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ASLI NUGGETS

FOR WHOM AGE IS JUST A NUMBER

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

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EXCLUSIVE E - MAGAZINE FOR SENIORS

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EDITORIAL DESK



Dear ASLI Nugget readers,

We are thrilled to bring you the latest issue of ASLI Nuggets, packed with an array of engaging content that caters to your diverse interests.

In this edition, we delve into lifestyle choices that can boost your well-being, providing tips on achieving a harmonious work-life balance and exploring the joy of minimalist living. Our health section is brimming with insightful articles on health maintenance, nutrition, and exercise routines to help you stay fit and focused.

For those eager to master their financial future, we've got you covered with expert advice on investing wisely, budgeting, and navigating the evolving financial landscape. Stay informed about current trends, whether it's in technology, fashion, or travel, through our comprehensive coverage.

As always, we continue to serve up delectable recipes to tantalize your taste buds, along with fun games to challenge your mind and provide hours of entertainment. Don't miss our pictorials capturing the highlights of Asli events from the last quarter, giving you a glimpse of the vibrant community we're proud to have.

Thank you for choosing ASLI Nuggets as your source of inspiration and entertainment. We hope this issue enriches your life in various ways. Stay tuned for more exciting content in the upcoming editions.

Warm regards,

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

ASLI Ageing Fest 2023: Empowering Seniors and Unleashing India's Potential

In our ongoing commitment to caring for our elderly population, ASLI is proud to announce the 4th ASLI Ageing Fest, a significant gathering of stakeholders set to take place on November 17th, 2023, in Delhi. This event aims to foster collaboration and address challenges related to elder care while harnessing the untapped potential within India's senior demographic.

Curtain raiser to announce the event was organized, coinciding with the International Day of Older Persons, to draw attention to the well-being of our seniors and shed light on the burgeoning Silver Economy.

Dr. Saurabh Garg, Secretary of the Ministry of Social Justice & Empowerment, emphasized the importance of providing seniors with a sense of purpose, a sentiment that resonates deeply with ASLI's mission. He introduced the government's "elder line" initiative (14567), offering support to seniors, and expressed support for startups entering the senior care sector by allocating dedicated funds to enhance their quality of life and bridge service gaps.



"India's senior care industry holds immense potential, but it's not without its challenges. Regulatory frameworks, societal perceptions, and infrastructure development are hurdles we must address to ensure a brighter future for our elders," says Rajit Mehta, Chairman-Elect of ASLI and MD & CEO of Antara Senior Care.

ASLI's Chairman, Mr. Adarsh Narahari, emphasizes, "We must address the needs of our aging population and seize the economic opportunities it presents. By 2050, one in five Indians will be 55 years or older!" A significant segment of urban seniors, referred to as Generation S, enjoys an affluent lifestyle and exerts substantial influence in the market. They are increasingly embracing online shopping, creating new business opportunities for senior-oriented products.

Seniors already hold a significant share of the pharmacy market, underscoring their economic influence. A key area of growth is in senior living communities, expected to expand at a rate of 10% annually.

Mr. Ankur Gupta, Co-founder of ASLI and Joint Managing Director of Ashiana Housing Limited, stresses, "As Indians live longer and seek a better lifestyle, we need to prepare for this change."

ASLI's 4th Ageing Fest 2023 comes at a pivotal juncture, dedicated to enhancing the lives of seniors and advocating for improved regulations, including reverse mortgages, special zones for senior housing, and insurance coverage for senior care.



ASLI's primary objective is to unite policymakers, investors, and seniors in collaborative efforts to elevate senior care. PwC has joined as our Knowledge Partner, providing valuable expertise. The event will feature discussions and knowledge-sharing sessions to facilitate progress in the field of elder care.

India's demographic landscape is evolving rapidly, with the senior population (aged 60 and above) projected to reach 19.5% by 2050, wielding substantial spending power. By 2030, seniors are expected to possess a remarkable \$1 trillion for discretionary spending.

The festival's focus areas include:

Quality of Life: Promoting innovative senior care products and services to enhance seniors' quality of life.
Safety and Well-being: Advocating for improved rules and regulations, such as insurance coverage and housing options, to protect seniors.

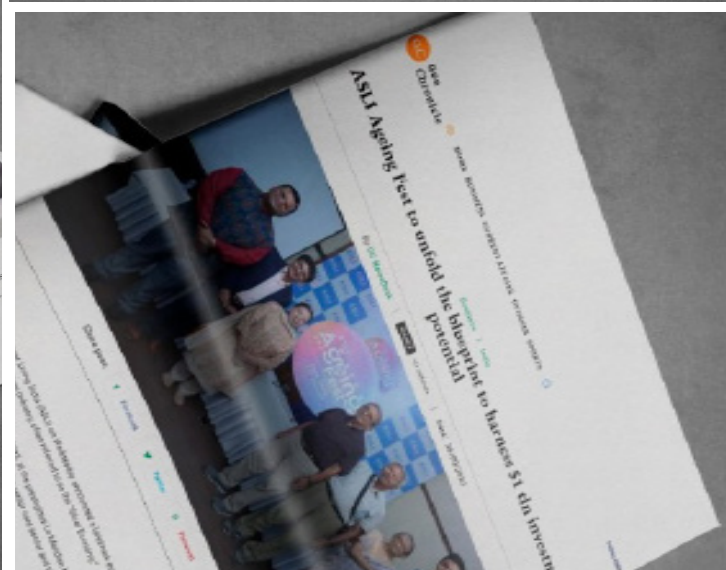
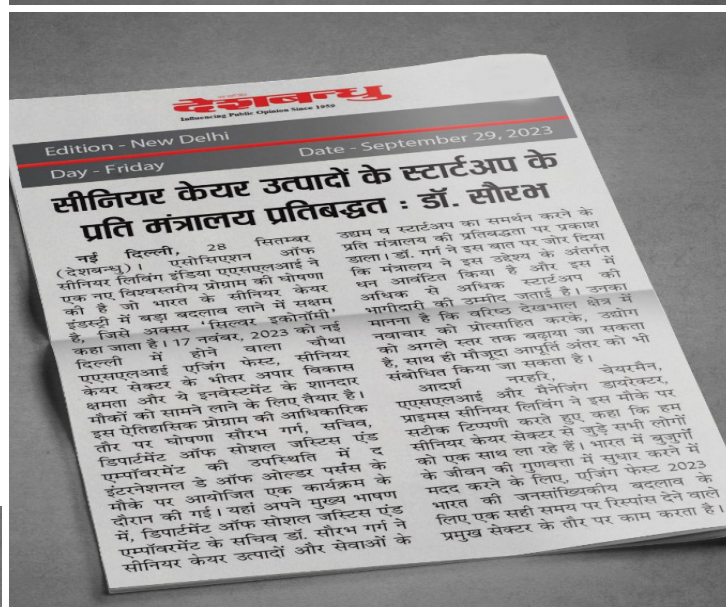
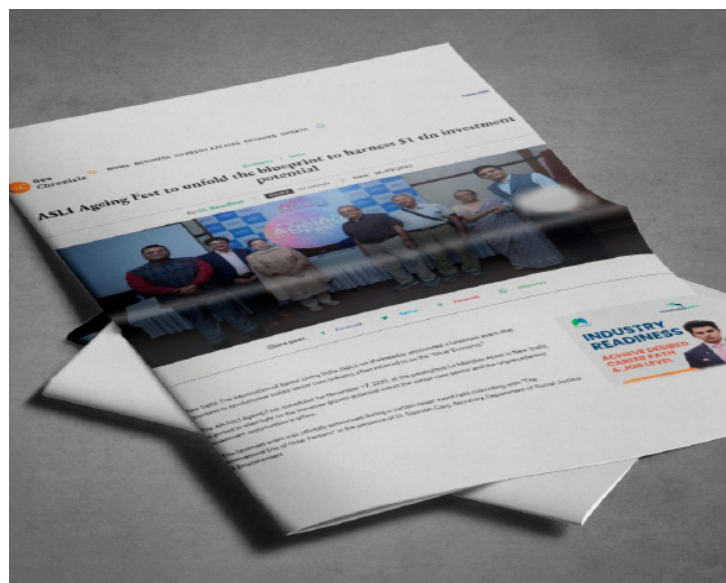
Healthcare Access: Advancements in senior-oriented medical products and healthcare services to facilitate easier access to essential care.

Community and Lifestyle: Senior living communities offer supportive environments, fostering a sense of community and companionship among seniors.

