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➤ **From the MD's Desk:**

Thought for Today

<http://www.thoughtfortoday.org.uk/todays-thought/>

Dear Friends,

The hot topics of discussion in the member's forum have been the RVM and Phase 1a.

The draft RVM has been sent to all of you for your comments; the MC included the section on children and 'guests' based on the past policy laid out as answers to FAQs. Your comments are being considered by the MC. Changes will be made. The board will consider the revised document of RVM. I am sure a generally acceptable set of 'rules' will emerge in the RVM. This consensus document will be placed in the AGM for ratification.



The discussion about the location of cottages in Phase 1a has been quite comprehensive in the board. The decision to locate the cottages on the eastern side of the property was taken by the board after considering, in detail, several aspects of the project. All the issues that were subsequently raised by our members had already been considered by the board. The decision is based on the following considerations:

- Completing Phase 1a expeditiously and efficiently is essential for the survival of the company.
- The planning - technical and financial - has been done keeping in mind the recovery plan laid out by the MC and accepted by the board.
- While we have a long way to go, the financial status of the company has changed for the better in the last two months.
- The enquiries for buying shares covering Phase-1A are encouraging.
- The only 'extra' cost for building the cottages - all 20 of them - on the east side of the property will be only the cost for paving the existing road to the east of these cottages.
- The projections of costs and the expected revenue from sale of shares clearly shows that the company will have substantial reserves after spending on the project; hence, this 'extra' cost is really not a 'burden' on the company.

Website: <http://www.suvidha.co.in> Phone: 91-080-26951000 / 212 Email : pmc05_cardiac@yahoo.co.in

- While building cottages on the western side of the lake is not ruled out, we can afford to keep our options open for future development of that area.

The board has taken pains to stay within the brief of the AGM; it has done its best to communicate the thinking in the board to all the members. In fact, several members have expressed the view that the communication is too extensive!

Its time for action; Get Phase-1A going quickly; I seek your cooperation in allowing us to do this.

Regards

Dr. K. Lakshman.

➤ **Know your Directors:**

With a view to get to know our Directors better, we present here a graphic description of their background, tasks on hand and their vision for Suvidha. **Dr. T.R. Raghu** is here to share with us his vision and aspirations.

- Born on 1st June 1960, I completed MBBS Degree in 1983 at BMC and post graduation in MD General Medicine in the year 1988. Later, I completed super specialty degree in DM Cardiology at KMC, Manipal in the year 1991.
- Joined the department of Cardiology at Sri Jayadeva Institute of Cardiovascular sciences and Research in the year 1993. At present working as Professor of Cardiology and unit chief at SJIC and R.
- I am also working as a senior Consultant Cardiologist at Bangalore Hospital since last 15 years.
- I am awarded FICC in the year 2004 by Indian College of Cardiology. Awarded FACC by American College of Cardiology in the year 2012.
- I am also involved in various Medical Associations. Worked as President of Cardiological Society of India, Bangalore chapter. Worked as Hon. Secretary, Indian College of Cardiology (ICC). Now working as Vice -president of ICC. I am conducting free cardiac check up camps in association with Rotary Channapatna since last 16 years.
- I am closely associated with Suvidha since the initial days. I am one of the founding members of Suvidha. I am closely associated with founding members - Dr K.S.Shekar, Dr R.Subbarao, Dr Jinka Subramanya, Dr Sukumar Setty, Dr C.Munichoodappa and other members.
- Presently I am associated with Suvidha as Director on the Board since Sept 2012.



