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➤ **From the MD's Desk:**

**Thought for Today**

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

Dear Friends,

In the recent Open House meetings several issues were discussed. I would like to convey to you the essentials for your information.



1. The BOQ for phase-1a is ready; the next step is to call for quotations for this from contractors and then short list them before finalizing one of them to execute the project; The Technical Committee, the architect and representatives from the board will be doing this exercise. Construction can begin by mid august.
2. The clubhouse will see many new facilities in the next two weeks; the library furniture / shelves are in place; books have to be organised; the beauty parlour is taking shape rapidly – the civil work is done and the furniture / equipment will be installed in the next 2-3 weeks.; acoustic work for the dining hall/auditorium area has started and will be hopefully done in 4 weeks; furniture for the same has been ordered.
3. It is heartening to see that residents have started chipping in with donations. The following is the list of donations received so far -

Mr Chigateri	Library furniture and advertisement on website
Mrs Nadya gupta	garden benches x 2, laundry bags
Dr Shekar	band stand
Mr Raju	LCD projector
Dr Iris	Computer table and 1 lakh towards books for Library
Mr SVS Sastry	Computer to the library
Dr Lakshman	Sixty chairs for the banquet hall
Mr. Vijaykumar Aluri	Banquet cutlery -100 sets

The issue of allowing pets was discussed at length. It was decided, by a large majority, not to allow pets in Suidha. As an exception, because of previous commitments, it was decided to allow Mr Shenoy to

have his dog and Mr Dey to have his cat. This concession is only for the lifetime of these specified pets. Conditions to be satisfied include the following:

- the owners to make sure that the pets do not disturb the residents
- the dog is always on a leash
- their excreta are cleared by the owners

4. With the Expat deal put on the back burner, we now need about 2 crores to give the 'full' facilities in the club house; suggestions included

- Asking a few interested residents/SH to take up this task
- Asking all SH to put some money in

Members were requested to come up with a concrete plan and promised that the board would examine these seriously. Meantime, as and when funds are available, the company will add facilities to the club house.

5. With the help of a donation, we are undertaking a marketing campaign on 99acres.com; Dr Kadambi is taking the lead in this. Thanks to Dr Sridhara, we managed to get an article about Suvidha published in 'Deccan Herald'; we found the cost of ads in print media prohibitive. Direct marketing is still the best tool and all SH are urged to encourage their friends/relatives to buy shares in Suvidha.
6. The issue of helping the community through the use of 'Meghadoot' – an online tutoring tool was discussed. The members felt that they have to think more about this and see if we have enough people to give their time and expertise for this activity.
7. The shop we started a few months ago has very few takers; the goods are going waste. The members felt that there was no point in continuing the shop when the demand for this is so low. It was decided to have a clearance sale to dispose of the goods in the shop and close it.
8. The members were requested to suggest names to the different areas of the clubhouse – areas like the banquet hall, the library, the gym etc.
9. It was decided to hold a vanamahotsava to promote environmental protection. Likely to be held in the 1st week of august with planting of trees.
10. The billiards table is assembled and ready for use; we are thinking of a formal inauguration for this and the other facilities in the club house in early / mid August 2014.

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. K. SUKUMAR SHETTY, Founder Director of Suvidha, is here to share with us his vision and aspirations.

His sentiments for Suvidha can be best presented in his own words.....



“Every Suvindhite wishes to live his life with dignity, filled with happiness, good health, peace and security. We are slowly reaching this goal with the efforts of our able and efficient management team under the guidance of our ever active M.D, Dr.Laxman and equally supported by all the resident members. It is heartening to see this harmony and positive attitude. We are all aware of the present financial constraints and when things improve, many more facilities will be added. Let us hope and pray for the speedy and successful completion of Phase-1A and this may help us in adding other comforts and conveniences to Suvindhites with very nominal cost for the senior citizens. Let us ignore small misunderstandings, ego issues, and selfishness and live together in this wonderful village with happiness, peace and joy. CHEERS, Long live SUVIDHA.”