In summary, the 4th ASLI Ageing Fest 2023 is a milestone event that not only highlights investment opportunities but also advocates for improved quality of life and protections for India's seniors. It serves as a platform to unlock their potential, enrich their lives, and shape a brighter future for seniors across India.

Glimpse of the media Coverage is shown below

Read more: <https://annualconclave.asli.org.in/>



Author: Bani Jain
Executive Director, Association of Senior Living India

ASLI Members Explore Senior Living Facilities During Kerala Study Tour

In a bid to enhance learning and development within the senior living industry, the Association for Senior Living in India (ASLI) organized a remarkable two-day study tour in the picturesque state of Kerala on August 11-12, 2023. This exclusive event brought together ASLI members from across the country, fostering a unique platform for the exchange of ideas and insights.

The primary objective of the tour was to provide ASLI members with a firsthand look at senior living facilities in Kerala, a state renowned for its rich cultural heritage, natural beauty, and pioneering initiatives in the field of senior care.

The tour not only showcased the splendid landscapes of Kerala but also gave ASLI members the opportunity to interact with each other. During their visits to various senior living facilities, members engaged in presentations where they shared their innovative care programs, support facilities, and invaluable learnings.

One of the highlights of the event was the interaction among members. Through these presentations, professionals from different corners of India had the chance to learn from each other's experiences and adapt successful practices into their own senior living communities.

These interactions covered a wide range of topics, including the implementation of personalized care plans, recreational and wellness activities, and community engagement strategies. ASLI members discussed best practices, challenges faced, and success stories that have contributed to the growth and improvement of senior living services nationwide.

The tour allowed participants to witness the diversity of senior living options in Kerala, from luxurious retirement communities nestled in serene landscapes to assisted living facilities providing specialized care for elderly residents.



ASLI's commitment to continuous learning and development in the senior living industry was evident throughout the tour. By facilitating a collaborative platform for members to share their experiences and ideas, ASLI is helping to elevate the standard of senior care across India.

This Kerala study tour not only expanded the horizons of ASLI members but also reinforced their dedication to enhancing the quality of life for senior citizens. It served as a reminder that the exchange of knowledge and experiences is a powerful tool for driving positive change in the field of senior living in India.

We would like to thank Ananta Living, Travancore Foundation, Athulya Assisted Living, Bless Home, for becoming part of the study tour and showing and explaining about their facilities.



Unveiling the Art of Calligraphy: A Timeless Craft for Ageless Enthusiasts

Man is supposed to be more evolved amongst the living species. God has gifted him with the boon of speaking, reading and writing. By this virtue man has been able to grow his culture depending on the environment he lived and the circumstances prevailed there. That is how the plurality of culture and civilization around the world.

Writing particularly has been a virtue par excellence through this, he can recount his past and plan his future. This is where our Indian culture has evolved through Smrities and Shruthies.

What is writing? Any script is made up of an alphabet and each alphabet is a combination of vertical and horizontal lines with combination with parts of circle. What is good Handwriting and not so good Handwriting? Good Handwriting is correct strokes written in an order whereas bad Handwriting is wrong strokes. This can be compared to music 'Swaras' in the right place.

What is calligraphy then? It is an artistic version of writing using correct order of calligraphy. But how can it be achieved? The answer is by following the rules laid down by the experts. Can a person having bad Handwriting improve? The answer is positive by following about thirty and odd exercises meticulously. This can be achieved through distance education pattern

Wherein lesson itself is the teacher and student.



Calligraphy mainly developed by English and Arabic scripts. Royal edicts were sent calligraphically written whereas Arabs practiced it by writing verses of Quran. The art of writing calligraphically is known as "Fonts". In English language there are any numbers of Fonts available over internet.

There are four styles in English. They are vertical joint or disjointed and Italics joint or disjointed. By practicing rules of calligraphy one can develop his own style and modify 'Fonts' to his taste.

Kannada language, though it's adjudged as the 'Queen' of 'Fonts' has a very little scope for novelty as the Kannada alphabets are written in an anticlockwise and are basically circle based Every alphabet cannot be written without lifting the pen.

This art of calligraphy can become a hobby for the seniors with passion without needing anybody's assistance and akin to type of meditation.

This is in line with the theme, 'Empowering, Ageing: Raising awareness and inspiring change.'

Requirements are very meager and simple. A comfortable table top to rest the hand, stationeries like ink-pen, four line book and unruled book etc; Exercises can be done at own convenience and a passage a day to be written in English and vernacular to know the daily progress in improvement.

Easy access to technology has made Calligraphy as redundant art. If it ignites your passion for Calligraphy guidance can be provided.



Author: S Prabhakar
Resident, Manasum

What does Independence Mean to Older Adults?

This Independence Day we asked a diverse set of older adults to look within and share what being independent meant to them. "Independence As Detachment"

"Independence is the ability to make your own decisions. This only happens when you have enough money. Suppose I am rich, but am dependent on others for my health and well-being, I cannot possibly call myself independent. The converse also holds- I can't achieve independence without sufficient economic reserves. Financial independence is of optimum importance because it can buy you all other forms of independence. These include, chiefly, health and emotional independence. Emotional independence essentially entails asking the question- do I still seek my family's support at all times? We should brace ourselves for situations that are likely to arise- when kids have moved out, parents are no more, when you may or may not have a spouse. In other words, you should not require other people to validate your existence in this world. It is only under such circumstances that independence can truly manifest itself. I quit full-time working about 6-7 years ago because I had planned to retire at the age of 50. I wanted to quit working before I got too old so that I could travel, play golf and also invest more time in my books. My 15-18 hour work day left me with little time to work on my literary ambitions. That's why I took a conscious decision of retiring at the age of 50."

- Amitabh Satyam's company 'Smart Transformation' advises government agencies and corporations on the Internet of Things. He has over two-decade-long experience in the telecom industry. He is among the highest-ranked national Squash players in his age category (55+). He has written and co-authored several books and nurtures a parallel interest in Indian sports, which led him to co-author 'The Games India Plays: Indian sports simplified' (Bloomsbury, 2002). He believes that Indian games can play a role in reviving lost traditions.

"Independence Is A Way Out of Bondage"

"When you realise that the power to make you happy or unhappy lies with you and you should not hand that power over to anyone else, that's true independence. Most of us, and not just women, spend our lives trying to make others happy. That in itself is a kind of bondage. How liberating it is to come out of that bondage. And the realisation that your own happiness does not come in the way of another's. I have worked closely with cancer patients

for over 35 years and I have constantly learnt from their experiences. They have never seen cancer as an adversary. They tell me how cancer has made them view life differently and how the experience has made them a better person. Despite the emotional trauma, the physical pain and the financial toxicity that comes with cancer there is only love that shines through it all. My own experience with glaucoma has left me with a deep understanding of what one feels like when faced with a life-altering condition when one becomes a patient."

- Viji Venkatesh is Region Head, South Asia, Max Foundation, Managing Trustee at Friends of Max, Trustee with Being Human- The Salman Khan Foundation. In 2014, she set up Chai for Cancer, which is an awareness and fundraising tool to support cancer patients. She recently acted in the Malayalam film 'Pachuvum Athbutha Vilakkum (2023), enacting the role of Ummachi. Her motto is: Never say never or ever. Be fearless and grab opportunities that come your way. Most importantly, whatever you attempt, give it your all. No half measures. She values her daily morning walk the most and enjoys listening to songs composed by Bob Dylan and Nusrat Fateh Ali Khan. She considers her mother, who is 96 years old, as her role model.

"Independence of the self as independence of society"

"Independence does not merely benefit an individual, it also lightens the burden on the family, and in turn, the society. Jobs are meant to fulfill both our passion and ensure monetary independence. I have always believed that as you grow older, it is important to become independent and manage things by yourself. I am glad that I too don't depend on anyone, and am able to pursue my interests without any issues. I read books, listen to good Hindi or Kannada music, eat food that I enjoy and largely engage in activities that give me happiness. Whenever I face health issues, I hardly lean on anyone for support and am able to manage quite effectively by myself. Such self-reliance gives me the freedom to do what I want without bothering anybody else. When you fall ill frequently and create problems for others, it does lower your self-esteem to an extent. So, to avoid such situations, it is best to be independent even at an older age."

NS Pradeep works as an auditor in the firm NAG Associates. His interests include indulging in

hobbies like singing and acting. He recently appeared as a CBI officer from the Home Department in a Kannada serial. During his leisure time, he enjoys reading everything from thrillers to autobiographies. He has always idolized the famous Kannada actor Vishnuvardhan, whose movies he found immensely relatable at a personal level. He lives in Bangalore.

