

May, 2022

# ASLI NUGGETS

FOR WHOM AGE IS JUST A NUMBER

# ASLi

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

(Volume 2, Issue 4)

**CELEBRATE HOLI THE  
ASLI WAY**

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# FROM EDITORIAL DESK



*Dear Friends,*

*Let me first congratulate Adarsh for taking over as chairman of ASLI and very happy to see new initiatives taking place already... more about this later.*

*As always great to see seniors enjoying holi and from all projects north, west, east or south. The colours and youthfulness in our holi celebration can make anyone envious. Please enjoy all the photos.*

*I think with the summer already here the tips on how to avoid heat strokes and be hydrated is great reading for all ages. I am sure these tips will help us enjoy the summer more. Its so nice to see so many different articles from residents of ASLI members which cover different aspects of life and ageing and caregiving.*

*Lastly the initiative taken by Adarsh was great learning for our members. First ever study tour organized by ASLI for its members to Antara, Epoch, Golden Estate and Ashiana where we all shared best practices and learned from each other. Its great to see when the aim of all organizations is to serve the seniors the amount everyone shares is unbelievable.*

*Always keep smiling*

**Ankur Gupta**

# REDUCING RISK OF HEAT WAVES ON ELDERLY WITH HYDRATING SUMMER COOLERS

*Dehydration in elderly is common!*

*Towards ageing, senses instigating thirst slowly start to wither. Several other factors are seen as discouraging factors when it comes to keeping elderlies hydrated amidst summer peaks.*

*Mobility issues can act as one of the barriers for elders, locating themselves throughout the day to quench their thirst.*

*Dehydration in seniors can also be caused by incontinence issues, illness involving vomiting or diarrhea, and medications.*

*Many medicines act as a diuretic, causing the elderly to sweat more and lose more water throughout the day.*

*To prevent such and help the elderlies to keep themselves hydrated in summer, shared below are some relevant tips to refer to:*

*Encourage the elderly to drink throughout the day, rather than consuming large quantities of fluids at one go.*

*Serve high potential water containing food items such as soup, yoghurt, fruits and vegetables.*

*Often present them with their favorite/desirable beverages. It will act as a substitute for plain water.*

*Avoid caffeine and alcohol.*



**Jagdish Rewar**

*Engage them to prepare some delicious and creative summer drinks. We engage our residents in making various refreshing drinks each summer, some of which are*

- fresh fruit smoothies & punch
- mock tails
- chach
- homemade shikanji
- jal jeera
- fresh lime soda
- sweet and salted lassi
- aam panna
- thandai ice tea – lemon, peach
- coconut water
- kokum sherbet
- fresh juices like watermelon.

*Apart from mocktails and summer coolers, residents themselves indulge in making various flavourful klufies and have them along with their lunch or brunch as desserts!*

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**Author:** Jagdish Rewar  
Food & Beverage Manager, Epoch Elder Care.

# HIS VOICE BY RIMA PANDE

*His Voice* is a first-person narrative, my interpretation of my father's unspoken thoughts, emotions and key life experiences during the two years he lived after the strokes. It is a memoir of sorts. Thoughtful, calm, funny - just like him. Each one of us has a unique story. This is my father's - and I am proud to tell it.

"Two years ago, the temporary short circuiting in my head took on a monstrous new mutation. My mind was zapped in one wanton episode, leaving my legs useless. Another event followed within a few weeks, detaching all connections between my mind and body. My mind no longer controls my body, everyone else around me does. And every thought I have had in the past two years has stayed in my head, unable to be uttered. I have tried. Very hard. For nineteen years, I lived with the uncertainty of mini seizures that created havoc in my mind. And for the past two years, I have been helplessly paralysed. Now I am tired. I am ready to move on. There is no fear or panic or regret, just a sense of peace and finality and withdrawal. Every actor has an exit cue. The show goes on, but actors who have no role to play cannot sit on the stage forever. They get in the way of life."