Thank you, Dr. Shetty, for your kind words and support to development of Suvidha Village !!!

Dr. K. SUKUMAR SHETTY (Founder Director) M.D.(Med), M.B.B.S. (1961)

• **Professional Qualifications and Achievements:**

- M.B.B.S. (1961)
- M.D.( Med). (1968)
- Clinical Experience as Consultant Physician for 45 Years.
- **Present Position:** Head of Department of Medicine, Consultant Physician, Bangalore Hospital, 202, R.V.Road,Bangalore 56004. From July 1991 till to date .( for 23 years)
- Professor of Medicine for D.N.B. In Medicine. Bangalore Hospital
- Also served as Consultant Physician at Group Hospital, Hargeisa. And Medina Hospital, Mogadishu, Somalia Wanless Hospital Miraj, Maharashtra,India.
- Promoter and Director of Bangalore Hospital.
- Founder Director, Suvidha.

➤ **Event Highlights:**

- **Veena Recital & Art Appreciation Program:** On 15th June, a Veena Recital and Art Appreciation Program was organised at Suvidha Club House. The program, followed by lunch, was sponsored by Standard Chartered Bank. Rendering of Veena by Vidushi Sheethal Prashanth was excellent. All the audience appreciated it. After conclusion of Veena recital, Mr Harish Kumar, Artist Curator, explained the nuances of appreciating the art



work. There was an exhibition of paintings by Mrs Sujatha Kumar. A few snaps taken on this occasion will add more details. Please click on the link below.



<https://plus.google.com/photos/117291397490350207875/albums/6025077471979169665>

- **Informative Lectures on Living Will and Organ Donation:** At the request of Suvidha residents, on 29th June 2014, an interesting lecture on DNR Order, Advance Directive and Living Will was presented by Dr. Lakshman, Managing Director, Sushruta Vishranthi Dhama Ltd. This was followed by very informative lecture on Organ Donation by Dr. N R



Suresh, Director, Regional Office for Health and Family Welfare, Government of India. Both the lectures elicited lot of interest from the audience who attended the function in a large number. Click below for photos.

<https://plus.google.com/photos/117291397490350207875/albums/6034403211395729665>

- On Sunday the 06 July 2014, "Open House" was conducted and various topics were covered in a lively interactive session. Some of the excerpts are as follows:
  - ◆ It is decided to fix new name boards to identify various sections of the Club House. In this context it was suggested to collect various suitable Sanskrit names to depict various sections of the Club House. For example, the following have been tentatively thought of: **Sangam** for the club house; **Vikas** for the hall in the ground floor; **Vaibhav / Utsav** for the Banquet hall, **Soundrya** for unisex parlor, **Vyayam** for Gym, **Grandhalaya / Pusthakalaya** for library etc. The readers of this news letter are hereby requested to kindly suggest more names for different sections of the Club House.
  - ◆ Discussion was held with respect to allowing pets in the village. After a lengthy deliberation it was decided to allow the two residents to continue to have pets as they were permitted before the RVM was finalized. No new pets will be allowed in the future.
  - ◆ Detailed discussion on reducing the rental / deposit for the Safety Lockers at Clubhouse was held. M D clarified that his intention is to see that the facility is utilised by as many residents as possible by reducing the rentals or the initial deposit.
  - ◆ MD elaborated the idea of E-learning and educating the children from the neighboring villages as a Sunday program. Many participants discussed the ways and means to go about the issue.
  - ◆ MD added that it is heartening to see that residents have started chipping in with donations. Dr Shekar has donated a 'Bandstand' which is coming up adjacent to the lake to commemorate his 75<sup>th</sup> birthday. The board sent its best wishes to him on this occasion and thanked him for this kind gesture.

### ➤ **Suvidha On The Move :**

During the month a numbers of events of interest to our shareholders have taken place. The following are some follow up actions taken.

