

July, 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 3)

WHAT'S INSIDE

Importance of monsoon season porridge

Nourishing Tradition for a Healthy Monsoon Season.

— page 03

Precautions to be taken before committing an Investment

Safeguarding Your Financial Future with Informed Choices.

— page 04

5 Tips for Elders during Monsoon

Monsoon Wellness for Elders: Essential Tips for a Healthy and Safe Season.

— page 05

Have a sound sleep for good health in old age

Sound Sleep for Healthy Aging: The Key to Optimal Well-being in Old Age.

— page 06

How To Stay Monsoon Ready & Safe

Essential Tips to Stay Prepared and Protected

— page 08

EXCLUSIVE E - MAGAZINE FOR SENIORS

Dengue, Covid or Malaria?

Imperative for our senior citizens to take extra precautions

— page 09

Harnessing the Nutritional Power of Seasonal Fruits and Vegetables

Embrace Seasonal Produce for Elderly Well-being.

— page 10

Short stories

— page 12

Drawings & Poetry

— page 17

Fun Nuggets

— page 21

EDITORIAL DESK



Dear Readers,

Welcome to our feature magazine's monsoon issue. We celebrate the magic and beauty of this enchanting time of year dedicated to the elderly and senior citizens. Monsoons evoke memories and invite us to embrace the present. This season may bring mixed emotions, but every season has its unique charm, including the monsoon.

In this issue, we highlight the positive aspects of monsoon, offering captivating stories, heartwarming experiences, and practical advice. From monsoon traditions to wellness practices, we inspire you to relish this time. Safety is crucial, so we discuss precautions, health tips, and creating a cozy environment at home.

Let's embark on this rainy journey together, opening the pages of our forthcoming issue to be captivated by the splendor of the monsoon. May it bring hope, memories, and tranquility.

Wishing you a monsoon season filled with joy and inspiration.

Warm regards,

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

Importance of Monsoon Season Porridge

Karkidakam, the Malayalam month falls between mid- July and mid – August and coincides with the monsoons in Kerala. With heavy rain, with the decreased temperature our body becomes weak to fight diseases. Immunity is low at this point and our body needs proper diet and treatments designed for this tough time to battle all kinds of diseases.

The old saying goes prevention is better than cure! The general strength of the body and capacity of digestion gets decreased during this season. Owing to this and also due to the increased moisture in the atmosphere, body will be more prone to diseases such as fever, cough and water- borne diseases which is prevalent during this season. Unhealthy food habits and improper activities during this time leads to the imbalance of doshas (vata, pitta, and kapha) and thereby making the body susceptible to diseases.

Karkidaka Kanji (Medicinal Rice Porridge) and Karkidaka Chikitsa (Ayurvedic Treatments) are two integral parts of this season to have a healthy body. The porridge helps in the rejuvenation of the body to fight disease and to boost immunity. The recommended consumption of this porridge is for at least 7 days. The only limitation is to consume it in multiple of 7 days continuously to get the best of the benefits.

The porridge is ideal for the control of diabetes and cholesterol. With little or no fat; this dish is beneficial in ensuring that the body does not have any trouble in digestion making it available for nearly anyone to consume this dish. The other benefits of the porridge is the increase in immunity, rejuvenation of the body by eliminating toxins and also increases the energy and aura of the consumer.

Preparation of Porridge –

As said above, the preparation of porridge does not have a strict recipe, but there are certain plants advised to be mixed with the kanji to get the best benefits, nevertheless one could still prepare them based on the method below.

Porridge ingredients are based on Ayurvedic scripts using njavara rice; the same rice used for massages. It helps in boosting immunity and helps in the treatment of digestive issues, bone diseases, and also skin related issues.

Ingredients:

- Njavara/kerala rice- 1 cup
- Coconut milk – divided into thick and thinner portions -200 ml
- Ginger powder or crushed ginger – 5 gm
- Turmeric powder – a pinch
- Garlic- 1 tsp
- Jeera – 1 tsp
- Crushed pepper (not powdered)- 1 tsp
- Carom seeds -1 tsp
- Jaggery- to taste
- Fenugreek seeds- 5 tsp
- Ghee- 2-3 tsp

Watch: <https://youtu.be/gMjFCmdIuv4>

Method of preparation:

Keep the rice to boil and while it is on the stove grind all the dry ingredients (excluding jaggery). Add the ground mix to the rice and let it boil. Add the jaggery to the boiling rice and let it thicken. When it starts to thicken add the thin coconut milk and after a minute or two add the thick coconut milk and turn off the flame. Add the ghee on top of it and serve it as preferred.

*if using a pressure cooker, add the ground mix at first itself. The rest of the procedure is the same as mentioned above.

Hope we keep ourselves prepared to welcome the monsoon in good health!



Author: Dr. Aswathy P.R.
Asst Manager Relations, Bless Retirement Living

Precautions to be taken before Committing an Investment

As they say in the medical parlance, prevention is better than cure, so to in the investing world, precaution is better than regret when it comes to investing one's precious money.

What are the precautions seniors should take before investing?

Many times, when we think of investments, we also think of risk involved with putting money into it. Senior citizens often avoid investing into things that are volatile.

Senior citizens having varying needs, one is to keep their money in safe place but which is easily accessible and the second into investments that generate a much better return for them. So before investing senior citizens should understand the risk involved and think wisely before making a decision.

1. Different investments have different risk levels.

Before investing one should know one's ability to take risk. You have risk of losing principal if one is invested in Stocks or mutual funds without research or a long term perspective. Similarly every investment carries some element of Risk- Return embedded within. It is important to assess if the same is acceptable to the investor;

2. Past returns you may not get in future:

We should always remember that past performance may not be indicative for future results. Different types of investments have different risk. Due to various factors like changing market conditions, political and geographical tensions will change the direction of market. Hence investor should scrutinize each and every aspect of the investment rather than depending on past performance ;

3. Guaranteed returns:

Every one wants to have guaranteed returns from their investments irrespective of what type of investments they choose. But there are no guaranteed returns in mutual funds, which may generate a superior returns. On the contrary guaranteed investments like bank FDs may generate low returns. So not all investments must be only in guaranteed basis and it may make sense to look at investing into non guaranteed place as well.

4. Consult an expert before investing:

People are open to getting advice from friends and family or even from social media for deploying their hard earned money, but are unwilling to take the trouble to reach out a investment professional who is qualified to guide you in your investing needs. Such a professional would spend time with you in understanding your temperament, needs and provide a holistic plan suited to your needs and also hand hold you through your investment journey.