"Being the youngest among your siblings, cousins, and friends is glorious only in the misty eyes of grown-ups. In reality, it usually means going along with a lot of things without an opportunity to express an opinion - playing whatever games the other kids are playing, often getting knocked around the most, working the hardest and focusing the most to win the guli-danda championship, never being strong enough to beat the older kids at kabaddi. In my case, it also meant being dressed up as Sita during the weeklong Ramlila performance at the annual Chhinj Mela. Girls were allowed to enjoy the mela, but acting on stage was frowned upon; thus boys performed all female roles. This was mortifying, and it seemed to me like the whole village was pointing at me and having a good laugh at my expense when I staggered onto the stage as Sita, tripping over my sari, trying desperately to look feminine while maintaining



**Rima Pande**

my young masculinity at the same time. But of course, no one asked me how I felt about it." A few years ago, my father suffered two strokes within a few weeks of each other, the second leaving him paralyzed neck down, and unable to speak or communicate in any manner.

In the two years he lived after that, he was physically well taken care of, mentally stimulated and emotionally nurtured. My mother created a positive normalized environment where he was as happy as he could possibly be, given the situation. We stared at the constantly changing expressions on his face for clues. I often wondered what was going through his mind, how he was calmly dealing with this monumental crisis, tried to immerse myself in his stream of consciousness - and started writing a "diary" on his behalf.

**His Voice** is not just my father's voice, but the voice of many. I hope reading this story will help folks pause and reflect on the 3Rs of caregiving - Respect, Resilience, Realism. And I look for your support in my personal mission to draw attention to the challenges associated with aging, disability and caregiving, from a patient's perspective - and advocate for discussion on palliative care and caregiver support systems. I would love to make the book available free of cost in all community libraries for residents on request. Please email me at [rimapandauthor@gmail.com](mailto:rimapandauthor@gmail.com) with details. Looking forward to sharing **His Voice** with you.

Author bio : Rima Pande is a healthcare strategy consultant based in Boston. Rima has recently published a book titled **His Voice**, a journey through her father's mind to share his unspoken thoughts and emotions during two years he was paralyzed and unable to speak after a stroke. **His Voice** is available in paperback and e-book versions on Amazon. For more information on the book, author, buying options, news and events, please visit <https://www.hisvoice.life/>





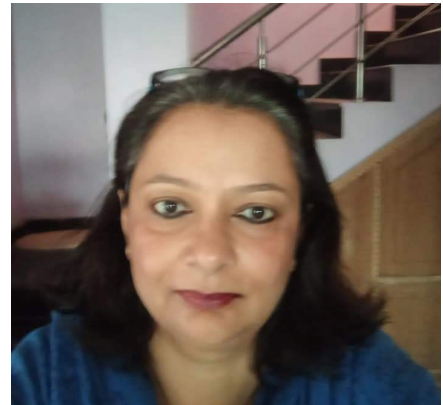
## SECOND INNINGS

The time has come earlier than you expected, your first innings of life are coming to an end, and soon you will be entering your "Second Inning". Many thoughts cloud your mind, many apprehensions surround you... but in the end you have to accept it with grace and maturity and make the best of life....

"Growing Old" doesn't mean your life is over, as a senior citizen, time is all yours now so see it as an opportunity to do all you wanted to do in life. As George Bernard Shaw said, " You don't stop laughing, when you grow old, you grow old when you stop laughing" Given a choice no one wants to grow old, as someone told me the other day, "Its just a number". Personally I hate the term "Senior Citizen and Old" cause for me age is always an issue of mind over matter, "If you don't mind, it doesn't matter"

Since aging is something we all have to face one day it is better to face it gracefully than fight it. Always live like "King Size" and do all the things we never had the time during our working and family years....it could be cooking, drawing, reading, singing , music dance etc... like how I persuaded my husband to start singing, even if at times I have to hear him sing loudly at home without a care in the world at least I know he is loving it. So, when and where do I begin is the question, maybe from the day your kids became adults or maybe when you became grandparents, its then that the mind begins to think " Hey, I am over the hill now" and you start feeling it too.

