lipstick and powder – meaning comma and full stops! Not true, since the strategy that went to make plans was by the senior officers with due “suggestions” by junior officers! One does not advice senior officers, but may suggest or submit his point of view!

Those days, we had no internal threat or insurgency issues except insurgency in the North Eastern States. No frisking or body search or scanner or worries of bombs, suicide bombers, mines, or bullet -proof jackets, armed guards or convoy of vehicles when a Minister moved on the road!.

Of course, no COVID 19 and no mask! Life was generally good and NORMAL! That is why we say, “good old days!”

The DGMO called me and said, "Sri, go and receive the PM at Gate No 11 and escort her!" No fanfare or a senior brass to receive the PM. A Captain would do. We never addressed ministers as "Sir" but "Mantriji." (My conversation with the then Home Minister in 1990 will follow soon in another Blog!) Bureaucrats, be it the Cabinet Secretary or anyone, were called by name with Mr prefixed! I do not know what is the norm now a days since, we address even a District Collector or Panchayat President as "Sir!"

I waited at Gate No 11 on the Ground Floor of the South Block and, within few minutes, Mrs Indira Gandhi accompanied by her PS, got out of the car that had only a police escort car and, walked towards me. I did not have my cap on and so no salute. I wished her and said, "Complements from the Chief of the Army Staff Ma'am, who will receive you in the Operations room" She shook my hands and we boarded the lift. After boarding the lift and until we walked the entire corridor to the Operations Room, she asked me questions like, "which State I belonged to, whether married and if so how many children, have I got accommodation for my family in Delhi (not easy!), which class my daughter was studying and whether I liked my work and Delhi etc." The conversation was very general and she made me at ease while speaking to her. When we reached the Operations Room, the DGMO and the Chief received her and escorted her for the presentation to the CCPA! Her PS was not allowed inside, since the subject was highly Secret! He waited in the visitor's room and had coffee!



After the meeting, I escorted her along with the DGMO and the Chief of the Army Staff. The DGMO and the Chief bid farewell at the lift on the first floor and I escorted her back to the gate No 11. She thanked me, shook my hands and went to her car.

At my age at that time, she left a lasting impression on me. I can still smell the perfume that she had used – the corridors were smelling good for a long time! She was not what the media said, "the only man in her Cabinet." She charmed me with her concerns for an unknown Captain of the Indian army serving in an office on the corridors of the South Block. And she left me with a lasting impression to pen this Blog after over 40 years.

In one of my future Blogs, I will also write about her funeral as well as about her son Rajiv Gandhi, who became the PM. I am not politically affiliated to the Congress. I met so many personalities including during the most disturbing time of the Janata Party Rule when Mrs Indira Gandhi lost the election after lifting the Emergency. We had many PMs in one tenure of the Parliament!

Memories and only memories remain. Who knows when my memory will also fade away!!



**Author: Colonel Achal Sridharan, VSM
Founder & Managing Director, CovaiCare**

BOOK REVIEW

The Home Stretch – A Family Caregiver's Handbook

Many of us, above the age of 40 are either looking after an elder loved one – be it a parent or grandparent at home. We all agree that being a family caregiver is a tough job and most of us are neither qualified or fully prepared with the need to be one, fall on us suddenly. We learn on the job, through trial and error with some external guidance. The task is certainly a difficult one.

The Home Stretch – a family caregiver's handbook will help you navigate through this job. The book is very timely and important guide that provides deep insights into the art and science of caregiving. In a way it is an invaluable companion to caregivers. A very practical and simple book that provides the much-needed insights.