5. Nomination

As senior citizens one needs to ensure that all the investments have a joint holder or a nominee in place so that in the long run, these investments can be transmitted to the next generation seamlessly without too much of a hassle. So it is imperative that these fundamental precautions are taken to ensure that the long term needs are not compromised.

Conclusion:

While retirement is a time to live a enjoyable life, one needs money to make these possible. With some smart planning and some precautions as mentioned above every senior citizen can enjoy the life without worries.



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

5 Tips for Elders during Monsoon

Monsoon season comes as a relief after the scorching summer months. It is considered as the best of all the seasons by many people. Because monsoon, by its nature, makes people feel refreshed. But this might not be the case for the elderly. How much ever we all find it delightful; we cannot deny the fact that the season comes with its own set of problems like viral infections and several other health issues, and given that senior citizens are the most vulnerable ones, it is highly important to keep them safe.

Senior living communities ensure the elderly have hygienic food, follow safety measures and are mentally sound especially in the monsoon season. The best way to make certain that your elderly loved one is well taken care of while you are away is to join a senior living community. While you are still considering to join a retirement community, here are a few tips to keep them safe and healthy during this monsoon season.

1. Healthy Food Intake

The elders tend to have digestive problems during monsoon. Also, by having a weak immune system, they are prone to diseases during this season. For the same reasons, it is best advised for the seniors to include a lot of fibre-rich fruits and vegetables in their diet. This not only helps in better digestion but also helps in boosting the immune system. Adding almonds, cashews, corn and grains to the diet also helps in improving the immunity in elders.

2. Regular Exercise

Almost everyone tends to ditch their regular exercise schedules during the monsoon season. But it is an unhealthy practice, especially when it comes to the elderly. Never let your loved ones skip their exercise just because commutation is difficult during monsoon. Do a little bit of exercise or yoga at home and help them to stay healthy and fit even during monsoon.

3. Warm Water Usage

Staying hydrated is very important during the monsoon season. However, contamination of water happens the most during this season. So, it is best advised for the seniors to drink warm water during this period to avoid water-borne diseases. Also, it is best recommended for the seniors to use warm

water to bathe as hot water baths can kill the germs and keep the seniors away from several influenza.

4. Stay Hygienic

It is very important to maintain personal and your surroundings' hygiene during this period. If the dampness that arises during the monsoon is left unnoticed, it can lead to the development of fungi and moulds which in turn can lead to infections and disorders. It is also important to avoid street foods during this season as they can cause infections, food poisoning and water-borne diseases easily.

5. Sanitization

Sanitization is the key to keeping germs and viruses away during the monsoon. Sanitizing is as important as the daily showers in warm water. The seniors are advised to regularly wash their hands with antibacterial soaps and keep themselves and the environment sanitized. Using mosquito repellents during this period can do a lot of help to them.

Besides the above-mentioned tips, it is vital to remind them to carry around protective gear like umbrellas and raincoats during this period. Also, this is the time of the year where there are high chances of accidents. They are supposed to be extra vigilant while walking on wet surfaces. We hope these tips help our dear seniors stay safe and



Author: Nimmy Joseph,
AGM, Marketing, Primus Senior Living

Have a Sound Sleep for Good Health in Old Age

Almost half of older people over 60 years have sleep disorders or related issues. During old age, many physical changes occur in the human body. Change in sleep patterns is also a part of the normal aging process. As people age, they tend to have a harder time falling asleep and more trouble staying asleep. Most older people spend comparatively more time in lighter sleep and hardly experience deep sleep.

Research indicates that insomnia can affect anyone regardless of age, gender, socio-economic background, living conditions, etc. but it's a major issue among older people. About 50% of older people aged 60 and above experience sleep disorders. Sound sleep plays a key role in maintaining our mental and physical health. Usual sleep deprivation increases the risk of significant health conditions including depression, heart disease, diabetes, stroke, and even dementia. Poor sleep may be a sign of ill health and a trigger for processes related to disease and biological aging. While sleep often tends to become more challenging in old age, insomnia i.e. trouble falling asleep and staying asleep is not restricted to older people only. People in the age groups of 45-60 years also face sleep disorders in their life. Among these, some people struggle for longer periods due to various factors.

Poor Sleep is directly linked to the process of biological aging

Biologically, it's common for older people to experience a change in sleeping patterns because of disruptions to the circadian rhythm. The area of the brain called the suprachiasmatic nucleus responsible for regulating our body's circadian rhythm, otherwise known as our internal clock, weakens in older age. As a result, it disrupts your usual rhythms causing changes in your sleep and hunger cycles. Aging also seems to affect the body's production of important sleep-inducing hormones. In old age, the body produces less melatonin, a hormone influenced by the darkness that's released around bedtime and promotes feelings of sleepiness.

Most studies on the relationship between sleep duration and health provide evidence of a direct relationship between sleep duration and mortality. Research findings conclude that regular sleep of fewer than five hours daily or more than nine hours raises the risk of death.

Sleep disorders and health issues

Poor sleep is also related to depression, anxiety, heart disease, diabetes, and conditions that cause discomfort and pain, such as arthritis in old age. Severely disturbed sleep may be an early signal of impending dementia.

Major causes of sleep disorders

In addition to the biological aging process, health conditions and daily habits also contribute to the development of sleep disorders. Physical and mental health conditions play a significant role in an aging adult's sleep quality.

In older people, pain-inducing ailments like arthritis and fibromyalgia also cause discomfort and sleep disruptions, in addition to other health issues such as sleep apnea, diabetes, stress, anxiety, heart disease, and depression.

In old age, more than 90% of older people take some kind of medical prescription and most of the medicines are not sleep-friendly. Certain prescriptions or medications for high blood pressure can decrease the quality of rest or sleep, while some medicines can cause daytime drowsiness in older people.

Fast-changing daily habits in post-retirement life also play a part in reducing the quality of sleep. Daytime naps, less time spent outside, and low exposure to natural light often disrupt good sleep time. People who feel loneliness due to low social interaction may also feel increased anxiety and stress, and subsequently poor sleep.