This is the time when you are free and no longer burdened with responsibilities and demanding career. A lost feeling sometimes takes over you when you take a walk in the park and look at people your age and ask yourself, "Are they looking older than me or am I getting Old?"



**Bhavani**

The time has come to make new beginnings in your second inning of life. Make a wish list of all the things you always wanted to do before you leave this world, it could even be like bungee jumping, scuba diving, climbing Mount Everest. Start off with new hobbies, join workshops and groups like reading club, dramatic club etc.

Do things that make you happy and keeps you busy, you may not be able to do everything the way you used to do but the more you engage yourself in new things and activities your live will come more meaningful.

So start by fighting fatigue and laziness and that long afternoon naps which is so common when we feel nothing is awaiting us. Play word games, start enjoying your own company, do anything and everything that keeps your brain working and active.

Aging never stops us from learning, "there is a lot of valuable gold from experience that comes with the silver in the hair" Break all boring routines and make life interesting and enjoyable. As we begin to move on in life, we begin to appreciate differing things which we may have ignored before or taken for granted.

Always believe that there is a wonderful future and loads to learn and experience daily beyond the certainty of growing old and ending our days on earth, and it is up to us how to use the time and manage these years in our second inning with grace, poise, dignity and fulfillment.

In the end , I recall the lyrics of this song, and everytime I hear it I feel a beat in my heart, " Ladakpan khel main khoya, Jawani neend bhar soya, Budhaapa dekh kar roya, wahi kisa puraana hai, sajan re jhoot mat bolo, khuda ke pas jaana hai"

**Author:** Bhavani  
Resident of Ashiana Nirmay

# HOW TO STAY **HYDRATED** IN SUMMER

**Summer can be draining in more ways than one. With the rising temperatures, it's important to stay hydrated as much as you can. Kavita Devgan, nutritionist and author of *Don't Diet! 50 Habits of Thin People*, tells us how to stay hydrated in summer.**

It's important to know how to stay hydrated in summer, especially for senior citizens. Water is an important nutrient. Our body uses water as well as expends it and if we fail to replenish these losses, we set ourselves up to become dehydrated. During summer it is easy to get dehydrated without even realizing, so it is important to make up for the extra fluid one is losing.

One early sign of dehydration is feeling light-headed upon standing up. Another is passing dark-yellow, highly concentrated urine. If you're drinking enough fluids, your urine should be almost colourless. Dry lips and tongue, headache, extreme fatigue, nausea and muscle cramps are some more telltale signs.

**Take water breaks throughout the day; always carry a water bottle when travelling; have a glass of water, tea or juice with meals. Remember – your thirst may not keep up with your need for fluids so play it safe by drinking as much water, iced herbal tea and juice as you can stomach.**

Also stay away from sugary fruit drinks and caffeinated sodas as they actually dehydrate your body and can make you feel worse.

**Eat something:** Food not only provides water, but also holds more of the water in your system longer. There are several types of foods that hydrate the body – broths and soups; pudding and gelatin desserts; ice cream and yoghurt; fruits such as watermelon, muskmelon and apples; vegetables such as lettuce, broccoli and carrots; and milk and juices.

**If you don't like plain water, then flavour it with fruits or herbs like saunf, mint and dhaniya, among others.**

**Fresh coconut water:** Make this natural drink your best friend in the summer as besides hydrating it is also loaded with essential minerals that help the body maintain its electrolyte balance.



**Kavita Devgan**

**Drink right:** Include coconut water, bael ka sharbat, kokam squash and aam panna in your diet. These will give you the necessary electrolytes required to maintain the fluids in your body. Sattu sherbet is also a good idea. Pomegranate juice is rich in antioxidants called polyphenols and is good to keep blood pressure and blood sugar stable – always have it with a vitamin C rich source though. So add the juice of a lemon or sweet lime (mosambi) or even an amla to it.

