

January, 2022

ASLI NUGGETS

FOR WHOM AGE IS JUST A NUMBER

ASLi

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

(Volume 2, Issue 1)



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FOUNDER'S MESSAGE



Dear Friends and Valued members of ASLI,

Greetings on our FOUNDATION DAY!

*It is exactly 10 years to the day when our beloved Association was formed on 11/12/2011.
We have indeed come a long way.*

This baby from being an unsteady toddler, has grown to be a strong opinionated teenager full of energy and overflowing with compassion and empathy for the elders.

All this has been possible only due to your engagement and nurturing.

As the saying goes: "it takes a village to nurture a child", so also it takes dedication, passion, and involvement of all its members for an association to grow and flourish, which you all are so admirably doing.

The next decade for ASLI would be to mature further by consolidating its membership base, introduce standards and code of practice as the credo of the Association so that ASLI members get identified with excellence and quality of service.

ASLI needs your involvement and drive of each one of you, to take on leadership roles so that the baton must pass on, with new ideas, direction, and vigor at the helm and a continuous and clear line of succession.

As for the present leadership team, we can only reiterate, that we all are and will be ardent adherents and handrails to ASLI, always available whenever required.

For me personally, till my last breath, ASLI will always be my fondest Baby.

*Thank you, once again friends for all your support.
Stay safe and be well.*

Mansoor Dalal

CHAIRMAN'S MESSAGE



Dear Friends,

It's so nice to see an organization grow during the last 10 years and not just grow but to live its purpose. At ASLI we are really excited about the talent showcase which we organized for seniors of our member organisations.

These seniors participated with all their heart and did such wonderful work. I believe this happens because of two reasons....

- 1. Our member companies themselves who are passionate about the cause of making seniors life more eventful*
- 2. Our seniors who show all of us, that age is just a number.*

There is no better way to commensurate ASLI's 10 years than with our seniors. This would not have been possible without the work of Bani Jain. Who has not just thought of this program but worked hard and took lots of feedback to organize such an event. Congratulations Bani, we are so glad to have you.

Last but the not the least. Mr. Himanshu Rath who was awarded the lifetime achievement for his contribution to senior care. Mr. Rath has dedicated his life for seniors and has done commendable work in the senior care space which is laudable. We congratulate Mr. Rath and thank him for being a part of ASLI.

Wishing all of you a very Happy New Year!

Always keep smiling

Ankur Gupta

FOUNDER'S EXCELLENCE AWARD



Himanshu Rath



Founder's Excellence Award

*“Blessed is a person, who makes a difference
and walks that extra mile to make
the defenceless walk with dignity.”*

*Blessed is Himanshu Rath whose contribution to work in social sector of senior care
has given him a special place in the hearts of all those he has touched.*

Mr. Himanshu Rath, worked with leading advertising agencies from 1977 till 1987, after completing Post Graduate Degree in Marketing Management. 1987 onwards he went independent as a concept developer and communication strategist. He has since then worked with various Ministries of Government of India, Departments of Central Government, Multinational organizations viz. UNICEF, World Bank, Ford Foundation, UNAPCTT, GTZ, American Express Bank, Nestle India and other Indian corporate's.

He established Agewell Foundation, India, a not-for-profit organization which has been working for the welfare and empowerment of older persons since 1999. Agewell has set up a two-tier network of over 7500 primary and 8000 secondary volunteers spread across 718 districts of India and interacts with over 25000 older persons on daily basis through its volunteers' network.

Recognizing the work being done by Agewell Foundation ECOSOC has granted Special Consultative Status to Agewell Foundation at United Nations since 2011. It is also accredited as Associate NGO Status with UN-DPE-NGO. Agewell Foundation is empaneled with National CSR Hub by Tata Institute of Social Sciences (TISS). It has been member of Working Group and Steering Committee on Social Sector for XII, XIII and the XIII Five-Year-Plan of India since 2002; Chairman, Working Group on Awareness and Capacity Building for Senior Citizens, Ministry of Social Justice & Empowerment, GOI, Member, Sub-Group on Elderly Care, under NITI Aayog's CSOs Standing Committee, GOI & Member, Committee of Experts on "Impact of COVID-19 pandemic on human rights and future response", National Human Rights Commission.

Mr. Himanshu Rath has participated extensively globally, as a Panelist / Speaker at International conferences and at all the nine Working Sessions of the Open-Ended Working Group on Ageing at United Nations Headquarters in New York, USA, since 2011.

Association of Senior Living India would like to record its appreciation to one of India's foremost Social Sector professional for his vision, dedication and unstinting commitment to work for the marginalized elders so that they can live a life of dignity.


Mansoor Dalal
Founder and Chairman Emeritus
Association of Senior Living India

Place: New Delhi
Dated: 11 December 2021

ASLI'S TALENT SHOWCASE

ASLI was founded on 11th December, 2011, to create communication platforms to educate the senior population on various models of senior care to ensure they are able to enjoy their golden years to the hilt. Keeping the same philosophy in mind ASLI organised its 10th birthday with a member intercommunity talent showcase. Where participants played Sudoku, made Rangoli's, performed soul soothing singing performances, wrote beautiful short stories & had lots of fun playing games. The purpose was to highlight the wealth of talent that lies with our seniors & to create a platform where they could show their inherent gifts. Participation certificates were given out & to ensure a power packed day live performance by Mr. Ganesh Narayanan was organised.