- **Dormitory Upgrade:** On 20<sup>th</sup> June, Dormitory acquired new storage cabins, microwave unit, induction heater unit, fridge and sofa set etc.
- **Green Waste Baskets:** SUVIDHA village is donned with innovative and uniquely designed "Green Waste Baskets". This new green baskets on iron stand has many admirers and users. It is sincerely trusted that all those using Suvidha walkways will now be facilitated to dispose any trash in these strategically placed green baskets!

- **Heartening news** of the day for the sports enthusiasts was about completion of installation of the Billiards Table. Many have started enjoying the game and also clicking the photos. Suggestions to inaugurate and promote the gaming facility are under discussion.
- **Library:** The painting and wiring has been completed. Some of the steel and wooden furniture have already arrived. It is expected to be completed shortly. Shareholders are welcome to contribute books / DVDs (any language).
- **Unisex Parlor:** Masonry work has been completed which included laying the entire flooring and the shower bath area. Electrical wiring and final painting are in progress.
- **Landscaping Committee :** A Landscaping Committee consisting of Ms. Ahalya Shetty, Dr. P M Chandrasekhara, Mr. C B Prabhakar, Mr. A. Vijayakumar and Mr. S V S Shastry has been formed to go into details of functioning of gardening activities of SUVIDHA. It is envisaged that this committee would be able to successfully address the long standing issues of the residents after an in-depth analysis of the inputs collected from the residents of the village. To start with, Mr. Aluri Vijayakumar has drawn up a Garden Maintenance Schedule to clean and prune the surroundings of the cottages of the residents in a systematic manner. The committee meets on every Thursday to review the progress and address new issues that may come up from time to time. The residents have responded positively to these initiatives.
- **My Suvidha:** This is a video on YouTube presented by our MD, Dr, Lakshman for supplementing the marketing efforts to sell the new cottages in Phase-1A. <http://youtu.be/QVSuAMKK090> . Our immediate priority is Phase-1A construction and sale of new cottages. All preparatory work is getting completed on time. The contractors are going to be finalised by July end and construction can begin by mid August 2014. Shareholders are requested to contribute their bit to make the marketing effort a great success. All requisite information can be had from Suvidha Office. Some details of the new cottages are presented below.

Suvidha Phase 1A – Photos. Please click on the link below for more details

<https://plus.google.com/photos/117291397490350207875/albums/6035768429331202145>

#### ➤ **Suvidha Family News :**

- On 18<sup>th</sup> June Smt. Vasanthi and Shri. PK Nayak performed the house warming ceremony of their cottage # 167. This was followed by a grand lunch for all the Suvidha community. We welcome and wish them a very happy and peaceful stay in Suvidha.

#### ➤ **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:**




- **Living Will and Organ Donation – 29-06-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6034403211395729665>

- **Veena Recital & Art Appreciation Program – 15-06-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6025077471979169665>

### **Archives:**

- **Nutrition for Senior Citizens – 01-06-2014**  
<https://plus.google.com/photos/117291397490350207875/albums/6019891682683628625>
- **Photography Workshop at Suvidha - 25-05-2014**  
[https://plus.google.com/photos/117291397490350207875/albums/6018309312138203793?authkey=CMmP-eWG7\\_adoAE](https://plus.google.com/photos/117291397490350207875/albums/6018309312138203793?authkey=CMmP-eWG7_adoAE)
- **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>
- **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 .....**