➤ **Event Highlights:**

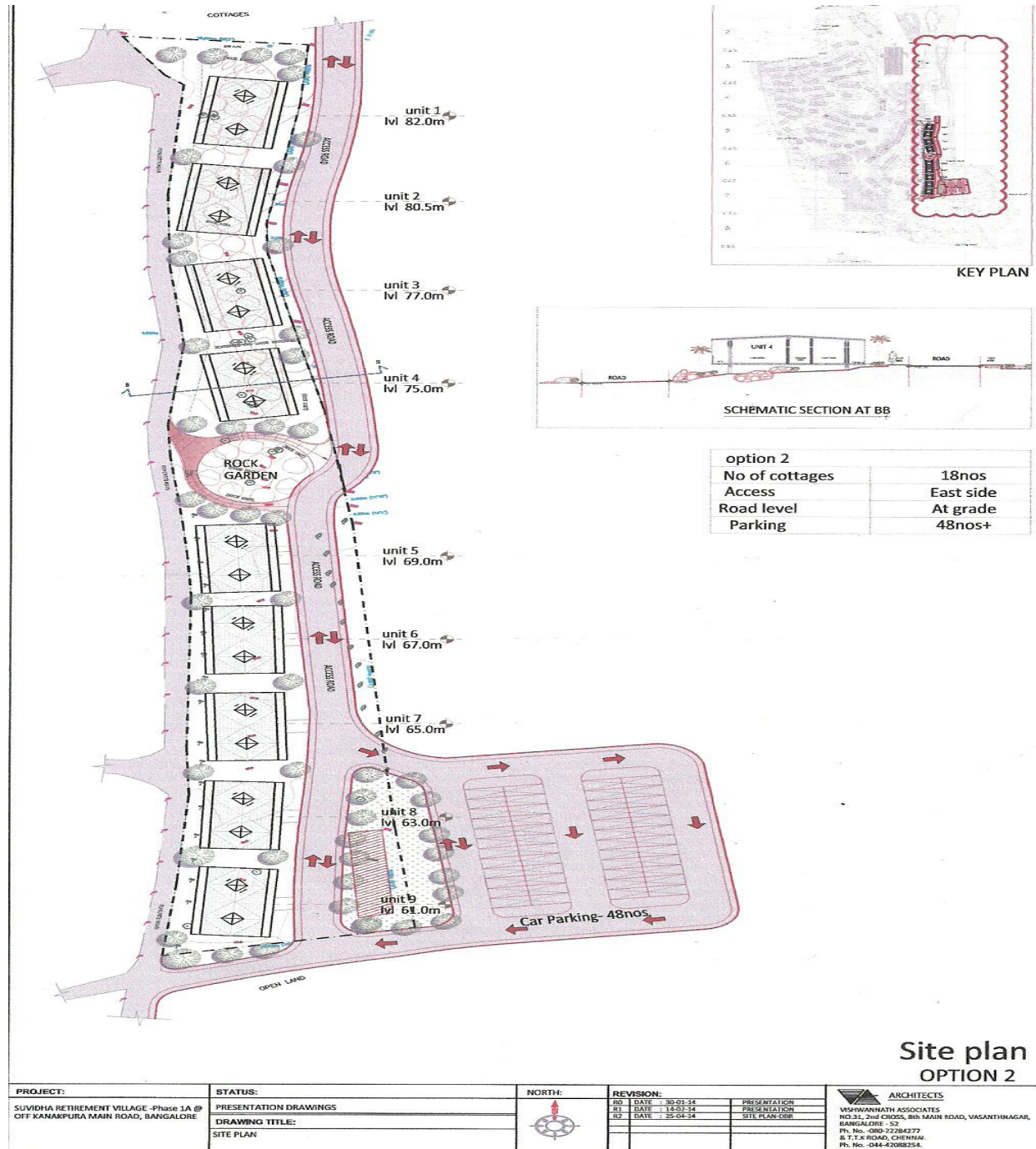
- **Photography Workshop at Suvidha:** On Sunday the 25th May 2014, Mr. Ashok Dey has arranged one day photography Workshop. The objective of the photography workshop is to acquaint the residents with basics of photography. The class room session will be conducted by Mr. Prakash Subanna. To know more about Mr. Prakash, please visit his site : <http://viewfinderonline.blogspot.in/>
- **Sold-out:** Heartiest news to every share holder of SUVIDHA is that, the last cottage under phase-1 of Suvidha is “sold”. Congratulations are due to our MD and his team who kept their promise and made it possible. One must realize that it took 10 years to achieve this landmark event which will in turn make way to reduce the MF with the improved cash flow and herald the move to initiate the next phase of the project under Phase 1A.
- From this month, we have a new section on **News Makers** to share newspaper cuttings on prominent events involving Suvidhans. All Suvidhans are invited to contribute items to this section.