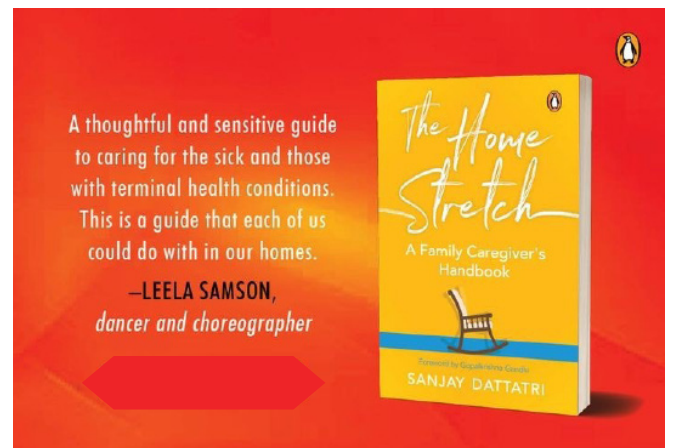
Sanjay Dattatri, the author, is an experienced caregiver himself. He is also one of the ex-directors of India's first exclusive store for senior s- the Old is Gold Store. The book is the result of his experience as a caregiver and that of many others. Documented well to serve as a guide. It will certainly be very useful and is a must have in your personal library. The book covers a wide range of topics, on how to prepare oneself mentally, physical and financially to take on the task of caregiving. The first few chapters deal with managing a bedridden loved one who has just been discharged from hospital.

Care Continuum is still evolving in India. From preparing a house to make it comfortable to the patient, the caregiver and rest of the household to enlisting the support of friends and family the right way, ways to maintain patient hygiene (avoiding bedsores for eg.,) to managing hospitalization, the authors narrative is simple and practical. He has also touched upon financial topics like handling insurance matters and much more.



Srikumar Sampathkumaran

One interesting observation in the guide is to manage visitors for patients convalescing at home. The need to deal with them kindly, sensitively and firmly without being offensive is narrated very well in the book. Similarly the chapter on remote caretgiving gives a simple blue print on how to work closely with family members who are living far away but still want to contribute significantly to the caregiving process.



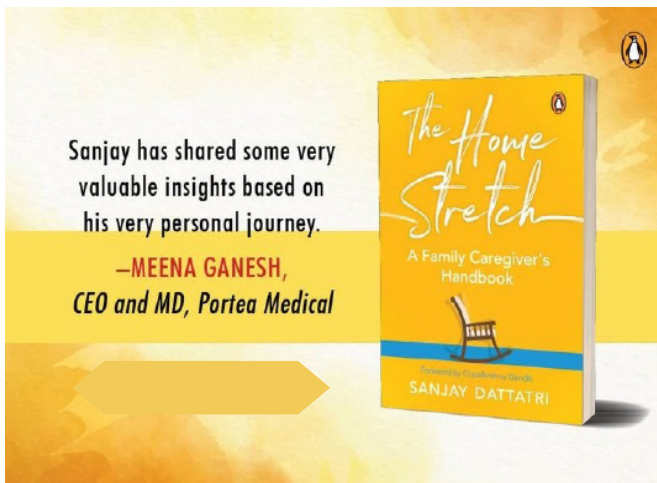
Common medical procedures that many elders need to undergo and common medical equipment that are needed in caregiving process is elaborated well.

The book deals with how elders can evaluate retirement communities, activities to keep the mind and body active, accessibility inside and outside homes and a few other useful tips for making life safe, secure and comfortable for elders have effectively narrated. Mental health (dementia care) is covered well.

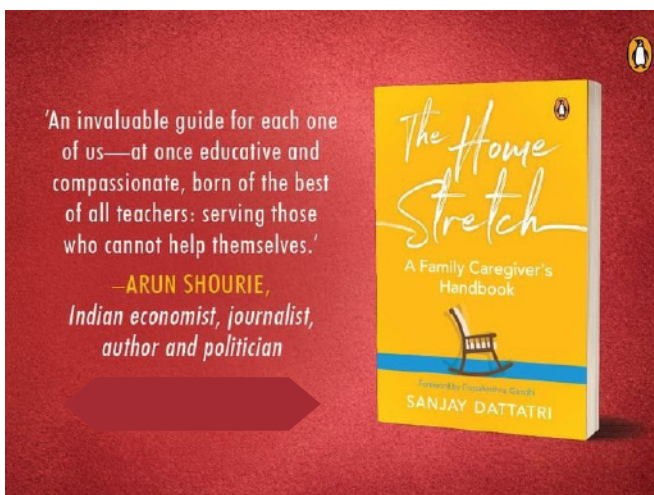
Author: Srikumar Sampathkumaran
Founder & CEO, Care Finder

