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# ASLI NUGGETS

FOR WHOM AGE IS JUST A NUMBER



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

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# From Editorial desk



Dear ASLI Nugget readers,

We are excited to bring you our latest quarterly newsletter, focusing on the important topic of active ageing for senior citizens. This issue is filled with news articles and personal experiences, as well as valuable advice for seniors looking to lead active and fulfilling lives.

We recognize the challenges that come with ageing, but we also believe that it is possible to maintain a vibrant and engaged lifestyle well into our senior years. Our contributors share their own stories of how they have stayed active and involved in their communities, as well as offering practical tips and advice for how others can do the same.

We hope that this issue of the newsletter will inspire and encourage you to continue pursuing your passions and staying connected to the world around you. Whether it's taking up a new hobby, volunteering in your community, or simply staying physically active, there are countless ways to stay engaged and make the most of your golden years.

Thank you for your continued support of ASLI, and we look forward to sharing more insights and information with you in the months to come.

With Season's best wishes!

**Praveen SN**

***On behalf of ASLI PR Committee***

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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](https://www.youtube.com/channel/UC6wEuYPLTfjAXR_BB0EBbBg)

# Active Ageing: Latest Trends in India and Globally for Senior Citizens

As the population of seniors continues to grow in India and around the world, the importance of active ageing has become increasingly clear. Rather than simply retiring and withdrawing from the world, many seniors are now choosing to stay engaged, involved, and physically active in order to lead fulfilling and healthy lives.

So, what are some of the latest trends in active ageing activities for seniors, both in India and globally? Here are a few of the most exciting developments:

**Fitness and Wellness Programs:** From yoga classes to gym memberships, seniors are taking advantage of a wide range of fitness and wellness programs to stay active and healthy. These programs are often tailored specifically to the needs and abilities of seniors and can include everything from gentle stretching to more strenuous exercise routines.

**Volunteering and Community Service:** Many seniors are also choosing to give back to their communities by volunteering their time and skills. This can include working with local charities, mentoring younger generations, or even starting their own non-profit organizations.

**Technology and Social Media:** As technology continues to evolve, seniors are finding new ways to stay connected and engaged. From social media platforms to online learning programs, technology is providing seniors with unprecedented access to information, social networks, and entertainment.

**Travel and Adventure:** Finally, many seniors are also choosing to take advantage of their newfound free time by traveling and exploring new places. Whether it's a backpacking trip through Europe or a cruise around the world, seniors are embracing the opportunities for adventure and discovery that retirement can provide.



**S N Praveen**

Of course, these are just a few of the many ways in which seniors are staying active and engaged in their communities. As the population of seniors continues to grow, we can expect to see even more exciting trends emerge in the years to come. Whatever the future holds, one thing is clear: active ageing is here to stay, and it's changing the way we think about retirement and ageing in general.



**Author: S N Praveen**

Founder and CEO Priaashraya Assisted Living Home



# Road Tripping Around The Globe: Meet The Turban Traveller

At 60, Turban Traveller Amarjeet Singh Chawla is fulfilling a long-cherished dream – of road tripping around the globe. Here's his story in his own words.

I am Amarjeet Singh Chawla, a 60 years young retired businessman turned filmmaker from New Delhi. I am now also known as 'The Turban Traveler' who is following his passion and dream to travel all around the globe by road in his own car.

I love my new identity, as this is where and what I wanted to be – A traveller, who wants to see the whole world before he closes his eyes for the final time and meet God's beautiful creation – people.

**What has been my objective and motivation behind this journey?**

I am a strong believer of the Indian philosophy of 'Vasudhaiva Kutumbakam,' which means 'The world is one family' and the saying of our 10th Guru, Sahib Sri Guru Gobind Singh ji that 'Manas ki jaat sabhe eke hi pehchan bo' or 'All human beings are the same. There is no distinction between one and another, no caste, no creed, no religion.' I am spreading out these messages to the world through my road journey.

My other objective is to tell people that age is just a number and nothing can stop you to achieve and conquer what is yours. One should live their dreams and experience this beautiful world of ours. As that saying goes, the world is a book and those who do not travel read only one page.

## My Journey So Far

Most people in India and abroad still don't know that one can travel from Delhi to London by road. Therefore, making a travel documentary on this road journey is also one of my objectives. It will let people know what kind of homework and preparations are required. Through the



**Reshmi Chakraborty**

documentary, I also wanted to share my lifetime travel experiences about driving, border crossing, food, culture, health, challenges and the stories of the nice, beautiful people of this world who helped me in each and every country unconditionally.

**I started my dream expedition on July 7, 2018, from New Delhi. It's a dream I have chased for 40 years now.**

I drove from Delhi to London in my 2013 model old Toyota Fortuner SUV and travelled approximately 40000 km across 30 countries and more than 150 cities in 135 days. I was the sole driver and had a crew of two guys with me who were shooting my documentary film – Luqmaan Malik was the camera person and Dev Malik the assistant director. I started from India to Nepal, covering China, Kyrgyzstan, Uzbekistan, Kazakhstan, Russia, Estonia, Lithuania, Latvia, Finland Sweden, Norway, Denmark, Netherlands Germany, Czech Republic, Poland, Hungary, Slovenia, Liechtenstein, Austria, Switzerland, Italy, Monaco, Spain, Portugal, France, Luxembourg, Belgium and finally reached London (UK) on December 16, 2018.

I fulfilled my dream of travelling by road as a solo driver from Uzbekistan onwards with lots of serious health issues. This journey was very challenging physically, emotionally and professionally but with God's blessing and my family's support, I was able to finish it gracefully.

I shipped my car from London to Mumbai and drove from Mumbai to Delhi on Feb 20. En route, I visited Ahmedabad, Jaipur and Amritsar and reached Delhi on March 1, 2019. My total journey from Delhi to London is now 39,508 km.

### The Experience

This journey of mine was magical and filled with self-discoveries. I met more than 700 people and more than 400 people have signed the car, starting from Arnold Schwarzenegger, one of the biggest Hollywood stars to politicians, ministers, ambassadors, mayors, Bollywood Actors, directors to the common man.

I found that this world is full of very nice human beings who gave me unconditional love, respect and support. My colourful turban and white beard with a car full of signatures become the centre of attraction everywhere. When people met me, their first reaction is WOW and then HOW and finally WHY. After explaining and signing on my car, my journey becomes their journey and their journey becomes our journey.



Unknown people who became my friends invited me for lunch, dinner and to stay with them and helped throughout in my journey selflessly. I realised that this world is full of kind-hearted, helpful, caring, loving and compassionate people.

My family was of great support to me. My son took care of my parents who are 84 and 80 and live with me and told me to chase my dreams. My daughter took care of my wife who has diabetic foot and couldn't accompany me on such a long trip. Both my daughter and wife came to London to receive me and stayed with me for two weeks.

### The Challenges I Faced

Being vegetarian, I had to face problems with food in China, Central Asia and Russia. Western toilets were another issue on this route until I reached Russia. I also met with three road accidents but God was kind and we were back on the road within 15 to 20 minutes each time. After every accident, I did not stop and think about what happened and worry over it. Instead, I focused on what could have been happened and the fact that we were all safe with God's blessing.



In Central Asia, diesel was also not available everywhere and people were selling it in the black market.

In Tibet and Kashgar, you can't take video interviews or photograph government officials and government properties. Our phones were tapped and cops were following us. Chinese immigration people were not polite in all the check posts. But in spite of all these challenges, I never stopped my journey.

