

January, 2023

ASLI NUGGETS

FOR WHOM AGE IS JUST A NUMBER

ASLi

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

(Volume 3, Issue 1)



WHAT'S INSIDE

Happiness for all, together

Seek your happiness and joy finds you.

..... — page 03

Book Excerpts: Rethink Aging

Lessons in Ageing from the Older and Bolder Generation

..... — page 05

Financial Planning for Golden years

Set up non-stop financial flow for life for a stressfree retirement life!

..... — page 06

A person who inspired me in my journey of life

What if our kins inspire us with their winning ideologies? It creates great hope!

..... — page 07

The Second Youth

Take a stroll down memory lane with Urmila and share her golden memories.

..... — page 09

EXCLUSIVE E - MAGAZINE FOR SENIORS

The Shoe-Shine Box

Sometimes its not what we want, but what others need.

..... — page 12

Age is just a number

We all start fading inside us at times and lose ourselves in the grey. But remember, age is just a number!

..... — page 17

My First love:

It's you, It's you, It's you !

..... — page 18

My First love

Moonlight in my nights...

..... — page 18

An Experience like Never Before

Mind-blowing Talent showcase of ASLI.

..... — page 21

From Editorial desk



Dear Friends,

This New Year, focus on well-being instead of worrying about ageing?

As we step into a new year, it's easy to get caught up in the cycle of worrying about how we age and how our bodies change. But what if this New Year, we made a resolution to focus on our well-being instead?

As the New Year begins, many of us tend to focus on resolutions related to our physical and mental health. We may focus on losing weight, quitting smoking, or exercising more, all in hopes of slowing down the aging process. But what if this year we shifted our focus away from worrying about ageing, and instead concentrated on our overall well-being?

Well-being is a holistic approach that encompasses both physical and mental health. It involves eating nutritious foods, exercising regularly, and getting enough sleep, but it also involves having meaningful relationships, engaging in activities that bring joy and satisfaction, and taking steps to manage stress. By focusing on these things, we can not only improve our physical and mental health, but also our overall quality of life.

With this new focus, we can start 2023 off on the right foot and create a life that is full of joy, health, and purpose.

Here we are with another edition of our infotainment magazine 'Nuggets', enjoy the reading and share your feedback. We at ASLI Nuggets continue to present curated information and articles in our forthcoming issues, relevant to you and lifestyles, till then...

With Season's best wishes!

Praveen SN

On behalf of ASLI PR Committee

ASLI and its members continue to evolve, build, and strengthen the elderly care in India – with your continued support and feedback, it makes it more exciting and meaningful.

To know more about what ASLI can do for you and your community - like us on our social media pages and get regular updates.

Linkedin – <https://www.linkedin.com/company/association-of-senior-living-asli/>

Facebook – <https://www.facebook.com/AsliAssociationOfSeniorLivingIndia/>

YouTube – https://www.youtube.com/channel/UC6wEuYPLTfjAXR_BB0EBbBg

Happiness For All, Together

Happiness, I seek Thee.....

I seek children because they bring me happiness

I seek the beach because the sound of waves brings happiness

I seek happiness in the twinkling of the eyes of a withering old lady

I seek happiness in the company of friends because it is unconditional

I seek happiness in the company of talkers as I listen, I learn and laugh

I seek happiness in talking to others as I feel that spreads joy

There are many more emotions, actions and stories that make me happy.

But let me pause here and explore the depth and meaningfulness of the title "Happiness For All, Together".

Why not joy and why happiness?

Happiness and joy are both great experiences, but they are not the same. Joy is something that is internal to you. It comes from within yourself and the moments of joy define who, why and how you are made up in your heart and mind.

Happiness, on the other hand, is external and is experienced with other people, other occurrences or events and circumstances.

Why is togetherness important?

We all like to be alone sometimes, to introspect, plan, meditate and delve deep into ourselves. But imagine being in a situation where no one is around for long periods of time. Dreadful thought isn't it? We need people around us. We need company. We need relationships.

One important lesson we learn as we go through corporate life and shape our careers is that it is not technology, productivity, marketing, operational excellence, quality, research or geography that make a difference. That is even more true in our personal lives



V. Krishnan

So, what really is the differentiator?

It is people. It is about relationships.

Several research papers on happiness indicate that connecting, collaborating and caring have a significant impact on individuals as well as organizational productivity and success. Bhutan's Prime Minister says "Businesses must take happiness seriously".

We can choose to be happy by making and shaping our choices every day.

It is not rocket science. Happiness is not a goal, it's a journey. Joyful, emotion packed and deeply satisfying and fulfilling.

You can begin by looking at relationships like planting saplings and watching them grow into plants and trees, giving them sunlight and water, by weeding out unneeded impediments and nurturing them with care and compassion. When flowers bloom, you experience a sense of joy, but didn't the process enrich you and make you happy?

In our daily life, we may not remember how important people are to us and we to them.

Oprah Winfrey, the famous American talk show host says, "surround yourself only with people who are going to lift you higher." And that happens when we appreciate that we need to care and open our arms to hold our family and friends when they need us

We need to invest in order to build and maintain strong relationships to feel content and happy. This is not just limited to romantic or spousal relationships, but includes friends at and outside work. Studies have shown cultivating good

people has a tremendous impact on your overall happiness.

Happy and healthy aging

Here are a few pointers and facts:

Happy people are fitter and healthier.

Exercise and diet are important for a happy life.

Happy seniors have less age related issues and are physically more active. They are less likely to develop acute or chronic ailments.

Develop a sense of purpose with family and friends and stay connected.

Try to look good to feel better and happier.

Take Care of Your Appearance.

Laugh a lot. Laughter lowers stress hormones.

Happy people still feel the whole range of human emotions—anger, frustration, boredom, loneliness, and even sadness—from time to time. But even when faced with discomfort, they have an underlying sense of optimism that things will get better, that they can deal with what is happening, and that they will be able to feel happy again.

How to Maintain a Gratitude Journal for Stress Relief

Find a Sense of Purpose. Research has found that people who feel like they have a purpose have better well-being and feel more fulfilled. It may help improve happiness by promoting healthier behaviors.

Rather than overvaluing things such as money, status, or material possessions, pursuing goals that result in more free time or enjoyable experiences may have a higher happiness reward.

Two Mini Stories:

Happiness is Relative

A bit of dark humour, but nevertheless.....