- **T**hree men wanted to cross a river. They had no idea how to cross it, so one man knelt down on his knees and prayed "Lord give me the power and strength to cross the river." suddenly the man became very strong and swam across the river.  
The next man thought: if it worked for him, it'll work for me. So he knelt down and prayed "Lord give the skills and the strength to cross the river." the man built a canoe and rowed himself across the river.  
The last man thought: if it worked for both of them, I know it'll work for me. So he also knelt down and prayed "Lord give me the wisdom and knowledge to cross the river." He turned into a woman and walked across the bridge. 
- **H**usband and wife were in the midst of a violent quarrel, and hubby was losing his temper. "Be careful," he said to his wife. "You will bring out the animal in me."  
"So what?" his wife shot back. "Who is afraid of a mouse?" 
- **H**eather: I noticed by this article that men become bald much more than women because of the intense activity of their brains.  
John: Yes. and I notice that women do not grow beards because of the intense activity of their chins!
- **A** head-on collision occurred between a man and a woman. Both emerged from the scene intact while their cars were totally demolished. The woman said, "This is quite a predicament. We should drink a toast to celebrate this miracle." The man replied, "What a great idea; I just happen to have a bottle with me." The man downed half the bottle and offered it to her. The woman would not take it and said, "I think I will wait until after the police arrive to celebrate." 

➤ **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 R, 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.



**IXORA**  
(Jungle Geranium or Jungle Flame)

*Ixora* belongs to the Genus from Rubiaceae family. It is a native of South India & Srilanka, but is grown in all tropical gardens as a hedge. The flowers come in Scarlet, red, pink & yellow colors, forming a lovely contrast with oblong glossy leaves. Enjoy the *Ixora* hedge from Prof. Jaisim's cottage to cottage # 121

- **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!



### Indian Spot-billed Duck



Just before our lake had completely dried up in May, I had seen this **Indian Spot-billed Duck (*Anas poecilorhyncha poecilorhyncha*)**, which was one of a pair. But now that the failing monsoon has, mercifully, filled up the lake to some extent, I am told\* that these birds have become quite regular visitors in the very early hours of the morning. I am hoping that from now on and at least until next summer our lake will continue to be replenished enough to keep attracting all the water birds who were our regular visitors in the past.

#### ➤ News Makers :

- **Honouring Dr K S Shekar By Surgical Society** - Dr K S Shekar, Founder Chairman of Suvidha was honoured as "Living Legend" in the pantheon of Surgeons by the Surgical Society, Bangalore Chapter in a glittering function held yesterday the 29th of June. Dr K Lakshman, our Managing Director, read out the Citation in honour of Dr Shekar. Please click on the link below for photos.



<https://plus.google.com/photos/117291397490350207875/albums/6030187277100100225?authkey=CMnyz-a3vci0Og>

- On 20<sup>th</sup> June 2014, Deccan Herald newspaper carried a brief article on SUVIDHA under the heading "Home for the retired" by Sri R Mohan Babu. This makes an interesting reading !

# Home for the retired



**Suvidha Retirement Village with an artificial lake.**

**M**any dream of leading their retired life amid lush green surroundings, away from the humdrum of city life, and without compromising on modern facilities. Some desire to live in idyllic surroundings and look forward to doing things they missed slogging it out at the workplace, meeting deadlines.

But, is all this possible? Yes. Nearly 10 years of relentless efforts by a team of professionals has seen the birth of a retirement village — SushruthaVishranti Dhama (Suvidha) Retirement Village. This village, which is about 1.5 km off Bangalore-Kanakapura Road, has come up on a nearly 30-acre land.

The undulating terrain, when bought 10 years ago, was a piece of barren land with patches of shrubs. Visitors are thoroughly checked and then only let in, indicating that sufficient security measures are in place. There is adequate parking space too.

For the benefit of the aged, ramps have been laid at all places. On either side of the ramps, a variety of plants, mostly flower-bearing, have been planted. The cottages in the village are of three types. The most basic one will have a bedroom, a kitchen, a bathroom and a sitting room. It also has a sit-out for the owner to relax. All the cottages have solar water heaters in them.

Taking advantage of a flowing stream in the land, an artificial lake has been created, which has helped in improving the water table in the village. The village could be described as a judicious mix of a villa and a resort. It has a club house, play area and a canteen to cater to the needs of residents.