How to get a sound sleep in old age



HOW TO GET A SOUND SLEEP

- ☐ Maintain good sleep discipline
- ☐ Make your bedroom sleep-friendly
- ☐ Exercise regularly
- ☐ Participate in social activities & engage yourself
- ☐ Ensure safety and security in the bedroom
- ☐ Keep stress at bay



With so many older people living with insomnia, it's important to practice good sleep habits. For help getting back to a healthy sleep schedule and more information about the effects of aging on sleep, follow these simple tips.

Maintain good sleep discipline

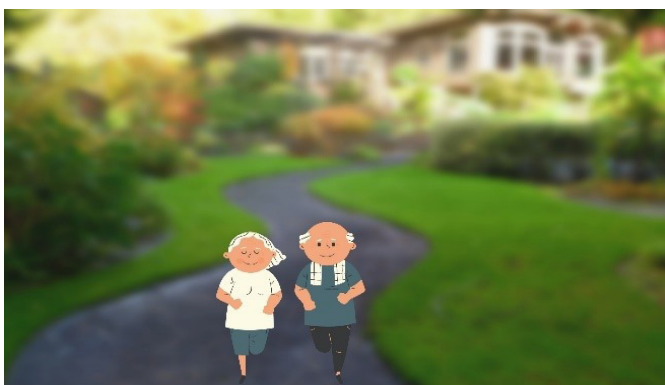


Maintain your active daily routine and encourage sleepiness by following a nightly routine. Go to bed at a regular time each night. Have a bedtime routine where you practice a relaxing activity like reading, taking a bath, or stretching. Keep yourself away from technological devices an hour and a half before bed. Avoid substances like alcohol or tobacco, it might disrupt your sleep.

Make your bedroom sleep-friendly

Your bedroom should be a distraction-free zone that limits sleep disruption and encourage sound sleep. Have a mattress that's comfy and accommodating for your specific needs, whether it helps improve back pain, or cools down hot sleepers. It should also be dark and cool. Cover windows with curtains and reduce light in your bedroom as much as possible. You may equip your bedroom with all comforts for body, mind, and soul like the soothing music of your choice, pain-relieving equipment, medicines, etc.

Exercise regularly



Just 30-40 minutes a day of exercise can help promote better sleep in older people. Walking is one of the best physical exercises in old age. It can also ensure improved mental health, disease prevention, and increased social engagement.

Participate in social activities and engage yourself



Anxiety is a huge hindrance to sleep. If you feel lonely and low, explore possibilities to participate in social activities of your choice. Spending time with others can help improve well-being, decrease the risk of depression, and enhance the quality of sleep. If not able to engage in social activities, adopting a pet inside the home can help decrease loneliness. You will experience less depression, feel less anxiety and have a sound sleep.

Ensure safety and security in the bedroom

Make changes to the bedroom environment that reduce the risk of falls and accidents. Place your phone within your reach in the bedroom, it will be easier to call for help when needed.

Keep stress at bay

For sound sleep and good health, you should also keep all your tensions at bay. By adopting stress management techniques like meditation, etc. you can manage your stress well. Say goodbye to stress and have a Good Night with sound sleep!



Author: Himanshu Rath,
Founder & Chairman, Agewell Foundation

How To Stay Monsoon Ready & Safe

Monsoon is here in full force. Here's what older adults could do to stay monsoon ready and safe.

Rains bring in a change in the environment, a smile to the face and joy in our hearts. After a hot summer, the monsoon is always a welcome relief. However as the rain can be a boon, it can also be a bane. It can particularly be threatening for the elderly. There is an increased risk of infections especially the common cold, flu, pneumonia, malaria and dengue. The wet weather acts as a haven for bacteria and viruses which lead to these common health issues. As age increases, the immunity also reduces, making older adults most susceptible to the monsoon.

Apart from the former, rains also make it more difficult for older adults to navigate and be mobile due to wetter surroundings. Slippery surfaces can lead to falls. Prevention is better than cure. Hence these tips should be handy for all, especially older adults:

Diet

- Eat a balanced healthy diet
- Increase the fibre content
- Eat plenty of fruits and green vegetables and wash them properly
- Do not consume cold food
- Avoid street food during monsoon

Water

Water is one of the most important requirements in life. It is also the most easily contaminated in the monsoons leading to increased risk of water-borne diseases like typhoid, gastroenteritis and others.

- It is best to consume warm water
- Also to take a bath in warm water
- Drink water from safe sources

Be careful if stepping out, especially on rainy evenings.

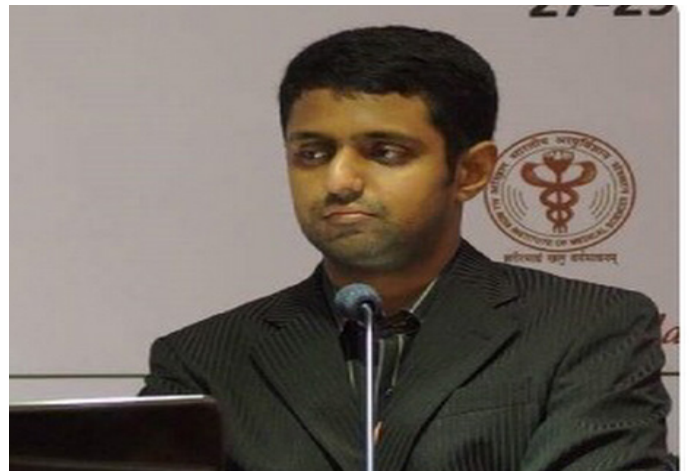
Hygiene

- It would best to keep cleanliness both personally and also surroundings. Such as if your shoes are muddy and wet, clean and dry them out instead of storing them as is.
- Keep surroundings clean as a wet environment is a harbinger of many germs.

- Take all precautions against these by installing nets and repellants
- Try to keep your home as dry as possible. If carpets are smelling damp, store them away carefully. Reduce your laundry load if possible as clothes may not always dry on time and it is not advisable to have damp laundry drying indoors under the fan over few days.

General tips in monsoon season

- Walk slowly do not be in a hurry, especially in slippery surfaces
- If you use an assistive device, makes sure you can use it carefully in the rains outdoors
- Take small steps
- Avoid getting wet in the rain as much as you can
- Always carry with you a raincoat, umbrella, water and food supplies
- Beware of open drains while walking
- Have a torch with you if you are going to be out till late
- Communicate with relatives regularly about your whereabouts
- Avoid going out in heavy rains
- Avoid waterlogged areas
- Avoid going out during thunderstorms and lightning
- If you have any fever, rash, vomiting or any other bothersome symptoms contact your doctor immediately
- If travelling in rains, keep your emergency medicines, battery pack and dry clothes in hand
- Keep your medical kit in handy



Author: Dr. Naganath Narasimhan Prem
Credit Silver Talkies

Dengue, Covid or Malaria?