NAMES OF PARTICIPANTS OF VARIOUS ACTIVITIES

SUDOKU

Mr. Chandra Shekhar Rao
Mr. Sulbha Bhagat
Dr R. Veeramony Iyer
Mrs. Padma Sharma

Mr. V Ranganathan
1st in Hard level, 3rd in Medium level

Mr. M D Ramakrishnan
2nd in Hard level

Mrs. Lalitha George
1st in Medium level

Mr. Sudhir Kumar Sharma
2nd in Medium level

Mr. G C Ahuja
3rd in Medium Level

SHORT STORY WRITING

Mrs. Shaswati Rao
Mrs. Amita Shaw
Mrs. Anita Menon
Mrs. Jyoti Mohan
Mr. V Krishnan
Mrs. Sundari Chandrasekhar
Mrs. Sudeshna Mukherjee
Mrs. Shipra Chattopadhyay

RANGOLI MAKING (Group)

**Manasum Premium
Retirement Homes.**

Mrs. Manorama
Mrs. Bhuvaneshwari Om Prakash

Ms. Uma Rama Murthy
Ms. Anjali Kulkarni
Mrs. Jayanthi Nagaraj

Primus Senior Living Homes.

Ms. T L Vara Lakshmi
Ms. Uma Malali
Ms. Vasantha Mohan
Mr. Rama k Murthy
Ms. Malathi Badami

Ashiana senior Living.

Mrs. Mandakini Chavan
Mr. Santosh Kothare
Mrs. Sangeeta Kothare
Mrs. Lata Gupta
Mrs. Shubhada Rajiv

Columbia Pacific Community.

Mrs. Jyoti Mohan
Mrs. Sumitra Rajaram
Mrs. Pushpa Bhat
Mrs. Maythali Sivkumar
Mrs. Rajini Dinakar

SINGING

Male

Mr. Rajiv Chopra
Mr. Shankar Chatterjee
Mr. Tyagarajan
Mr. Dhilip Bhatia
Mr. Vinod Kumar Chopra
Mr. George KadanKavil
Dr. Debes Kumar Das

Female

Mrs. Shiuli Bhowmik
Mrs. Sudeshna Mukherjee
Mrs. Gomathi Meenakshi Sundaram
Dr. Usha Kumari
Mrs. Lalitha George
Mrs. Karthiyani
Mrs. Jyothi Kadambi
Mrs. Chandraprabha
Mrs. Padma Sharma

Duet

Mr. Jayaram Krishnamoorthy &
Mrs. Vidya Jayaram.
Mr. Bhupinder Mittal &
Mrs. Shail Bhalla.

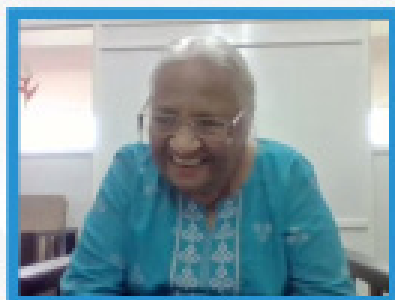
SPECIAL CATEGORY SINGING

Mr. C B Ghosh
Mr. Chawla
Mrs. Perin Gilani
Mrs. Harjeet Kaur
Mrs. Kavita Gupta
Mrs. Meena Bhattacharjee
Mrs. Bharti
Mrs. Savitri

GLIMPSES OF TALENT SHOWCASE



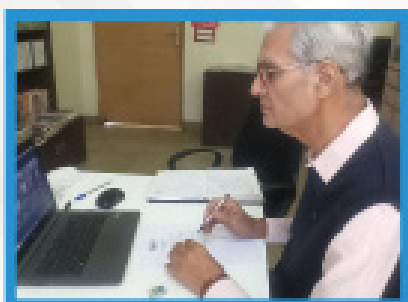
Mrs. Lalitha George
1st - Medium Level
Travancore Foundation



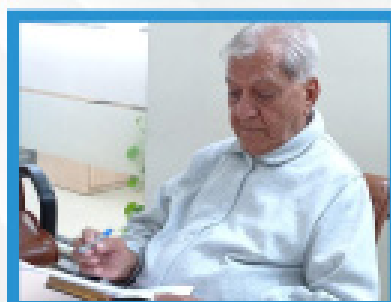
Mr. V Ranganathan
1st - Hard Level
3rd - medium Level
Primus Senior Living Homes



SUDOKU



Mr. Sudhir Kumar Sharma
2nd - Medium Level
Ashiana Senior Living



Mr. G C Ahuja
3rd - Medium Level
The Golden Estate



Mr. M D Ramakrishnan
2nd - Hard Level
Manasum Avighna Retirement Homes



Ashiana Senior Living



Manasum Avighna
Retirement Homes



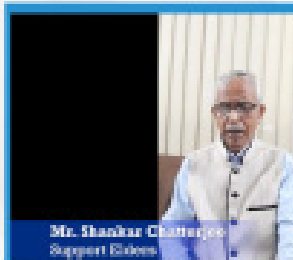
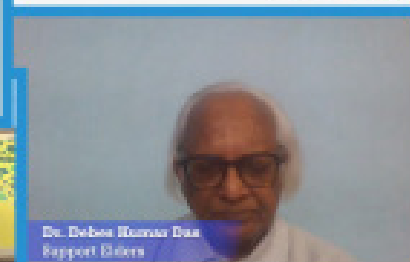
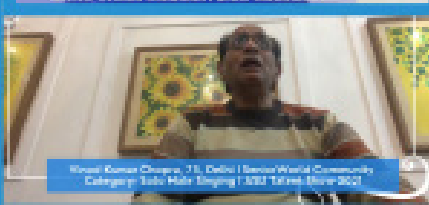
RANGOLI MAKING