"Independence is Education"

"What is the need for me to worry about independence? When we were blessed with three daughters, many people believed that they would be a burden for us in the future, and they have been proven totally wrong. I can't stress how liberating it feels to have such capable and supportive daughters. All are doing extremely well in life, and still manage time to cater to our needs. My interpretation of independence is in the form of service. It is associated with the educational empowerment of those around me. My house has always teemed with students from underprivileged backgrounds, who have sought guidance.

My washerman's son Ashish was performing abysmally at school. I hand-held and tutored him for several years- giving him the love of a mother and the attention of a teacher. He passed high school with flying colours, completed Economics honours from Shivaji College, Delhi University and was a member of the NCC. A few days back, my daughter returned from work and informed me that Ashish was among the only two people recruited in her company out of 57 candidates! My joy knew no bounds. To me, education is the key to unlocking freedom in its truest sense and I wish to contribute towards manifesting this change. I consider my independence as a privilege and an opportunity to help those around me surpass lack of resources and unlock their potential."

- Dr Dharma Sharma is a former professor of Sanskrit at Lakshmibai College, Delhi. Having lost her parents at a very young age, she remains extremely grateful to the social infrastructure that helped her embrace challenges, pursue her goals and embark on a stellar academic career. It is in her quest to repay this debt that she locates her definition of independence.

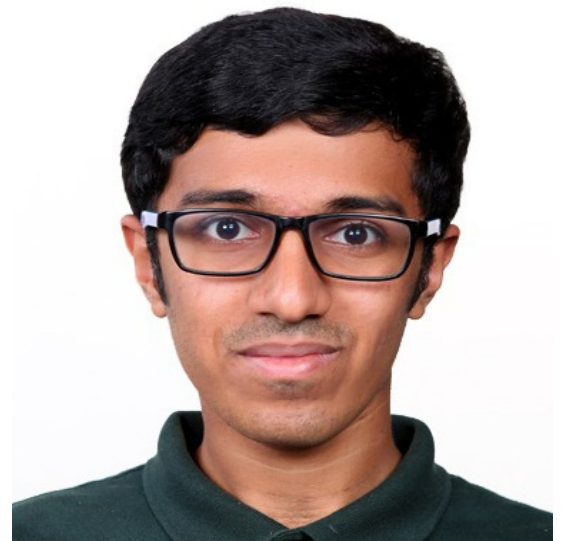
"Independence is self-discovery"

"Independence is what we feel from within. Each individual has independence lurking somewhere deep within them, it just needs to be discovered. I have a busy schedule. In the morning I cook, chant

Lalitha Sahasranamam along with a few friends and conduct Bhagavad Gita classes. My afternoons and evenings are spent knitting and embroidering clothes for myself and my family members. I am presently embroidering a saree for my granddaughter who is in Singapore and is a Kathak dancer. This will be her first cotton saree.

In the evenings, I attend classes on the Ramayana and read the Adhyatmika Ramayana along with my friends. People often ask me how I find time to do so much in a day, especially given my age. My answer always is that I never find time, I just do things because I sincerely wish to be active. When you deeply desire to do some activity, you are bound to find time for it. Everyone has 24 hours with them - regardless of age or profession- and each one needs to find ways to spend them meaningfully. I have enjoyed this journey of discovering my independence, and everyone should likewise follow their calling. It was my son who encouraged me to pursue fashion design at the age of 50, and I went on to teach the subject in a college for five years. It was a mesmerising experience, and I still enjoy interacting with children of all kinds. My life experiences have informed me that everyone should get to do what they truly wish to do- any form of imposition like what happened under the colonial regime should be eschewed."

Padma Rajan has studied & taught fashion design and presently teaches Bhagavad Gita and the Narayaniyam to some students including her own family members. Her intense devotion has led her to compose several songs, some of which are now sung daily in Marundeeswarar Temple, Chennai. She is also a voracious reader and is presently reading the Ram Chandra series of Amish Tripathi.



Raising Awareness & Inspiring Change

Over the years, due to fast changing economic and demographic scenario, advancement of medical science, increase in medical expenses, growth in industrialisation led to nuclearization of families. While people through better access to healthcare are living longer, it is also true that the impact of longer life means a higher healthcare cost that they need to manage.

We are in the verge of witnessing an elderly population explosion in our country. We have a greater challenge to provide proper safety and security as well as should also provide proper healthcare to elderly people. Hence there is an urgent need to create an awareness about the rights and needs of older persons. Today they need social security, attention, care, protection most importantly opportunities to learn new age skills and remain gainfully engaged.

Six important things elderly should aware of.

1. **Medical Insurance** – Inadequate insurance coverage is an issue that particularly affects elderly people. Some times it is after bill generation they become aware of that medical policy does not entitle them to medical cover for it.

Should always ensure that the below criteria are fulfilled in your insurance

- Adequate coverage
 - Policy is live
 - Cover all pre-existing ill
 - Cash less treatment is available
 - Policy details are available for spouse too
2. **Digital Transactions** – To reduce the risk of being scammed older adults should be advised to conceal their personal and financial information hence below mentioned checks need be done the elderly adults.
- They should also check their monthly financial statements for errors.
 - Should maintain their password, debt card, credit card PIN number safely.
 - Should not respond to unauthorised mails or calls.
 - At any point should not share your PIN number or password to anyone.

3. **Estate planning** – We work hard to create assets during our life time, we also have an equal responsibility to ensure we define the manner in which they would be treated after our time. Here are the some of the suggestions on estate planning.

- List down all the assets & Make a will
- Nominate and add joint holder
- Review your insurance and financial accounts regularly

Consolidations – Consolidation of similar types of accounts s also essential. This is because individuals generally have their funds in different accounts. If you have accounts open in banks, POs, fund houses, governments etc. This is why you should consider making the number of accounts as few as possible. At the age of 60 should start the consolidation.

- All the investments in fewer number
 - Covert them into digital
 - Keep your spouse informed about your financials
 - Assets which are illiquid should be liquidated, as far as possible except may be the house one stays in;
4. **Temperament** – Hop off emotional roller coaster. Investing is all about managing emotions and having the right temperament for success. Don't invest for returns, invest for safety.
 5. **Statutory Obligations:** Filing tax on time and filing relevant tax on time is the important task for Seniors for fulfilling their obligation as also for their peace of mind.



Author: Babu Krishnamurthy
Founder, Finsherpa Investment Services

AgeWise: Navigating the Golden Years with Grace, Health, and Purpose

In a world that is constantly evolving, with technology advancing at a breakneck pace and societal norms shifting, one demographic often overlooked is the elderly. According to the World Health Organization, the global population aged 60 and above is expected to more than double by 2050, reaching approximately 2.1 billion people. Ageing is a natural part of life, yet it brings unique challenges and opportunities that require our attention and action. Empowering aging individuals is not just a matter of respect; it is a necessity for building a compassionate, inclusive, and sustainable society. The need of the hour is to explore the importance of raising awareness and inspiring change for the elderly.

Challenges faced by the elderly :

Older adults often confront various challenges that hinder their quality of life including health issues, necessitating accessible and affordable healthcare services. Financial security is another critical concern apart from loneliness and social isolation, exacerbated by the loss of friends and loved ones. In India, these challenges are particularly pronounced due to the sheer size of the elderly population. According to the Ministry of Statistics and Programme Implementation, India is likely to have 319 million senior citizens by 2050. This demographic shift is driven by factors such as increased life expectancy and declining fertility rates. Despite profound challenges, this shift also offers a wealth of wisdom, experience, and potential that societies can harness.

Bringing about meaningful change :

Raising awareness about the challenges faced by the elderly is the first step toward inspiring meaningful change. In India, various organizations have been at the forefront of advocacy and awareness campaigns. The 'Elder Helpline' initiative helps elderly individuals in distress, offering them a lifeline to access essential services. Additionally, promoting intergenerational dialogue and collaboration is vital. Encouraging mentorship programmes and community initiatives that bring different age groups together can help bridge the generation gap and foster mutual understanding.

Role of digitalization and home healthcare :

Through digital tools and telehealth services, older individuals can now monitor their well-being, seek medical guidance, and access support from their own homes, promoting independence while staying connected to healthcare providers and loved ones. However, the effectiveness of home healthcare depends on the involvement of skilled professionals, including caregivers and medical personnel. Efforts should be directed towards expanding these services to underserved regions, ensuring equitable access to quality care for elderly individuals in remote areas. Additionally, improving caregiver training and support programs is crucial, alongside initiatives aimed at eradicating the stigma surrounding mental health issues in older adults through ongoing education and awareness campaigns.