As the monsoons are around, so are the cases of acute febrile illness which are viral borne and spread by mosquitos such as Dengue and Malaria. Both are due to bites of mosquitoes. And amidst the COVID-19 pandemic (which can again see a spike in cases during this season), it can be confusing for a common man to differentiate between these three infections.

All cause inflammation in the body and have some overlapping symptoms such as fever, chills, lethargy, fatigue, gastrointestinal manifestations and weakness. But all are entirely different entities.

It is imperative for our senior citizens to take extra precautions due to their vulnerable immunity and exisiting co-morbidities.

Cause of the disease: While everyone is aware that COVID-19 is caused by a virus called Coronavirus, Dengue is also a viral illness which is due to Flavivirus. On the other hand, Malaria is a parasitic illness which is caused by Plasmodium parasite. Both Dengue and Malaria are spread by mosquito bites (Culex and Anopheles respectively).

Incubation period: which means when the symptoms appear first after an exposure to a disease causing agent. In COVID-19, this period is acute, averaging around 4-7 days. It is acute in Dengue which can be around 2-5 days and can go upto 7-30 days in case of Malaria.

Symptoms: As some of the symptoms are overlapping as discussed above, the salient and unique symptoms of each disease is as follows:

1. COVID-19- loss of taste, smell, throat pain, headache, extreme weakness, hair fall, cough, bleeding, respiratory issues and pneumonia.
2. Dengue: high grade fever, abdominal pain, loose motions, bleeding from gums and nose, rash, joint pain, retro orbital headache, fluid in the lungs and shock.
3. Malaria : high grade fever, chills, sweating, nausea, dry cough, involvement of spleen, bloody stools and cerebral fever.

Vaccine and Treatment: there are vaccines for prevention of COVID-19. However, there is no vaccine available for Dengue and Malaria.

The treatment strategies are supportive, focussing on antipyretics, fluid and electrolyte management, antibiotics if any co-infection. The role of Isolation is mandatory in an illness such as COVID-19 but it is not required for the other two monsoon illnesses.

Irrespective of the cause of illness, every senior citizen should consult their family physician / specialist as early as possible to avoid any complications and hospitalisation.



Author: Dr. Charu Dutt Arora
Consultant & Head, AmeriHealth Home Healthcare

Harnessing the Nutritional Power of Seasonal Fruits and Vegetables

When it comes to managing the monsoon season for the welfare of the elderly, discussions often revolve around suitable clothing, food choices, exercises, and medical precautions. However, one aspect that tends to receive the least attention is the significance of seasonal fruits and vegetables in maintaining optimal health during this time of the year. As we age, our bodies require a well-balanced and nutrient-rich diet to support overall well-being. In this article, we shed light on the importance of incorporating seasonal produce into the diets of the elderly during the monsoon season and explore the numerous health benefits they offer.

Boosting Immunity:



The monsoon season brings with it an increased risk of infections and weakened immunity, especially among the elderly. Including seasonal fruits and vegetables rich in vitamins, minerals, and antioxidants can help strengthen the immune system. Fruits such as guava, pomegranate, and oranges are packed with vitamin C, which plays a crucial role in enhancing immunity and protecting against various illnesses. Vegetables like broccoli, spinach, and bell peppers are excellent sources of vitamin A, vitamin C, and folate, further bolstering the body's natural defense mechanisms.

Hydration and Digestion:

Monsoon weather often leads to a rise in humidity levels, making it essential to maintain proper hydration and support healthy digestion. Seasonal fruits like watermelon, muskmelon, and cucumber have high

water content and can help combat dehydration, regulate body temperature, and replenish essential electrolytes. Additionally, fiber-rich vegetables such as bottle gourd, ridge gourd, and pumpkin aid in digestion, prevent constipation, and promote a healthy gut.



Nutrient Density:

Seasonal fruits and vegetables are known for their superior nutrient density compared to their off-season counterparts. Consuming locally available produce ensures that the fruits and vegetables are harvested at their peak ripeness, maximizing their nutritional value.



The abundance of vitamins, minerals, and phytonutrients found in seasonal produce helps fulfill the nutritional requirements of the elderly, supporting bone health, vision, cognitive function, and cardiovascular health.

Weight Management:

Maintaining a healthy weight is crucial for overall well-being, especially in older adults. Seasonal fruits and vegetables, being low in calories and high in fiber, contribute to satiety, thereby aiding weight management. They provide essential nutrients while keeping caloric intake in check, reducing the risk of obesity and associated health problems such as diabetes, heart disease, and joint issues.



Variety and Flavor:

Incorporating seasonal produce into the diet adds diversity and flavor to meals, making them more enjoyable for the elderly. Experimenting with different fruits and vegetables during the monsoon season introduces a wider range of nutrients and phytochemicals, ensuring a well-rounded diet. Additionally, the vibrant colors and natural sweetness of seasonal fruits can act as a healthy alternative to processed sugars, satisfying cravings and reducing the intake of artificial sweeteners.



As we prioritize the well-being of the elderly during the monsoon season, it is crucial not to overlook the significance of incorporating seasonal fruits and vegetables into their diets. These nutrient powerhouses offer numerous health benefits, including strengthened immunity, hydration, digestive support, optimal nutrition, weight management, and enhanced flavor profiles. By encouraging the consumption of locally available produce, we can ensure that our senior citizens receive the vital nutrients their bodies require for maintaining optimal health and well-being. So, let's make seasonal fruits and vegetables an essential part of our elderly's monsoon wellness regimen and unlock the full potential of nature's bounty.



Author : Praveen SN
Founder & CEO, Priaashraya Assisted Living Home

The Person who Inspired me in my Journey through Life

As a Child, I loved my mother most. She was all love and affection towards me. When I was about 5 or 6 years old, she used to tell me stories from Ramayana, Mahabharata, and fairy tales as well. We were six brothers and sisters and my mother used to work from morning 5am to 11 pm midnight, in arranging for our bath, preparing food, dressing us and packing us off to school with tiffin boxes. When we returned from school, nice snacks and coffee will be ready for us. While getting the dinner ready for us she found time to listen to our activities in the school and playground. Only when I grew up to 25, I realised how hard she was toiling every day for so many years for our welfare. This inspired me to work hard in any occupation I undertook.