➤ **Suvidha On The Move :**

- **Maintenance fee:** Committee on Maintenance fee worked on this issue in detail and submitted their recommendations. This was discussed at greater length with the residents and the shareholders during the Open house as well as during the EGM. The circular issued on 03-05-2014 states as follows:
 - Further to the modifications approved in the EGM held on 26-04-2014, Maintenance fee has been reduced to Rs. 5,000 + service tax @ 12.36% with effect from 01-05-2014. This will be effective for a period of six months.
 - Financial performance of the Company will be reviewed at the end of six months and suitable modification to Maintenance fee, if needed, will be carried out.
 - Further, the maintenance charge for a given month is due on the first of that month and it should be paid before 10th of the said month. If the shareholder chooses to make payment for a block of three months or six months at a time, then the payments can be made till the last day of the first month of the block.
- **Green Initiative:** In the open house it was decided that all the communications between the Suvidha Office and the residents / share holders will be through E-Mail. Hard copies will be sent only on request.
- **R V M finalization :** Detailed RVM has been prepared by the Members Committee headed by Prof. R. Sankar keeping the common interest of the residents and the visitors of Suvidha in mind. The draft has been submitted to MD for further action in the matter after collecting additional information from the members of the Board.
- **Design Based Report for Suvidha Phase-1A:** In the Open house dated Thursday the 8th. May 2014 the MD informed that the designated architects of Phase 1A ,namely, M/s. Vishwanath Associates have submitted the Design Based Report [DBR] on 29-04-2014. It has proposed two options.

- **Option 1:** It is planned to construct 26 cottages; out of that 10 will have ground floor only and 8 two-storey cottages will have 16 individual cottages. It will require an elevated road access to the first floor cottages at a cost of about Rs.2.72. crores.
- **Option 2:** This will have 18 nos of ground level cottages with access for the buildings from east side only.

During the open house the members discussed the proposals in detail and came to conclusion that we should opt for Option 2 only and we should request to reduce the balcony space on both the sides of the building. Following picture gives more details of Option -2.



- **Change in Service Call Numbers:** The following Service Call numbers will come in to immediate effect:
 - Maintenance Engineer : 8151831289 or 959103863
 - Electrical Technician / BUGGY / Drinking Water: 9880247578 or intercom 1219
- **Upkeep of Suvidha Lake:** The lake has dried-up completely. We are questing for a quick and sustainable solution that does not cost several Lakhs of rupees. With the impending monsoon, we cannot afford to wait too long either. The lake bed needs cleaning up. Likewise inflow stream area also needs cleaning up to make it obstruction free. One of the members of the board has taken the responsibility of executing the project along with a LDA person. It is envisaged that this work on the Lake will be completed in time as per their specifications by our technical team.
- **HR Development:** Finance and Administration Manager Mrs. Girija N will be appearing for terminal examination of the Company Secretaries course in the 1st week of June 2014 and she will be on the preparatory leave from 17th. May to 7th June 2014. SUVIDHA family joins to wish her success in her final examination.
- **Construction works:** The construction of Cottages 115A & 115B and the Staff quarters is progressing at a brisk pace. The shuttering for ceiling slab of 115A and 115B is completed and steel reinforcements are in progress. Another twin unit is planed next to 115A & B. The site has been cleared and leveled as can be seen in the second photograph.



- **New Shaded Car Park:** In view of the increasing demand for covered park area, this facility is being increased. The new shaded car park is proposed to be located adjacent to the main entrance to the village. It will have accommodation for 52 four-wheelers. The drawings are being processed.
- **Cafeteria Upgrade:** During the Open House on 8th May 2014, MD announced that he is sanctioning enough funds to renovate the kitchen and the dining area. Under this plan, the kitchen will acquire a set of Banquet serving vessels and the Dining area will have decent dining tables and chairs etc.
- **Yoga Classes:** On 26-4-2014 at 4.30 pm, Suvidha Ladies Club organised yoga classes for the ladies of Suvidha. Thanks are due to Mrs. Hema Ramakrishna, a shareholder of Suvidha, who conducted the yoga class explaining and demonstrating a series of simple and apt yoga exercises for senior ladies. Thanks to Dr. Iris who took initiative to prepare class notes for later use. The participants were very

enthused and continued their yoga exercises there after on every Sunday at the gymnasium. We congratulate the Ladies Club for this path blazing initiative.

- **Central Park Landscaping:** The centre piece of Suvidha village is the Central Park. After considerable thought the landscaping of this area has been completed with large star pattern at the center. The photos given below provide you a view.