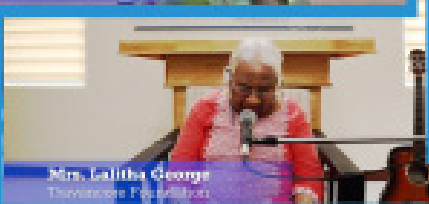
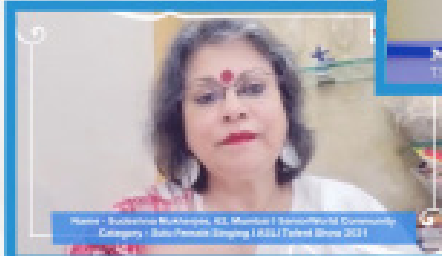
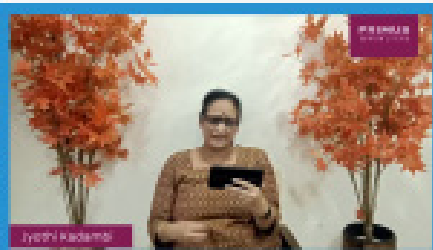
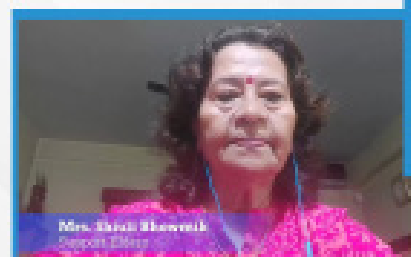
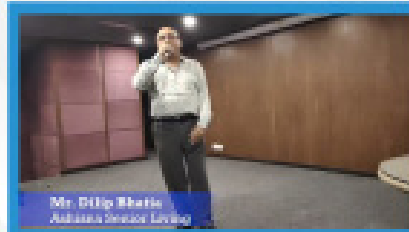
Primus Senior Living Homes



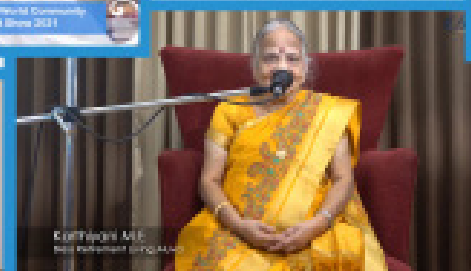
Columbia Pacific
Community



SINGING Male Solos & Duets



SINGING Female Solos



7 MUST-TRY RECREATIONAL ACTIVITIES FOR THE ELDERLY

Life in old age no longer means retiring to a rocking chair and staring at the big screen all day long. It is a great time to invest in healthy, healing activities which make you feel good, instil plenty of stimulation and give you a chance to learn something new, to keep you occupied.

Whatever your age, interests, or abilities, having a good time should be easy for all. Having enjoyable pastimes that make you laugh, lose track of time and feel goofy like a kid at heart not only makes you feel good and better yourself but also keeps you healthy.

Having unstructured days gives you the time and freedom to do anything you want and bring about the change with an activity of leisure and fun. Recreational activities let you have fun, boost mood and stay engaged with your surroundings even in your older age, without needing to move around much.

Importance of Recreational Activities For The Elderly

Recreation is the key to having a healthy mind, along with a healthy life. Indulging in physical activities has been observed to not only improve functioning but also mental health of older adults. Recreational activities for senior citizens help them improve their quality of life, meet new people, and continue to improve their overall well-being. For seniors who recently went through a major procedure, physical recreation especially makes a difference as it becomes a part of the healing process,



Saumyajit Roy

Physical Importance

Physical recreational activities give elders a chance to get physically active and fit, through fun exercises and games. Having some form of physical activity protects them against several health ailments, slow down the process of declining motor skills, flexibility and strength. Physical or outdoor recreation does not always include challenging activities, rather simple and engaging moments with self and friends to bring about positive movements in the body.

Cognitive Importance

Some of the best recreational activities for the elderly not only involve them physically but also cognitively. These activities are known to increase brain functioning and self-esteem, keep them sharp and show their minds will be strong and ward off cognitive impairments due to old age.

Emotional Importance

The elderly are often at great risk of depression and anxiety-related issues, when going through major health problems and surgeries, as compared to other age groups. Getting involved in recreational activities brings out the lost sense of hope and competence in them, reduces risk, boosts self-esteem and a refreshed state of mind. Feelings of loneliness and isolation are also eliminated, further improving mood and positivity.

Best Recreational Activities for the Elderly

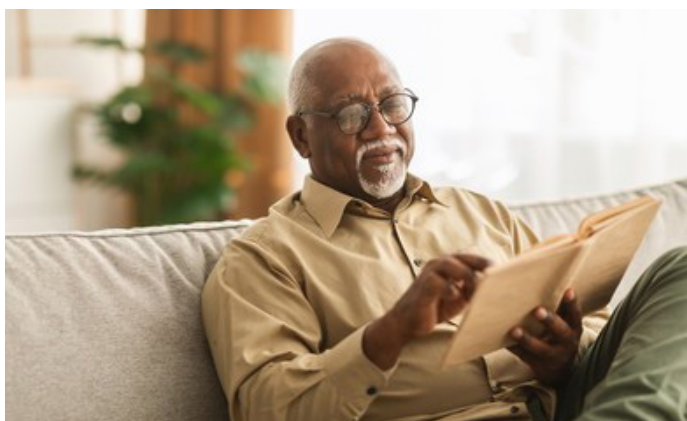
The secret formula to happiness – stay connected and stay healthy. Connected with your family, friends and community, healthy in your lifestyle and have tons of laugh and fun. Whatever your age or interests are, we are sure you'd like to try out these 7 recreational activities for an exciting time.

1. Creative Activities

When senior citizens engage themselves in artistic activities, their spirits flow and mood lifts up, while spending their time constructively. Popular indoor recreational activities for the elderly include painting, crafting, learning music, taking dance lessons and more. Invite them to paint with water colours, draw and sketch, do basic knitting, make pottery or any other activity that suits their interests. They will appreciate the time and freedom to find something new as their favourite pastime with some newfound creativity. Also, these recreational activities make a great way to connect with others in a group setting, further encouraging less boredom, more social connections, mental well-being.

2. Reading

Reading is a great hobby for older adults. It works both as an indoor recreational activity as well as a fun way to spend time and keep the brain engaged. Reading improves knowledge, memory, reduces stress and improves sleep disorders. Be it enjoying books, magazines, writing short stories or articles, poetry or simply the urge to learn something new, reading and writing are some of the best recreational activities for old age.