**Carrot juice helps improve blood circulation along with regulating your blood pressure levels. Add two tablespoons of honey to a glass of carrot juice and have 2-3 times a week. A cup of raw beetroot juice twice daily also helps. It is in fact one of the best home remedies for stabilizing low blood pressure.**

You can always depend on ginger. It contains plant chemicals such as gingerol, shogaol, and zingerone, which help prevent fluctuations in the levels of blood pressure. So a cup of ginger tea is always a good idea. Best to begin your day with it. A strong cup of aniseed (saunf) tea is also a good idea as it's a good source of essential B vitamins – like riboflavin, thiamin, niacin, and pyridoxine, and the link between deficiency of B vitamins and low blood-pressure is clear and proven. These age old remedies also work well for seniors in the summer. Chew five to six tulsi leaves every morning. Tulsi leaves have high levels of potassium, magnesium and vitamin C, which can help in regulating your blood pressure. Tulsi leaves act as mood stabilizers too. In addition, you can soak 3-4 raisins or munaka overnight and then boil them with milk and have in the morning or even at night before going to sleep. This helps increase circulation.

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**Author :** Kavita Devgan

Writer, Nutritionist and Weight management consultant

**Contributed by** [www.silvertalkies.com](http://www.silvertalkies.com)

# AVOID HEATSTROKE THIS SUMMER

**Summers can get scorching and dehydrating, leading to several health problems. Here's a simple guide on how senior citizens can avoid heatstroke this summer.**

Summer has barely started officially and parts of the country are already in the grip of severe heat. The mercury is soaring beyond 40°C in parts of South and Western India. Bangalore, known for its pleasant weather is witnessing dry hot days and cooler nights.

The unpredictable climate and changing seasons need precautions, especially for senior citizens who may be at risk of developing Heat stroke.

Here are few tips to avoid heat stroke in senior citizens and maintain good health.

## **Changes associated with the change in climate**

### **Fluid Losses via sweat:**

Our body cools itself by sweating; each litre of sweat dissipates almost 600 kilocalories (kcal) of heat, preventing a rise in the body temperatures of almost 10 degree C.

### **Hyperthermia:**

In hot, humid weather, there is a risk of Hyperthermia or elevated body temperatures as the sweat doesn't evaporate due to the moisture laden air and therefore little cooling takes place, despite excessive sweating. In such conditions, senior citizens must take precautions to prevent heat stroke.



**Priyanka Rohatgi**

## **Ways to reduce the risk of Heat Stroke**

- Drink enough water before, during and after any activity.
- Rest in shade whenever tired.
- Wear lightweight clothing allowing evaporation.

## **Heat Stroke Symptoms to Watch Out For**

- Headache
- Nausea
- Stumbling or Excess or insufficient sweating.
- Confusion or other mental changes.

## **How to Manage Heat Stroke**

- Take sips of water.
- Stop working.
- Seek a shade and ask for help.

To prevent Hyperthermia, even on cooler nights too the body needs enough fluid. There is also the need to keep the body warm.

In order to do that, avoid movement from extreme temperature zones. It is also advisable to avoid too much



## Maintaining Good Health in Summer

Our body needs to maintain enough fluid and salts. Sweat and urine losses lead to loss in these salts –e.g., Sodium (Na), Potassium (K) and Chloride (Cl) (also called electrolytes).

Losses if not replaced can lead to muscle cramps, drowsiness, weakness and feeling of tiredness. Older people tend to be prone to dehydration, leading to abnormal electrolyte levels. Therefore the following dietary and health precautions must be taken by senior citizens to maintain good health in summer:

### Drink more water:

Fluid is 55-60% of body weight. Depending on the climate, dietetic habits, activity and body build, normal urine output is between 1200-1500 ml, so fluid intake should be approximate 8-10 glasses i.e., 2400-3000 ml.