- **Promotional Video:** A professionally designed video on SUVIDHA is in the process since 13th. May 2014. It is proposed to be of 10 minutes duration. This video brings out the philosophy of Suvidha and the distinctive features & facilities that go to make Suvidha an outstanding premium retirement village. In addition, a walk-through video of the village is contemplated. This would be about four minutes in duration. These marketing materials would prove to be invaluable in our marketing efforts.
- **Organic Kitchen Garden:** Mrs. Ahalya Shetty amply deserves our kudos for her initiatives in this regard. This is her first attempt at having an organic kitchen garden in Suvidha. The produce from this will be handled by our head gardener Mr. Subhash and used in the kitchen.



* The organic kitchen garden that we have set up behind the Suvidha kitchen measures about 4400 sq.ft.

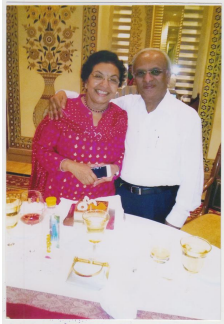
* There are 3 varieties of about 7 drumstick trees. At the base of these trees we have planted different variety of greens.

* We have also planted long beans and 3 varieties of gourds. All of the seeds have sprouted. We have planted a few curry leaf plants as well.

We will certainly grow more varieties of organic vegetables, Herbs & Greens in other suitable areas of Suvidha as and when time permits and manpower is available. The produce from this future activity on a bigger scale can be bought by Suvidha residents & shareholders.



➤ **Suvidha Family News :**



On Sunday the 04-05-2014, Dr. N Rangaraj and his wife Dr. Punitha Rangaraj hosted a grand lunch for all the Suvidaites on occasion of their house warming ceremony. We extend a hearty welcome to Dr. Rangaraj and family to our Village.

➤ **Health Care Services :**

- **Updating Medical Records:** A digital version of computerized Medical record system of all the residents has been introduced. As of now, the system provides for yearly updating of the medical information of the individual resident. The residents are encouraged to make the programme more successful by interacting through a designated e-mail address: suvidhahealth@gmail.com . This facility is extended to the tenants also.

➤ **Picture Gallery:**

A picture says a thousand words. So goes the common saying. Hereunder, we have presented the major events in this year in pictures to transport you to that very event with just one click. So relax and enjoy ☺ !!!

Recent Events:

- **Pre-Ugadi celebrations @ Suvidha 30-03-2014**
<https://plus.google.com/photos/117291397490350207875/albums/5996914717033107585>
- **Suhana Safar – 23-03-2014**
<https://plus.google.com/photos/117291397490350207875/albums/5996433669207714097>

Archives:

- **Suvidha Ladies Club Inauguration 08-03-2014**
<https://plus.google.com/photos/117291397490350207875/albums/5988361819971361393>
- **Republic Day at Suvidha 26-01-2014**
<https://plus.google.com/photos/117291397490350207875/albums/5987501747808024849>
- **New Year Bash at Suvidha 31-12-2013**
<https://plus.google.com/photos/117291397490350207875/albums/5966379167825094545>
- **Independence Day at Suvidha 15-08-2013**
<https://plus.google.com/photos/117291397490350207875/albums/5912532340407574321>

➤ **All in the lighter vein:Jokes you will love to share From ajokeaday.com**

- Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car puttering along at 22 MPH. He thinks to himself, this driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over.

Approaching the car, he notices that there are five old ladies -- two in the front seat and three in the back -- wide eyed and white as ghosts. The driver, obviously confused, says to him, Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem? "Ma'am," the officer replies, you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers. Slower than the speed limit? No sir, I was doing the speed limit exactly... Twenty-two miles an hour! "The old woman says a bit proudly. The State Police officer, trying to contain a chuckle explains to her that 22" was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error.

But before I let you go, Ma'am, I have to ask... Is everyone in this car OK? These women seem awfully shaken and they haven't muttered a single peep this whole time, "the officer asks. Oh, they'll be all right in a minute officer. We just got off Route 119."

- Seems an elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased you can hear again." To which the gentleman said, "Oh, I haven't told my family yet. I just sit around and listen to the conversations.

I've changed my will five times!"