3. Physical Activities

You will not get a better chance to exercise. With old age and monotonous daily schedules, exercising brings with it refreshed senses, improved fitness, strength and flexibility, enhanced diets and has been shown to prevent many diseases. Different outdoor recreational activities offer different benefits to adults, however, most outdoor recreational activities are excellent ways to take care of your physical, mental and spiritual well-being. You can undertake recreational sports activities like pace walking, jogging, light yoga and enjoy the health and mood benefits that come along with these. Even if you believe your movement abilities are restricted, simple outdoor recreational activities like standing or walking can help a great way. Exercising can also be done in groups to strengthen social connections and meet new people of the same age group.

4. Gardening

Simple gardening at home is a great alternative to outdoor recreation activities as it involves both physical and mental stimulation. For an elderly who enjoys the outdoors, being engaged in gardening would provide a good opportunity to spend time outdoors, working on the plants, flowers and kitchen crops by doing light garden chores and soak in some important Vitamin D. And if they feel like they do not have the physical capacity for it, then there are always basic tasks like raking, seeding and watering that can be done easily. Once comfortable, gardening may prove to be the simplest type of recreational activities.

5. Pet Therapy

Bringing a pet into your home is one of the most fun recreational activities that you can offer to your older loved ones. Animals have a special way of bonding with seniors and helping to brighten their day. The elderly are quick to get attached to pets and indulge in their daily chores like feeding them, bathing them, walking them and playing with them. It is a form of both indoor as well as outdoor recreation and helps reduce loneliness and boredom.

6. Games & Puzzles

Playing games is a fun recreational activity that you can enjoy with your friends and families. Family recreational activities give you a chance to better bond with your children and grandchildren while challenging your brain. And there are so many games and puzzles to choose from, you will never run out of a fun game to play. You can play cards, jigsaw puzzles, or crossword puzzles, sudoku, etc. Playing games also sharpens your focus, improves your memory, helps you relax, while providing some exercise and improving your hand-eye coordination.



7. Spend Time Outdoors

Going outside and just exploring your locality, city, country or even another country is probably one of the most desired recreational activities anyone would like to do. And now you have the time, resources and patience for it. Organise group or solo trips to nearby attractions, close cities or distant dream destinations and have a ball of a time in your old age. It is refreshing, it is relaxing and it fills you with the energy to go on the next trip as early as possible. There are numerous outdoor recreational activities groups that you can join to regularly visit some of the top attractions close to your home.

Recreation for the elderly is a simple and proven method to keep the body and mind alert, and the elderly themselves better occupied. With small and simple activities, senior citizens can be made to utilise their time productively, in a way that also complements their health. You can always get in touch with Emoha for in-home care services for seniors which we render with empathy and expertise. For us, it is always #EldersFirst



Author: Saumyajit Roy
Co-Founder & CEO - Emoha Eldercare

HEALTH TIPS

The 5 Reasons Seniors Should Drink More Water

Drinking water has numerous health benefits, but this isn't something everyone knows or takes advantage of. Are you aware of the top five reasons why seniors should drink more water? We've put together a list so you can easily remember them the next time you're headed to the kitchen faucet or the sink in your bathroom at home or in your assisted living facility

Flush out toxins

When it comes to your body, water is much more than a means of hydration. About 60 percent of your body weight is made up of water, so staying well-hydrated is key to maintaining overall health. Additionally, according to Everyday Health, hydration helps flush out toxins and other waste products that can lead to an array of health issues, such as headaches and constipation.

Clear up your skin

If you're older than 65, your skin is most likely drier and more susceptible to wrinkles and other signs of aging than it was in your younger years. Studies show that, on average, seniors are drinking only half as much water as they should each day. Without enough moisture, skin becomes coarse and wrinkled—but it doesn't have to be that way!

Feel healthier

Having more water in your body will improve your overall health and well-being, as well as helping to lose weight. Many people confuse thirst with hunger—and by regularly eating when you're thirsty, you may be unconsciously consuming extra calories. Drinking plenty of water naturally curbs your appetite, so make sure to drink more H₂O throughout your day.

Improve mental clarity

Drinking more water helps improve mental clarity and alertness. Dehydration is a very common problem in seniors, especially if they're not eating properly or exercising. The recommended daily amount of water consumption for older adults is about 1.5 liters (or 48 ounces) for men and about 1.2 liters (or 40 ounces) for women.



S N Praveen

Increase energy levels

While we might not notice a difference in energy levels on our own, drinking enough water can actually have a positive effect on energy levels. When our bodies are dehydrated, they have to work harder to do everything from digesting food to moving oxygen around our body. Drinking water helps carry nutrients and oxygen throughout your body, meaning you get more done with less effort! If you need an extra boost of energy today, consider increasing your intake of water.

Drink a glass of water every hour, add zing to it!

Thirst is an indication of dehydration, which can have a negative impact on your health. Although it may be difficult to force yourself to drink a glass of water every hour, it's imperative that you do so. Start with small amounts (e.g., a few ounces) and work your way up as you grow accustomed to drinking more water. Once you've built a healthy habit, you'll reap many benefits such as higher energy levels and better memory function.

Making it interesting and fun is one of those little things that can go a long way. There are so many ways to make water more exciting that you'll never have trouble staying hydrated. Try infusing it with lemon, putting fruit in your bottle, adding cucumber slices, or filling up a large jar to decant into smaller bottles throughout your day. Don't be afraid to try new things! Cheers !

Author : S N Praveen

Founder & CEO, Priaashraya Assisted Living Homes

RELIVE THE BEST OF HOLLYWOOD CLASSICS FROM THE 60's

In the 1960s, Hollywood was the epicenter of cultural shifts, political unrest, and classic films that still resonate today. Whether you were seeing the first wave of James Bond films or watching Audrey Hepburn take on the role of Holly Golightly in *Breakfast at Tiffany's*, there was no better time to be a movie fan. Read on to relive the best of Hollywood classics from the 60's!