### What's Next

Now I am ready to drive to all 7 continents and travel to 100 countries covering 2,00,000 kms in the next 18 months. I will be starting my next journey in August 2019 from New Delhi and cover all the 29 states of India. I'll then visit Singapore, 10 countries and after that ship my car to Los Angeles to cover North, South & Latin America, Antarctica and from there to Australia, New Zealand and Africa.



### How I Managed My Expenses

We had lots of sponsors who supported us by giving equipment, hard drive, food and hotel stay, covered one of the major expenses which were obtaining China road crossing permission of Rs 7 lakh, Carnet certificate (International Customs document) of Rs 1.5 lakh and approximately Rs 2.5 lakh car shipping cost from London to Mumbai. My total cost for this trip would have been approximately Rs 35 lakh for which I used my life savings. My sponsors included Swiss Films, Austrian Tourism, Uzbekistan Film Promotion Board, Sony, DJI China, Edelknoe USA, ZNIYUN China, Hakko, LaCie, Seagate and G.K.Fashions Pvt Ltd.

### The Message I Want To Spread

People are very nice all around the world and we just need to be more interactive with them to explore this. The whole world should be one global village without the visa and boundaries this is my dream. You can follow my journey on my Facebook page: The Turban Traveller



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**Author:** Reshmi Chakraborty  
Co-founder, Silver Talkies

# Budget 2023 – A boon for Seniors?

With Inflation at a reasonably high levels, the most affected part of the population are the lower income and senior citizens, the Govt has in this recent budget taken measures to address this inequity. For the senior citizens, it has helped increase the guaranteed interest earnings through various instruments simultaneously rationalising taxes to ensure that the person paid a lower tax overall.

The Govt has doubled the investment limits in Senior Citizen Savings Scheme (SCSS) from Rs 15 Lakhs earlier to Rs 30 Lakhs, similarly the same in respect of Post Office Monthly Income Schemes the amounts has been increased from Rs 4.50 Lakhs to Rs 9.00 Lakhs. A new scheme exclusively for Mahila has been announced yielding Rs 7.50% per annum with a max cap of Rs 2 lakhs.

A senior citizen man can now invest up to Rs 54 Lakhs in Govt guaranteed income schemes (Rs 56 Lakhs for Senior Citizens women). So, for a couple the limit is Rs 110 Lakhs on which they can earn up to Rs 8.44 Lakhs per annum. As compared to the earlier rates this would be 28% higher on a pre tax basis.

Other benefits (not specific to this budget enjoyed by Senior Citizens vis a vis ordinary individuals )



**Babu Krishnamoorthy**

1. Standard Deduction up to Rs 50,000 in respect of Pension received;
2. Medical Insurance Premium deduction up to Rs 50,000 per annum (Sec 80 D)
3. Medical Treatment of Specific Ailment: Rs 50,000 per annum (Sec 80DDB)
4. Rs 50,000 being the exemption in respect of Interest earned from Savings Bank interest , Post office etc..
5. Asset transferred to the bank as part of Reverse Mortgage not considered Capital Gains under the income tax Act.

Investment Schemes for Seniors ( as per the new Scheme)					
	Interest Rate	Senior Man		Senior Women	
		Amount	Interest	Amount	Interest
Senior Citizens Savings Scheme	8%	30,00,000	2,40,000	30,00,000	2,40,000
Prime Minister Vaya Vandana Yojana ( PMVVY)	7.40%	15,00,000	1,11,000	15,00,000	1,11,000
Post Office Monthly Income Scheme	7.10%	9,00,000	63,900	9,00,000	63,900
Mahila Samman Savings Certificate	7.50%		-	2,00,000	15,000
Bank Deposits					
		54,00,000	4,14,900	56,00,000	4,29,900
				1,10,00,000	8,44,800
Under the old structure considering Bank Deposits yielded 7% Return per annum				1,10,00,000	6,62,400
				Increased Earnings	28%

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

# From Satsangs to Solo Travel: Life After 60

Satsangs are a thing of the past. Seniors today are taking the road less traveled in pursuit of something new, something different, some place on a bucket list, but most importantly some element of travel that is exciting, distant and fun.

With responsibilities fulfilled and pension plans in place, travel has become the new escape hatch to free one from the loneliness of an empty nest and the fragility of life and years staring one bleakly in the face.

Chasing the Northern Lights or penguins on that Alaska island has replaced chasing grandkids in babysitting chores. When the distraught daughter calls for babysit help, you find yourself answering the call on the Spanish Steps, safely distant from any chance of pitching in.

I began my solo travels ten years ago at 60. Solo because I didn't want to share a room, be dictated by other's interests, wanted to be free to follow my own likes in food, sights and activities and importantly, not have to deal with a fellow



**Sandhya Iyengar**

traveller's moods! It also meant a double dose of adventure and being on the edge when I lost my way and couldn't return to my hotel in Istanbul at 1am, when as a sole guest on a sprawling resort in the Sunderbans, I lived through the night of a straying tiger in the backyard, being propositioned and almost abducted by an elderly Egyptian man in Luxor ... but these are the stories I could never tell if I sat safely at my daughter's home.



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**Author:** Sandhya Iyengar,  
*As told to Karevoyage*



# Before the sky gets dark, slowly

Aging means more wisdom, but at the same time there is slow decline of physiological functions leading to complex multiple interdependent problems, decreasing health, losing independence and quality of life due to which seniors experience many challenges. Many people are afraid of aging because of the myths they hear or read about it. However there are a lot of happy times they can look forward as well and be prepared for the future

Based on this I came across a novel by Zhou Daxin “The sky gets dark slowly” a sensitive exploration of old age and the complex hidden emotional worlds of the elderly in a rapidly ageing population which I would want to share with all of you.

He writes, “...Many elderly speak as though they know everything, but of old age they are in fact as ignorant as children. Many elderly are in fact, completely unprepared for what they are to face when it comes to getting old and the road that lay ahead of them.

“In the time between a person turning 60 years old, as they begin to age, right until all the lights go out and the sky gets dark, there are some situations to keep in mind, so that you will be prepared for what



**DR. Kavitha S. Manjunath**

is to come, and you will not panic.

ONE. The people by your side will only continue to grow smaller in number. People in your parents' and grandmothers' generation have largely all left, whilst many of your peers will increasingly find it harder to look after themselves, and the younger generations will all be busy with their own lives. Even your wife or husband may depart earlier than you, or that you would expect, and what might then come are days of emptiness. You will have to learn how to live alone, and to enjoy and embrace solitude.

TWO. Society will care less and less for you. No matter how glorious your previous career was or how famous you were, ageing will always transform you into a regular old man and old lady. The spotlight no longer shines on you, and you have to learn to contend with standing quietly in one corner, to appreciate the hubbub and views that come after you, and you must overcome the urge to be envious or grumble.

THREE. The road ahead will be rocky and full of precarity. Fractures, cardio-vascular blockages, brain atrophy, cancer...these are all possible guests that could pay you a visit any time, and you would



not be able to turn them away. You will have to live with illness and ailments, to view them as friends, even; do not fantasize about stable, quiet days without any trouble in your body. Maintaining a positive mentality and getting appropriate, adequate exercise is your duty, and you have to encourage yourself to keep at it consistently.