- Two elderly couples were enjoying friendly conversation when one of the men asked the other," Fred, how was the memory clinic you went to last month?". "Outstanding,"

Fred replied. "They taught us all the latest psychological techniques: visualization, association, etc. It was great." "That's great! And what was the name of the clinic?" Fred went blank. He thought and thought, but couldn't remember. Then a smile broke across his face and he asked,

"What do you call that flower with the long stem and thorns?"

"You mean a rose?"

"Yes, that's it!" He turned to his wife, "Rose, what was the name of that memory clinic?"

- A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on. Finally he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently." "I'm very sorry," replied the young man, "is there anything I can do for you?" "Yes," she said, "As I'm leaving, can you say 'Good bye, Mother'? It would make me feel so much better." "Sure," answered the young man.

As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" He asked, "I only purchased a few things!" "Your mother said that you would pay for her," said the clerk.

➤ **Talent Corner:** Under this banner we plan to introduce to our readers, the contributions of our Suvidha family members who have developed substantial special skill sets as hobbies. Hope you will all enjoy such presentation. We welcome all such talented members to participate in this endeavour.

- **Paintings:** Dr. Narayanan N, a popular gynecologist and a resident of Cottage No. 107 at SUVIDHA, will be introducing us to the fantasies of flora / fauna around the Village through his intricate miniature paintings.



Migration of Blue Tigers across Suvidha

Standing at the door of our cottage (#107), Gomathy and I had the incredible good fortune to witness a spectacular phenomenon on Sunday the 13th April 2014. We saw swarms (thousands) of pale blue butterflies (see my painting below) fluttering and racing towards the northwest direction. The migration of Blue Tiger (*Tirumala septentrionis*) is a fabulous spectacle. They are butterflies found in India that belong to the danaid group of the brush-footed butterfly family. This butterfly shows gregarious migratory behavior in southern India.



Millions of these butterflies migrate from Western Ghats to Eastern Ghats, crossing Bangalore in April/May to escape the heavy monsoon and scarcity of food. The Blue Tiger is just one of many species which travels 350-500 km every year. Trees provide shelter and food for the migrating butterflies and that explains their preferred route across Suvidha. During September to November, the direction of reverse migration is from the Eastern ghats to the Western ghats. Keep a vigil, so you will not miss this grand phenomenon! They will fly in a south westerly direction (towards Kerala)

from north east. They will breed there and the next generation or a third generation of butterflies will head back to Suvidha during the months of April-May next year.

- **Photography:** Our Winged Visitors is a sequel of beautiful and at times stunning pictures of the birds that visit our Suvidha Lake. Mr. Ashok Dey a senior resident of SUVIDHA has taken keen interest in photographing birds. We believe that as many as 54 different species of birds visit the lake during the season. In this sequel we present the birds as caught by his camera. Enjoy!

Spotted Owlet (*Athene brama*)



From time to time since we moved into the Village three and a half years ago, Lakshmi and I have heard the harsh, screechy call of the **Spotted Owlet (*Athene brama*)**, but had never been able to see anything but its shadowy form in flight at dusk. Four weeks ago Lakshmi and I were lucky enough to actually spot this specimen in the thicket beyond the boulders on the western side of the Village a few days ago. But it took a few more early morning forays to this part of our Village before this picture could be taken. Although it is mainly crepuscular and nocturnal, this specimen was still out at around 7:30 AM that day because the morning sky was totally overcast and the ambient light was low.

➤ News Makers :

In this section we propose to present news clippings of Suvidhans who have made news in the recent papers to make us proud. All Suvidhans are invited to make contributions to this section. There are many here to enjoy your success. Congratulations to all of them!



अपना शहर

सहारा

हेल्पलाइन नंबर

पुलिस कंट्रोल रूम	100	रेलवे पूछताछ	1
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एंबुलेंस	108	चाइल्ड केयर	10
एयरपोर्ट	2435401	टेलीफोन पूछताछ	1