SHORT ARTICLE

Freedom



Loneliness, the need for companionship in elder age is handled with the sensitivity the topic demands. The author has also kept the wellbeing of the caregiver in mind. "Taking care of yourself" throws spotlight on what caregivers need to do to help themselves. There is a strong chord of empathy for caregiver that primates throughout the book.



The foreword for the book has been written by Gopal Krishna Gandhi. The book finds endorsement from eminent personalities like Arun Shourie, Leela Samson and Meena Ganesh. Published by Penguin Random House India, the book is available in a paper back format as well as on Kindle. The paperback is available at leading books stores or can be ordered from Amazon, Flipcart or other online stores. As a person, who handles Care on a day-to-day basis, I feel this book should be part of a person's library and is also a useful reference material. The attractive pricing at Rs.399/- makes it affordable across segments.

Another Independence Day has arrived. Till now independence to all of us meant freedom from a foreign domination. We never thought of the prisoners shut up in a small cell for years or those poor immobile patients confined to their beds for a life time or even those birds and animals shut up in their cages. What does freedom mean to all of them? After I have become a victim of the terrible pandemic. I came to realize that the sweetest, most sought after thing in this world is freedom, freedom of movement, freedom of action.

Apart from the fact that the world is at a standstill, there are other consequences to the minds and personality of individuals, resulting from the isolation made inevitable by the pandemic. Loneliness leads to frustration and this in turn leads to great mental stress which, in some cases leads to mental imbalance. This, I repeat, happens only in some cases, especially the gregarious types who cannot do without company. There are people who love solitude who have some hobby which they can pursue in privacy. They are the luckier ones. But even for them, this restriction to their freedom is galling.

Fortunately, even though, my confinement went on for at least four months due to several reasons, I am happy to say, it did not do any permanent damage to me. I kept myself occupied with my Veena practice, reading and positive thinking. All the same, I am looking forward to that "heaven of freedom" the Almighty will be kind enough to grant me eventually.



Author: Jaya Radhakrishnan
Resident, Bless Retirement Living

DIWALI CELEBRATIONS

Bless Retirement Living



Manasum Senior Living



DIWALI CELEBRATIONS

Ashiana Senior Living



Primus Senior Living



FUN NUGGETS

The following extracts are descriptions of a famous nursery rhyme.

See if you can decipher them

1. A research team proceeded towards the apex of a natural geologic protuberance. The purpose of their expedition being the procurement of a sample fluid hydride of oxygen in a large vessel, the exact size of which was unspecified. One member of the team precipitant descended, sustaining severe fractural damage to the upper cranial portion of his anatomical structure. Subsequently, the second member of the team performed a self-rotational translation oriented in the direction taken by the first member....

2. The female of the species homo sapiens was the processor of a small immature ruminant of the genus ovis, the outer most covering of which reflected all wavelengths of visible light with a luminosity equal to that of mass of naturally occurring microscopically crystalline water. Regardless of the transitional pathway chosen by the homo sapiens, the probability was one that the fore mentioned ruminant would select the same pathway.

3. A young male human was situated near the intersection of two supporting structural elements at right angles to each other. Said subject was involved in ingesting a saccharine composition prepared in conjunction with the ritual observance of an annual fixed-day religious festival. Insertion into the saccharine composition of the opposable digit of his forelimb was followed by removal of a drupe of genus prune. Subsequently the subject made a declarative statement regarding the high quality of his character as a young male human.

4. A human female, extremely cautious and given to opposed behavior, was questioned as to the dynamic state of her cultivate tract of land used for production of various type of flora. The track components were enumerated as argentous tone – producing agents, a rare species of oceanic growth and pulchritudinous young females situated in a linear orientation.