After getting my master's degree in physics, I joined as a Research Assistant in Kodaikanal Observatory. In about a month, I got used to the chilling temperatures outside and warm comradeship inside the office. Every Friday, visitors used to come, and we took turns in explaining to them about Sun, Stars, and planets with the help of slides. One Friday, I saw a well-built young man with a cap, standing aside and observing my explanation to the visitors. I asked him whether he wanted to have a look at the slides. He smiled and said he had seen them and then put some searching questions in Astronomy and astrophysics. I answered them as much as I knew. He smiled again and left. My colleagues, who were watching from a distance, said that the person with the cap was the Director and Head of the Observatory, who has just returned from a tour!

Thus began my introduction to Dr. Vainu Bappu, an assuming and hardworking Scientist ever ready to help budding scientists. We built a rapport from the very first meeting and it enabled me, not only in publishing research papers but also in observing from close quarters a Great Scientist full of knowledge, kindness and humour and hard work as well. We had good rose garden in the campus. He will daily spend some time looking at the flowers and chatting with the gardener. One day he turned towards me and said "you know the government is paying me 100 rupees for looking at the roses!". We attended an Young Astronomers' course for about six weeks, where many astro-physicists gave lectures and conducted examination as well at the end. Bappu was one of the lecturers and one of his questions foxed us. He had given us the names of some scientists and asked us their field of study such as Kepler, Einstein etc., One name was REKOJ. Sounded like a Russian name., but none knew the field of study. Some of us, not me, guessed and got negative marks! When we requested him the answer, he laughed and said. "Read the name in reverse." REKOJ in reverse becomes JOKER ". We all laughed and laughed with him. Another time there was a joke at his expense. One morning he called all the Officers (about ten of us) to his room and after some discussion said "Each of you should take some problems. He meant RESEARCH problems. There was one Administration Officer-Madhavan-, who was not a scientist. When his turn came, he quietly said "We all have our daily problems!" All of us including the Director roared with laughter.

Dr. Vainu Bappu is the MAN to inspire me, apart from my mother, to work hard in the Journey of Life and look at the HUMOUROUS SIDE of LIFE to keep everyone cheerful.



Author : V. Natarajan

Resident, Serene Idigarai, Columbia Pacific Communities

A person who Inspired me in the Journey of Life

I was on the way to my hometown, Chittoor, which is 128 kilometers from Hyderabad, after getting 15 days leave from my employer. On my flight, next to my seat, a just married couple were sitting. After, a short introduction, I came to know that they both are Doctors & heading towards their Honeymoon trip to Kerala

Due to some technical problems in the Plane our flight was forced to land at Hyderabad Airport. This flight was about takeoff after 5 hours.

I offered both couples to have a cup of coffee & we went towards the visitors lounge. While we are enjoying the coffee, it was announced in the lounge TV....

"A disease called COVID -19 broke out in the country & requesting all the passengers to take appropriate action".

My co passengers

Dr. (MR. & Mrs.) Sarah Biswas, suddenly started some discussions with each other. Later, they informed me that they have decided to discontinue their journey & will return to their place Guwahati (Assam) where they were working.

I was asking them not to cancel their Honeymoon plan & go ahead to Kerala.

Both Dr. (Mr. & Mrs.) narrating me "What is Covid-19 disease. How dangerous it is and it will take our life's without giving any warning. We should educate the people, provide them enough medical assistance.

Honeymoon is secondary, our duty is MUST & FIRST.

So, they started moving towards the Airport authorities for the CANCELLATION OF their tickets.

After, a while, I asked both the doctors..

Please, accompany me also along with you.

Doctors asked... Why?

You may require, assistance, volunteers also. I am also decided to discontinue my journey & assist you voluntarily.

They both Doctors reminding me, you can join us later on. You must proceed to your native place.

But, I reminded both the way said....

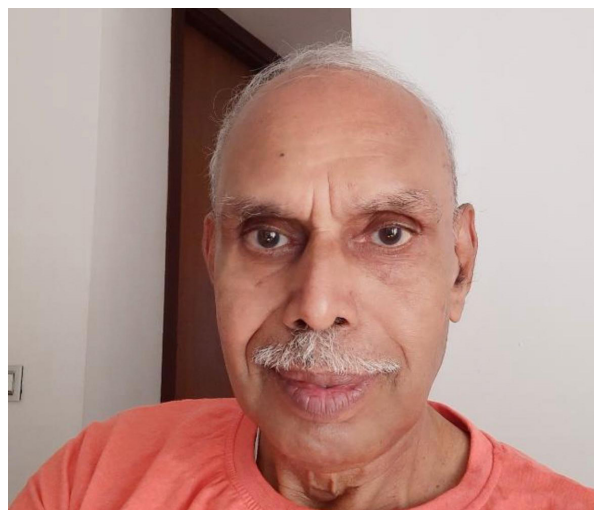
"Native place is secondary, my Indian subjects are FIRST" So, we got the new tickets to Guwahati, on TOP PRIORITY.

We reached Guwahati, there from we proceeded to Patrubari, a rural village, where both Doctors were posted. On the way on Dr's advice, I purchased few medicines like...Dolo600, Vitamin C tablets, few injections, etc.

As we reached the village, near Guwahati, hundreds of villagers, surrounded us & praying to protect their life. The Doctors asked few young people along with me; made a village Covid-19, Camp, taught us about handling of patients, distribution of medicine, observation, erecting of tent rooms, etc. was in the village for more than 4 months, serving the poor villagers. Not only this, I had lifted so many dead bodies on my shoulders to the grave yard.

During all these days I learned so much about service to the poor & service to the Nation. Observing the Doctors dedication & service capabilities & allowing me to work along with them....

I am very much INSPIRED by the Doctors behavior towards patients. Then only I know why people are calling them as, ... GOD.



Author : Kameshwar Rao
Resident, SeniorWorld

The Second Youth from Asha's Diary Entry



Such confusion! I am trying to put down, express my confused thoughts in the diary. This may help to clear my mind. Is it a crazy thought? Is it such an outlandish idea. This idea of shifting to a senior living community- most of them on the outskirts away from the hustle and bustle of city life. After all I am a senior and the quiet and serenity they offer are appealing. So different, from the mad rush, the huge crowds, the maddening traffic. O God! So terrible. Also, the company of peers, seniors; the ease of life assured by the services offered. So many advantages in this way of life. Yet the dilemma! So difficult! My mind has stopped thinking. I think I will discuss it with the family and close friends. This will perhaps help in resolving the confusion. The diary hasn't really helped.