लखनऊ • रविवार • 4 मई • 2014

संक्षिप्त खबरें

आल इण्डिया प्री मेडिकल परीक्षा आज

लखनऊ। सीबीएसई द्वारा संचालित आल इण्डिया प्री मेडिकल परीक्षा रविवार को राजधानी के कई स्कूलों में होगी। परीक्षा में करीब 25 हजार परीक्षार्थी भाग लेंगे। बीएमटी कालेज के एस अहमद ने बताया कि इन्दिरानगर के मानस इन्क्लेव स्थित सिटी इन्टरनेशनल स्कूल, हरिहर नगर स्थित एचएस मेमोरियल पब्लिक स्कूल, तेलीबाग के राजीव नगर स्थित सैक्रेड हार्ट स्कूल, आईआईएम रोड के प्रबंधनगर स्थित केन्द्रीय विद्यालय में परीक्षा होगी। इसके अलावा लखनऊ में लगभग पचास सेंट्रों पर परीक्षा होगी। उन्होंने बताया कि इसके लिए चारबाग से अलीगंज सीतापुर रोड होते हुए केन्द्रीय विद्यालय प्रबंधनगर, चारबाग से गोमतीनगर, चारबाग से इन्दिरानगर और चारबाग से तेलीबाग होने वाला केन्द्रीय



केजीएमयू : सर्जरी विभाग के स्थापना दिवस समारोह के दौरान डा.शेखर को स्मृति चिह्न देकर सम्मानित करते कुलपति डा. रविकांत। फोटो : एसएनबी

मेडिकल में एथिक्स होना आवश्यक : डा. शेखर

लखनऊ (एसएनबी)। किंग जार्ज चिकित्सा विश्वविद्यालय के सर्जरी विभाग के स्थापना दिवस कार्यक्रम में बेगलुरु के डा. शेखर ने डाक्टरों को मेडिकल एथिक्स की जानकारी दी। उन्होंने कहा कि डाक्टरों की जिम्मेदारी है कि वे खुद नियमों का पालन करें और मरीज को जागरूक करें।

डा. शेखर ने कहा कि आजकल डाक्टर जेनरिक दवाओं का नाम न लिखकर ब्रांडेड दवाओं के नाम लिखते हैं जबकि जेनरिक दवाएं सस्ती हैं और जटिल बीमारियों में भी कारगर हैं। उन्होंने कहा कि मेडिकल एजुकेशन में रिसर्च में एथिक्स का पालन होना आवश्यक है। एथिक्स का पालन न होने पर सभी वर्ग प्रभावित होते हैं। डाक्टरों को एथिक्स की जानकारी देने के लिए किसी से अनुमति लेने की आवश्यकता नहीं है। चिकित्सा के क्षेत्र में आर्टोनांस संस्थाएं स्वयं निर्णय लेने में सक्षम हैं। कार्यक्रम में कुलपति डा. रविकांत ने डा. शेखर को स्मृति चिह्न देकर सम्मानित किया।

KGMU FUNCTION

Female foeticide, MTP require sensitive handling, say experts

HT Correspondent

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LUCKNOW: Medical ethics required the doctor to do the right thing in the interest of patients irrespective of a whether or not a watchdog was looking over their shoulder, said experts at the 38th foundation day of the plastic surgery department at King George's Medical University.

"Even when there were no laws, doctors used to work according to the highest ethics. But with the advent of new technologies and rules, pressure has increased upon the fraternity," said prof KS Shekhar, former head of the plastic surgery department of Bangalore Medical



■ Experts at the seminar to mark 38th foundation day of the KGMU plastic surgery department.

ASHOK DUTTA/HT PHOTO

College. He maintained that in India, there were clear indicators of ethical practice.

Speakers at the programme said issues of

female foeticide and medical termination of pregnancy required sensitive handling and attention should also be focussed on issues like granny dropping (abandoning the elderly) and mercy killing.

KGMC plastic surgery department head AK Singh spoke about the services being offered by the wing and the role of plastic surgery in rehabilitation.

In 2012, 13,101 patients had visited the OPD and 2,037 surgeries were performed. In 2013, the OPD got 15,219 cases and performed 2,582 surgeries. Of these 6% were emergency based, 60% were general plastic surgery, 15% of hand trauma, 10 % cosmetic and 15 % burn cases.



➤ **Health Corner :**

Protect your Brain Power

Courtesy – Dr. Mohan Rao
Cottage # 114, Suvidha

Preventive Steps:

It is never too early to start; in fact for best and surer results U need to start these healthy life style changes in your thirties and forties. Try and follow as many of these simple proactive preventive steps / tips as possible, as and when you get an opportunity and not all at the same time.