Quiz

1. What is unique about the word 'dreamt' in the way it is spelt?
2. What is unique about these four words
Tremendous, Horrendous, Stupendous and Hazardous?
3. If you were to type 'stewardesses' and 'lollipop' on your key board, what is very unique about them?
4. What is unique about "month", 'orange', 'silver' and 'purple'?
5. Which bird's eye is bigger than its brain ?
6. Which dry fruit is part of the Peach family
7. The only fish that can blink with both eyes
8. An animal that can sleep for 3 years at a time

Sudoku

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

FUN NUGGETS

Spot the difference



1. Jack and Jill went up the hill to fetch a pail of water. Jack fell down and broke his crown and Jill came tumbling after.

2. Mary had a little lamb whose fleece was white as snow. And everywhere that Mary went, the lamb was sure to go.

3. Little Jack Horner, sat in the corner, eating his Christmas pie. He stuck in his thumb and pulled out a plum and said "what a good boy am I".

4. Mary, Mary, quite contrary, how does your garden grow? With silver bells and cockle shells and pretty maidens all in a row.

1. It is the only English word that ends with 'mt'

2. These are the only 4 words in English that end with 'dous'

3. Stewardesses will be the longest word typed using only the left side of the key board and Lollipop would be the longest word using only the right side of the key board.

4. No word in English language rhymes with these words

5. Ostrich

6. Almonds

7. Shark

8. Snail

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

Answers



HEALTHY RECIPES

Bajra Kichidi (Sajje Kichidi)

- Bajra - 1 cup
- Green moong or split green moong - 3/4 cup
- Mixed vegetables (carrot, beans, cauliflower green peas, potato) - 1/2 cup chopped
- Ginger - 1/2 inch piece (finely chopped)
- Green chillies - 3 (finely chopped)
- Cumin seed - 1/2 tea sp
- Black pepper corns - 1/4 tea sp
- Curry leaves - 1 spring
- Coriander leaves - 2 tablespoons chopped
- Hing a pinch
- Ghee - 1 tablespoon
- Salt to taste, Turmeric a pinch



1. Soak bajara for 8 hours. If using whole moong also soak for 8 hours.
2. Mix bajara and dal in a pressure cooker add 4 cups of water, ginger pieces, chopped mixed vegetables, few curry leaves, turmeric close the lid and cook for 3 to 4 whistles.
3. Let the cooker cool down then open, add salt, remaining curry leaves, coriander leaves.
4. Heat ghee in a pan add black pepper, cumin seeds, green chillies, hing now add this to bajara kichidi mix well to combine every thing.

Serve hot with pickle and pappad

Arikelu (Kodo Millet/Kodra)

- Arikelu (varagu arisi) - 1cup
- Pesarapappu (moong dal) - 1/2 cup
- Ghee - 1tab sp | Ghee - 2 tea sp
- Black pepper, cumin powder - 2 tea sp (dry roast pepper and cumin and make a coarse powder) Water - 5 cups
- Ginger - 1/2 tea sp (finely chopped)
- Black peppercorns - 1/4 tea sp
- Urad dal - 1 tea sp | Cumin seeds - 1/2 tea sp
- Asafoetida - a big pinch
- Curry leaves - 1 spring
- Milk - 1/2 cup | Salt to taste



1. Wash and soak Arikelu in five cups of water for half an hour. Dry roast moong dal for a few minutes and add this fried dal to Arikelu.
2. Add milk, pepper and cumin powder, salt, chopped ginger pieces mix well, cover with a lid and pressure cook for 3 to 4 whistles in a pressure cooker.
3. After 3 to 4 whistles switch off the heat and let it cool. Open the pressure cooker add 1tab sp ghee mix well.
4. Now heat 1tea sp ghee add urad dal, black peppercorns, cumin seeds fry for a while then add asafoetida, curry leaves fry for a second and add this to Arikelu pongali mix well.

Serve hot with coconut chutney, Allam pachadi (ginger chutney), Gojju.

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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