International models of empowering ageing :

Several countries have also implemented successful policies and practices to empower their ageing populations. Japan, with one of the world's highest life expectancies, has embraced technology to create age-friendly smart homes that enable elderly citizens to live independently for longer. Innovations like wearable health monitoring devices and robot companions have significantly improved the quality of life for ageing Japanese citizens.

Meanwhile, Nordic countries like Sweden and Norway have pioneered policies that emphasize quality healthcare, affordable housing, and strong social safety nets for their elderly populations. These countries prioritize the well-being of their ageing citizens, recognizing that a society's success is measured not just by its economic indicators but by the well-being of all its members.

Inspiring change through inclusive policies:

To empower India's aging population, a holistic approach is imperative, addressing healthcare, social support, and economic stability. Universal healthcare access, achieved through expanded insurance coverage and geriatric care centres, is crucial for enhancing the well-being of seniors. Promoting financial literacy and pension programmes can mitigate economic insecurity, alongside encouraging age-friendly workplace policies. Building community centres and tailored programmes for the elderly can combat loneliness, fostering intergenerational activities for greater understanding. Moreover, combating ageism in media and advertising is essential to reshape societal perceptions, portraying seniors as active and valuable contributors to society.

Conclusion:

Empowering ageing populations is not only a moral imperative but also an economic and social necessity. As the world's demographics shift, we must adapt to ensure the dignity, health, and happiness of our elderly citizens. India, with its burgeoning elderly population, has an opportunity to lead by example, drawing inspiration from international models and fostering a society where ageing is embraced, not feared. It is by raising awareness and inspiring change that we can ensure that every individual, regardless of their age, can live a life of dignity, purpose, and fulfilment.



Author: Vaibhav Tewari
CEO, Portea Medical

Age with Grace: Blueprint for a Vibrant and Fulfilling Later Life

We cannot reverse the ageing process, so it's essential to embrace it gracefully. The issues we encounter with ageing are not caused by ageing but rather by our wrong mindset. As we get older, our ability to perform tasks may decrease compared to when we were younger. Retirement from a job usually means a slower pace of life. Nobody enjoys the benefits of position, authority, status, income, and a strong network of contacts anymore. One may experience more idle time, which can lead to feelings of loneliness. Loneliness, in turn, can cause low mood and potentially lead to clinical depression, a serious mental illness.

Engaging in activities is crucial to combat boredom. Do household chores, exercise, engage in leisure activities, make new friends, spend time reading and pursue hobbies. If religious, spend time in those activities and stay active and vigilant, overcoming lethargy. Limiting idle enjoyment, such as watching TV and using smartphones, is advisable.



As we age, we often face health challenges. Show confidence and optimism instead of feeling discouraged, worried and brooding over it. Be aware of health issues and take timely action in seeking medical care. If medical attention is sought early, there is a high chance of recovery from illnesses.

As one ages, it's important to simplify life by disconnecting from external distractions and maintaining a calm and composed demeanour. By following the suggested steps, we can lead a peaceful, happy, active, and productive life. Growing gracefully as we age is important, and this will assist us in achieving that.



Author: Dr. A. Sreekumar Menon
Resident, Serene Urbana by Columbia Pacific

Festive Season Planning: A Comprehensive Guide to Joyful Celebrations

The festive season is a time of joy, reflection, and togetherness. Regardless of your cultural and traditional background, planning for this special time of year is essential to ensure that the celebrations are memorable, stress-free, and meaningful. By creating a specific timetable, compiling guest lists, sending invitations, deciding on menus, purchasing gifts, and managing budgets in advance, you can ensure that your festive activities run smoothly. Moreover, it's equally important to segregate your friends, family members, and generations to tailor your festivities to each group's preferences and interests. In this article, we'll delve into these aspects of festive season planning to help you make the most of this wonderful time.

I. Creating a Festive Timetable

The first step in planning a successful festive season is to create a detailed timetable. This timetable should cover the entire period of your celebrations, from the start to the finish. Here's how you can go about it:

Mark Important Dates:

Begin by marking the dates of significant festivals and events on your calendar. This includes religious holidays, cultural celebrations, and any personal traditions you follow.

Set Milestones:

Break down your festive season into milestones. For example, you can have milestones for decorating the house, sending out invitations, shopping for gifts, and finalizing the menu.

Allocate Time:

Allocate specific time slots for each task or milestone. Be realistic about how much time you'll need for each activity, and don't forget to factor in some extra time for unexpected delays.

Prioritize:

Determine which tasks are the most critical and prioritize them. Tasks like preparing the guest list and sending out invitations should be done well in advance to ensure everyone can plan accordingly.

II. Compiling Guest Lists

The guest list is a crucial element of your festive season planning, as it sets the tone for the entire celebration. Here are some tips for compiling a well-considered guest list:

Categorize Your Guests:

Start by categorizing your guests into different groups, such as immediate family, extended family, close friends, and acquaintances. This will help you plan separate events or gatherings for each group.

Consider Preferences:

Take into account the preferences and interests of your guests when creating your guest list. Some may prefer intimate gatherings, while others enjoy larger parties.

Be Inclusive:

Make an effort to be inclusive and invite a diverse group of people. Festive seasons are an excellent time to connect with people from various backgrounds and perspectives.

Send Invitations Early:

Once you have your guest list, send out invitations well in advance. This gives your guests ample time to RSVP and make necessary arrangements.



III. Sending Invitations

Sending out invitations is a crucial step in festive season planning. The way you invite your guests sets the tone for the upcoming celebrations. Here's how to make your invitations special:

Personalize Invitations:

Personalize your invitations to make your guests feel valued and appreciated. Handwritten notes or personalized e-cards can add a special touch.

Specify Details:

Clearly specify the date, time, venue, dress code (if any), and any special instructions in your invitations. Providing all the necessary information helps guests plan their attendance better.

Use Digital Tools:

Consider using digital tools like event management apps or websites to streamline the invitation process and track RSVPs.

Follow Up:

Send a reminder to your guests a few days before the event to ensure they haven't forgotten and are still planning to attend.



IV. Menu Planning

Food is often the heart of festive celebrations. Planning a menu that caters to different tastes and dietary preferences is essential. Here's how to go about it:

Diverse Menu:

Create a menu that offers a variety of dishes to cater to different preferences, including vegetarian, vegan, and gluten-free options.

Traditional and Modern:

Blend traditional dishes with modern favorites to appeal to a broad range of guests. This can make the festive meal an exciting culinary adventure.

Consider Allergies:

Take allergies into account when planning your menu. Ask your guests if they have any dietary restrictions and do your best to accommodate them.

Preparation:

Plan your cooking and meal preparation well in advance to ensure you have enough time to make everything perfect.

V. Gift Purchases

The exchange of gifts is a cherished tradition during the festive season. To make this aspect of your celebrations less stressful, consider these tips:

Set a Budget: Determine a budget for gifts to avoid overspending. It's the thought that counts, and thoughtful, budget-friendly gifts can be just as meaningful.

Plan in Advance:

Start shopping for gifts early to avoid last-minute rush and stress. Keep a list of gift ideas for each person to ensure you select something special for everyone.

Consider Experiences:

Consider giving experiences rather than physical gifts. This can include tickets to a concert, a spa day, or a cooking class, which can create lasting memories.

Wrap Thoughtfully:

Presentation matters. Spend time wrapping your gifts beautifully to add an extra layer of thoughtfulness.

VI. Segregating Your Guests

To create a festive season that appeals to different age groups and preferences, it's important to segregate your guests strategically:

Family Gatherings:

Host intimate family gatherings where generations can bond and share stories. These moments can be particularly special for older family members and provide opportunities for younger ones to learn from their elders.

Friends' Night Out:

Plan a separate event or night out with friends where you can let loose, enjoy the company of peers, and reminisce about old times.

Activities for Children:

Organize activities or games for the younger generation to keep them engaged and entertained. This not only gives parents a break but also ensures the kids have a memorable time.

Multi-Generational Celebrations:

For larger gatherings that include guests from different age groups, consider a mix of activities, from traditional rituals to modern entertainment, to cater to everyone's tastes.