1. Join clubs or organizations that need volunteers. If you start volunteering now, you won't feel lost and unneeded after you retire.
2. Develop a hobby or two. Hobbies help you develop a robust brain because you're trying something new and complex. Photography, music, adventure travel, gardening, painting etc
3. Practise writing with your non-dominant hand several minutes everyday. Also do some of the daily activities like combing hair, brushing teeth, buttoning up etc with your left hand, if you are right handed. A Surgeon must practice and be ambidextrous. This will exercise the opposite side of your brain and fire up those neurons.
4. Take dance lessons. In a study of nearly 500 people, dancing was the only regular physical activity associated with a significant decrease in the incidence of dementia, including Alzheimer's disease. The people who danced three or four times a week showed 76 percent less incidence of dementia than those who danced only once a week or not at all.
5. Need a hobby? Start gardening. Researchers in New Zealand found that, of 1,000 people, those who gardened regularly were less likely to suffer from dementia! Not only does gardening reduce stress, but gardeners use their brains to plan gardens; they use visual and spatial reasoning to lay out a garden.
6. Walking daily can reduce the risk of dementia because cardiovascular health is important to maintain blood flow to the brain. or...Buy a pedometer and walk 10,000 steps a day.
7. Read and write daily. Reading stimulates a wide variety of brain areas that process and store information. Likewise, writing (not copying) stimulates many areas of the brain as well.
8. Start knitting. Using both hands works both sides of your brain. And it's a stress reducer.
9. Learn a new language. Whether it's a foreign language or sign language, you are working your brain by making it go back and forth between one language and the other. A researcher in England found that being bilingual seemed to delay symptoms of Alzheimer's disease for four years. And some research suggests that the earlier a child learns sign language, the higher his IQ - and people with high IQs are less likely to have dementia. So start them early.
10. Play board games such as Scrabble and Monopoly. Not only are you taxing your brain, you're socializing too. Playing solo games, such as solitaire or online computer brain games can be helpful, but Nussbaum prefers games that encourage you to socialize too.
11. Take classes throughout your lifetime. Learning produces structural and chemical changes in the brain, and education appears to help people live longer. Brain researchers have found that people with advanced degrees live longer - and if they do have Alzheimer's, it often becomes apparent only in the very later stages of the disease.
12. Listen to classical music. A growing volume of research suggests that music may hard wire the brain, building links between the two hemispheres. Any kind of music may work, but there's some research that shows positive effects for classical music, though researchers don't understand why.
13. Learn a musical instrument. It may be harder than it was when you were a kid, but you'll be developing a dormant part of your brain.
14. Travel. When you travel (whether it's to a distant vacation spot or on a different route across town), you're forcing your brain to navigate a new and complex environment. A study of London

taxi drivers found experienced drivers had larger brains because they have to store lots of information about locations and how to navigate there.

15. Pray. Daily prayer appears to help your immune system. And people who attend a formal worship service regularly live longer and report happier, healthier lives.
16. Learn to meditate. It's important for your brain that you learn to shut out the stresses of everyday life.
17. Get enough sleep. Studies have shown a link between interrupted sleep and dementia.
18. Eat more foods containing Omega-3 fatty acids: Walnuts (which are higher in omega 3s than salmon) and flaxseed. Flaxseed oil and walnut oil are good sources too.
19. Eat more fruits and vegetables. Antioxidants in fruits and vegetables mop up some of the damage caused by free radicals, one of the leading killers of brain cells.

See a **slide show** on 20 Anti Aging Foods:

<http://www.livestrong.com/slideshow/545202-20-anti-aging-foods/#slide-21>

Eat at least one meal a day with family and friends. You'll slow down, socialize, and research shows you'll eat healthier food than if you ate alone or on the go.

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Scourge of being “Old or Aged”

Helmut Wirz, Retired Pharmacist
(Fifth installment)

Terminology: Ageing or Aging is a multidisciplinary field; Gerontology is studying of Ageing process; Geriatrics is a scientific study of Health and Disease in later life.” Elderly” or “Geriatrics” deals with the problems of those who are 65 years and above who maintain adequate normal daily functioning; “Aged” are those who are 75 to 84 years and live with limitations; “Very Old” are 85 and above who are dependent of may need some assistance.