Asha: Sri, Shika come here for a moment. I want to talk to you.

Sri, Shika: What's the matter? Is everything alright?

Asha: Don't worry. Everything is ok. There is something important I want to discuss with you both. This concerns you both, my children, as well. Not just me.

Sri and Shika look at Asha and each other. Curious.

Asha: I have been thinking about a major change I want to bring in in my life style. I want your opinions. Can't decide by myself without your whole hearted support.

Sri, Shika: Tell us. We are with you.

Asha: I am considering shifting to a senior living community.

Shika: Why this sudden thought amma?

Sri: Is there any problem here? We have lived here for 20 years now. Roots here.

Why go away so far to community living? If there is some problem, we can solve it.

Asha: No, no. It's just that I want to be free from the hassles and tensions. I'm quite tired of living alone.

Shika: Amma, you can come and live with us.

Asha: No, no. You have to move from place to place wherever your work takes you. Also, I now like to live a calm, relaxed life. The fast pace of modern life is too stressful for me. I have found a place called "Peaceful Haven" that has somehow appealed to me. I want you both to see the place before we discuss this further.

A few days after two visits to the senior community. Asha, her son and daughter-in-law decide to buy a flat in this place. A real green haven in the midst of nature.

Asha's siblings were consulted. A mixed reaction- divided opinions -sister and her husband not very enthusiastic- in a combined voice "You are still so active and energetic. Once you go to a far-off place mobility will be hampered."

Asha's brother Vijay and sister-in-law Vanaja were with the decision for senior living. In fact they were themselves planning to go in for a similar change a little later, at an appropriate time. Fully supported

Girija(sister): "Hey sis, living in a place with only seniors will mean an inactive life."

Shankar(brother-in-law): "You are in the heart of the city, in such a lovely locality. So close to a bazar, malls, everything. Giving up your house and moving away."

Girija: "Besides, we won't be able to meet as often as we do now. So sad. Can't plan outings." Together "Consider carefully. Don't be hasty. We are of course with you in whatever decision you take."

Asha's brother Vijay and sister-in-law Vanaja were with the decision for senior living. In fact they were themselves planning to go in for a similar change a little later, at an appropriate time. Fully supported Asha and encouraged her.

Asha began the new chapter in her life in the New Year. Myriad thoughts, emotions- doubts, questions, apprehensions, excitement overwhelmed her. She turned to her companion.

Diary entry:

What a major decision! How will it turn out? Can't but remember the reactions of my friends and relatives. A few, including an aunt supported me. How most had tried to dissuade me. "What! Going to an Old age home!? No, no, no. You will have only old people around, no young faces, company. So, depressing!" Will the nay sayers turn out right after all? Have I committed a blunder? NO. I told myself. I Will not allow such misgivings to weigh me down. I'll set out on this new turn in life. I Will make it just the right one. No looking back. Surge forward.

One year later.

Friends: "Hello Asha! At last, we meet. Nice place. So much greenery all around. Beautiful view from your balcony! Looks like a hill station resort!"

Ramya(standing back a little): " And look at you! How are you?"

Lakshmi: "Can't you see? She is looking so, so nice! No need to ask.

Viji: "We were very worried you know. Thought you would be depressed, unhappy. You are obviously so happy."

Asha: " Yes . I'm indeed extremely happy. Absolutely no regrets. People here are so friendly. They accepted me from day one. And there is so much happening. Laughing, No time!"

Friends, in chorus: "As if we don't know. Can't even get you on the phone. Busy bee! So active!

You know, you look younger after coming here. (teasing Asha), Second youth for our friend!"

Asha: "Do you know what my sister and brother said? You seem to be on a reverse gear. As though growing younger."

Diary entry:

I am sitting here contemplative, with my confidant, my diary. The words of my friend's echo, resound within my mind. "You look younger! Second youth." How true, apt are they?

"Second youth", "Second youth"- Could this be true? Can there really be a second youth in senior years? Is there any difference between first youth and second youth? Youth is considered the prime of life by many. Marked by vigour, strength, impetuosity, ambition, vibrant passions, desire for success, wealth, prosperity, power, position, pleasure-truly an intrinsic part of the rat race of life- a victim of the resultant stress and tension. It is also a period of learning and growth. Can't forget the responsibilities personal as well as professional (life - the desperate need for a name, to leave a mark, to impress. This a familiar story for most of us. BUT? Second Youth!? Second Youth!? What could this be? What does it mean? Or signify? Reality? Fantasy?

This sure has to be explored / examined. How many pass through this phase? How common are the experiences of this stage if it is indeed real? Many such questions crowd into my mind. Nothing clear. Vague, confused thoughts, emotions cloud the mind. Can't find any real light of knowledge/ understanding. Reason...groping...in the dark! Almost losing its way! Need a break! Have to clear the cobwebs!

Diary entry (continued) .

Some light thrown on this theme of Second Youth, though not crystal clear. It involves rejuvenation, renewal. In a physical, biological sense it is often considered the last stage of life, old age, senior years etc. People are regarded as spent forces; have lived a full life. Nothing to wait for except the end. Those who have left behind their active life, sit back and watch the progress of their children, growth of grandchildren with joy, contentment. A retired life to sum up this assessment- but this is only the partial truth. Many who have reached this stage have also perceived, lived and experienced another, second dimension – a different facet viewed from a different perspective- shared by quite a few. To them this is not the beginning of the end- the winter of life- all life frozen, still, dead. But spring with its renewal, New Life.

This is a period of well earned leisure, relaxation. There is freedom from responsibilities, cares of all kind- time for everything pushed to the back burner because of a busy life- unfulfilled dreams- the conflict between duty and pleasure. No doubt the dreams, aspirations are different now but the pursuit of the goal has its own challenges, excitement, exhilaration. Involves reinvention of self, rediscovery of latent, buried talents lying dormant because of the pressures of a busy life -Very important, free from the cut-throat competition of a materialistic life and its stress- no confusions, dilemmas of adolescence, hot-blooded aggressiveness, or the brashness of youth. It is a process of learning that enriches the inner self.