FOUR. Prepare for bed-bound life, a return to the infant state. Our mothers brought us into this world on a bed, and after a journey of twists and turns and a life of struggle, we return to our starting point – the bed –and to the state of having to be looked after by others. The only difference being, where we once had our mothers to care for us, when we prepare to leave, we may not have our kin to look after us. Even if we have kin, their care may never be close to that of your mother's; you will more likely than not, be cared for by nursing staff who bear zero relation to you, wearing smiles on their face all whilst carrying weariness and boredom in their hearts. Lay still and don't be difficult; remember to be grateful.

FIVE. There will be many swindlers and scammers along the way. Many of them know that the elderly have lots of savings, and will endlessly be thinking of ways to cheat them of their money through scam phone calls, text messages, mail, food and product samples, get-rich-quick schemes, products for longevity or enlightenment... basically, all they want is to get all the money. Beware, and be careful, hold your money close to you. A fool and his money are soon parted, so spend your pennies wisely.

Before the sky gets dark, the last stretches of life's journey will gradually get dimmer and dimmer, naturally it will be harder to see the path ahead that you are treading towards, and it will be harder to keep going forward. As such, upon turning 60,



it would do us all well to see life for what it is, to cherish what we have, to enjoy life whilst we can, and to not take on society's troubles or your children's and grandchildren's affairs for yourself. Stay humble, don't act superior on account of your own age and talk down to others – this will hurt yourself as much as it will hurt others. As we get older, all the better should we be able to understand what respect is and what it counts for. In these later days of your lives, you have to understand what it means, to let go of your attachments, to mentally prepare yourself. The way of nature is the way of life; go with its flow, and live with equanimity.

For all of us, a nice read, very beautiful, very true!

Hardly the day started and ... it is already six o'clock in the evening.

Barely arrived on Monday and it's already Friday.

... and the month is almost over.

... and the year is almost up.



... and already 50 or 60 or 70 years of our lives have passed.

... and we realize that it is too late to go back...

So...Let's try to take full advantage of the time we have left ...

Let's not stop looking for activities that we like...

Let's put color in our grayness...

Let's smile at the little things in life that put balm in our hearts.

And yet, we must continue to enjoy serenely the time that remains.

Let's try to eliminate the 'after'...

I do it after...

I will say after...

I will think about it after...

We leave everything for 'later' as if 'after' was ours.

Because what we do not understand is that:

after, the coffee cools...

after, priorities change...

after, the charm is broken...

after, health passes...

after, the children grow up...

after, the parents get older...

after, the promises are forgotten...

after, the day becomes the night...

after, life ends...

And all that 'after', we find it's often too late...

So... leave nothing for 'later'...

Because in always waiting for later, we can lose the best moments,

the best experiences,

the best friends,

the best family...

The day is today...The moment is now...

We are no longer at the age where we can afford to postpone until tomorrow what needs to be done right away.

So let's see if you'll have time to read this message and then share it.

Or maybe you'll leave it for...'later'...

And you will not share it "ever" "

Even share with those who are not yet 'seniors'.

May you be well and happy...

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**Author:** DR. Kavitha S. Manjunath  
*Clinical Head-Primary, Preventive & Elderly Care, Portea*



# Embracing New Perspectives on Life and Well-being

While it is commonly assumed that the life of an elderly gets limited to bare minimum work and prolonged hours of rest after a certain age, the concept of active ageing sets out to bust this myth. This concept evokes the idea of a longer and happier life, filled with different activities that promote mental and cognitive health. In fact, active ageing advocates fully engaging in life within all seven dimensions of wellness: emotional, environmental, intellectual or cognitive, physical, professional/vocational, social and spiritual.

I can share my personal experience and thoughts regarding this. I am 71 years old and keenly interested in painting and writing short stories. When I lost my husband one and a half years ago, I just couldn't do anything for about one and half months. The tragedy had taken a toll on me. It was a terrible time for me. Everything used to look so blank. My son suggested that I go through photographs of yesteryears on Facebook or try to read a book. I started doing that and presently, I started thinking, "Why should I only go through the photographs? I can draw and I should try to do that." At first, I just sat with the colours and brushes scattered all around me. Then, slowly, I started drawing and painting on paper. It gave me immense relief and helped me heal. After some



**Shipra Chattopadhyay**

time, I became myself once again.

Having a passion for anything you like, gives you a space for yourself and you can spend the time fruitfully and happily.

I am a member of an eldercare organization called Support Elders. They are doing a great job keeping the elderly fruitfully engaged and busy. During the pandemic, they started online programs and classes related to music, literature, poetry, painting, and so on. These classes and clubs have been keeping us engaged and involved, such that we are always busy with something or the other. Now, they have restarted offline activities and events as well and are arranging picnics, meets and day-trips.

The idea of Active Ageing has given senior citizens like me a new perspective of life. There is a proverb in Sanskrit, "jatasya hi dhruva mrityu". It means 'death is the only truth of life'. We all know that we have to leave this world some time...but as long as we are here, we have to live happily and contentedly, and that can happen only if we take care of both our mental and physical wellbeing.



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**Author:** Shipra Chattopadhyay,  
Member, Support Elders

# Grow Old with Grace

Growing old is a natural process which cannot be reversed and so is time- the most precious thing on earth. So instead of lamenting how heavenly was our time or cribbing over growing old, we elders should keep ourselves active and engaged in worthwhile works, suitable to our health conditions and temperament. Activity is the very essence of life, be it physical or be it mental. Activity keeps us going, otherwise it is almost a virtual death. Our body is meant for doing certain amount of work regularly. No matter how nice it seems to be easygoing and lazy, in reality this inactivity is very detrimental for the body and mind. Corona pandemic taught us very clearly how very agonising and



**Rita Banerji**

depressing it is to be completely inactive. Not only it drove so many people all over the world to depression of different degrees, it also lead to putting on excess weight. Restriction on activity is a serious matter having far reaching impact.

By elders' activity surely, I do not mean strenuous or arduous jobs, light jobs lift the spirit and boost the morale. Work that we like to do, if done, gives a satisfaction to the mind and makes us feel we are still useful to near and dear ones and also to the society at large even being a very senior citizen- that you are not redundant, and it leads to cheerfulness. Boredom kills a man mentally and there are plenty of reasons to feel bored at old age due to restricted mobility. But it is indeed hard for those who are bedridden. Even then if you are mentally active it can help. Boredom can be warded off by activity.

Dignity of labour is not merely a slogan to be heard but a principle to be followed by us in life. The joy of living depends on the activities we do.



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**Author:** Rita Banerji  
*Member, Support Elders*



# A private perspective of active ageing

Life is a journey following a meandering path from birth to death. Some feel the path is predestined. Some are determined to curve out their own paths.

Life is engagement, engaging with people and places, things both natural and artificial, in various ways and to various degrees at different stages of life.

A human being moves from one phase to another--- from childhood to adolescence to adulthood to middle age to old age--- from the physiological point of view. Each phase is a domain surrounding a specific biological balance point. Life flourishes characteristically for each person in those domains, and the composite forms the past progressively for each.

Old age is always more apparent to others than to the subjects themselves. The passage of the universal time brings us to this new state of biological equilibrium and if the ageing individual adapts herself to it smoothly, she does not notice the change. The idea of old age is invariably associated with that of wear. While our mirror images may look worn out, a burst of laughter here, a merry twinkle in the eyes there, a flash of quick intelligence, an alacrity of demeanor can transfigure the aged and push back the years for us.

This is precisely the essence of active ageing. The elderly persons are faced with a limited future and a frozen past. Thus, they are hemmed in not only by declining health and a sense of rejection by the community but also suffer from boredom, a terrible apathy, even psychological pressure. Is



**Prof. Ratna Ghosh**

it possible to convert this passivity, the negativity into a positive activity? Can we “unfreeze” the past into its myriad diversity which would enable us to pull ourselves out of isolation and would give us an illusion of a prolonged future? Reliving the childhood with the grandchildren, spending time with school children are some such activities.