Once you are aged or retired, you have to face set of socio-economical problems. Some of these new problems are your own creation that has been formed on the basis of your beliefs and the social impact. Society as such also compounds the problems in many ways.

Fighting the stereotypes:

In India, we all generally value and respect older people in the family. We all love them as “Elders”. However, in other societies they may be less respected. This marginalization can be structural and is a practical way of looking at it. Further, it is usually based “Man Power” what a person contributes to the family {earnings) or the at the work place. It is an accepted way to view an aged person as less energetic, less valuable to a potential employer and cannot get work done as per schedule and ultimately become less and less reliable. The establishment has also contributed to marginalize aged from that of young employee by introducing “Forced retirement” at a defined age. Thus “Ageism” serves as divider between young and old. Ageism is the stereotyping of or discrimination because of age. Portray them as “Frail”; “Past their sell value”; “Unable to work”; physically and mentally” slow”. These labels or stereotypes prevent older men and women from fully participating in social, economical, cultural, spiritual, civic and other activities.

Inevitable Drift:

With children relocating to other cities and or countries in pursuit of their careers the parents have look after themselves. Parents are alone and lonely in the evening of their lives. It is often reported that single person bears brunt more severely than living as couple to fret about small things that concerns their partner. Children who stay back to take care of their parents are bitter about the opportunities lost.

Determinants:

There are many antecedents when the communities are displaced by natural disaster or armed conflicts, the older people are left behind to mend themselves!. The best example one could visualize was in the movie "Titanic" disaster, where the captain order the young and health to leave the sinking ship and take the life boats in preference to the aged

Many incidental reports are available quoting the incidence of maltreatment of the aged at the home or at the society since they become a non-productive asset of the family. The degree of mental as well as the physical torture that these aged persons may have endure within the spectrum of a family or outside in the society include physical restricts, deprived of dignity, social neglect, isolation and even abusive acts. In a nut shell one sees a breakdown of values and harassment or even cheating by not only strangers but also their own family members. In a city like Bangalore, routinely one come across the news about killing of single elderly women or couple over their jewelry or property. For example the helpline instituted by Nightingale's Trust received 92,983 calls from senior citizens between April 2011 to August 2012.

Nations Population report [UNFPA] under *ageing 21st century* has issued a wake-up call to take care of these aged persons who may need assisted living since they face a serious risk of chronic diseases due to prolonged exposure to unhealthy environment at the work place or else where. It is also common to see that in addition to chronic disease these individuals also suffer from various degree of malnutrition in 87% of male and 93.5% of women population. Low physical activity was observed in 24% of male and 26% of female individuals. The biggest underlying risk factor in elderly is that one in four suffer from high blood pressure. Next comes dementia and diabetes. Smokers suffer early and more severely. Those aged with high waist to hip ratio as in case of abdominal obesity will have a greater CVS Risk and high mortality rate.

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➤ Door-Delivery Service Providers for Suvidha :

- **Religare Medicals:** Register with Religare to buy your medicines. Senior citizens get 10% discount. Contact : 080-22956228 / 29
- **Healthy Farm Fresh:** For vegetable and fruits: Contact: Mr. Lokesh ; Mobile:9008119404. You can order your requirements on their website also. Website <http://www.healthyfarmfresh.com>
- **BigBasket:** For your groceries, Vegetables, fruits, House Cleaning products etc., order online at www.bigbasket.com . All details are available on the website.
- **Ladies Beauty Parlour** – Now **Beauty Café** offers these services at your door-step. Special for Suvidha – free home service for billing more than Rs. 300/- and 10% discount on all parlour services. Home Services Menu (ask for Suvidha rates) details can be had from their office – call +91 90080 29242 ;
- **Computer Servicing** : One stop solutions for your requirements of Desktop, Notebook Computers, Smart phones, Tabs, Tatasky and everything in electronics. Sales n Services. Just a phone call on 9886349496 ; 9845788778 – Mr.Madhusudan – Navanit Infotech
- **Home Medical Care Services:** They provide dependable service of a Doctor, Physiotherapy, Nursing or Trained Attendant. Please visit for details - www.portea.com or contact - Tel No: 080-33554554
- **Special Needs Taxi Services:** It is only to be seen to believe it. Please visit for complete detail - : www.kickstartcabs.com – or contact Tel: 8105600445