Two men were convicted and sent to jail for different unlawful acts, one for robbery and the other for attempted murder. They were housed in the same prison cell and one of them was really unhappy and morose, while the other seemed to be having a good time and was quite happy.

The “happy” man asked his cellmate why he was so unhappy. He said what should I be happy about? I am so unlucky. I was relaxed and living in comfort in my resort and due to a misunderstanding and angry outburst, I hit my friend with a cricket bat. Here I am, in a dinghy cell with no fan, bad food, mosquitoes all around and very unhappy.

He asked the “happy” guy, “Why are you so happy, relaxed, smiling and chatting with the jail guard.”?

He said “Why should I not be happy? I am really lucky. Two days ago I was in another prison, where the jail was pathetic, stinking, food was terrible and I got beaten up routinely. Here I am much better off, this is like heaven compared to the other one.

That’s relative happiness.

Happiness is real

This is a true story.

Some twenty years back, my wife and I went to a watch shop to get my watch serviced. I parked our car, gave our watch for servicing. When we came back, we saw a typical Mumbai roadside scene - a poor lady combing her little daughter’s hair, before she sent her out again to ask for alms from cars parked at the traffic signal.

My wife walked to a nearby shop, bought a packet of biscuits, went over and gave it to the girl. The girl opened the pack and what did she do?

She went over to a little pup - another typical Mumbai scene - and fed the pup, not one, not two, but almost half the packet, and came back all smiles and then started to eat the biscuits herself.

She waved to us, her face lit up like a thousand stars.

That’s real happiness.

Well, happiness is a joint venture, a collective happening, not a “Do it yourself” matter. Us, family, friends, society and in today’s delicately balanced world, this also includes our relationship with Mother Earth, who gives us all.

Happiness, I find thee in you, we, us.

Author: V. Krishnan, Resident
Covai Care, Coimbatore.

Rethink Aging- Book Excerpts

While healthy elders are able to manage their activities of daily living (ADL) by themselves, it becomes difficult when they are sick be it out of acute illness or their chronic condition where they face difficulty with performing their ADL by themselves. This problem is even more amplified when they are alone. Also the pandemic has made it more difficult in managing such elders at home with everyone in the family almost locked inside most part of the days.

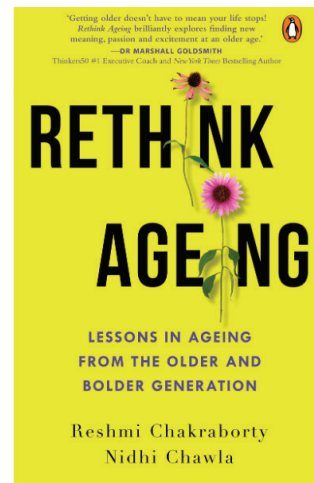
These stories come from Rethink Ageing: Lessons in Ageing from the Older and Bolder Generation by Reshmi Chakraborty and Nidhi Chawla, published by Penguin India. The stories, just some of many from this book, illustrate the shifting narrative for Ageing in India and aims to battle the ageism that is deep-rooted in Indian culture with fixed notions of 'approved' behaviour. Grandchildren? Yes. Pilgrimage? Yes. But companionship? Gasp! A second career? Why the need?

India will have over 300 million senior citizens by 2050. 'Active ageing' has become a buzzword in urban circles, with the media and advertisers picking it up. Based on the seven dimensions of wellness, the book discusses growing older in urban India in an evolving social structure. It explores the challenges older adults need to navigate and the fantastic possibilities this phase of life can bring. Peppered with real-life stories of getting a PhD at 75, finding companionship at 70, starting a modelling career in the early 70s to a new business at 65 --Rethink Ageing shows how growing older in a diverse country like ours can have many visuals beyond being bent over a stick. It can also be about challenging limits, learning new skills and having a fresh perspective. It explores living your life how you wish to - age no bar.

Rethink Ageing is endorsed by renowned actress Ratna Pathak Shah, NYT bestselling author Marshall Goldsmith and renowned cardiac surgeon Dr Devi Shetty. It's available in bookstores around you and on Amazon/Flipkart.

Link: <https://amzn.eu/d/bzZCZ6k>

Nidhi Chawla & Reshmi Chakraborty are the co-



founders of Silver Talkies, a social enterprise for older adults. They have had a ringside view of this shift in ageing through their work with urban elders since 2014. The sixty-plus in India will outnumber the 15+ by 2050 and account for 20% of our total population. While these numbers are often discussed, a rethink around several areas is much needed. Rethink Ageing explores the need for a change in areas like retirement age, senior living and social security. It talks of the need for a better infrastructure that enables older adults to access multiple resources and many more aspects of growing older.

The authors hope this book will help people across generations to discover and reaffirm the numerous ways to stay active, healthy, and happy as they age and start a conversation about growing older without limitations.



Co-Author: Reshmi Chakraborty and Nidhi Chawla
Co-Founder, Silver Talkies

Financial Planning for Golden years

After spending decades of your life working to fulfil your goals and responsibilities, you need to look forward to your golden years to be stress-free. Financial Planning is something you need to think initially before retirement so that you can have enough in your retired years.

“What we invest in young, is what we get to enjoy when we are old”.

Besides having good health and mental stability the third essential and important parameter for leading a happy and sustainable life in old age is financial prudence. With proper financial planning in the younger age will make your old age much more comfort and happy.

Elders should plan their cash flow so that they never have to run out of money or should not come to a situation of getting external help. Should always ensure that they have surplus money in hand and should be financially independent throughout their old age. Having a financial flow in the form of pension, investment and retirement savings will offer them better and comfortable in their old age. For medical expenses a separate corpus needs to be kept aside. They should not touch at any cost. This will increase their self-discipline towards medical expenses.

Life is difficult and managing finance is one of the biggest and toughest job. Hence it is important to manage finance wisely. It does not mean that you should not enjoy your life. It means you need to enjoy your life without any discomfort. The better we manage our finance, the better and happier life we will have.

Once you are financially strong you can make healthy decisions and can choose happiness.

1. Concentrate on your hobbies and interest – Post retirement you can engage yourself in which you have interest. If you don't have you can explore it.
2. Plan for vacations – Now you have ample time to explore since you do not have regular



Babu Krishnamoorthy

responsibilities anymore. Travel can be to a far far place or it might be near but it could give you a special moment in your life.