Planning the festive season well in advance is the key to ensuring that these special moments are filled with joy and cherished memories. By creating a comprehensive timetable, compiling guest lists, sending out thoughtful invitations, planning diverse menus, purchasing gifts within your budget, and segregating your guests strategically, you can create a festive season that resonates with your culture and traditions while making every member of your community feel valued and celebrated. So, get started on your festive season planning today, and make this year's celebrations truly extraordinary!



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

The Vitality of Social Dining in Senior Living: Fostering Connection and Well-being

In a Senior living home, community dining plays a pivotal role in enhancing the quality of life for its residents. Beyond satisfying basic nutritional needs, shared meals provide a platform for social interaction, productive engagement, and meaningful conversations. Let us delve into the importance of community dining and the numerous benefits it brings to seniors in this set-up.



Promoting Social Interaction

Community dining settings offer seniors the opportunity to connect with their peers, fostering a sense of belonging and reducing feelings of loneliness or isolation. Gathering around a table, residents can engage in conversations, share stories, and build relationships. Social interaction during meals stimulates mental well-being, improves mood, and encourages a positive outlook on life. Through these shared experiences, residents often form long-lasting friendships, creating a strong support network within the community.

Enhancing Cognitive Function

Community dining promotes mental stimulation and engagement, which are crucial for maintaining cognitive health. Engaging in conversations during meals allows residents to exercise their memory, attention, and communication skills. Sharing thoughts, discussing current events, or reminiscing about past experiences encourages cognitive flexibility and keeps the mind sharp. Moreover, mealtime provides an opportunity to introduce cognitive games or activities, further enhancing

Creating a Sense of Purpose

For many residents, community dining provides a structured routine and a sense of purpose. Being part of a regular gathering gives a sense of responsibility and accomplishment, as they contribute to the community's well-being. Residents may participate in setting tables, assisting with meal preparations, or organizing special dining events. Such involvement allows them to feel valued, boosting their self-esteem and promoting a positive self-identity.

Sharing Knowledge and Experience

Mealtimes offer a platform for residents to share their wisdom, experiences, and knowledge with each other. Seniors have a wealth of life experiences, and community dining facilitates the passing down of traditions, stories, and wisdom from one generation to another. Discussions during meals encourage learning and personal growth, as residents can exchange information, discuss current topics, and engage in meaningful conversations. This shared knowledge fosters a vibrant learning environment within the community.

Community dining in an senior living setting is far more than just a means of providing sustenance. It serves as a catalyst for social interaction, cognitive stimulation, a sense of purpose, and knowledge-sharing among residents. By fostering connections and promoting well-being, community dining significantly enhances the overall quality of life for seniors in Senior living communities.



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

A person who inspired me in the Journey of Life

Most of us live our lives being inspired by someone or other; they could be motivational speakers, discoverers, spiritual leaders, bloggers or even ordinary people who have lived life just like you and me, but who have a strong character. A character defines a person and hearing good and heartwarming stories from our parents and elders as well as observing them help inspire to follow and inculcate these life virtues into our life.

One person that really inspired me in my life is none other than my grandfather Mr. M.D. Subramanyam. He was no person as famous as Oprah Winfrey, Mel Robbins, Emma Watson, but just an ordinary officer in the railways. None the less he had some of the qualities that inspire the younger generations to follow him. His profound inspiration is a solid foundation that one could always rely upon to act as a fuel to our actions. Like most people who inspire others my dear grandfather was a man of integrity; the same for one and all. Being an honest and transparent, he never lied to anyone even in the times of adversity. Though a short tempered, his created trust and confidence in everyone he came in touch with. He has always modeled for me the type of person whom I wanted to become.

Next he was very strong-willed; he was also committed and driven. Hurdles in life never discouraged him; he treated everything as a challenge. My mother told me that once when he had taken a loan to buy flats for his 4 sons- his lifetime ambition, the proposal was refused. He somehow worked very hard and was able to get finances from elsewhere; he had to live on a meager budget till the loan was repaid. Yes, he was a fierce warrior who was able to fulfill his dreams.

Yes, you are right like most people who inspire others he was driven and committed. He understood that fulfilling dreams meant taking great responsibility for whatever one did and also a lot of sacrifices for the family. He was a committed husband and a father too. He educated his sons morally and academically and all of them held good positions in life. Also he had the responsibility of supporting his parents who were not very financially secure.

He always encouraged us grandchildren when we failed in our aims in life and always told us that when one falls one should not get discouraged but dust oneself and start off again. Yes, he was right I realize now that succumbing to fear is to lose to its power. Success in

With due respect and regards to my grandfather I should say he instilled the habit to enhance our skills and gaining knowledge. He kept himself abreast with all the national and international news; this he did by reading the newspaper regularly after his morning chores or after he returned from work. Again in an age where there was no TV, online materials or affordable clubs he borrowed books from affordable libraries and also invested in good books for his family.

He also encouraged us to read these books so that we could gain knowledge, enhance our vocabulary and add to our skills. He always told us that what one knew was just a fist of mud; that what one had to know was the size of the world. He also corrected the letters we wrote to him and pinpointed our spelling and grammatical errors in the replies. Though we were very irritated then, I now realize his contribution to my English knowledge.

His wide and comprehensive knowledge on various topics made him a good communicator also. People appreciated this attribute of his; he was a friend who shared his knowledge with his daughter-in-laws also. This was made possible I assume because of his patient hearing before he spoke. Yes, you are right he could always connect emotionally with the people he spoke to.





This brings to fore one of one of his other adorable and inspirational quality; he was expressive in words and actions; his bold and outspoken nature made him some enemies but all the same it also helped him to help those that were lost in life. He told us about all his life experiences and also encouraged us to not bottle up our knowledge, sorrows and happiness, but to speak out and be bold. This attribute of his has benefitted me a lot and I have always tried to emulate him.

All the same he was vulnerable; he accepted his flaws and mistakes and was ready to rectify them. Even we his grandchildren felt quite comfortable in his association. I could readily share my feelings with him, even though I differed from him in some of his ideas. Yes, you are right he always inspired me to behave with the convictions I believed in. He encouraged his grandchildren to go abroad according to their wishes and set up flourishing careers.

One of the other attributes that endeared him to me to was that he was very consistent in his actions; a most valuable attribute that anyone be he/she a family, friend, spouse looks for. He was also sympathetic to the difficulties of his extended family. He patiently heard what one had to say, and understood what one was going through; a prominent example was that he helped his sister and her family who were not very financially secure. His sister's children are also now fairly well settled.

My grandfather's humility inspired me; he acknowledged his strengths as well as their weaknesses and gave credit to everyone for their successes. He very rarely boasted of his successes in life of being an asset to so many people. He truly believed that no one is without struggles and failures in their lives and treated ever yone equally regardless of race, age, color of skin, gender, gender identity, sexual preference, national

origin, religion, social status, political affiliation or whether or not they have a disability.

These are some of the things that my grandfather inspired in me in my journey of life. It is rare to find such a person in my life. I would conclude by telling my grandpa who is no more, "Grandpa will you be my grandfather in the future births also."

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

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



Author: Nirmala Subramanian
Resident, Vardaan Senior Living

Why we need to know more about Menopause

Menopause still remains a subject of silence in India. Here's why we need to understand menopause and talk about it.

"I wanted to be alone, away from everyone," says Beena Bhuvandas, 69, from Mangalore. She knew her menstrual days were nearing their end and struggled to identify the emotional and physical changes that were happening to her. She found herself easily irritated and experiencing heavy bleeding. Happiest being alone, Bhuvandas isolated herself without any outside distractions such as television or newspapers. Fortunately, her older sister offered her the emotional support she needed during this time. However, when her husband retired and was home more often, Bhuvandas recalls feeling annoyed with communicating with him, which she believes was a result of her emotional temperament during the perimenopausal years.

"I cry at the drop of a hat these days," says Sayantani (name changed on request), 49, a media researcher from Mumbai. She has also been experiencing insomnia, severe gut issues and bloating problems, which her doctor has attributed to the bodily changes she is undergoing during perimenopause. "Exercising and meditation have helped bring in some equanimity but even with that I'm floundering," she says.

"Little things made me very anxious during perimenopause. My periods were okay but my emotional temperament was fidgety," says Nisha Dennis, 50, from Kozhikode, Kerala. She had difficulty

What Is Menopause? What Are Its Symptoms?