The ageing can be even graceful, if the elderly is provided with the culture, the interests, the responsibilities that would give their life a meaning. In the urban setup the financially secure brain workers, the creators find avenues of engaging themselves meaningfully. In the villages from Medinipur to Hosiarpur or from Scotland to Kazakstan the eighty-plus farmers are still revered for their farming expertise and acumen. Of course, there are many throw-outs as well. The religious rituals also provide an outlet leading to “active life”. Last but not the least, food, its preparation and presentation provide even employment, especially to the old women.

“Life takes hold of us by surprise “indeed” ; but “Old age , you lied.../ The time measured out by the year is in no way the measure of our days”

- (1) Goethe
- (2) Saint-John Perse



**Author:** Prof. Ratna Ghosh  
*Member, Support Elders*



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# A Journey of Love, Compassion, and Service

I have been invited to write on “active ageing”, a definition of which is so interesting, yet I hardly have any clue of its meaning.

Having been brought up in a traditional Bengali joint family, I understood, about some values of ageing, also the phrase ageing gracefully. There were some valuable advisories on caring, respecting, nurturing everyone around you, even pets and animals. These I had picked up from my teachers, elders at home and away.

But the execution of these “gems” of advice as I call them, and utilizing these powers came to my realization much later. It was ‘when I became alone, my nest became empty.’

My mother had influenced me to work in social organisations in my own capacity.

My eyes opened after I became a member of Support Elders and having seen their dedicated services to the elderly, which came with a smile and warmth which is a rarity. This helped me to appreciate the colours of the rainbow.



**Krishna Basu**

So “active ageing” is to participate in helping others enjoy a healthy and active life. We all make our journey to this earth, I remember my father quoting “we should all leave a mark” before ending this journey. Love and compassion are not all. We need not go the distance to find that sparkle, when it lies just near our backyard. So, let us join hands and agree to walk that extra mile with all around us.



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**Author:** Krishna Basu  
*Member, Support Elders*

# Age is Just a Number: The Spirit of Elderhood

Ageing is a natural part of life that should be embraced gracefully. Elderhood is a phase that comes with its own beauty - it's about embracing new challenges, staying curious, and never losing the thirst for life. Just like a fine wine, ageing has a beauty and richness that can only come with time. As we grow older, we gain a deeper understanding of ourselves and the world around us. We learn to appreciate the simple things in life, and we develop a sense of perspective and compassion that can only come from years of experience. Our relationships with loved ones deepen, and we learn to cherish the moments we have with them even more.

One should embark this journey with a sense of purpose and intention that encourages us to take control of our health and to stay connected with our community. This is the true spirit of active ageing! Whether you're 50 or 80, active ageing can help you live a happier, healthier, and more fulfilling life. Remember to never let age be a barrier to your dreams and aspirations.

The key is to find activities that are enjoyable and can be maintained consistently. Physical activities



**Akshita Chowdhary**

are a vital component of active ageing. Whether it's a hobby like gardening, or going for a walk in the park; it's not just about keeping our bodies healthy; it's about staying vital and energised, even as we age. Mental activities can include anything that challenges the mind, such as solving puzzles and playing board games. Social activities can involve joining a club or organisation, volunteering, or spending time with friends and family.

With each passing year, we have the opportunity to reinvent ourselves, to try new things, and to create the kind of life that fills us with joy and purpose. Whether it's pursuing a long-held dream, or simply taking up a new hobby; there are countless ways to stay active and engaged as we age.

Active ageing is not just about living longer, it's about living better. We all have a fire within us that never fades, no matter how old we get. It's that spark of vitality and passion that keeps us going, that propels us forward even in the face of adversity. It is this spirit of active ageing that helps us keep that flame burning bright, no matter how many candles are on our birthday cake!



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**Author:** Akshita Chowdhary,  
Marketing Manager, Hope Ek A.S.H.A



# Finding Joy and Purpose in Life Despite Chronic Illnesses : The Key to Healthy Aging

“Healthy aging is not just about avoiding diseases, but also about enjoying life and staying active, connected, and productive”.

This is true and with some effort and dedication achieved by people who are still able to do it by themselves, may be who are still in their 60's or early 70's and have decided to lead a healthy life by making some changes in their life style, I know many who have done it. But how do we do it for those who are in their 75's to 85's or above, or who have multiple comorbidities, especially chronic diseases like Dementia, Parkinson's etc; which primarily affect ones personality or change them totally from who they were. Most of the times it's thought that theres nothing, one can do for such elderlies, but I feel otherwise. Being a trained nurse and having spent most of time around elderlies for the past six and half years, specially who have Dementia and Parkinsons is that they can be helped to have a life that leads to healthy aging.



**Saju Thomas**

One of the key factors is to know them as a person, what their past likes and dislikes were and what do they enjoy at present. Past hobbies can help in engaging them in what they used to love doing; it may be gardening, singing songs, playing musical instruments or reading but you need to know what that is, to help them relive the happy moments. A push, a word of encouragement and your active participation is what it takes. I have a resident who loves listening to songs and sing but her speech is effected, but that doesn't stop her from singing or humming her favourite song when she hears it "Ae Dil hai mushkil" or move her hands dancing to it.

One of the core aspects to Healthy aging according to me is enjoying life to whatever extent possible, to the very end apart from being physically or cognitively healthy, unfortunately it can be easily forgotten about or lost in the process. As caregivers or family members we just need to know what our elderly enjoy doing and we do our bit to continue to create those happy moments in their life.



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**Author: Saju Thomas,**  
Facility Manager (Monet Home), Epoch Elder Care



# Meet G.R. Parimala Rao: The 83-Year-Old Author, Artist, and Yogi Who Keeps the Child in Her Alive and Flourishing

I am G.R.Parimala Ro 83 years, and am still active, curious and learning. By keeping the child alive in me , I am actively and gracefully ageing. I have spent 23 years of my prime being a school teacher and stayed connected to young children and teens. Working with them in school days gave me the opportunity to express my creativity and tap my inner child to relate with them at their level.

In raising my two children, my husband and I approached them more like friends than strict parents. This allowed us to stay open to their perspective and broaden our own – something that has been useful to us until now when we travelled abroad or embraced technology to stay connected with friends and family.

After retirement, my inherent hobbies and talents started flowering. The empty nest syndrome was kept at bay with regular 5 am to 8 am Yoga, Pranayama, Reiki and meditation. This self-discipline afforded me self-reliance



**G R Parimala Rao**

and gave me strength and confidence. My flair for writing poems & short stories grew and I began publishing them in English and Kannada. Suddenly, I was a recognized author of 40+ books. When I was not writing, my creativity found an outlet in innumerable arts and crafts and Haiga – illustrated haiku. I then reconnected with the young by having exhibitions in schools and other communities. Their questions, comments and admiration enthused me and helped me stay unaware of my own ageing. While I brought my experience and insight to them, they helped keep the child in me alive, which created happiness and peace. My spiritual endeavors, faith in the divine, travel and compassion combined with the ability to share my insights and experience through my art and writing are all the strong pillars that supported my active ageing. I feel blessed that I am able to give tremendously to the community and stay positively engaged in the path of life. “Keeping the child alive” is the ASALI Golden Nugget worth remembering for the active and successful ageing.