The Apartment (1960)

The first movie on our list is one of Billy Wilder's best. Jack Lemmon gives an unforgettable performance as C.C. Baxter, a poor office worker with dreams of moving into an apartment in New York City's Plaza Hotel. Baxter pulls himself up by his bootstraps to impress Mary Whitney (Shirley MacLaine), daughter of the building's owner, Mr. Sheldrake (Fred MacMurray). Complications arise when Sheldrake informs Baxter that he must cohabitate with his lecherous boss, Mr. Dreyfuss (Jack Kruschen), or face eviction and unemployment for being late on rent every month. Wilder directs, co-writes and coscripts with I.A.L. Diamond; they earn Oscar nominations for writing and direction.

(Rated - IMDb * 8.3)



How to Steal a Million (1966)

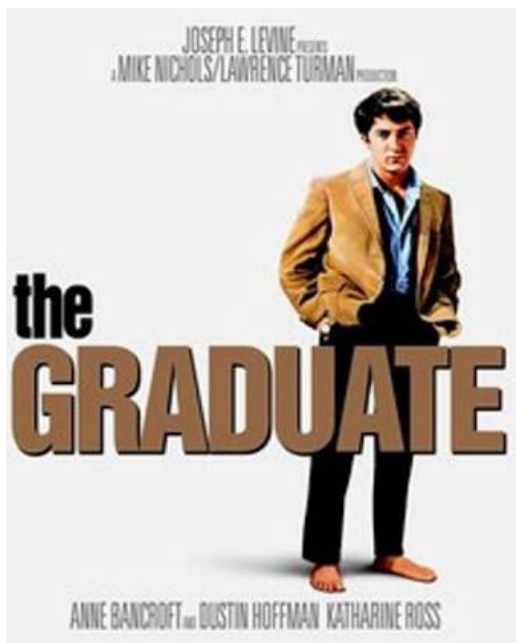
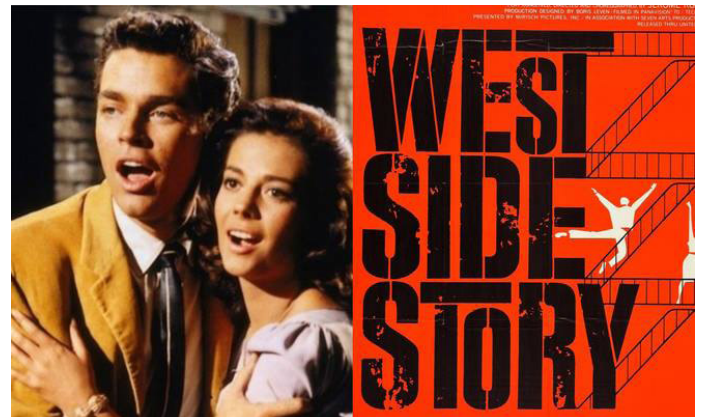
How to Steal a Million is a lighthearted caper film directed by William Wyler and written by Ernest Lehman. It stars Audrey Hepburn and Peter O'Toole, with Hugh Griffith, Eli Wallach, George Sanders, David Niven and Terry-Thomas. The original music score was composed by John Williams. It was nominated for an Academy Award for Original Music Score. The movie features costume designs by Edith Head. The plot focuses on heiress Ann Cargill (Hepburn), who must steal a Renaissance painting titled Nativity to help pay off her father's debts; she enlists her lover, an American millionaire (O'Toole), in devising a scheme that turns into more than either expects. During their planning they are pursued by two men who want revenge against them because they ended up in prison because of them. In order to avoid capture, O'Toole's character assumes various disguises during his pursuit of Hepburn's character.

(Rated - IMDb * 7.6)

West side Story (1961)

West Side Story, which was based on Shakespeare's Romeo and Juliet, was a landmark movie in many ways. The actors were mostly unknown and included fresh-faced Natalie Wood and Tony winner Richard Beymer. It also featured an all-new soundtrack by Leonard Bernstein, including such classics as Tonight and America. Over 50 years later, it still holds up: Time magazine named it one of its top 10 best movies ever made.

(Rated - IMDb * 7.5)



The Graduate (1967)

The Graduate is a 1967 American comedy-drama film directed by Mike Nichols. It tells a story about 21-year-old Benjamin Braddock, who has just graduated with a college degree and with his future ahead of him. At his parents' home in California, he meets their daughter Elaine Robinson, and despite their age difference, they share an attraction to each other and end up spending time together. However, Ben wants to remain faithful to Elaine even though his parents find out about their relationship. His employer also finds out about them, which leads to some problems for Ben at work. Since its release in 1967, it has received critical acclaim as one of best films ever made.

(Rated - IMDb * 8.0)

Breakfast at Tiffany's (1961)

Audrey Hepburn stars as a small-town girl trying to make it in New York City. After she is left \$1,000 in her roommate's will, she decides to treat herself and heads off to Tiffany's for a little retail therapy. The iconic scene that follows—Hepburn twirling through Manhattan in an impossibly chic ensemble—has inspired everyone who has ever had an artistic side to pursue their dreams. And we mean everyone: even President Obama referenced it during his 2008 campaign speech at Radio Music Hall: When I was a young man, I moved to Hollywood and I spent most of my twenties hanging out with movie stars...I loved that life – but only from a distance.

(Rated - IMDb * 7.6)



Author : S N Praveen

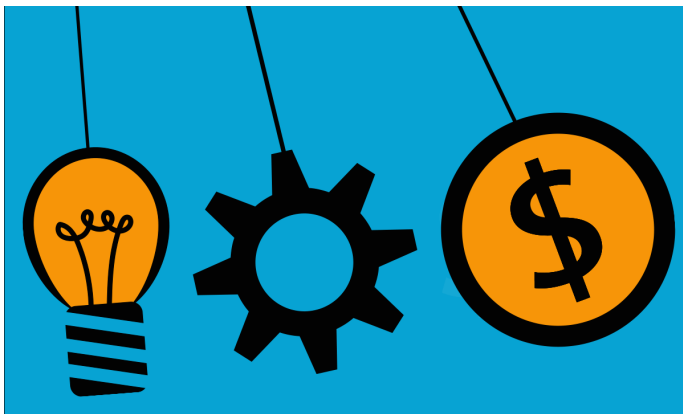
Founder & CEO, Priaashraya Assisted Living Homes

CHECKLIST FOR YOUR MONEY & INVESTMENTS

As we embark on a new year, 2022, it will be worth taking a little time to put our moneys & finances in order. A small checklist is enclosed to help you with the same.