### Avoid heavy foods:

Go for watery foods. Good options are juices, water, soups, lime water, coconut water, buttermilk, milk shakes and fresh lime soda. Salads that include cucumber, tomatoes and fruits like melon; sweet lime and oranges are great options too.

### Maintain a balanced diet:

Adequate calories are required in a balanced diet with optimum vitamins and minerals to maintain a good health and fight disease. Emphasise on the quantity, composition and quality of food and avoid fasting and feasting. Avoid eating out if possible, eat small frequent meals and do not skip breakfast.

### Avoid late and heavy dinner:

The time of eating is very important. Food eaten earlier in the day generates more energy than food eaten later



## What to avoid this summer

- Alcohol, caffeine, (It's a diuretic, i.e., causes increased passing of urine and induces fluid loss), tea, soft drinks with or without caffeine are also a bad choice as it makes one feel full quickly.
- Limited intake is advisable, with two drinks per day, four to five times a week for a man and one drink/day for a woman.
- One drink is equivalent to 30 ml whisky/Gin/Vodka or 120 ml of wine or 250 ml of Beer.
- Avoid excessive stress by doing some meditation and breathing exercises once a day and avoid heat exposure.
- Skipping meals is avoidable as it induces acidity and can precipitate gastritis.
- Smoking and tobacco use is avoidable.

Finally, nutrient requirements vary with weight, height, age, sex and metabolic rate and with the type, frequency, intensity and duration of activity.

Because the emotional and physical stress and competition, combined with travel and other activities, affects dietary intake, adequate caloric and essential nutrient intake must.

Be planned carefully to meet the requirements, especially for senior citizens.

**Author :** Dr. Priyanka Rohatgi

Chief Clinical Dietician, HOD, Dept. of Nutrition and Dietetics, Apollo Hospitals, Bangalore

Contributed by [www.silvertalkies.com](http://www.silvertalkies.com)



## SHORT STORY

# MY EMOTIONAL CONNECT TO CHILDHOOD AT SILVERAGE

My first encounter with Moily took place exactly one week after we moved into our new abode, Antara. While still trying to settle down at the new place, which was utterly slow, getting to know our fellow community members, life seemed to be moving rather slowly, time almost stood still.

One week into Antara we commenced our morning walks. My husband an early riser finished his walk even while it was just beginning to get light. I would still be lazing when he was back from his walk. Only when properly cajoled would I get ready most reluctantly and step out take a round of the campus with frequent 'breaks' resting on the thoughtfully provided benches. To my mind a walk was not just a walk but an opportunity to breathe deep and be one with all nature around me.

It was at one of these frequent 'breaks' on my walk that I spotted an old man with mottled, wrinkled skin on his face, hands, double bent under a tree. He was striking the earth hard with a stick as if shaking something away. I watched him for a few moments and then approached him feeling highly curious. 'What are you doing Baba?' sh! sh! he put a finger to his lips. I watched fascinated for a while then went back to my bench. Birds chirped; the sun's first rays struck the ground. After ten minutes or so the old man approached the bench where I was sitting motionless. What were you asking me ma'am?

'What is your name, who are you?' I inquired coming out of my stupor. 'Moily' said the old fossil. I am Moily. Everyone knows me he said with a note of pride. Much later I learnt he was the oldest 'Moily' meaning 'Mali'. Every local around Antara knew him. I asked him what he was doing beating the ground with his stick.

You Townsfolk know nothing. Those writhing vipers come out of their holes in the early morning at this time of the season to breathe fresh air. I was frightening them away so that they don't harm you. But he was wrong, I did know about them as I too came from a village infested with vipers, scorpions, insects and what have you. Who, my mind searched, was the first man to rebuke and tell me about them?

It was Tiwari dadu, or simply dadu to us children.