To ensure that the occupants are not disturbed, the village has a list of dos and don'ts and it covers keeping guests in the village. The policy on pre-owned cars might leave occupants disappointed. They cannot park them in the residential area, but in the common area provided by the village.

The company offers site visits on Mondays, Wednesdays and Fridays with prior appointment. Permanent residents will have to be above 55 years. For more information, log on to [www.suvidha.co.in](http://www.suvidha.co.in).

**R Mohan Babu**

➤ **Readers Corner :**

### Shortcut to Happiness

It is a universal truth that man strives to experience happiness all his life and specially so during his twilight years. The search of happiness is the one common goal that all men seek and it never ends in a life time. It is ironical then that most of us should go through life with little success at being in this state of happiness. In trying to interpret the reasons for the gap in the quest for happiness and the actual attainment, several profound truths have emerged. The consensus by the experts is that “Happiness is like a butterfly . The more you chase it, more it will elude you. But, if you turn your attention to other things, it comes and softly sits on your shoulder”. The key factor in achieving happiness, therefore, is to shed the obsession that is in us to chase happiness. The truth is that happiness can never be obtained this way. Rather, it must be understood that happiness is the by-product that is generated when the process of living a “good life” is set in motion. Happiness is not a state to arrive at, rather it is a matter of your mind set – and the way you look at it - just like the cup is half full or half empty.

Johann Wolfgang, a German Writer, lists these nine essential as a shortcut to happiness. “Health enough to make the daily pursuits a pleasure, Wealth enough to battle with difficulties and overcome them; Grace enough to confess your sins and forsake them, Patience enough to toil until some good is accomplished, Charity enough to see some good in your neighbor, Love enough to move you to be useful and helpful to the others; Faith enough to make real the things of God and Hope enough to remove all anxious fears concerning the future”

Lot of us have anxiety and fear about our future at SUVIDHA and how we thread our sunset years. Again the answer is within us and the way we look at it and pick up positive over negative aspects. This is very well said by our resident Mrs. Nadya Gupta, who looks at her life at SUVIDHA as follows:

**Mrs. Nadya Gupta is a Suvridha resident who worked for its betterment always. Way back she donated a couple of Garden Benches to be placed around the Lake. To-day the members of the Sunset Club are enjoying these benches every evening !**



*I do not agree at all, that Suvridha is 'hopeless and helpless existence', or 'less than satisfactory' as some people have said. When the first settlers moved in, it was indeed a time with a lot of teething troubles, but SUVIDHA moved on since. Today, we are here for one and a half year, one has to remind to the skeptics the state of the Village...what we have is not 'less than satisfactory', we have ENOUGH. Look at it as I look:*

*Power and Water unlimited, no water meter, no power breakdowns! In the summer we were like an oasis of plenty. I have Plumbers in 5 min, Electricians in 5 min, Drivers when needed, Good security, Milk and Paper; Food any time (especially when one is sick), Elementary medical help in 5 min, Shuttle service for shopping, Cleaning services (never give any trouble, ever so helpful and obliging, and my family does not know Kannada and it is so very easy here), Air and Greenery, Plenty of walk, Open sessions monthly with much freedom of addressing the problems, Cultural activity in just correct measure, enough to meet and mingle.,*

*Now more services are planned by Ladies Club like Ironing, Salon, Body massage, Library. We have friends. When my husband was sick for almost 4 months, we were much shouldered by friends-doctors, invaluable help, and concern. It is a kind, friendly, intelligent, jovial neighbourhood. Every day is like my birthday, so pretty day unfolding, with the serenity of surrounding greenery, birds, considerate neighbours, idlis if you want them and so on, and unlimited freedom. We are in the evening of our life, it is my responsibility to be happy, I have enough support system, to be happy in my individual domain, if I do not try to be happy who will do this for me? Management ?*