The menopause years are far from a breeze for most women. Menopause naturally occurs in the Indian female population from 45-50 years onwards. As women age, the number of mature eggs in their ovaries decreases and ovulation becomes less consistent. While no more monthly periods after menopause may seem appealing, it brings enough challenges. Menopause causes changes in the levels of estrogen and progesterone hormones in the body, leading to symptoms such as heavy or irregular bleeding, insomnia, hot flashes, night sweats, urinary urgency, vaginal dryness, irritability, and mood swings, among others.

Perimenopause or premenopause is the early period when the body starts transitioning into menopause. This phase can last from 12 months to a few years. Due to ovarian diseases like ovarian cancer or endometriosis, some women may even undergo a hysterectomy during this time, inducing an early onset of menopause. In such cases, gynaecologists administer hormone therapy to help relieve symptoms.

Vaginal dryness during menopause may contribute to fallouts like sexual dysfunction. "Oestrogen reduction combined with low calcium and Vitamin D may lead to osteoporosis or the weakening of bones. All women should take calcium and Vitamin D supplements at least a few months a year unless other medical concerns exist," says Dr Aditya Raj MBBS, MS Obstetrics and Gynaecology (OBGYN), All India Institute of Medical Sciences; (AIIMS) Raipur, Chhattisgarh, advising further.

Post Menopause Care

There are many physical changes that a woman goes through after menopause. "These can start from the external appearance such as weight problems, skin changes and key health issues like cardiac health, bone health and brain health," says Dr Anbu Subbian, Gynecologic Oncologist and Robotic Surgeon, Kovai Medical Center and Hospital, Coimbatore. "Gynaecologic issues may include bleeding after menopause which could be a potential symptom of cancer and would need urgent medical attention."

Dr Subbian, a strong advocate of strength training and exercise for women suggests that many health check-ups can be done to ensure better health. These would include Diabetes and Hypertension screening and health check-ups that would identify vitamin and mineral deficiencies along with bone strength. Decreased Oestrogen at post-menopause makes women susceptible to heart diseases. "Early detection of chronic health diseases and cancer should be done through annual visits to the doctor."

It's important to remember that each woman goes through different symptoms, hence there is no homogenous experience of menopause.

It's important to remember that each woman goes through different symptoms, hence there is no homogenous experience of menopause.

Impact Beyond The Body

70 per cent of Indian women were not familiar with the symptoms of menopause and 62 per cent of women respondents did not want to bother their families about their health concerns, according to a survey done in September 2022.

It is only recently that there has been much talk online, in the media and on social media on menopause and its impact on women and the silence around it. The verdict is unanimous: Women often downplay their pain and physical ailments and when they do talk about their pain, such as the negative impacts of menopause, they're not taken seriously enough due to the ignorance of others.

The impact of menopause on women in the workplace is substantial, as revealed in a new report published in Time Magazine, in April 2023. It notes that the U.S. economy is suffering an annual loss of \$26.6 billion due to reduced productivity and increased healthcare expenses associated with managing menopause symptoms. Conducted by Mayo Clinic, the study analyzed data from more than 4,400 women aged between 45 and 60. About 11 per cent of the women stated that they had missed work in the past year due to menopause symptoms like hot flashes and difficulty sleeping.



While there is no Indian study yet on it, Dr Subbian admits that menopause has an impact on women's careers in mid-life and may affect work performance.

"It certainly has an impact with insomnia being one reason. Poor focus, fatigue, and brain fog can add up to the mental strain apart from the physical stress that menopause can add," she says. Dr Subbian also feels raising awareness is key since many men and families still ignore the topic as 'women's issues'.

"Having that conversation with family and having them on the same page is vital. Families can and must provide the much-needed support and understanding during this phase," she asserts.

Being Aware

Educating patients about menopause is crucial because it's a natural process, not a disease. Stigma and discrimination around women's health can hinder progress in many ways and thus we should have healthy discussions to raise awareness about menopause.

Dennis received support from her daughter and husband when going through menopause, helping her feel sorted and calmer.

It's time to speak openly about menopause, not just in India but globally. If dealt with the right way through healthy habits, a good diet and exercise, this big physical change could manifest into a new



Author: Keerthana Sukesh
Credit Sliver Talkies

The Golden Story of Survival: A Journey from 1947 Pakistan to a senior assisted living

We were Living in Distric Gujrat of Pakistan in 1947, Political environment was getting spoiled therefore people were migrating to eastern part of india, as our Mother was sick, so our father did not think about this.

Some time before Partition, a close relative of my Mother,s side, visited our house and told our father that he is going to Delhi. Our father requested him, that he may kindly take Two of his Elder Sons, along with him to India, but he said, as I cannot take care of your both the sons, so I cannot take your sons along with me, you may send any article along with me, which will be returned to you, when you will come there.

Therefore our father said, if you cannot accompany my Sons along with you, you kindly take my Gold with you and when we will come there, you kindly hand over Gold to us. He got ready about this. About Two Quintal Gold was filled in sacks called Chhat, placed on back of Horse and our Father seen of him at Railway Station of District Gujrat.

Our Mother who was sick, died some time before the Partition of India.

Though there was peace in the Village but Political and Religious Environment was being spoiled,One Night We received Information through a Mohamedan Gentleman known to our father, who had gone to attend Court Case at Gujrat Headquarter of the Distric, came to our house to inform that an attack on the Village is going to take place, I think, I will do my best to save your lives.

We had to leave our Houses in clothes we were wearing, along with person who had came to our house and went to Gujrat. We had to stay in a Room of a House at first floor, but very next day in the Morning, Blood Bath started and Persons were moving in the streets, with nacked Weapons.

Two persons, came jumping from roof top of house and threatened us with nacked Swords to kill us.

We had to leave that house and hide ourselves, in a room at upper story of a house alongwith 15-20 other People, where a boy even younger than me, was weeping presumeably he was Hungry, people in the room started advising his Parents to Kill him,

otherwise noise being made by him will be heard by Rioters and they will kill us.

Our Eldest Brother alongwith Our Bhabhi, when was running in the streets to save their life, they had to throw their Six Months old, only Son in the Street to save their life and after some time when they reached that spot again, they picked up their Son and braught to India.

After moving out of that room we were running, One kind Mohamadan Gentleman, picked me and my Sister, who was Six Year elder than me and took us to his house and kept like his Son and Daughter, though in the way people having Boiling Oil in Pans, wanted to throw us in the Boiling Oil, but he was Influential person and saved our Life.

I had seen one nacked lady, standing near the Pan of Boiling Oil.

One of our Uncle who had Two Wives, who were Cousins, had to kill them.

It was time of light winter and all the Man of the Village had gone to search out houses of the persons, who have gone to Eastern Part of India and their Ladies went out of the Village near a Pond of Water to have Sunbath and took us, along with them.

When we were near the Pond a Group of Dogra Soldiers of Indian Army, who were searching Hindus left in Pakistan came and having look at them, Mohamdan Ladies started running towards their houses in the Village, I too started runing, along with them, but my Sister, who was elder than me by Six Years and have better Sense, went to Group of Soldiers of Indian Army.

After having look at us, Group of Soldiers asked Name and Address of Our Father. My Sister replied and told Name of our Father as Lubhaya Shah Suri of Village Khwaja Chack. After listening this Group of Soldiers, told us, they have already sent our elder Brother and my Sister, who was elder than me by 9 Years, to India and they will also send us to India by train,

At Atari Station, we were received by Jawans of the Indian Army managing the camp, offered me a Bowl of Meat, after my telling that I do not eat meat, they provided me a Bowl of Sugar coated Almonds, which I ate happily.

At Atari Station, we were received by Jawans of the Indian Army managing the camp, offered me a Bowl of Meat, after my telling that I do not eat meat, they provided me a Bowl of Sugar coated Almonds, which I ate happily.

Our eldest Brother came searching us and took us along with him.

Our Eldest Brother left us at Amritsar and again went to Gujrat in Pakistan, to search our father and found Two Dead Bodies, lying side by side, out of which, one was of our Father and other was of Mohmdan Gentle Man, accompanying him, and was told by Eye-witnesses, persons migrating to Western part of India (now Pakistan) from Eastern Part of India (now India) had killed our father and Mohamdan gentleman Sacrificed his Life, while trying to save our Father.

From Amritsar we went to Ambala and stayed in a Room of outhouse of a Mosque at Ambala Cantt, From Ambala we went to District PILI BHIT, we were offered accommodation in a Dharamshala built by Hon. Ramgulam and stayed there for about Three Years.

After some time we had to perform marriage of our Sister, who was about 16 years old and asked the person, who was given the Gold by our father, to return the Gold, given by our father, but he replied that the Gold was mortgaged by our father to him.