Checklist for your Moneys & Investments...

1. Consolidate multiple bank accounts and investment accounts. Close the unused ones.
2. Ensure that all the investment accounts are jointly held, or they have nominations in place.
3. Create a statement of all your investments and evaluate your financial needs for the year and ensure you are well provided for the cashflow needs.



4. All your stocks and mutual funds are significantly up now. Re-evaluate them to ensure that you get rid of the bad ones and consolidate only the good ones.
5. Check how much investment you have in each asset class i.e., real estate, stocks, mutual funds, fixed deposits, life insurance, etc. Too much in one place is a risk, so diversify adequately.
6. Discuss your investments with your spouse or partner, and let your near and dear ones know about them. Also, tell them how they can access the details regarding your investments in an emergency.



Babu Krishnamoorthy

7. Ensure that you have some emergency money easily accessible in a short-term FD. This should be enough to meet at least 6 months' mandatory expenses.
 8. If you are having Insurances, ensure that the details updated are current and all the premiums are paid well before the due date ; infact you can even give an auto debit mandate to ensure that on the due date the premiums are debited from your bank account instead of you having to make the payment.
 9. Write a simple will to ensure that your instructions on dealing with your investments are clear.
- Be positive and cheerful, while you plan your spends. The Purpose of money is to serve your needs, so don't be afraid to use your money for your needs, you need to leave behind any money only after it has served your need. So be indulgent to your needs.

Above checklist will help you organize your investments and finance better.



Author : Babu Krishnamoorthy
Founder, Finsherpa Investments Private Limited

SHORT STORY

My Emotional Connect to Childhood at Silver Age

"I love those random childhood memories that make me smile no matter what is going on in my life right now."

Let me begin by saying "silver" in the title may indicate grey in my hair, but as a reflective metal, it also takes you back in time and gives you the most wonderful memories of the child in you, the youth that you were and the mature old adult that you are now.

Channelling your inner life and going back to jumping off swings at the park, jumping over walls to play cricket at a school ground, playing hide and seek with your friends are much more than physical activity.

These are the therapeutic experiences and memories of innocence, playfulness, fun and creativity. They give you hope and a reason for living as you grow. The inner child in you promotes well being, trust and compassion. Fortunately I had caring parents, loving siblings and great friends and I did not go through trauma or memories of past wounds as an adult. I am what I am today, because the candle of innocence and fun still flickers in my brain and heart.

How we long to meet the child that lives within us but because of the life we lead, it still plays "hide and seek" with us.

Without sounding like a school teacher, I will try to share some lessons that I have learnt in the journey we call life.

The child in me is me. It is not a different person. It is just asking me to keep an open mind to the world. There is bound to be uncertainty, a mix of positive and negative events and experiences, but these helped me build my character, develop curiosity, belief in myself and face adulthood and growing old. I continue to find joy in the smaller things of life, seek simplicity in complex circumstances and fantasize about movies, birthdays and school picnics and an upturned palm for the occasional cane. I have experienced the joy of flipping through family albums, school reports, diaries and sitting with your parents, siblings and your children. I joyfully open a whole new world of memories and feelings.



V Krishnan

I try to spend time doing things I enjoyed as a child. Scrabble? Cycling? Visiting a place where I stayed with my grandparents, uncles and cousins? Ring a bell? Sure does.

Doing things that I didn't have to, but wanted to. Have you talked to the child in you? It's a great experience. It can help both to understand traumas, childhood fears and adult inhibitions and insecurities. You needn't speak too loud, just being soft and gentle like you talk to a child is enough!

I am no psychologist or psychiatrist, but if I try and do a bit of rudimentary analysis to probe into my early experiences as a child to help me understand the reasons of some of my fears and phobias as I age, I can today empathise with myself for my dread of closed rooms, crowded places, loneliness, nervousness about little things. Fortunately I have understood what I am today because of what I was as a child and I am more child-like than childish.

I try to be with people, laugh a lot. I try to write, purely for my own satisfaction and that gives a great high. I try to be open (maybe a bit too much) but as I coast though my 77, the child in me wants to stay with me and I see that as a good sign.

Maybe my child within me is small, vulnerable, and in need of protection and support. Maybe, on the other hand, it's joyfully reverberating inside me. I always remind myself that finding my child in me does not mean I am immature or don't want to grow up. I believe it enhances my experience as an adult and helps me heal my pains in relationships and makes me a more compassionate person.

Keeping the Child In Me

If one was not materialistic, ambitious, selfish and cynical as we age, there are some childish traits I would like to bring back and keep for myself. Children are curious and want to know the why of everything.

Why should I not be like that?

Children love to explore, building a castle in the sand, finding a pearl in an oyster, and making new friends. I love to travel and as we cannot take anything with us when we go, we can surely enrich ourselves while we are here.

Children are great imagineers and dreamers. I too want to be like that. Physically weaker maybe, but I can imagine a new world or even a new smell, a single malt or a great new lunch!

I remember once as a child of seven years, I asked an old lady if she could share an ice cream with me and I could give her a hug.

Such acceptance of strangers without prejudging is what I would like in myself.

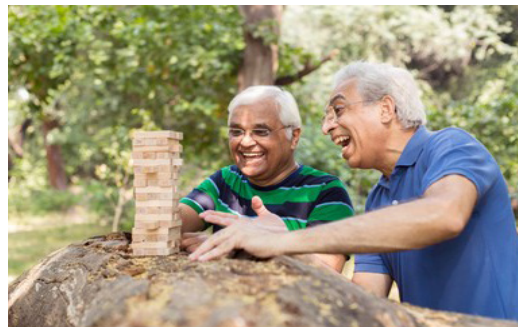
Innocence, where are you? I was there when I was a child and am still trying to find you.