This is indeed The Second Youth God has gifted us. We only have to discover the opportunities life offers us, create them. The first youth is a physical part of the order of nature, while We fashion the second youth with great optimism and maturity. This is certain to boost our inner energetic self and propel us actively in the journey of life with dignity strength, and zest. Let us, as Dr. D. V. Gundappa advises pray for a laughter filled life, laughing, making others laugh, laughing with them. In nature trees hundreds of years old bloom, blossom and spring back to life. To quote the poet Shelley “If winter comes can spring be far behind?”. In our life too spring comes with winter. They come hand in hand. Let us enjoy the Second Spring, Second Youth fully, spread the sunshine and colour of spring as we sail through life.



Author: Prof. Sundari Chandrashekar
Resident, Primus Senior Living

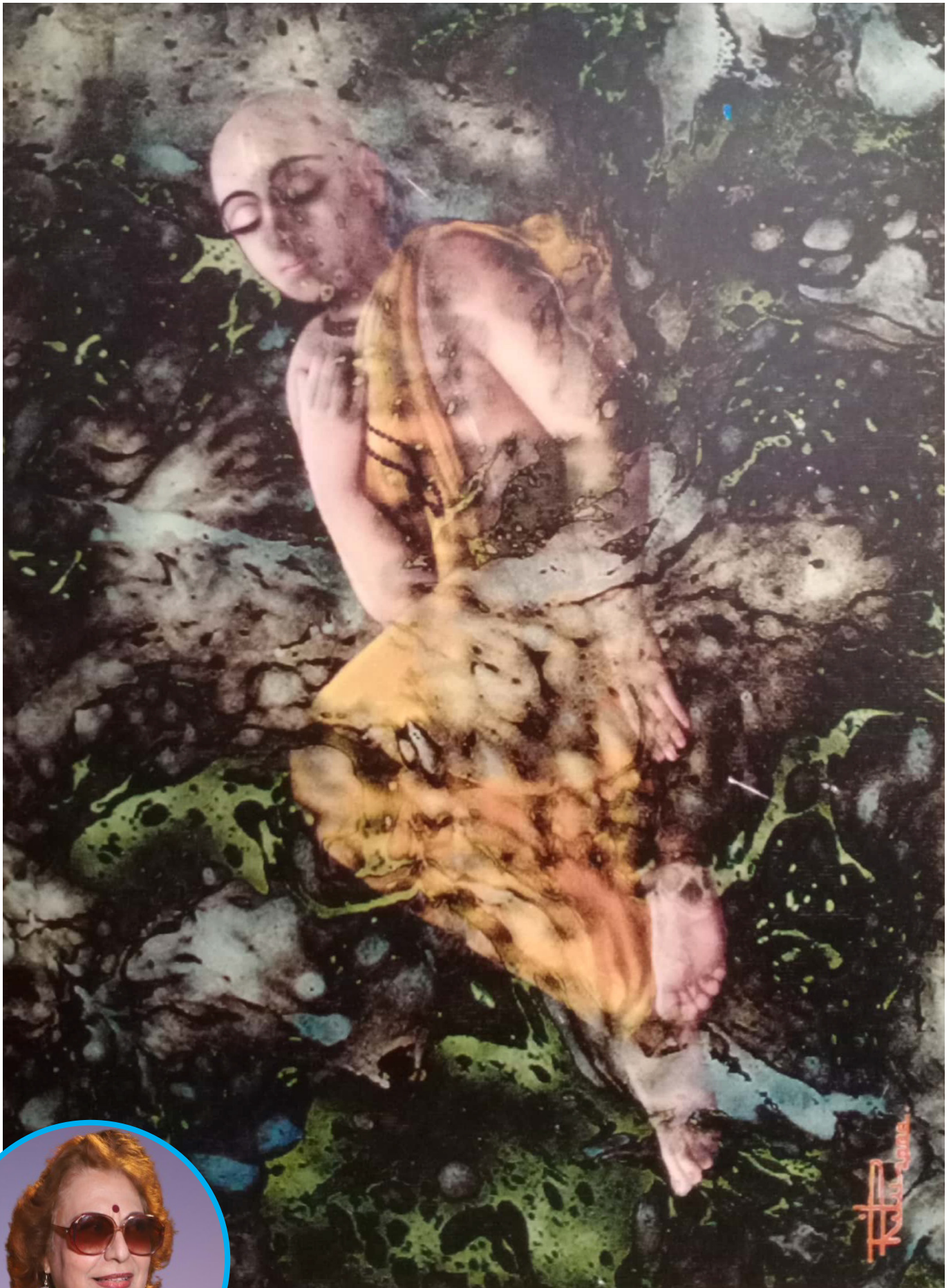
Drawings & Paintings from Talent showcase



Artist: Saroj Mehta
Resident, Vardaan Senior Living



Artist: Shipra Chattopadhyay
Member, SupportElders



Artist: Ritu Singh
Resident, The Golden Estate

Poetry from Talent showcase entries

Understanding

Beyond the sleepy village
Away from the outskirts
Further up on the edge
Of the meadow
Merging with the skyline
Stands high a lonely, serene, majestic
Old banyan tree
Long hanging roots all twisted
And tangled
As the matted unkempt
Locks of an ascetic
Silent for ages self-absorbed
In deep meditation

A little away stands the dilapidated
Ancient Shiva temple
Bound by innumerable snake-like roots
Fully deserted without any offering
Or a single worshipper
Unaffected by the circumstances
Uncared for, yet silent
And ever-pleased
Uncomplaining unperturbed undemanding
The two remaining dumb spectators
Their unfathomable bonding
Ever so deep
Silence becomes meaningful sounds
Even without a single footfall ever.



Poet: Rita Banerji,
Member, SupportElders

Down The Memory Lane



In solitude, often close my eyes
And walk down the memory lane
In a mango groove where friends are
With a smile on face and
Sudden transition and no more under the trees
The fleeting moment of glee
Doting elders, loving relations
Spread North, South, West
Longing to be with thee
Clapping hands, tapping toes
With no sound of music anymore
Still nostalgic, wish to be there once again though.
Distant knock at the door
It's my grand- daughter with a smile
No darling, no visited m y childhood
with you much more.



Poet: Balli Bajwa
Member, SeniorWorld

Poetry from Talent showcase entries

My First Love

At tender three, I was dancing to pleasurable moods,
Prancing In the innocence of make-believe childhood,
The Rosewood bureau mirror, stood mute witness,
To reflections of pure joy, monotony withstood.