3. Stay Fit – Once you're are fit and of healthy your mind, you can enjoy a better quality of life.
4. Be positive – Take every opportunity to grab happiness. Help another person in their life or work. the process of helping with bring happiness both to the giver and gainer.
5. Have a sense of gratitude, as we grow older the attitude of gratitude, will bring a great degree of peace to us.



Author: Babu Krishnamoorthy
Founder, Finsherpa Investments Pvt. Ltd.,

A person who inspired me **in my journey of life**

Mani San – my paternal uncle living in New Delhi, has had an unforgettable impact on my life! Born in a small village called Nurani in Palakkad District of Kerala, N.S.S. Mani took the opportunity to travel to Delhi on a 3-day train journey to arrive on January 30, 1950.

Adversity nurtures Ambition: We flashback to his childhood days living with his mother and 3 brothers at Nurani, attending the Mission High School studying in Malayalam medium. His father, an Indian Army Doctor had migrated to Indonesia after the World War and was not in regular touch with the family. So, the family saw hard times while putting up at them uncle's village home. The boys would often end up requesting for a Dosa or Yoghurt rice from their neighbours at the end of a hard day.

Sound Body and Sound Mind: Mani Periappa (elder-father) did well in studies to complete his B.A from the Victoria College and also participated actively in sports like football and ball-badminton.

Thrive on your Confidence: A kind relative working at New Delhi offered to get young Mani a job in Delhi. Mani embarked with a steel trunk containing his personal effects, Rs 50 in cash and a bicycle. He faced his first winter at Delhi and shackled up with another bachelor aspirants in the YMCA hostel dormitory. He was offered an entry-level job in the Finance Ministry. After a month he heard about a new company to be started by a Japanese Engineering company and he applied in time to be interviewed – this was Toyo Engineering Corporation (TEC) where he was appointed an Office Assistant in early 1950. Through his hard work, personality, acumen and integrity, he went on reach the position of Managing Director, TEC and after retirement at the age of 65, he was retained as a Board Member of TEC as well as a lifetime-member of the Indo-Japanese-Friendship-Council for another 10 years. He never ever lied professionally or personally. During his professional career, he never ever offered or received a bribe of any kind. This life-time employment with Toyo Engineering gave him the name Mani San!! Mani



Venkatesh Nagan

San lost count of the number of times he travelled to Japan.

The Social side of Business Networking: Mani Periappa's job description at TEC Delhi included reading 10 national newspapers a day for the news as well as hunting for engineering tenders to which TEC could apply. He was provided Club memberships at the Delhi Gymkhana and the NSCI with active encouragement from his Japanese bosses to take up sports – Mani San excelled in Lawn Tennis and many of his afternoons would be spent at the Clubs to play tennis and befriend leaders from the IFS, IAS, Corporate India and this network was to help him in later life. Mani San was expected to attend at least 2 socials parties a week and throw 2 more at his home to be connected with the social circle. He cultivated an interest in South Indian Carnatic Music and became a patron-member of the Music Society at Chennai where he attended the year-end concerts for 60 years!

Marriages are made through good communication: Mani Periappa was blessed to have a lovely life-partner in Saroja who was also his lucky charm! They made a lovely couple and they had excellent understanding and communication. Periappa was loyal and doting towards Periamma. He encouraged her to develop hobbies and she chose swimming and spiritual activities under the Maharaj Satsang Samithi of Beas. Stay grounded but be ambitious: In spite of his professional schedules, Mani Periappa was great

at staying connected with his relatives and their families. Together with Periamma, he would stay connected with relatives from both their families. As my father was also posted at New Delhi, Periappa would take us to his Clubs and some 5-Star Hotels to entertain us and train us on social etiquette. For my good performance in the Class X Board Exams, he gifted me my first air-ticket for travel to Kashmir with a friend! When I was completing my High School, he encouraged me to apply for public-sector engineering companies which led to my joining the up-and-coming Maruti Udyog Ltd.

Discipline never fails to win: What differentiated Mani San and even made the Japanese principals respect him was his discipline – both with himself and with his office colleagues. He was a stickler to planning and follow through. People associated with him got to know his expectations and would hustle to keep up with his demands. They soon learnt that disciplined teams often ended up as winning teams!

See the world and open your minds: Mani San was great at nurturing friendships and some of his best friends were IFS Officers. Many of them rose to positions of Indian Ambassador and would invite the Manis to visit them during their overseas assignments and stay with them. This led to the Manis travelling the world and visiting more than 40 countries! It is notable that the Manis in return would always return the favours by providing hospitality in India for their network of friends and associates.

Care for people: Mani San has been one of the regular donors to various charitable organisations in Delhi, Chennai and Kerala. As he did not have a progeny, he and Saroja Periamma donated to several scholarships for girl-students. For the families of his driver, his cook and his home-caretaker, he has provided for special endowments which supported their lives and the education of their children. Through this encouragement, most of the children of his house-help have gone on to complete their post-graduation. Periappa had a knack for names and he almost unfailingly remembers names of close associates and their family members!

Moderation: He leads a disciplined life comprising of a breakfast of a plate of papaya fruit and coffee at 07:30 am, a lunch of 1 chapati with vegetables and Dal at 12:30 pm and dinner of 1 dosa or 1 chapati

with vegetables at 8:00 pm. Having been a staunch vegetarian all his life, Mani Periappa does not touch meat or sea-food so much so that he contends that Mushroom is non-Veg!! It is a testimony to his habits that today his BP is 120/80, he has no sugar-complaints and he took up a walking stick just a year ago!

Physical Fitness: Mani Periappa was playing tennis at the Gymkhana Club till the age of 80 and thereafter would still go to the Club fully kitted up to knock tennis balls against the wall before joining his friends for Tea on the lawns and discuss Delhi politics! Today, at his sunset age of 95, Mani San is one of the oldest living members of the Delhi Gymkhana Club.

Keeping your mind active: Today Mani Periappa reads 3 daily-newspapers and 2 weekly magazines. He follows Sports passionately and tries to watch TV telecasts of live sports covering International Tennis, Football, Cricket, Badminton and Athletics.

Digitally Naïve: We could say that Periappa is lucky to have never used a computer or a mobile phone. Therefore, no YouTube or Facebook or WhatsApp to distract him and he has no idea about social media! That's probably why he gets good sleep! Periappa does his banking through a monthly personal visit to his Branch or getting his Relationship Manager to pay him a monthly visit to update him about his investments.