I was happy when I had my cycle, my friends and my chocolates and said thank you every time I got a freebie. I try to focus on being grateful and saying Thank You to God and my fellow beings every day.

Hugs and kisses, cards and gifts brought more joy to me than I'd like to believe now. Loving is not complicated or rocket science. I tell people how lovely I feel when I am in their company and how fortunate I am in my old age.

Believing I could climb Mount Everest when I saw pictures of the Himalayas wasn't a wild dream. It was just me being a child. I believe my old age is just an excuse for not doing things. How sad.

As a child, if I fell down, I looked around to see if anyone was looking and would dust my feet, lick my wounds and run again. I tell myself not to fear even if people are looking. I am old. That's it of coping with the painful process of getting old and I believe it is more important especially to manage the niggles and doctors in my life.



The Same Age Inside

Let's turn a bit and look at the funnier side of ageing and the child inside us. How I have evolved as a person from childhood to "old-age-hood". To me, it is a means You must have noticed that a baby's laughter begins with tickling and bouncing, cheek-pinching, bird sounds and funny actions. I still do a lot of that with my grandchildren and get as much laughter and joy as the child. And she doesn't think I am a weird guy! A charming smile and a giggle takes me to heaven without dying. On a more serious note, in some manner it empowers me, gives me a feeling of security and reminds me that life is fun.

Movements like dancing, falling, wiggling your feet, create humour. We don't laugh any more at someone missing a step and falling or bumping their head, because we realise that as we age, our motor control slows and this is something we have to accept. As a child she is gaining motor control with these actions, but other children laugh as they are not bound by rationality.

Social connect is a great road to bonding as you age. As children, we used to laugh at the craziest things, not really realising that we are breaking down boundaries and building bonds that oftentimes last throughout our life.

Humour ticks the right places in our brain. I remember laughing till tears flowed down my eyes. I still laugh, but tears do not happen. Age retains the child in you but does funny things to your physical being. Last, the physicality of becoming old is real. How real?

As a child I peed in my little nappy shaped as a triangle. They call them diapers now.

As an old man, nothing has changed.

Author : V Krishnan
CovaiCare Retirement Community

THREE CHEERS TO FOUNDATION DAY

It was a very good opportunity to participate in rangoli. With our team, we were happy to take part for Asli Foundation Day.

We wait for the next opportunity.

Anjali Kulkarni
Resident - Manasum Avighna

I am thankful for Manasum Cares for permitting me to participate in ASLI talent show. I am thankful to ASLI foundation for arranging participation in Rangoli competition. I am one among 5 participants in the Rangoli competition From Manasum Avighna.

This is my first appearance in Rangoli competition and am very happy about it. I am delighted to receive certificate of participation in the Rangoli competition.

Thanks again to both Manasum Cares and ASLI foundation.

Jayanthi Nagaraj
Resident - Manasum Avighna

I am Uma Ramamurthy living in Manasum Avighna. I was very happy to participate in Rangoli competition, after so many years.

I was little bit hesitant to take part in this but I dint want to lose this opportunity also.

So, my sincere thanks to Manasum Avighna and ASLI talent show and they give more chances to all of us again.

Thank you once again.

Uma Ramamurthy
Resident - Manasum Avighna

Recently, in Nov Assn of Sr Living India (ASLI) organized a friendly competition among Seniors of India. It got good response. People from Dehradun, Trivandrum, Bangalore, Pune & so on participated.

It was good fun. We were each given a certificate of participation also on the founder's day of the association.

I compliment them for organizing the events, bringing together seniors & creating a festive spirit.

Looking forward to ASLI doing more for seniors, making life fun & festive for them.

My best wishes to its sponsors & organizers.

C S Rao
Resident - Antara

The programme was very well organised by ASLI. The live interactive programme after the original show was very entertaining and engrossing. We loved to see so many elderly people from different parts of India participating happily and enjoying others' performances. This is a very good way to uplift morale, and engage them in an active and positive way.

Shipra Chattopadhyay
Support Elders

I'm Ramakrishnan M D aged 69 years, staying in a senior citizen luxury home Avighna cares, Manasum in bangalore. Recently i had participated in sudoku competition conducted for senior citizens by ASLI (association of senior living India). It was a wonderful experience, normally competitions will be conducted for children or adults where senior citizens will not be able to compete with others but this competition was exclusively for seniors and as a senior citizen i want to thank ASLI for giving an opportunity like this. there were competition for music, flower decoration also participants were very enthusiastic. It was a nice recognition for people living in senior citizen homes. Participating itself was like winning and receiving the certificate for participants was a well thought gesture. It shows everybody won the competition. ASLI is doing a very good job making seniors active, cheerful and engaging them in some activity other than their usual routine life.

Once again I thank ASLI and expect many more activities like this in the future.

Ramakrishnan M D
Resident -Manasum Avighna

I very much appreciate The ASLI's INITIATIVE OF RANGOLI COMPETITION among the Senior Citizens Retirement Homes. It was well conducted & enjoyed the participation. Looking forward to participate in future events of ASLI.

Bhuvaneshwari Omprakash
Resident -Manasum Avighna

Thank you so much ASLI for giving us an opportunity to participate and showcase our talents, the recognition we got through these activities helps build our confidence. We rediscovered the potential we have despite our age. The event was lively and interactive!

Thank You once again.

Malathi Badami
Resident - Primus Senior living

Dr. R Veeramony Iyer

"ASLI Talent showcase helped to revive my brain activities".



George Kadankavil

"Unlike from noisy programme, it was a classy and comfortable programme"



Karthiyayani M.E,

"ASLI gave a wonderful opportunity to all the elders to showcase their talents".



Anitha Menon

"ASLI Talent show was a standard programme and coordinated well".