**Shaswati Rao**

For a while we lived and went to school at our mama's place in a remote village of West Bengal, Kala Nobogram. My mama had set up a model village there with basic training school and facilities primarily for the village folk and their children.

My father left me, my three siblings and our mother in that model village when he went on to his assignment abroad. Tiwari dadu was the local ubiquitous guard or chowkidar there. He would go about his business day and night driving away stray cattle, snakes, harmful insects and even strangers or layabouts who, he warned us sternly not to mix with, not even talk to, without him or some elderly family member present. He said we could be kidnapped if we disobeyed his advice. That advice given ages ago when I was, but a child has stayed etched in my memory serving me till this day. I remain wary of strangers.

'Why do you strike the stick so much on the ground? I had once asked dadu when he was in an identical way as Moily chasing away some mysterious viper or scorpion or whatever it was. 'Khoki your city folk know nothing about nature, various creatures whether harmful or not, friendly or not' he told me in a pleasant way concealing his pity for our dumbness. We children found in that the opening for his long-winded explanations and humorous tales. I enticed him pleading 'tell na dadu, we don't know please tell'. Without further ado he would let forth lengthy string of tales related or not.

His stories were apt to be jumbled, confusing him and us alike ending such that their link with the original beginning was often lost.

But we children loved to hear his tales no matter what he related, how, when, or where. We loved them all and we loved him too. 'How old are you dadu? my naughty younger brother would ask him. 'You calculate Babu. I was born the year there was this severe drought and we lost our crop to it.' Which year dadu? My brother followed up with next question. But no matter dadu was into his loquacious, chatting mood with us always. So, he might have said 'Arre the year before our Mukhiya ji had a heart attack.' By now we kids were also getting into the spirit of this as circular a talk as you can imagine. 'Achha! When was that?' my brother persistent as always. 'It was the year my Nana ji got a new calf.' And this conversation could go on endlessly but never were we, or dadu for that matter, bored of it. Recollecting Tiwari Dadu thus a flood of childhood memories came rushing back to me.

Back to the present at Antara, I gaze fondly at the blooming marigolds and more memories rush in. We used to make big garlands of marigolds for goddess saraswati. On the day of saraswati puja we kept piles of our books around the idol seeking blessings of the goddess. Anyone tasting the new berry fruit before the puja was believed to have committed sacrilege which would bring bad luck in the exam. Now I hear a distant cooing of the cuckoo heralding spring which recalled a riot of colours, a season of gardening. Tiwari dadu supplied us with small spades, shovels, fertilizer, pruning shears, wheelbarrow, and a special wicker basket for me. I was lazy Khoki with no stamina. So, I was assigned the least strenuous task of plucking fresh produce from the garden.

I would promptly pick up the basket and disappear along with 'Toga', my best friend, in the garden. We found brinjals too prickly, ladyfingers not much better. Papayas were too high up for us. Potatoes and onions had to be dug out. So, we settled on tomatoes, safe, clean, easy to handle and one could munch one or two if dadu was not looking. We would often be lost in our own world. Toga loved to also pluck guavas and berries for which we got into the woods. I stole away to see the potters paint their earthenware with bright colours made from nature's produce, yellow from turmeric, red from pink roses, white from rice powder paste and so on. Little did I know then how these would impact on me, that I would gravitate to painting at Antara. At my silver age I connect easily, often with memories of childhood. I look around in Antara at the woods and hills, deep shades of brown and purple, bright violet and pink shades of bougainvillea's growing on the Mussoorie hills enchant me.