After listening this, Our eldest Brother, who was well built and having stout personality, possessing height above Six feet, got unconscious and remained unconscious for about 3 Hours and we did not have any relations with him after that.

After some time a Mohamdan Gentle Man from the near by area of our Village got information of our presence at Pili Bhit and visited us, Special arrangement of cooking of food for honourable Guest was made.

Before moving back to Pakistan that Mohmdan Gentleman told our Brother, that some Gold of our Father is lying with him, so you please come to Khawajachak and take it.

Mean while I did my Intermediat from Alahabad Board and B.sc. from Meerut University and got

the job of Supervisor in Govt. department and got engaged in Quality Assurance of Instruments, manufactured by Ordnance Factory Dehradun and other establishments spread in India and procured from Abroad.

My daughters did their Intermediat from most prestigious School of Dehra Dun, named as Convent of Jesus and Mary.

After completion of Intermediat from Convent of Jesus and Mary School, my elder daughter did her BA and MA, from Punjab University, Chandigarh, while my younger daughter desired to do B.Com. from Delhi University and got admission in Jaesus and Mary College N. Delhi and later did her MBA from Symbiosis University Pune.

As my both the Daughters were well qualified, well mannered and beautiful, I got proposal for marriage of my elder Daughter from a Scientist of my Sister Department dealing in Electronics at Dehra Dun, for his Son working in Boston (USA).

And got proposal of marriage of my younger Daughter from a well to do family of N. Delhi for their Son who had done his M.B.A from Australia and was settled in Melbourne Australia and after Marriage went Australia and settled there.

After retirement in 2002, I build a house at Dehra Dun and named it as SAGARMANTHAN to spend, my future life.

In whole period of my Life, Mohamdan Gentleman who took us to Gujrat to save our Life and then Sacrificed his Life in trying to save our Father's life has impressed me Most in my Life.



Author: VP Suri
Resident, Aurum senior and Assisted Living

Embracing the Second Youth Wisdom, Mindfulness, and Learning in Aging

Day -1:

I was in a mobile phone shop to repair the power charging pin in my ancient model phone. The shop was abuzz, with the staff busily engaged in different tasks with customers. The owner, a mid-thirties north Indian Tamilian (I call them so, for the eloquent Tamil that flows from their north Indian tongue), was multi-tasking – interacting with everyone, typing on his mobile phone and managing the cash counter.

A tall old man with wrinkled skin and with only a few teeth left in the mouth, entered the shop, in a confident stride.

“Hello Mr. Jain! How are you? Nice to see your shop busy”.

His energetic voice turned all the heads in the shop towards him. He was thinly built, clad in an ironed white dhoti and a bright blue half sleeved shirt. His spectacle nose pads rested loosely on the curve of his hooked nose. A glance at him would suggest his age to be in mid-eighties. But the twinkle in his eyes defied that age.

“Hello Sir! Please come. All well. And what can I do for you sir?”, Jain responded in a fluent colloquial Tamil, while filling the online new connection form for a customer.

“My phone fell, and the screen is cracked. I know you can fix it”, the old man responded in a bubbly voice. He sat comfortably on a chair in front of Jain.

Jain had a quick glance at the cracked phone screen, while his fingers continued the form filling mission.

“Sir, I remember to have replaced this phone’s screen last month only. It fell again? You need to be careful sir, not to let the phone fall”

“My dear young man, at my age I must be more careful not to let my body fall. If I had rushed to catch this phone when it slipped from my hand, I may have fallen along with the phone. The phone can be fixed or replaced, but I don’t know if I could have been repaired and there is no way to replace me”.

His response once again turned all the heads in the shop towards him. and Jain was dumbstruck. His

eyebrows arched up. He got up on his feet and with folding hands he said “what words of wisdom, Sir! And to have such instant thinking to hold back your natural reaction to scramble to catch the phone! I salute you sir! You have an alert mind, with the wisdom to gracefully accept your lost reflections of youth.”

“Mr. Jain, agile thinking is a virtue of young minds. This tends to fade quietly as we age, without our noticing it. But with conscious efforts one can regain it. The mind becomes young once again”, said the mentally youthful man, nonchalantly.

“But how do you do that sir?”

“Just by exercising the mind with positive thoughts and not give into thoughts that fatigue our spirit. Consciously practicing these, helped me to feel at par with young people and interact with agility as if I’m in my second youth”.

Day -2:

Another day, I landed in a doctor’s clinic. Patients were waiting for the doctor to come. I gave my details to an old lady at the reception desk and took my seat. The lady was gracefully attired and had a compassionate look while interacting with the patients and filling details of their illness. She gave a sense of comfort, to the worried mind of patients. I was motivated to strike a conversation with her.

“Madam, I must compliment you on the way you interact. It makes one feel reassured.”

“Reassured of what?” she asked, slightly wrinkling her eyebrows.

“Reassured of life”

“How can anyone reassure life? End of a life is inevitable. Even doctors can’t stop the ending; they can only extend life. That’s the reality”

While the truth in that statement was undisputed, I persisted in asking “are you saying all medical treatments are just for a temporary reprieve?”

“No, I am not saying that at all. As we age, the fear of death engulfs our mind, and we start worrying about everything in our body. That’s “fear” constrains our

mind from differentiating between the natural effects of ageing and symptoms that are chronic. We rush to seek treatment for everything, going through the process with a worried mind. And a worried mind snowballs to impact our physical health, making our problems bigger.”

“Madam, isn’t it natural to worry about death?”

“Death is immutable, a fact. But you did not worry about death in your youth and pursued life enthusiastically. That’s because, when you were young it was not in the top of your mind and hence did not surface as a fear. The fear sets in when you start ageing. As we age, if we can position death as an inevitability in our thinking and relegate it to the bottom of our mind, we can regain peace. Just become a youth again in the mind to pursue life with zest”.

Day - 3:

In this digital era of twenty first century, I go to the bank in person even for drawing cash. By the way I am 70 and I had a pride in sticking to traditional manual banking, amidst all the automation happening around. But when I saw my peer’s using ATM and some of them doing also on-line transactions, I started feeling uneasy every time I entered the bank for something or the other. My mind started telling me that I am trapped in the past, like a fly stuck in the ointment. I wanted to overcome this but didn’t know how to do that.

The other day I bumped into one such tech-savvy school classmate in the bank. He was coming out after operating his locker. As usual I had gone with my cheque to draw cash.

“Hey Gopal! What a pleasant surprise to see you after so long! How are you? How’s family?” he greeted me with excitement.

“Hey Raja! It’s so nice to see you man. All well with me and I hope everything is good with you too”

“Yes. We are meeting after a long time. Let’s go for a coffee. I am done with my locker operation. I will wait for you to complete your business here.”

Now my moment of embarrassment set in. It was bank closing time and I had to draw cash. I can’t give any other alibi reason to my friend on what was my purpose of visit to the bank.

“Raja! Don’t make fun of me. I am here to draw cash from the counter against my cheque. I don’t know how to draw cash at the ATM. I feel like a lesser being in front of savvy people like you.”

“Aye Gopal! Don’t feel bad man. Finish your work. We will chat over coffee”.

After the bank work was done, we chatted our way to a nearby restaurant, updating each other about our common friend’s statuses. We quickly disposed the waiter with our order for snacks and coffee. Raja returned to our main subject of conversation in the bank.

“See Gopal, I notice that you are embarrassed at not using ATM. Perhaps you can overcome that.”

“Oh, what a relief Raja! You hit the nail on the head by exactly pointing how I am feeling. This is what I have always liked about you, and I want to share my predicament with you. I feel I am caught in a web of imbroglio. I want to use gadgets and computers for basic regular transactions. But I feel an inhibition to pursue learning it. I don’t know what do”

“Gopal, when we were in elementary school, we wondered looking at people typing at rapid speed on typewriters. We thought it was a magical act. But when we learnt to type in our late teens, it was all demystified. Typing became an easy thing to do. Same thing happened with riding a bicycle. Cycle balancing that appeared challenging, became easy once we learnt. Many things we just learnt, driven by our curiosity to learn. As we become old, we tend to lose that curiosity and the urge to learn. But remember that we don’t lose our ability to learn. The mantra is to make deliberate attempts to re-acquire our younger days inquisitiveness to learn.

Wow! What a revelation! Indeed, Raja was Godsent to me!

Being alert, overcoming the fear of death and retaining the quest to learn – all from our own youth – and combined with our acquired wisdom, is an unbeatable formula for a happy and easy last mile living. That will be our Second Youth Life!