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**Author: G R Parimala Rao**  
*Resident, Manasum Retirement Living*

# The Second Youth

Many strange incidents may happen in life. These may be believable or unbelievable. After a long time, I picked up a pen to write something. Topic is THE SECOND YOUTH. Before going to the second youth, I went to my first spring.

Then I was really young. I remember that day. On the day, I woke up before sunrise. Usually, I am a late riser. But on that day what happened, I don't know. Morning air came through my window and refreshed me. I looked at the sky which took on beautiful colors before sunrise. I am actually a late riser so I have never seen such beautiful nature portrait. After sometime my mother came into the room and gave me the three birthday cards and wishing me many happy returns of my birthday. The three cards of my classmates Anish, Soumen and Ramu who lives in near my locality. This reminds me of my birthday. My mother told me to go and invited the three of my friends for dinner. The idea I liked. After that I went out for my morning walk and thought of inviting my friends on the way back to home. That evening passed wonderfully. Anish played his mouthorgan beautifully with Ramu's song and Soumen recited the Tagore's poem. Dinner was very enjoyable.

In my birthday party my friends suggested me to join their football club which was just beside our house. I hesitated because I was a lazy person and can't get along with people easily. But they insisted me to join the club. I could not resist their appeal and went into the club and enrolled my name as a member. My parents felt happy at my decision to join the club.

The different things of the football club attracted me and I took them very seriously. First thing I join the fitness classes that were attached to the football club. After a few months I was happy to see the change over me. My health was improved, my attitude was becoming more positive.



**Aloka Majumder**

Over the years from my school days to my M.Sc. class I had many good friends. One of them a girl attracted my attention and she gave me address of a group conducted travel tours. This time the group arranged a tour to south India. I have never travel to many places except Puri, and then I was just ten years old. But this trip made me very happy. I collected travel books and history of south India. I didn't want to miss anything.

After visiting many places of south India, a new energy and interest seemed to come over me. We were debating if our next trip would be in Europe! Suddenly I was an idea that I should go and join mountaineering institute and try to reach the top of the Everest. Anyway, our next trip is

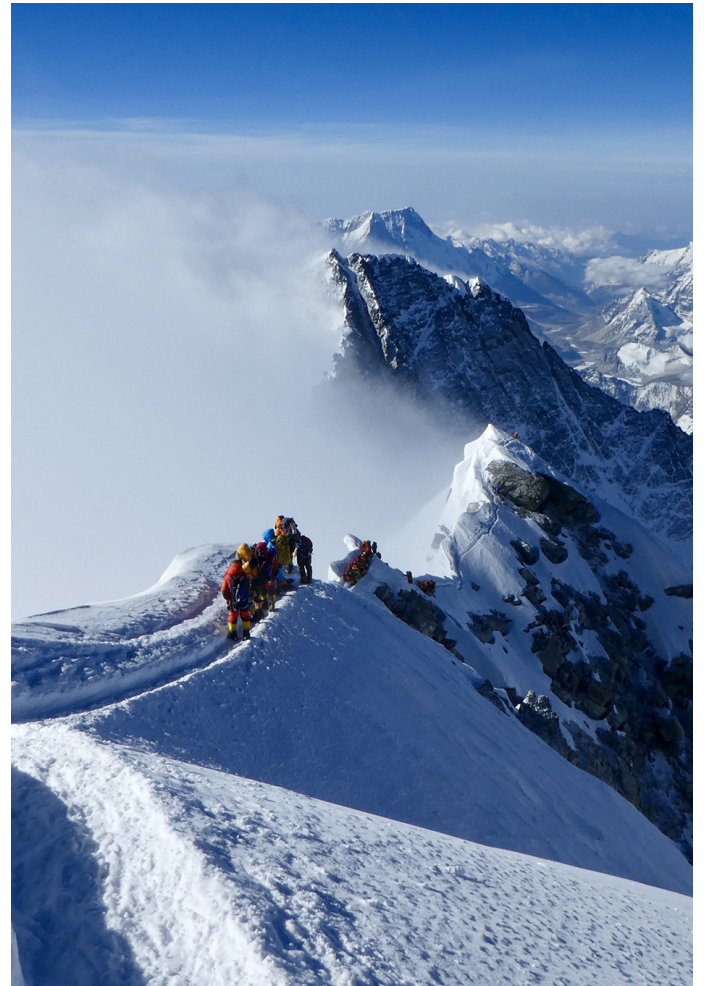
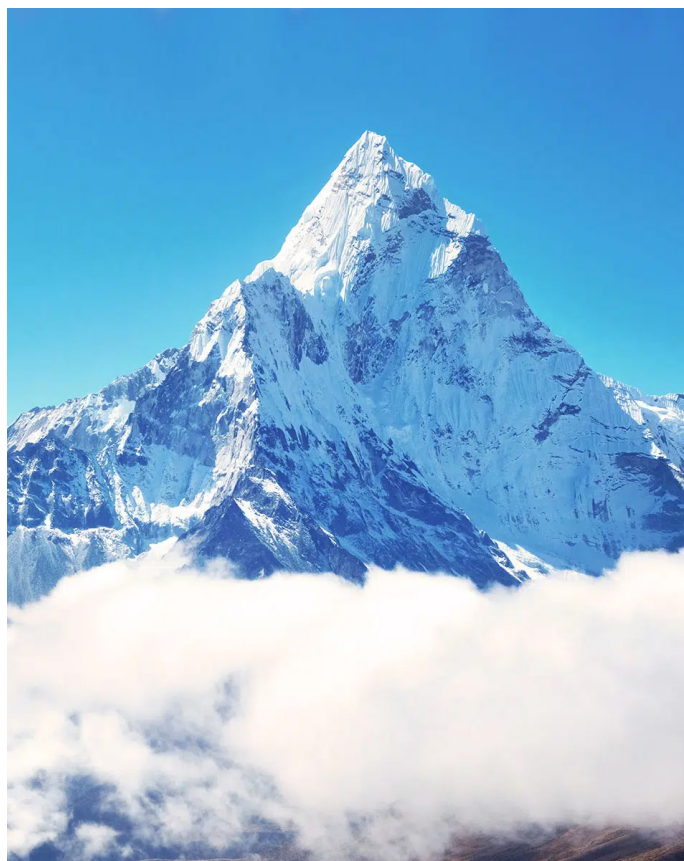




not in Europe, it's Madhya Pradesh. We went Bandhabgarh sanctuary and Kanha National Park hopped to see tigers and other animals roaring in the forest freely. After that we went to visit Goa. That we had a memorable trip to Kashmir valley which all most enhanced with its beauty. I love the boating on the Dal Lake almost every day of our staying there.

Now I realized that I was getting for something important in my life. It was nothing but my ambition of mountaineering the Everest. By the way, in between Shraboni and I got married and we started a happy family. After that I went to mountaineering institute and joined a group to were starting on a trip to the Everest. I never thought I could do it. In a few days we started to climb the mountain. My dream ambition to reach the highest peak of Everest and hoist the Indian flag.

May or may not be fulfilled my ambition of climbing to the top of the Everest, but I don't care. Day after day we climb on our way. Some of us went back, but I went ahead with courage. Disregarding the cold,



I move forward and in just a few steps I can reach the summit of Everest, fly my Indian national flag at that time I woke up with a forceful push. I heard my wife Shraboni told me get up, your tea is ready. Then I was realized that I have been dreaming.