Richly deserves a 100: Though Periapapa deeply loves his native Palakkad and was regularly visiting the Nurani Sasthapreethi festival for 60 years, he has not been confident to undertake the journey in the last 2 years. We visit him every 3 months at Delhi and enjoy his hospitality and his reminiscences. We pray for his good health and cheer and may he live for more than 100 years to remain a source of love and encouragement to us all.

Author: Venkatesh Nagan, Resident
Ananta Senior Living, Kerala.

The Second Youth

It was in the month of October 2019. I was returning from my busy day's work around 6 p.m. I was always fond of watching the sea in its multi shades of colour and never got tired of this activity, which is probably growing deeper within me.

The silvery moon was slowly and steadily rising to bring upon the shine, coolness and the associated joy for all ages of life.

I heard a sudden call by my name. What a surprise! For a moment, I flashed back to 40 years." Hi! Urmila!" I exclaimed and flew literally, not minding the street hurdles or even the signal, hugging each other and tears of joy were dripping down our cheeks.

"How are you Sonali? I never expected to meet you in Chennai. How is life? I think you are still very active. I cannot forget our golden days!", Urmila, with her sweet smile and excited eyes shot her questions at me.

Very true. We cannot forget our golden years. Those memories are even more precious than the present-day sky rocketing price of gold. No one can bring back those days of happiness and joy.

I was living with my parents in Kolkata, then Calcutta. I still like it to be called Calcutta- the City of Joy as many laurels and historians described. I was a student of a Prime School and later of a renowned College in South Calcutta. Studies were serious but with healthy competitive spirit. The next was the "Adda", which is a favourite of all Calcuttans, irrespective of age and sex.

We were known as Three Beetles or sometimes Three Musketeers by our friends and professors. Urmila, Roma and myself were always together, walking, talking and sharing our feelings., sometimes aimlessly giggling our ways through. An absolute freedom! After 40 years lapse, we are standing on the Adyar Bridge Road in Chennai, surrounded by Shopping centres, Hospitals, Petrol



Vijayalakshmi Kannan

pumping stations and a heavy traffic moving up and down.

Urmila had grown grey graciously. She had long hair tied up with a stone studded hairclip dazzling away. She was simply beautiful in her orange Bengal cotton sari highlighted with handwoven contrast border and pallu. As I knew her, Urmila always had an excellent choice of anything and everything. She never compromised on quality.

It was getting darker and it could rain too. "Sona, we will meet tomorrow. Tell me where and when. I Have so much to talk to you," said Urmila clutching my both hands. "Ok, Urmi, we will meet. Come home ", I gave her my address and guided her with the route so that she could safely reach my home at Besant Nagar, a very popular and elite social surrounding for a lunch with me, after so many years.

The next day came. It was Saturday. I had prepared Kheer as I knew Urmi loved sweets. During the school intervals, she would grab and eat sweets from the authorized vendor who used to sell within the campus. I was addicted to ice creams and we used to compete who could eat more numbers! Small thrills! Exciting moments!!

Urmila arrived around 11.30.a.m. I had finished all my chores and was free to spend me time with my

bosom old friend.

"Come in, Urmil. So nice to have you here." I said

"No formalities' Sona", she said and handed over a gift pack and kissed me. I felt the warmth of love and also a craving heart for love. I saw drops of tears running down her cheeks. "Why? why are you ...? Please, No Urmil. I always want you to be the same, ever smiling, bubbling, energetic Urmila. I cannot stand to see you different", I hugged her and expressed my concern for her.

"Sona, I am really starving for love, can you believe it?" Urmila broke down.

"What are you saying Urmila? I can't believe, but I have to because I know you so well that you will not tell anything other than truth. What happened dear?"

"I have everything as per my choice but I failed miserably in my choice of life partner, Sona. Even to this day, this moment, I love my husband because I believe strongly that love is unconditional and love cannot become hatred due to circumstances. True love cannot change colours. But I have not enjoyed or received that love from my husband. Everything has been only artificial, temporary and opportunity making. Rahul cannot love. He acts either for the sake of sex or money!"

I was shocked to hear this from Urmila. Why did this happen to her?

Hers was an arranged marriage. She did not find her match by herself. She married and started loving her husband. Her parents had done their best to get her the best match in their terms. It is nothing but an irony of fate!

She did not blame anybody but accepted her failure magnanimously. That is great of Urmila!

She continued, "I am now searching for a Senior citizen Home, where I can spend my rest of life peacefully, Sona". "I have just retired from my Banking service with respect and do not want to live anymore in Kolkata. I am tired of seeing same



faces, same enquiries and same lip sympathies. I don't want to meet any of my relatives. "

My parents are no more. They have eternally slept with heavy hearts! I can't blame them. I am really happy that I don't have any children to find fault with me or curse me or feel sorry about me."

I knew she was hurt very badly because no married woman can be happy without becoming a mother. Motherhood – the greatest Gift of God.

"Urmila, I understand you and totally agree with you. Please forget those bad memories. It was a bad dream! You are physically healthy and I don't want you to be mentally depressed. Post-retirement you are going to really enjoy your life and God will be with you always, "I tried to calm her. In fact, I will be also near you."

She looked a bit relaxed.

By now, my husband arrived from Bangalore after his Consultancy work schedule and we sat at the table to eat. I introduced my husband to Urmila. We did not dwell upon any unwanted topics but were careful in exchanging professional ideas, enjoying music and watching Sun News.

We took our bowls of fruit salad and went to the living room. After a while, my husband went to rest and only we two... I told," Urmila, don't worry about anything.

If you have decided to live in Chennai, I am here to help you a get good home to live.'

She said she was at the YWCA on a short stay arrangement. She got up and was about to leave.

I comforted her.” Don’t bother Urmila, what you will enjoy in the near future will brighten your mind and soul. I assure you.”

“I will take you around to a Senior living villa. It is about 40 kilometres away from our home. Many people are confused with the old age home concept.

This is a luxury villa, Urmi, Sure you will like it. To your surprise, I have also booked one. I am waiting for possession by early February coming year. You can see the goodness for yourself. How about your husband? May be this place will make life better in the midst of so many persons in the community. Never to feel lonely”

Okay. The visit was planned for the next day.

The builder had sent the cab with driver to pick up for the site visit and drop us back. Both of us were ready.