Incessant monsoon rains carry me to my childhood days spent in Giridih where we went for all our holidays. The overflowing waters of Usri river offered a fascinating sight. This small river became ferocious as little rivulets joined it gushing and gurgling all the way to their destiny yonder. I quizzed Moily about whether the buffaloes swam in the river below Antara. No he said, of course not. But they do, or they did at one time, that too against strong current of river. During the monsoon in Giridih transportation came to a standstill. But young men and boys used to bring supplies of ration and milk regularly to the local residents by their unique mode of transportation, buffaloes. They used to ride on the buffalo backs with their supplies. The buffaloes swam through the strong current. Some enterprising ones would swim with a buffalo holding its tail, their supplies safely fastened on the buffalo back. On sunny days their naked bodies would glisten. Buffaloes have long been replaced by modern means of transportation, fast automobiles.

Dehradun has been declared a smart city. Large colonial villas are quickly being converted to multi-storied apartments. Now property dealers rule the roost. However, the locals are still innocent when compared to Metropolitan cities. There is much progress here also materially, but an element of decency remains. Innocence, decency was in abundance in my childhood days. Here in the village called Purukul on the way to Mussoorie from Dehradun I have rediscovered my childhood. Helping hands extend if one slips, chairs are supplied at local malls, seemingly from nowhere for the elderly. I look fondly at Moily, who is now busy gathering dry leaves. He carries them to a pit nearby, dropping them there. He has a long wait for them to turn into manure, but he does not seem to be in hurry over anything. He is patience incarnate. I walk along oblivious to the world around me. I am in my childhood, in bliss.

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**Author : Shaswati Rao**  
Resident of Antara Senior Living



# CELEBRATE HOLI THE ASLI WAY





# STUDY TOUR **PHOTOS**

## ASLI MEMBERS FOR **BEST PRACTICES**



# FUN NUGGETS

## Quiz

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What month of the year has 28 days?
4. What is full of holes but still holds water?
5. What question can you never answer yes to?
6. What is always in front of you but can't be seen?
7. What goes up but never comes down?
8. What gets wet while drying?
9. What can't talk but will reply when spoken to?
10. The more of this there is, the less you see. What is it?

## Sudoku

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

## FIND THE ODD ONE OUT ?

A

B

C



## IQ Test

## Comic

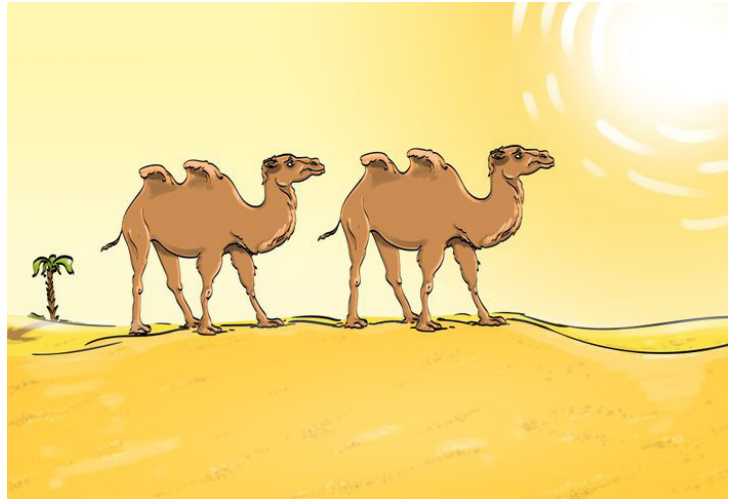


# FUN NUGGETS

## Spot the difference



## What's wrong?



## Answers

### Quiz Answer

1. An egg
2. A candle
3. All of them
4. A sponge
5. Are you asleep yet?
6. The future
7. Your age
8. A towel
9. An echo
10. Darkness

### IQ Answer

'B'  
Mechanic B with the watch on.

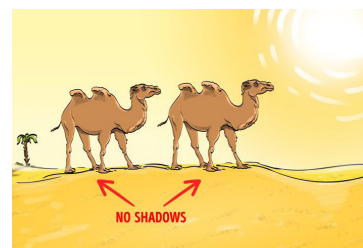
### Spot the difference Answer



### Sudoku Answer

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

### What's wrong 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.*

*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  
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