Shraboni looked old with wrinkles and white hair. But I was pleased to see her and hear her voice effects of my second youth remind with me forever. Even though I am 83 years old. Shraboni gave me a bundle of letters which is come today. After breakfast I open them. Most of the letters were invitation card to open health centers or health reports. Some from orphanage and one was an invitation to felicitated me for my good work of social welfare. This is my second youth. How is your's?

---

**Author:** Aloka Majumder  
*Resident, Care Continuum*



# Haasini

Everyone was preparing to leave. All the rites had been conducted and both my son and daughter had left early in the morning. Other relatives would leave and by tonight, I will be all alone.

Yes, all alone – after nearly fifty years of loving bondage, I will be in a large palatial house, occupying just one of the seven rooms. The thought scared me. Not a day had passed without Sahil by my side. Of course, these thirteen days were without him, but my children were there to comfort me. I had been referred to as a “strong woman”, “fighter” and by many other names, but I knew who I was within. I was a happy home maker who was taught by my dear husband to radiate happiness and joy all around. That was all. I could do all that when he was with me, but in his absence, I felt lost and hollow.

As the last guest left and I was locking the door, the bell rang. Wondering who it could be, I opened the door to see Haasini, my neighbour who had shifted with her two teenage kids just a fortnight back. “I brought you some food and fruits. You must have had a long day and I am sure you would not have eaten anything since afternoon.” Without waiting for me to say anything, she just walked in, placed the casserole and fruit basket on the dining table and went to the kitchen, picked up a plate, placed the stuffed paratha on it and gave it to me.

I tried to show some hesitation, but she would not listen to me. “Bhabhiji, please eat it and then let us talk”, she said. She then brought a glass of water and sat beside me till I finished eating it. She refilled my plate and this time I did not resist, as I was truly famished and can unashamedly admit that the parathas were extremely tasty and most welcome.

I thanked her for her kind gesture especially when we hardly knew each other. She then reminded me that Sahil and I were the first to welcome them in our neighbourhood and had arranged for daily supply of milk and newspaper and also asked



**Ms. Revathi Bhasker**

our maid to work for them. Just a day after they arrived, Sahil suffered a massive attack and in a couple of days had left us for ever. So, we hardly came to know each other.

Haasini then asked me if I would mind if I stayed with her for the night. I was totally taken by surprise and did not know how to react. “I just felt like asking you, because this may probably be the first time you will be alone in this big house. If you feel my presence will comfort you, I shall stay. Otherwise please take care of yourself,” she said.

What she said was very true. I pressed her hand in gratitude and asked if she could leave her children and stay with me. She replied that the children were mature enough to take care of themselves and that during her night shifts at the BPO, they were alone at home and were quite used to it.

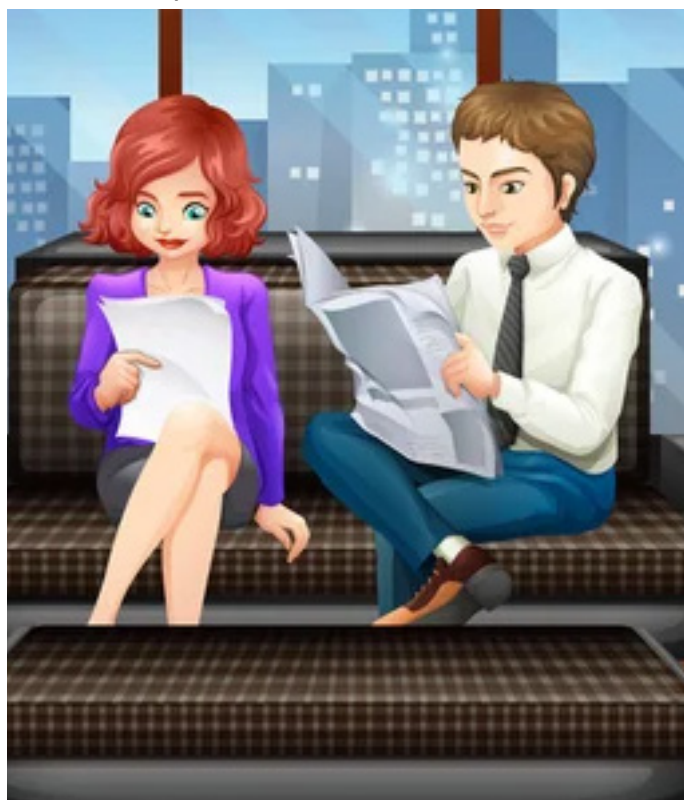
I thanked her and after putting aside the plate and clearing the table, led her to the bedroom. Here we were, two strangers hardly knowing anything about each other, but feeling as if we were close friends!

We started talking and the first and obvious question I asked her was about her husband, little realising that they had been separated for years and that she was a single parent for nearly fifteen years. She had probably not opened up to anyone

in the past and seemed relieved to have someone who would listen to her.

She had come from an ordinary middle-class family and had six siblings. She was the eldest and her parents were only too happy to have her married to Kamal, who was working in a bank and had taken a fancy to her. Kamal had suggested that they have a registered marriage and hold a decent reception and also offered to meet all the marriage expenses. Haasini's parents were overjoyed and were more than eager to have her married, though Haasini herself protested that she should at least complete her graduation, but none would listen to her.

All was well for a few months. Then, Haasini came to know Kamal's true colours. He had borrowed heavily from many persons and this came to light when people came knocking at their door on salary day. Not knowing that they had come to recover their dues, and thinking them to be Kamal's friends, she invited them in and served coffee and snacks. Just then, Kamal entered with bloodshot eyes and reeking of alcohol. Seeing Haasini carry the coffee cups, he grew mad and slapped her in everyone's presence. Those who were seated realised that nothing could come out of their staying back and left hurriedly.



Once he had raised his hand, there was no stopping him. Haasini was subjected to all kinds of torture – verbal and physical. She tried to speak to her parents but they said that she should “adjust” and make him come around. Kamal spent a lot of money in drinking and would even bring his friends over and order Haasini about making her serve biriyani for everyone late at night. When one of his “friends” tried to approach her with bad intentions, he merely stood beside encouraging him.

It was a nightmare for her. She could not go back to her parents, nor did she have anyone to support her. In the meanwhile, she realised that she was pregnant. She contemplated terminating the pregnancy, but did not have the heart to do so. She suffered at his hands most of the time, while he also showered her with love and affection occasionally.

One of her school teachers who lived close by came to know about her and visited her one afternoon. Her husband owned a rice mill and when she got down from the car, her driver followed her with a bag of rice. Before Haasini could say anything, she silenced her by saying, “think that I am your mother.” So saying she held her close and said to her that she should never hesitate if she needed anything. She also suggested that she should complete her graduation online and offered to help her with it.

Somehow, she managed to pull on till her children were born. Despite not having gone for regular ante-natal check-ups, she had a normal delivery

and had twins – a girl and a boy. Kamal seemed to have turned a new leaf and for a couple of years behaved well taking care of her too. However, he was back to his usual self and life was painful all over again.

The last straw was when their landlord came demanding six months' rent which had not been paid, Kamal coolly told him to take Haasini with him as he had no money to pay!

That night she sat and thought that this was no way of living. The next morning when Kamal left for work, she took the kids, one in each arm and met her school teacher. They discussed the issue at length and the teacher offered her outhouse to Haasini. The teacher also contacted the Corporator of their ward seeking protection for Haasini and the kids. The Corporator who was a woman assured her adequate protection.

By the end of the day, Haasini shifted to the outhouse with most basic things and set up her home there. In the evening, not finding her and the children at home, Kamal came to know that she had shifted to the teacher's house. Before he could go there, the police had arrested him in a case of embezzlement.