The drive was smooth except some potholes badly affected by the rains. Both sides of the long drive was green, more lively and bright having showered by rain. For Urmila, she could never move her eyes away from the scenic beauty.

“Wow “Exclaimed Urmila.

“Hold on you will find the villa ambience simply enchanting.

You see all the good and the bad too, because good and bad walk together!” My sincere advice to her. We drove in an had a drive around the drive way covering the ready villas, the under construction plots and villas.

She enquired with the Management about the gated community, the amenities, the services, cost, etc etc...

She was looking quite satisfied with the details elaborated.

I insisted “Urmila, evaluate and satisfy, before you commit, so that you do not regret later.”

I never wanted my friend to have more hassles and never to be compelled. Even when myself and my husband decided to go in for such life style, it was purely our joint decision and looking at our growing requirements with our growing years. Though our daughter is in Singapore working in a multinational company in a very senior position, we conveyed our desire and decision. She did not disagree.

Urmila asked the builder to come to my home and collect the Advance cheque before legal verification of documents.

“My Best Wishes Urmi.” I heartily wished her.

Today is the Second Annual Day celebration of our Elite Community. We are together and most heartening is that Urmi ‘s husband Deb has changed so much for the good and are really happy.

May we proudly say” we are back to our school days?”



Author: Vijayalakshmi Kannan, Resident
Ashiana Shubham, Chennai.

The Shoe-Shine Box

I was on in a travel mission. My train was to start from the Bandra Terminus, Mumbai. Almost two hours were still left for it to catch in the platform. I waited.

“Sir, boot polish?” a boyish-looking youngster approached me. Lean and thin, he looked very weary. The thick bunch of hair badly needed a cut.

My shoes didn’t actually demand a polish. Still, I obliged. Let the poor chap earn something.

“Thanks a lot, sir, for giving me this job”, he greeted me in perfect convent-ascent English!

A street urchin speaking such fine language? I wondered.

The boy took out the brush and polish from the plastic carry-bag he held. Soon he plunged in the job. The short-lengthen T-Shirt he wore showed off the pronouncing ribs while his hands moved up and down. Poor chap; might be in utter starvation!



K T Thomas

“How much do you earn daily?” I probed.

“At the most, forty rupees”, he replied. “Sir, I am new to this place. Get only the jobs I could wanderfetch. If I could sit somewhere and do the job, would earn better; probably up to four hundred rupees a day.”

“Then why don’t you find a place?”

“A sitting-job requires the shoe-shine box. I have even located one box at Andheri. Since four months, I am dreaming to make it mine. Costs seven hundred and forty rupees! No way to find that sort of a sum....”

“Why is this four months’ limit for the dream?” I threw a wicked question to him.

“I am here in Mumbai for four months only”, he passively killed my prick.

“Before that?”

“I was at my village in Rajasthan, near Jaipur.”

‘You could have remained there. Why did you

come to this mega city to earn a meagre forty rupees a day?"

He narrated his story of misery. His name was Kundan Mochi. Mochi meant cobbler. It was the caste name. His father too did the same job. Father is no more. He demised leaving heavy debts. Kundan was in the seventh standard when he died. He was studying at an English-medium Convent School in Jaipur. He got free admission by virtue of the special favour of the nuns. But, when his father died, he had to stop studies to take care of the family. Taking over the caste-job at Jaipur, they were surviving at the village. But when debtors to whom his father owed started pestering, he had to flee with mother and the little sister. At Mumbai Kundan did shoe polishing while mother and sister begged in the Mumbai streets. They stayed together in a slum near Andheri. A rope-held plastic sheet stretched in the open. That was the 'house'. Even for that, the local 'Dada' needed to be paid a daily ground rent of ten rupees!

"Sir, can you find a part-time job for me? I start my work at 4:30 early morning. Finish at night 10 O'clock. Still don't earn enough. After the peak traffic hours, probably I can do some other job too."

I said I was from Kerala. "Will you come to Kerala?" I asked.

"Then my mother and sister will starve. Language is also a problem. There is one more thing. Mumbai has government's night classes. I need to study further once I start earning enough."

I felt high regards to him. He was eighteen. Still cherished the hope of restarting the studies he had left at twelve.

I paid him five rupees, his charge for the work.

Next moment, Kundan asked me bluntly: "Instead of taking me to Kerala, can you help me now itself with seven hundred forty rupees to purchase my dream shoe-shine box I keep eyed at Andheri?"

I was taken aback. Was the boy taking advantage of my empathy to him? Not one or two rupees he was asking for, but a big seven hundred and forty rupees! That also, from a person totally unacquainted to him!! Was he a cheat taking advantage of my noble gesture?

Simultaneously, my conscience started pricking me. It was through a foodless 'budget-flight' that I landed at Mumbai that morning. For a mere sandwich and coffee breakfast, I had coughed out two hundred and forty rupees to the airline guys. Here stands before me a smart boy seeking to finance his dream project that might turn around the entire life of his family!

Finally, I worked out a compromise formula between Kundan and my conscience. I stretched a hundred rupees note to him. If at all he were a cheat, let him vanish with that sum!

"No sir, if you wish to give me anything, then give the full seven hundred and forty rupees. Otherwise just not at all!"

Smart guy indeed! I wondered. Bargaining even for the alms offered! Literally counting the teeth of the gifted horse!!

I wanted to find an excuse to get rid of the trouble I have inherited myself, but without wounding my conscience.

I asked: "Do you have a business-fetching place to sit even if I help to purchase your shoe-shine box?"



He pointed to a construction-finished building not far off. It was the new complex of the Bandra Terminus Station.

“That building is soon to start. I have located an ideal place matching to the pedestrian flow. The Bade Saab of this Station has already consented to sit there. He had even agreed to get me a formal licence from railway authorities at Mumbai Central once I prove my claim by sitting there with my job for four months. From a mere boot polish boy, I am going to graduate to a full-fledged cobbler. You know, I am already qualified at Jaipur.”

I pitied myself for the hot soup I was in. As a desperate move to be out, I threw a noose at Kundan.

“If your Bade Saab is so benevolent, why don’t go and get a recommendation letter from him. How do I know that whatever you said is correct? I will be in the AC coach. Come before the train

leaves. One hour is still left.”

Kundan calmly walked away. The train was in the platform. I got in. I remained disturbed for some time. Was Kundan a fraud? Or does he genuinely deserve a helping hand to come out of his miserable life? I left the decision to God.