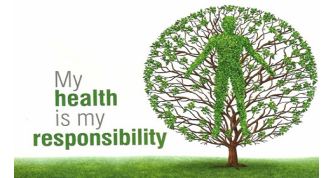
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## HEALTHY AGEING

### *How to lead a quality life and participate in a successful second innings?*

*As is true of other times in the life span, happiness in old age depends upon fulfilment of the “ three “A’s” of happiness” – acceptance, affection and achievement. When any one of these is unfulfilled, it is difficult, if not impossible, for the elderly to be happy, according to Elizabeth B Hurlock, “Developmental psychology: A Life-span Approach”.*

In a certain advertisement, on a Sunday morning, a young wife offers hot tea to her husband and tells him that they are going to visit her parents. As she carries on with her chores, the husband inserts a thermometer into the tea and pretends to be ill, to avoid the visit. The ad might have been done in good humour, but the bitter fact remains that most people feel visiting the aged is not enjoyable. So what is it that we find rather unlikable about visiting old people? : What is wrong with Old people?.



Let us try to understand this frame of mind, by looking at what ageing does to an individual. As people age, they experience a slowing down process; they are slow to respond, as they need more time to gather their thoughts, they move slowly. Their reasoning and, perhaps, their ability to think creatively, too, slowly reduces. Their enthusiasm and general interest in life seem to dwindle. They are inclined to have better remote memories, but poor recent memories. And they tend to repeat themselves quite often. Another characteristic of this phase is their lack of sense of humour. There is a certain mental rigidity, which sets in during middle age, that tends to become more pronounced with old age. But, perhaps, the one thing that all “big Kids” dislike about their parents is their constant complains of pains and aches, that are more psychosomatic than physical writes Mary Chelladori.

“Old” is when.. your friends compliment you on your new alligator shoes... And you are barefooted! Ageing is not about wrinkles, but about opening the second innings of life filled with wisdom and freedom.

People who can no longer shop for themselves, complete housework, or drive their cars are considered “OLD” according to a new study at Oregon State University by researcher Michelle Barnhart. Because of these unwritten adages, those who are too feeble to carry shopping bags are looked at as someone in their twilight years. The care takers, assuming they are scatter brained as well as slow, do not allow them to exercise independence where they could do well. Thus these people in their 80s and 90s are dealing with negative connotations of old age, being “crotchety” and unwilling to change to being forgetful.

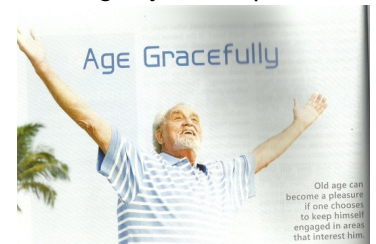
Ageing is inevitable and does not mean that one should allow it to slowly kill an individual. Science to-day is at our step to help one to live a quality life till the end. The quality of life one lives at the old age is individual dependent and will to live and interest in maintaining near normal activity. One should consider it as second innings. Old age is more about wisening rather than wizening. David Suzuki, a Japanese-Canadian scientist and environmentalist, once said “ Society that does not treasure the knowledge, experience, and wisdom of the elders is in trouble”. While there are many who cherish the experience that age brings with it, there are others too who do not believe this concept. Some say when one is getting old gives, one re-lives his childhood. What we fail to notice here is that getting old gives one the chance to re-live one’s youth as well!.

### *Healthy Ageing and Exercise:*

Albert Einstein declared that “ Life is like riding a Bicycle, to keep your balance, you must keep moving”. Concord Hospital Sydney Australia ; after conducting a detailed study on a 1,705 men aged 70 under Concord Health and Ageing in Men Project [CHAMP] concluded that Faster walkers above 70 live longer. Further they found that walking at five KM per hour speed will keep death behind and live longer. Thousand step walk on a straight line is also found equally helpful. However, a word of caution about walking fast is about possibility of a

fall and ending with a hip fracture!. Regular exercise and physical activity is known to prevent or delay the onset of hypertension, obesity, heart disease, diabetes and accidental falls in the aged.