MP Deepu
Co-Founder & CEO SeniorWorld

We have been a part of ASLI since June 2021 and it's been a great journey. Their commitment towards helping players in the senior continuum has been commendable. SeniorWorld community members recently participated in the ASLI Talent Showcase and were thrilled to have a platform to connect with other like minded seniors and share their talent with the larger senior community. I would like to congratulate ASLI on such a well organised and executed event and would love to participate again. Wishing all ASLI Nuggets readers a very Happy 2022!



Sumathy Anantharam
Partner - Manasum Premium Retirement Homes

The talent show was one of the best of its kind and definitely as we know seniors are always in boredom lonely and do not participate in lot of social events. This was a very big opportunity for them and we could see a lot of positive vibes in our homes which gave them opportunity to do group activities also enjoy the moment. They are still living in the moment. Thank you ASLI for making it happen and we would love to do more and more of these kind of events to bring all the seniors together.



Adarsh Narahari
CEO - Primus Senior Living

"ASLI Talent Show 2021 has been a remarkable experience for elders. Seniors from various communities across India got an opportunity to explore their hidden talents and interact with like-minded people from numerous walks of life. Such events help them stay younger, confident, and active. The event was well-organized, and it was really refreshing to see such big smiles everywhere."



Srikumar Sampathkumaran
Founder & CEO, Care Finder

ASLI's initiative of exploring the talents within the various residential communities is very unique. The initiative created a lot of interest amongst the elders. The initiative brought to light the abundant talent pool amongst elders in every avenue. Kudos to the participating teams and hats off to the cheer leaders within each of these communities. Hope to see more of these programs in future.



FUN NUGGETS

Quiz

1. What can you break, even if you never pick it up or touch it?
2. What can't talk but will reply when spoken to?
3. What has hands, but can't clap?
4. What is at the end of a rainbow?
5. What runs around the whole yard without moving?
6. What can you catch but never throw?
7. What has four fingers and a thumb but isn't alive?
8. Where will the cat be when the lights go out?
9. Joe's father had three sons: Snap, Crackle and...?
10. What do you answer even though it never asks you questions?

Sudoku

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

IQ Test



Comic



FUN NUGGETS

Spot the difference



What's wrong?



Answers

Quiz Answer

1. A promise
2. An echo
3. A clock
4. 'W'
5. A fence.
6. A cold.
7. A glove.
8. In the dark.
9. Joe
10. A phone

IQ Answer

'A'
On Picture B and C, the boy is holding the man while in picture A the man is holding the boy.



Sudoku Answer

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

What's wrong Answer



RECIPES

Sesame Seed and Jaggery Ladoos

Ingredients

- Sesame seeds - 100 grams
- Jaggery - 100 grams
- 2 tablespoons of pure ghee
- A little bit of water
- Cardamom powder one teaspoon



Method:

1. Take a non-stick pan and dry roast the sesame seeds
2. After they have been roasted grind in a dry grinder
3. Save one tablespoon whole seeds
4. Put the ghee in the empty pan and put the jaggery let it melt add two spoons of water
5. Roast for 2 minutes then put off the flame
6. Pour the jaggery on the ground sesame seeds and mix well quickly don't let it cool down
7. Add the unground sesame seeds which you had saved now add the cardamom powder
8. Quickly make small ladoos with your palm and put them on the plate
9. Ready to eat folks

Amita Shaw
Resident - Ashiana

Sweet Bajra Puri

Ingredients

- Bajra flour - 500 gms
- Jaggery - 200 gms grated
- Grated coconut - 50 gms
- Sesame seeds - 25 gms
- Cardamom powder - 1 tea sp
- Water for kneading the dough
- Oil for deep frying

Method:

1. Add 1/2 cup water to jaggery and cook till jaggery completely melts, strain and allow it to cool till room temperature.
2. In a big mixing bowl take bajra flour grated coconut, sesame seeds, cardamom powder, add jaggery water to the flour mix well.
3. Now add little by little water and make a soft dough (just mix and make a dough don't over knead the dough).
4. Take a banana leaf or a plastic cover apply a little ghee, take a big lemon size ball and press it into a circle like a small puri (wet your fingers).
5. Heat oil in a deep-frying pan, drop this bajra puris into the hot oil and fry till golden
6. Store them in an airtight container.

Enjoy these sweet millet puris as a snack or serve with any spicy kurma or sambar.



Padmarajagopal
Resident - Manasum

GRATITUDE NOTE



As we celebrate 10 years of ASLI, would like to thank all the members for their time & passion that they bring to ASLI.

Like to express deepest gratitude to all our lovely seniors who participated in ASLI's Talent Showcase with so much enthusiasm and infectious energy to make our celebrations bigger & better.

Genuinely appreciate everyone who has helped in putting the entire Talent Showcase together. Firstly heartfelt gratitude to Mr. Ankur Gupta for his unstinted support for all the initiatives.

Special thanks to Mr. Kushal Ramesh who was instrumental not only in executing the event but would like to thank him and Ms. Sumathy Ananthram for organizing Mr. Ganesh Narayanan's brilliant performance.

Ms. Charu Rampal & Mr. Bhavya for ensuring the seniors were entertained during all the events.

Ms. Neha Sinha, Dr. Rekha Khandelwal & Ms. Jasmine Sinha for putting together a beautiful show with our seniors diagnosed with dementia.

To all the managers and marketing teams which ensured maximum participation and were involved in huge amount of coordination.

Dr. Muralidhara, Ms. Nimi Joseph, Mr. Alok Kar, Mr. Ravi Bisht, Ms. Mousumi Gupta, Ms. Anitha, Ms. Anita Jacob, Mr. Pallavit, Mr. Dharmendra, Ms. Evelin, Mr. Deepak Wagh, Ms. Reena Vats and everyone else who helped in this showcase.

Wishing everyone a Happy New year!

Regards

Bani Jain

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

Bani Jain
Executive Director, ASLI

Let's keep in touch

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Empowering Senior Living and Care in India