Before about ten minutes for the train to leave, alas! God appeared with His verdict! Kundan was back! He traced out me among the last-minute commotion inside the compartment. Was holding a piece of paper in his hand. It was a torn-out piece of some old reservation chart. There was Hindi scribbling in its free backside, with the mobile phone number of the person who wrote it. He was a ticket examiner. The note explained that the Bade Saab Kundan meant to meet – the Station Superintendent – was on leave and it was on the tearful pleading of Kundan that the note was written by him. It vouched the genuineness of Kundan.

I decided to yield to Kundan. The Satan inside me was making the last prick. Why not call to the mobile number and ascertain once again? The train was already on move. I strangled the Devil and paid Kundan seven hundred forty rupees. Kundan fell to my feet. I picked him up and led to the door. He jumped out of the compartment. Then, slowly walked away to the world outside. Let the shoe-shine box brightens his life ahead.

Author: K T Thomas, Resident
Bless Retirement Living, Kerala.

Drawings from Talent showcase entries



Artist : Dr. Harimohan Pillai, Resident
Ananta senior living, Kerala.



Artist : Jessy Stephen, Resident
Bless Retirement living, Kerala.



Artist : Geetanjali Ghosh, Resident.
Care Continuum, Kolkata.

Poetry from Talent showcase entries

AGE IS JUST A NUMBER

Was it the twinkle in mum's eye and pride in
dad's smile??

SHE is me!!

A girl, made from, and made of...
Flowers and Ice!!

Embers and Dewdrops...

Steel and Silk...

Ice and Flames

Love and milk.

Fierceness and

Laughter,

Eloquence and Silence

Sunshine and Balance, all within!

At sixty a milestone reached recently,

They said it's a lucky number,
very few reaches decently!!!

As I frantically calculated the numbers on this
planet,

A new ticket for this journey was delivered,
just a moment ago!!

The kaleidoscope of life was simply just a flash,
The game of numbers can be interchanged with
brushes and a splash!!

Numbers may come and numbers may go,
But I live in hearts of my loved ones ...you
know.

My looks are nothing special,
My face reveals my age,
My body shows some wear and tear,
And my energy's not the same.

Too often my memory fails me,
And I lose things all the time.
One minute I know what I plan to do,
And the next it may just slip my mind.

I try hard to avoid my mirror.
There are things I would rather not see,

And even those times when I just catch a
glimpse,

I can no longer recognise me.

The things I used to do with ease...



Bhagirathi Eshwar

Can now cause aches and pains,
And the quality of the things I do
Will never be quite the same again.

I always compare my older self.
To those younger versions of me,
And I know I'm wasting too much time
Missing who I used to be.

But what really rankles me.
Is despite what people see,
Underneath my tattered, worn-out shell,
I'm still the same old me.

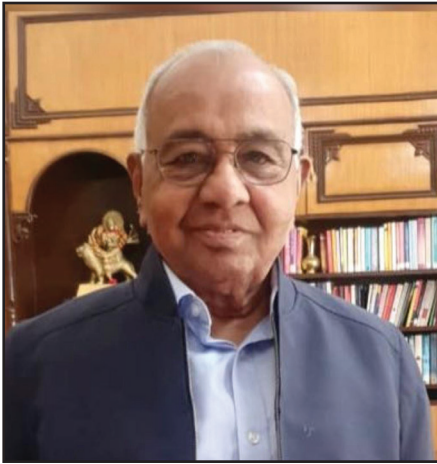
My heart can still feel endless love,
And at times it still can ache.
My heart can fill with so much joy,
And then it can suddenly break.

It's true, maybe now that I'm older,
Feeling lonely may be ok
But it also has made me more willing
To forgive and reach for clay.

Although not as strong and not much beauty,
it's true,
I'm still here and want so much to live,
For no one's quite like me, nor will be... to
outlive!!

Author : Bhagirathi Eshwar, Resident.
Ashiana Shubham, Chennai.

MY FIRST LOVE - Love Theme



Jagdish Prakash

When the sun rises in the sky
When the birds take wings to fly
When the waves swing low and high
When my lonely heart sobs and sighs
When ghosts of memories shriek and cry
It's you, it's you who sings me a lullaby.
When dreams weave magic over night
When whispering winds go on a flight
When the stars don't shine so bright
When shadows mourn night's plight
It's you, it's you who brings me hope and light.
When rivers enter the womb of sea
When gulls kiss waves and flee
When Aphrodite caresses passion's tree
And make them rise in maddening glee
It's you, it's you who sets my passions free.
It's you who brings me joy and happiness
It's you who fills my heart with tenderness
It's you, it's you, it's you!!



Author : Jagdish Prakash, Resident
Antara Senior living, Uttarakhand (Dehradun)

MY FIRST LOVE



Kavita Sabharwal

Who are you!
Spreading Moonlights in my nights
Who are you!
Along with the morning rays
Come and sit on my window
And keep sneaking a look
Me while sleeping
Who are you!
You stir my forehead with your soft hand
And say it slowly in the ears
I have brought you a new ray of new morning
Opening my closed eyelids gently
Trying to identify you
But I feel the fragrance in the wind
But Who are you!
That fragrance stays with me throughout
The day
Whenever my steps stumbled while walking
You hold me by giving one hand
The tears that fall on anything
You stop me becoming love on my eyelids
Yep, just know that much
You are heard in my breaths
You are visible in everything I say
You are included in every happiness
And sorrow
If you have met now
Hold on like this
Because that
This life is because of you
This light is from you!

Author : Kavitha Sabharwal, Resident
Ashiana Nirmay, Bhiwadi.

10 THINGS TIME HAS TAUGHT ME

1. Most of our life is spent chasing false goals and worshipping false ideals. The day you realise that is the day you really start to live.
2. You really, truly cannot please all of the people all of the time. Please yourself first and your loved ones second, everyone else is busy pleasing themselves anyway, trust me.
3. Fighting the ageing process is like trying to catch the wind. Go with it, enjoy it. Your body is changing, but it always has been. Don't waste time trying to reverse that, instead change your mindset to see the beauty in the new.
4. Nobody is perfect and nobody is truly happy with their lot. When that sinks in you are free of comparison and free of judgement. It's truly liberating.
5. No one really sees what you do right, everyone sees what you do wrong. When that becomes clear to you, you will start doing things for the right reason and you will start having so much more fun.