Haasini began her new life now. She stitched clothes, looked after a few children while their parents went to work and also provided home-cooked meals to a few in the neighbourhood. She pursued her graduation online and got her degree and then started tuition classes in the evenings. It was all undoubtedly hectic, but she was not under stress and so she happily went about her work. Her children did well in school and their education was taken care of by their merit scholarships.

She landed a job in a BPO and was happy to receive a large salary, though she had both day and night shifts. Children were grown up and she could go to work.

Haasini went to sleep relating to her story. I was truly inspired and set out to spend my twilight years purposefully giving something back to the community and carry on my husband's legacy of radiating happiness. I shall carry and cherish the fond memories of our togetherness, but at the same time will venture forth to serve the community in my own small way. Haasini had taught me a fine lesson.



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**Author:** Revathi Bhasker  
*Resident, Covai Care*



# THE PINCH AND PLEASURE

Having gone through many traumas so far in my life while meeting challenges, I feel satisfied now and every day, having adopted a philosophy of life that LIFE IS LEARNING. Inspiration from the great men and women of the YORE due to their successes to meet their challenges then and there are no doubt exemplary.

As my learning progressed in stages, my philosophy of life and its domain widened and transformed me as a sensitive, sane, serene and creative human being.

However I try to narrate the influence of a person that inspired me to lead a chaste and pious life.

My life's story begins from my first place of service as a junior telecom engineer at BELLARY. The testing time of how we lived with sanity and serenity, reflects our day to day chaste life. As a newly married couple, we tried to adjust ourselves to the hot climate of BELLARY. As the years passed by it became untenable, I applied for a request transfer no sooner. I got a female child as the first issue. Our hard days started. our vexed life was due to the scorching summer differed only in degrees in all the seasons. After three years we got the transfer to SHIMOGA.

My wife's native place being HASSAN, a heart of MALNAD, her childhood days were very pleasant. My native place being DAVANGERE, I am used to bear summer heat and moderate rain. So I was chiding her often as the damsel of BELUR temple concert artists. She was indeed slim and pretty, serene and sensitive



**Venugopal Murthy**

a mastermind in fine arts like music, poetry, embroidery and knitting etc.

My executive services at BELLARY in telecom department were fine and liked by all. I did not worry much for the summer heat since it was a spirit accomplished. My colleagues and assistants felt unhappy at my transfer for losing a good company.

My lovely tot's innocent smile and tricycle riding at my house premises and neighbourhood was pleasant to all. They also felt a mix of joy and sorrow for our departure on transfer.

My days at Bellary were always busy and very much enterprising. Our family stayed there during 1966 to 1971 at the young age around twenty five.

A new BROAD GAUGE railway line was brought to service between Guntakal to Hospet just then to export manganese and iron ore crude supplied by MMTC to JAPAN via GOA and Guntakal.

My part of the services as a telecom

engineer was to maintain an un interrupted communication lines and wires erected along the railway track. I was moving frequently by road or rail to supervise the up keep of the lines and wires by my staff. Periodic coordination meetings with railways helped me to gain executive and technical experience. In course of time by learning new technologies in telecom, the department extended telecom services to rural areas.

My life was different when I reached home. To please my family members and myself, I was attending many social gatherings and festivities to keep us in good sprit of a religious society.

Now my transfer to Shimoga dawned a new way of life and meet new type of telecom services inside automatic telephone exchanges and the service lines of telephone users of Shimoga and Bhadravati.

SHIMOGA was a pleasant place of temperate climate and one of the highly blessed forest cities of Malnad. During the stay of five years at Shimoga I developed myself in creative writing in various languages Kannada, Telugu and English. I published a small booklet of poems in Kannada by name BHAVABHAGIRATHI. I wrote many short stories in Telugu and technical articles in English.

SHIMOGA is a cultural city with many charms. Town planning is good. All the four main road junctions are encircled with grill fences artistically well painted, further domed coloured sodium lights for illumination in the centre, surrounded by flower gardens.

My rented house was very near telephone exchange; Surrounded by clean and wide roads, a good public park, central library, arts

and science colleges and a city market.

More ever the city is surrounded by forests in the outskirts where greenery is plenty. Hills and hillocks in Sahyadri mountain range nearby add to a hospitalable environment. A good rainfall showers to keep the temperatures in a cool condition. Nearby rivers Tunga and Bhadra projects supplied potable drinking water to city and rain waters to paddy fields. Visits to all the tourists places around shimoga attaract many domestic tourists .

After settling at Shimoga, I requested my parents to visit Shimoga for their pleasant stay and bless us.

My father was a retired headmaster of a middle school. He had a good command in the languages Kannada, Telugu, English and Sanskrit. My mother was a house wife talented in religious rituals of Hindu festivals and public relations with women folk.

During their stay at shimoga for a fortnight, we visited many temples in and around Shimoga, Tunga, and Bhadra dams etc. For their pleasure. I presented my creative writings vocally in Kannada and Telugu for a scholarly advice and assessment to improve my faculty. My father seemed to be pleased very much. My mother also felt happy at my literary activity besides my professional routines. My wife also got puja related religious procedures and practices from her.

My office staff got a fresh and new administrator cum technical engineer to guide and enthuse them in service matters in a pleasant way .There was a remarkable out turn in quality of service rendered by the staff and there was a public applause of improved telecom service.

\*\*\*\*\*

I became highly elated with all my humility in the cultural city of Shimoga. In one of the cultural programme gatherings of our office club, I presented my lyrics written in Kannada with a good applause. One Kannada lyric MALENADU is translated to English for the readers pleasure.

### **MY PLEASANT MALNAD**

*"The rainy land plenty in riches of nature*

*Ever green and lush paddy fields.*

*Sudden dark clouds bursting wild treasure*

*But ending with mild and pleasant rains*

*Nearby dams, the rushing waters turn the motors*

*Provide dazzling power for our service*

*This land blessed with artisans of various schools*

*Present their master pieces in arts and science."*

During my further stay at Shimoga, we got a second girl child added to our family. We rejoiced at it for a better cultural family background.

On a sunny day, the earth tremored in the evening at Shimoga. After coming home from work, I was resting on a sofa sitting to read an illustrated weekly magazine for pleasure, deeply immersed. I fell down suddenly as if somebody pushed me down with a great knock from my back. My mind got perplexed. We all came out from the house out of fear. There were similar horror cries from my neighbours about the devastation experienced by them due to mild EARTHQUAKE.

My Lord! Nature is both kind and cruel!!

\*\*\*\*\*

My wife KAMALA and her children were very happy at Shimoga with nature's blessings. My wife was cordial with all her neighbours, friends and relatives. My in laws also felt happy after their visit.

One day suddenly my wife's maternal uncle who was a young and handsome person visited our house at the day break. He came from Bangalore. It was Sunday. I had no message. I felt surprised. However I welcomed him with all my humility and courtesy deserved for a close relative. After the bath and breakfast. I took him around SHIMOGA for pleasantries and returned. He was on a busy schedule to go further to Chikmagalur. Before leaving he requested me to give privacy to talk to my wife on personal matters. I felt annoyed, but promised him help to talk to my wife in my presence.

Earlier during my marriage, he had burst a joke amidst my relatives." Hence forth kamala will side her husband in all matters." I said "very true, she is a modest girl." All my relatives smiled at it. That past experience irked me now, to leave them alone for their discussions of personal problems.

ALAS! God is omniscient and omnipotent !! He has blessed us to live a pious and pleasant life!!