Author: Ravindran

Resident, Serene Kshetra by Columbia Pacific Community

Drawings & Paintings from Talent showcase



Painter Vishwa Prabha
Resident, Aurum Senior & Assisted Living

Poetry from Talent showcase entries

My First Love

How do I begin, in words or verse
What could be said best
In silence
If you sit before me
A while, shut your eyes
To this world
And let my eyes probe
The inner secrets of your world...

Let my eyes, rest a while,
On your eye lids
Gently caressing the dreams
That you seem to be holding
Under them...

We are two worlds apart now
Each in our own universe
But we were always like this
All are like this...
We acknowledge,
The presence of the other,
When our universes
Cross each other...

First in vision, then in words,
Punctuated in silences
Often meaningful...

And two universes will become one
When we touch each other, some day
From looks to hearing,
And whispering,
Ending in touch...



Poet: Dr. Harimohan Pillai
Resident, Ananta Living

Moments

I am waiting for those Moments,
Which moments will be Mine.
I am waiting for those Moments,
Which moments will be Wine.

Which way I was moving, it had many halts,
Who had met me there, he had given me wound.
Which I have, preserved in my mamory,
And till today this wound, my brain hound..
I am waiting for those Moments -----
Which way I was moving,
I found that I am alone and totaly alone.
None of the people standing there,
Any intrest in me had shown.

I am waiting for those Moments -----
War of my personality,
Continue and still continue Today.
Many phases have passed,
For next phase of war I am ready.
I am waiting for those Moments -----
Defeat in war of my personality
I cannot tolerate.

People who think I will be finished,
Are at mistake,
I am waiting for those Moments -----
I am aware of their this mistake,
And enjoy, their this mistake.
Which make me happy,
For me which is most tasty cake.
I am waiting for those Moments



Poet: VP Suri
Resident, Aurum Senior & Assisted Living,

Poetry from Talent showcase entries



Diwali Is Here

*If you want to celebrate
the festival of lights*

*If you want to save
the pristine environment*

*If you want to avoid
the polluted air*

*If you want to find joy
in all things around you*

*If you want happiness
that is so elusive*

*If you want luck
in your dear life*

*If you want to see
beauty in nature*

*Do light the diyas
Don't burst fire crackers
Do light the candles
Don't turn on plastic lights
Do Kolams with rice flour
Don't use chemical colour
Do give Eco-friendly gift*

*Don't wrap it in cellophane
Do care for the birds
Don't scare them with 'Rockets'
Do love your pet dog
Don't terrify him with 'Bidi Bomb'
Do breathe pure air
Don't fill it with toxins
Do save the earth
Don't ravage it
Do pray to the Gods
Don't destroy his creation.*



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

FUN NUGGETS

Spot the difference



Indian Independence Quiz

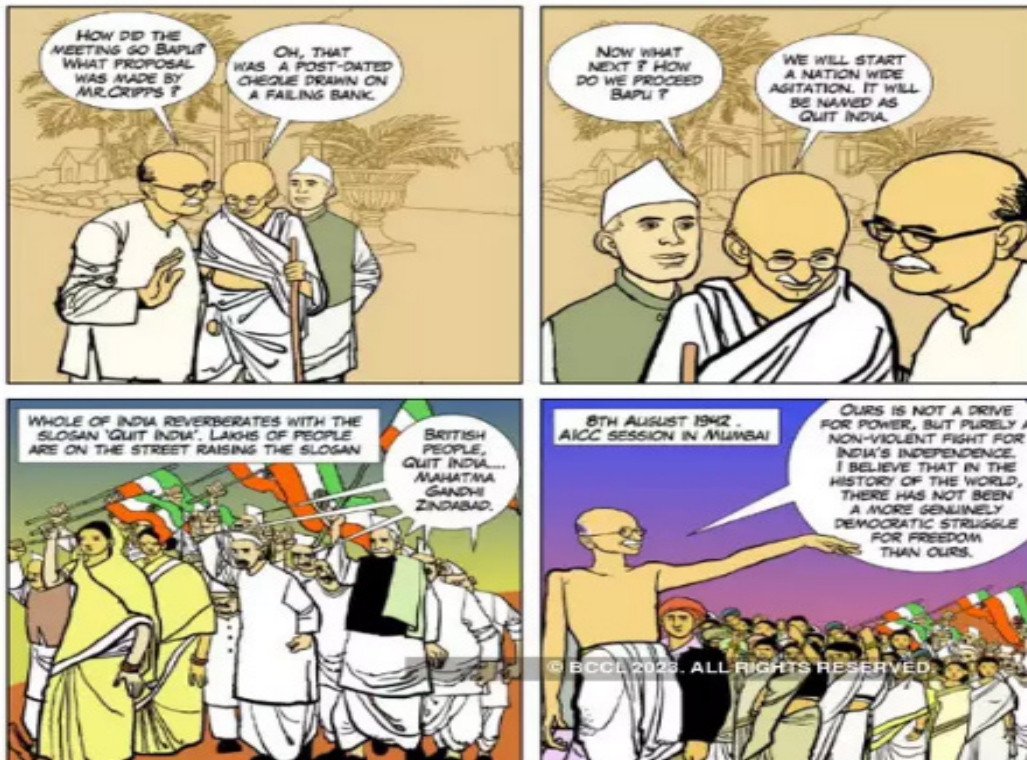
- Q1) What was the name of the non-violent resistance movement led by Mahatma Gandhi against British rule?
- Q2) Who wrote the famous patriotic song "Vande Mataram"?
- Q3) Who was the last Viceroy of India during the transition to independence?
- Q4) What was the name of the regiment where Mangal Pandey, one of the earliest freedom fighters, served, and why is he remembered in India's independence history?
- Q5) The famous quote "a tryst with destiny" is given by?
- Q6) When did the Jallianwala Bagh Massacre take place?
- Q7) The first Prime Minister Jawaharlal Nehru raised the Indian National Flag on 15 August, 1947 which of the following gates of the Red Fort?
- Q8) Who was conferred with the rank of first Field Marshal of India?

FUN NUGGETS

Sudoku

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

Comic



FUN NUGGETS ANSWERS

Spot the difference



Monsoon Bollywood Quiz

1: Salt March

2: Bankim Chandra Chatterjee

3: Louis Mountbatten

4: Mangal Pandey served in the 34th Bengal Native Infantry, and he is remembered for his rebellion against the use of the newly introduced Enfield rifles, which were rumored to be greased with cow and pig fat. His actions in Barrackpore in 1857 are often seen as one of the initial acts of defiance against British rule.

5: Pt. Jawaharlal Nehru

6: Jallianwala Bagh Massacre took place on 13 April 1919. People were gathered at Jallianwala Bagh in Amritsar to protest against the arrest of Saifuddin Kitchlew and Satyapal on 13 April 1919.

7: Lahori Gate, Red Fort, Delhi

8: Sam Manekshaw was conferred with the rank of first Field Marshal of India.

Sudoku

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

About ASLI

ASLI – Association of Senior Living India. An association of like-minded service providers to the Senior living and care Industry, which aims to act as an Accreditation body for Senior Living and care in India, was founded by Mr. Dalal on 11th December 2011, along with Mr. Gupta as the Co- founder.

It is the first and only national professional trade association formed to represent senior living, care and technological partners in India and to protect the interest of seniors. The acronym ASLI coined by Mr. Dalal, meaning REAL, echoes the need for real and committed players in this nascent industry. Most of the major pan India players of this industry across all verticals are members of ASLI.

Members of ASLI share a common dream of creating a model of self-regulation and work in tandem with key stakeholders that include government on guidelines of minimum standards for attaining operational excellence by its members in particular and industry at large.

Association of Senior Living India (ASLI) is an association that encourages consumer choice, quality care and accessibility for all Indian seniors needing assistance in accessing long term care. The members of ASLI exemplify the principles of choice, dignity and independence for seniors to thus enhance their quality of life. ASLI members strive to promote business excellence in providing senior care options to the seniors in India.

It is an honour to take care of those, who took care of us and continue to guide us; at ASLI, we put seniors first. It is a privilege to work in an organization that inspires social values. We hope you enjoyed reading the e-magazine and look forward to your feedback.

For your feedback and free subscription of the e-magazine please mail us at admin@asli.org.in

*Bani Jain
Executive Director, ASLI*

Let's keep in touch

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



www.asli.org.in



admin@asli.org.in

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