Donna Ashworth

6. You will regret the years you spent berating your looks, the sooner you can make peace with the vessel your soul lives in, the better. Your body is amazing and important but it does not define you.
7. Your health is obviously important but stress, fear and worry are far more damaging than any delicious food or drink you may deny yourself. Happiness and peace are the best medicine.
8. Who will remember you and for what, become important factors as you age. Your love and your wisdom will live on far longer than any material thing you can pass down. Tell your stories, they can travel farther than you can imagine.
9. We are not here for long but if you are living against the wind it can feel like a life-sentence. Life should not feel like a chore, it should feel like an adventure.
10. Always, always, drink the good champagne and use the things you keep for 'best'. Tomorrow is guaranteed to no one. Today is a gift that's why we call it the present. Eat, Drink & Be Merry.

Author : Donna Ashworth

My grandmother said:



'Don't let your pans shine brighter than you do.
Don't take house cleaning so seriously.
Life is short, have fun!

Dust when you need to,
but also take time to paint a picture or write a poem,
take a walk or visit a friend.

Cook whatever you want, water your plants
Take time off to drink a beer, swim at the beach (or
pool),
climb mountains, play with dogs, listen to music,
read books,
spend time with your friends
and enjoy life.

Dust off if you need to,
but life goes on outside.
You know this day will never come back.

'Dust off if you need to'
but remember that you are getting older
and many things you can do now
are not so easy to do in your old age.
And when you leave, since we all leave one day,
you will also become dust...

And no one will remember how many bills you paid,
not even your clean house, but they will remember
your friendship,
your fun and what you taught them.'

Author : Roos Vangheluwe

"Grandma, I'm tired. So tired of this life..."



"Take your tiredness, my child, and wrap it around yourself. Like a blanket in the cold winter months. Tiredness comes to make you a nest, to bring you to wear comfortable clothes, to make you sink into its warm embrace. I invite you to stay within yourself. Without strength, without thoughts, without actions. Like the snow that covers everything to soften the world, to make it muffled, to protect it from noise. Accept the flakes of your tiredness and let yourself be completely covered by them."

"I could die buried under there..."

"You will be reborn instead. Like the seed in the ground. Do not resist your weariness, do not reject it with a thousand actions, a thousand intentions, a thousand feelings of guilt. It just wants to take you by the hand and lead you to sink into the void. Right there, where the source of every inner strength lies. They taught us to be strong by resisting. But it is in surrendering that the true heroes emerge."

"I'm afraid, grandmother. What if fatigue will annihilate me?"

"My child, you are not afraid of tiredness but of losing control of yourself. The time has come for you to give yourself to life. And to generate together with it the most wonderful children: the fruits of your soul!"

Author : Elena Bernabè

An Experience Like **Never Before**

Association of Senior Living India organizes national level competition every year and this time I was made in charge of coordinating Bless Homes team for ASLI's Talent Showcase, an inter community initiative to engage and entertain the residents. I had two months to prepare everyone and build a team for functioning. Assigned with the responsibility I was thrilled to work on everything and firstly I marked the deadline for myself to complete all the tasks from finalizing the participants to the performance venue.

This helped me to set a goal for myself and understand the basics of how would I complete it. A small core team was formed and each one was in-charge of different days to coordinate for the event which also included the individual and group competitions. It helped to track the practice of residents.

Though it was a mix of individual competition and group performance, the most exciting event for me was the Group performances. With respect to the Group Dance, a staff member had been assigned to teach dance steps and we have planned to perform Manipuri dance which was the highlight of all. The dance performance is unique in its form with 7 participants putting effort daily into performing it in a better way.



Marline Joseph

The dance form was imbued with the devotional themes of Madhura Raas of Radha-Krishna and characterized by gentle eyes and soft peaceful body movements.

The fashion show was the most outstanding programme. We were fortunate to collaborate with Swara, a socially and environmentally conscious casual wear fashion brand with a strong purpose of rural women empowerment. It was breath taking to see the wonderful combination of minimalist yet elegant combination of the brand as adorned by our lovely residents.

While everything appeared very seamless and put together, I was witness to amount of dedication and days of hardwork that went into each event. Through this event I was able to develop and foster a truly positive and compassionate learning and growing environment for my resident. Additionally, my development both with managing the daily processes within the community and planning and delivering effective schedule set a framework for practicing and facilitating a growth mindset for residents made it truly an eventful memory.



Author : Marline Joseph
Officer Resident Relation, Bless Homes

ASLI's Talent Showcase

"There is more hunger for love and appreciation in this world than for bread."-Mother Teresa.

Somehow this statement resonated in my mind for the longest time ever and fortunately at ASLI was able find the right platform to create an opportunity for our seniors who had been living their life for others till now. ASLI's Talent Showcase was initiated to highlight the wealth of talent our seniors have and to give their skills and energy a fun stage. It was our way of showing love to our seniors who have taught us everything we know today.

Would like to sincerely thank all our seniors for such mind blowing performances that left us awe inspired. From ticking clock of Sudoku, to Rangoli art pieces, to soul soothing singing, heart-warming dance performances, to painstakingly written short stories & poetry to beautiful drawings we enjoyed it all. At a personal level most satisfying was our fashion show as that was on my personal agenda since last showcase.

Would also like to thank all ASLI members and their teams for ensuring smooth and flawless performances. Like last time it was an exceptionally rewarding experience as so much warmth was showered on me. So many seniors came to me personally sharing that it was their first time being a model, dancer or singer with live audience and they blessed us for creating this opportunity for them. I'm genuinely grateful to Mr. Ankur Gupta, Co-Founder, ASLI who encouraged me to develop this idea into a full working concept last year and we pulled off our first showcase together. Huge thanks to Mr. Adarsh Narahari, Chairman, ASLI without whose support this year's talent showcase was not a possibility. Special shout out to Dr. Charudutt Arora for Delhi venue and support for making the showcase bigger and better this year.

Wishing you all a Happy and a Prosperous New Year!