Dreams of deafening encore vanished on the way,
As the milieu of boarding school kept at bay,
Passion, performance, pride, all buried
In papers, projects, as mundane duties filled my day.

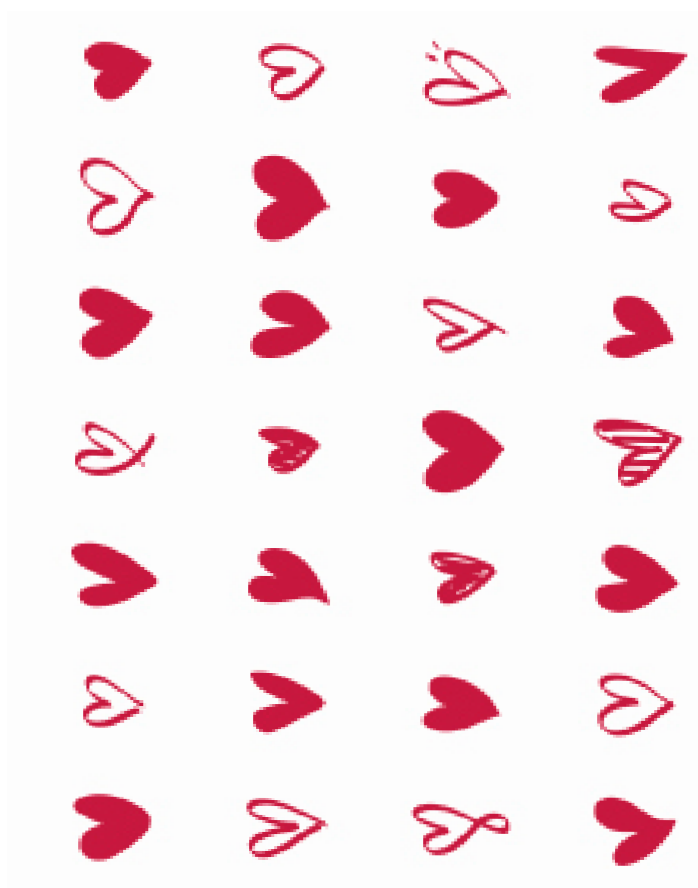
Images of Bharatham, Ballet, Bollywood flitted through,
As Feast for the eyes: while pain, longing and heartache grew,
Dancing to the tunes of visible masters and invisible demons,
Through the window of life, the golden years of youth flew.

Insidious, time passed, silently twilight years crept in,
As birds children flew, distraught mind searched for kith and kin,

Life dragged on like a never ending tuneless song
Where bitter words unspoken, yet beating the outside din.

Amidst the turbulent closed walls, serenity beckoned again,
As Pushkar embraced me in its warm folds, loneliness went down the drain,
Aged feet adorned tinkling bells, faces bright with flashing smiles
All danced to myriad music, moods, the moves conquering pain.

In the center, I stood, in all humility with folded hands,
As the smoking embers fiercely fanned into fiery strands,
Emerging bright and brilliant as the rising sun in Marina beach
ROSE, MY FIRST LOVE, LIKE PHOENIX FROM THE GOLDEN SANDS!



Poet: Vanitha Nagarajan
Resident, Serene Pushkar, Columbia Pacific Community

FUN NUGGETS

Spot the difference



Monsoon Bollywood Quiz

Q1) In the iconic song "Pyar Hua Ikrar Hua" from the movie "Shree 420," Raj Kapoor and Nargis share an umbrella in the rain. Can you name the film's famous umbrella dance sequence?

Q2) In the classic film "Silsila," Amitabh Bachchan and Rekha danced together in the rain for the song "Rang Barse." Can you name the festival celebrated during this song?

Q3) Which romantic Bollywood film features the popular rain song "Tip Tip Barsa Pani"?

Q4) Which iconic Bollywood movie features the song "Ek Ladki Bheegi Bhaagi Si" that is played during a car breakdown in the rain?

Q5) In the film "Dilwale Dulhania Le Jayenge," Shah Rukh Khan and Kajol have a romantic dance sequence in the rain for the song "Mere Khwabon Mein." Can you name the location where this song was filmed?

Q6) Which Bollywood film features the song "Bheegi Bheegi Raaton Mein" that showcases a romantic encounter in the rain between the lead pair?

Q7) In the movie "Kabhie Kabhie," Amitabh Bachchan and Rakhee recreate a romantic moment in the rain for the song "Kabhi Kabhie Mere Dil Mein." Can you name the poet whose work inspired the film?

Q8) In the movie "Mr. India," there is a popular rain song where Sridevi dances under the rain with a blue umbrella. Can you name the song?

FUN NUGGETS

Sudoku

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

Comic



Comic art by Roy Crane, Buz Sawyer (Copyright King Features Syndicate)

FUN NUGGETS ANSWERS

Spot the difference



Monsoon Bollywood Quiz

- 1: The famous umbrella dance sequence is known as the "Mud Mud Ke Na Dekh" dance.
- 2: "Rang Barse" is associated with the festival of Holi.
- 3: "Tip Tip Barsa Pani" is from the movie "Mohra" starring Akshay Kumar and Raveena Tandon.
- 4: "Ek Ladki Bheegi Bhaagi Si" is from the film "Chalti Ka Naam Gaadi."
- 5: "Mere Khwabon Mein" was filmed in the picturesque locales of Switzerland.
- 6: "Bheegi Bheegi Raaton Mein" is from the film "Ajanabee" starring Rajesh Khanna and Zeenat Aman.
- 7: "Kabhie Kabhie" was inspired by the work of renowned poet Sahir Ludhianvi.
- 8: The rain song with Sridevi dancing under a blue umbrella is "Kaate Nahi Kat Te" from the film "Mr. India."

Sudoku

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

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

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



www.asli.org.in



admin@asli.org.in

Follow us on:



[AsliAssociationOfSeniorLivingIndia](https://www.facebook.com/AsliAssociationOfSeniorLivingIndia)



[asli_seniorliving_india](https://www.instagram.com/asli_seniorliving_india)



[ASLIOrgIndia](https://twitter.com/ASLIOrgIndia)



[association-of-senior-living-india](https://www.linkedin.com/company/association-of-senior-living-india)

Subscribe us at:



[ASLI Org](https://www.youtube.com/ASLIOrg)



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.

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