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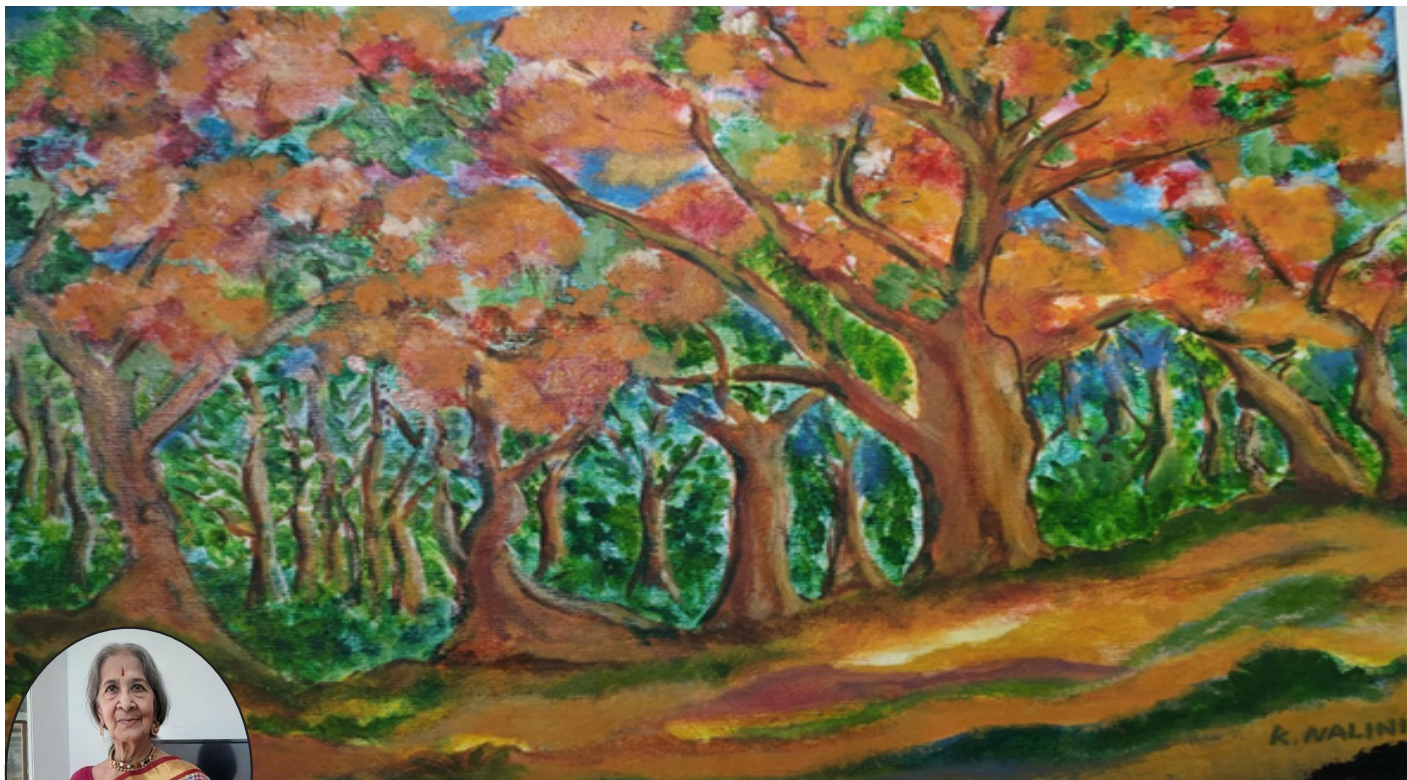
**Author:** Venugopal Murthy  
Resident, Manasum Avighna



## Drawings from Talent showcase entries



**Artist :** Geeta Navaratna  
Residnet Primus Senior Living.



**Artist :** K. Nalini  
Resident, Serene Urbana by Columbia Pacific Community





**Artist :** Rashmi Singh  
Resident, SeniorWorld.

# Glowing **Twilight Years**



**Mallika Paul**

My dreams and hopes were mountain high  
When I became a bride so shy.  
Wedlock, I thought was an easy escape,  
From routine studies and mundane chores.  
My beloved, epitome of love and patience,  
Made my little world a beautiful paradise.

I was nothing, nothing at all-  
Till he stood by me strong and tall.  
My newfound freedom, enjoyed every bit,  
With a lot of encouragement, I did my best.  
I missed my parents and siblings needless to say,  
Great values instilled; I remembered every day.  
Soon I realized I was a mother to be,  
Anxious moments and trying time for me.

Motherhood, the most rewarding phase of my life,  
A transformation so challenging, for every wife.  
Multitasking, sleepless nights and pampering,  
Oh! I enjoyed every stage of parenting.  
Now when I sit back, reminiscing my glorious past  
I will count my blessings till my twilight years last.  
Grateful to the almighty and all my dear ones,  
For the cherished moments and pleasant times.



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**Artist : Mallika Paul**  
*Resident, Bless Retirement Living*



## Age is Just a Number



**E.K Usha**

Age is just a number  
a phrase to always remember.

Old age is an illusion, not a conclusion.  
Don't let your days come to a full stop.

Live every moment non-stop.

Negative moods can be hopelessly rude,  
only if you give it a chance to intrude.

On days when you are filled with rage, find friends  
and lift your spirit, come out of your cage.

Remember the world is your stage.

Life is an evolution with every changing phase a  
revolution.

Don't keep thinking that you are old just because  
your skin has a few more folds.

Leave a legacy for the coming generation. Show the  
world how to build an inclusive nation.

Remember, you are always in your prime, and your  
reflection will be sublime.

Age is just a number  
a phrase to always remember

## Age is Just a Number



**Sudha Dave**

We are not oldies, we are goldies  
We are not only healthy but wealthy too.  
With silver in hair, Gold in mouth,  
Precious Gems in the tummy.

Gave every family member a lot of space  
Confining a corner for ourselves.  
We bloomed after 60  
Pursued passion in a jim-dandy way  
Started second inning with hidden talent

We are lucky to play with two generations  
Back to childhood and youth  
Left behind past and forgot future  
Concentrated on present

Running along with kids and grandkids  
Made us realize that  
Age is just a number.

Youngsters take care of adult babies,  
Don't lose the golden treasure,  
Keep them happy  
Isn't this enough to say

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**Author : E.K. Usha**

*Resident, Primus Senior Living*

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**Author : Sudha Dave**

*Resident, Senior World*

# FUN NUGGETS

## Quiz

1. What has a heart that doesn't beat?
2. What starts with an E, ends with an E, but only contains one letter?
3. A man gave one son 10 cents and another son was given 15 cents. What time is it?
4. What is full of holes but still holds water?
5. If you were running a race and you passed the person in 2nd place, what place would you be in now?
6. I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
7. What can be cracked, made, told, and played?
8. What runs around the whole yard without moving?

## Sudoku

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

## IQ Test

Only one woman from the image is in danger. Who is it?



## Comic



# FUN NUGGETS

## Spot the difference



## Answers

### Quiz Answer

1. An artichoke
2. An envelope
3. It's impossible to tell from the information given.
4. A sponge
5. Second place (you overtook the person in second place)
6. Fire
7. A joke
8. A fence

### IQ Answer

No.3 she can choke on the bubble gum

### Sudoku Answer

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

### Spot the difference Answer





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## 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](mailto:admin@asli.org.in)*

**Bani Jain**  
Executive Director, ASLI

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