Warm Regards,

Bani Jain

Executive Director,
Association of Senior Living India

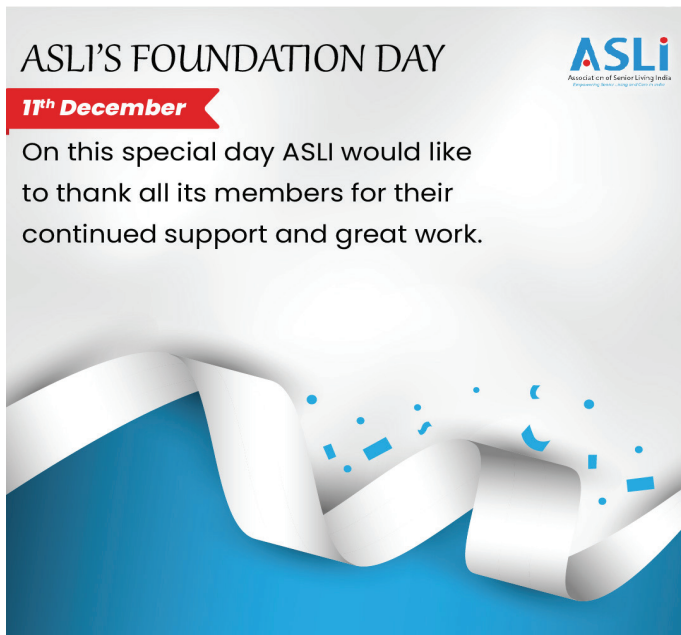




NEWS & ENGAGEMENT

Asli Foundation Day

Youtube: <https://youtu.be/voB191E2WDo>



Group Dance

Youtube: <https://youtu.be/jcjUZxhj5Cw>



Group Song

Youtube: <https://youtu.be/IPod9nEXUkk>



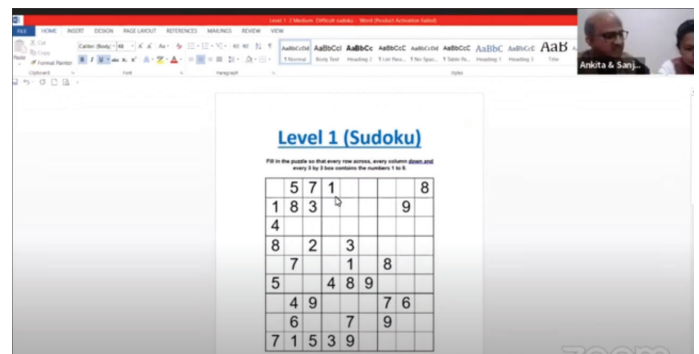
Fashion Show

Youtube: <https://youtu.be/pQkfRjQNgUA>



Sudoku

Youtube: <https://youtu.be/kgemd9tXRis>



Unscramble Numbers & Unscramble Words

Youtube: <https://youtu.be/l4cMjWa3hMg>



A quick flashback...



Entering the ASLI Talent Showcase was an exciting period for me and never in my wildest dream did I ever thought of such an event. I had the opportunity to participate in all the group competitions including Malayalam group song, Fashionshow and group Dance. The staffs at Bless ensured we had timely practice sessions everyday for all the three disciplines. What stood out was the commitment of the co coordinators, it was very inspiring to watch them come up with ideas and all the brainstorming sessions. I must admit it was a hectic schedule but also very gratifying in the end.

The most exciting part was dance theme; Manipuri was quite new to me. But we trust the process, so we started slow from understanding the song lyrics, learning the lithe dance movements and the spectacular costume with makeup was a great experience. We were all very apprehensive if we could live up to the dance, but now that I look back we feel that surprisingly, as a team we did a rather flattering performance.

The ramp walk wearing the elegant blue colored Indigo saris from Swara was another empowering feeling. We spent several hours getting the gait right and holding the placards. Hopefully, the messaging on the placards will make an impact to society. I feel proud that we chose such a strong theme to work with!

The appreciation we received from other Bless residents was very reassuring and it motivates me to continue to lead a very engaging, healthy lifestyle in body and mind. Receiving the certificates from ASLI for all the effort we put in was quite encouraging. I thoroughly enjoyed participating in all the events and grateful to Bless Homes to give us such occasions to remind us of our many latent talents and youthful days.

Author : Mrs. Gladys Jose, Resident
Bless Retirement Living, Kerala.

Testimonial | **Mrs Vandana Bedi** | Golden Estate | ASLI

Youtube: <https://youtu.be/MEhze7XRv8s>

Testimonial | **Mrs Nina Grover** | Ashiana Nirmay | ASLI

Youtube: https://youtu.be/exuuQ_roSbo

Testimonial | **Mr.Mohan Tekchandani** | Ashiana Nirmay | ASLI

Youtube: <https://youtu.be/Km3Cp1J2A2c>

Testimonial | **Mrs. Shubhra Mishra** | Ashiana Nirmay | ASLI

Youtube: <https://youtu.be/E5lZYPlc0fU>

Testimonial | **Ms.Bhagirathi** | Ashiana Shubham | ASLI

Youtube: <https://youtu.be/h7FPd4eHxGg>

Testimonial | **Mrs. Chandra Rajsharad and Mrs. Renu Gupta** | Ashiana Nirmay | ASLI

Youtube: <https://youtu.be/5swq3UVyudc>

Testimonial | **Mrs.Khanti** | Ashiana Shubham | ASLI

Youtube: <https://youtu.be/PtAMRyAmBfU>

Testimonial | **Mr. Deepak Ghodadara & Ms. Kumkum Saxsena** | Ashiana Nirmay | ASLI

Youtube: <https://youtu.be/tRjgLIhziQ8>

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.

Members of ASLI subscribe to a code of conduct to help them to convert their values into action and ethical practice. They pledge to adopt and adhere policies and procedures, maintain transparency with consumers and protect their interest and ensure that the overall industry grows to serve them better.”

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

Office:
Association of
Senior Living India,
C/O Ashiana Housing Limited
304, Southern Park
Saket District Centre, Saket,
New Delhi – 110017



<http://www.asli.org>



[http://inadmin@asli.org.in](mailto:inadmin@asli.org.in)

Follow us on:



<https://bit.ly/3T8as7L>



<https://bit.ly/3fQafaC>



<https://bit.ly/3RITSKq>



<https://bit.ly/3SHNIAU>

Subscribe us at:



<https://bit.ly/3CgqwGt>



HAPPY *New Year*

Your grey hair denotes wisdom, your laugh lines symbolizes the various emotions you have been through in your life. Wish you many more healthy years.

DISCLAIMER: The opinions expressed in this publication are those of the authors. They do not reflect the opinions or views of ASLI or its members.