Thus, the dictum one should follow is “Do Not Allow Your Muscle to Waste Away”. Progressive wasting of muscles in aged is due to the permanent disconnection between Nerves and Muscles. Loss of connection is linked to lack of cross-talk between muscles and nerves. Muscle function is decreased, leading to loss of function. The new interventions apart from regular exercise are underway to improve the health of the muscles and quality of life thereafter. An international team says that “if your nerves are letting go of muscles, then that is a one way trip to loss of muscle function. Compromised muscle function and loss of muscle mass in older age is known as “Sarcopenia” an increasing health related problem with an expanding aged population. Every one above 60 years is affected by this progressive ageing condition to some degree. According to the professors at Grounds University of Western Australia “it is not a disease but part of life”. These scientists found that the aged mice showed an alarming absence of healthy connections between nerves and muscles at the contact point for nerve stimulation on muscles. The scientists claim that their observation could soon identify a new target for reducing sarcopenia and strengthen the argument that regular exercise helps to slow down muscle wasting, and they aim to develop new therapeutic approaches to combat muscle loss. Thus anti-ageing is a possibility. New discoveries continue to allow us to understand and intervene in the ageing process. For example, the scientists have created fruit flies that live 250% of their normal life spans using gene therapy or genetic switch. Have made old human cells behave like youthful once again. Though one cannot prevent time from passing, you can take advantage of these findings to help you to live fit for longer years. Apart from regular exercises, all types of physical activity even in old adults who might not be able to participate in formal exercise, but can still benefit from a more active lifestyle by attending to regular household chores like cooking, washing dishes or gardening etc. Of course it is equally important to maintain a healthy weight and stop smoking. One should also give importance to treatable conditions and illness which are dismissed as being a “Normal part of Ageing”. These conditions should be investigated and treated. Here, the best example would be attending to Cataract surgery which is safe at all ages.



### *Promote a HEALTHY Lifestyle.*

Age Gracefully and build a - friendly Environment and Society : “DO NOT PUT AGE INTO LIFE ; PUT LIFE INTO AGE”. As the healthcare and living standards ‘ improve and the life expectancy grows one has to prepare yourself for a phase of life where you are likely to be alone. Life deals with unbearable blows. But, does not mean we sit down and wallow in despair. Do Not isolate yourself and build a barrier around you with excuses in plenty.

Old age becomes a pleasure IF one chooses to keep himself engaged in areas that interest him. A person who knows the value of being busy also knows the value of time. Thus, he does not spend his time thinking about thoughts that pull him down. Instead, he utilizes his time in fruitful co-operation with his friendly neighbours or care takers. It well said that Do not be bogged down by a feeling of neglect. Do not waste the God-gifted life. Instead; embrace this phase by doing the things you have always wanted to do for yourself but never quite found the time or money to do. Primary attention is towards being physically and mentally active. Get back in touch with friends or make new one. Travel a lot if you can. Involve in social activities and share life with others. Develop interest in one or more hobbies or sports. Improve dexterity by improving your skills which improve “Hand and Eye” co-ordination like computer games, instrumental music.

For example, In Australia every year hosts a 553.7 Mile endurance race from Sydney to Melbourne. It is a world’s most gruelling ultra-marathon, attempted only by world class athletes who are less than 30 years. 61 year Cliff Young a farmer without any experience ran the race continuously without sleep break and won it. He set a new course record. He donated all the money to homeless children. Cliff never felt that he was ageing instead he felt that he matured young.

### *Financial Implications:*

Some old parents might turn financially dependent on their kids. This financial dependency is a bitter pill for most parents to swallow. This is especially true of men who have played the role of provider for the major part of their lives. Children should not push their aged parents to request every time for financial support. It can be very humiliating for them. Instead it is ideal to discuss with the parents and pick a particular date of the month to transfer money to them. If the parents have property, the children can help them to sell it and help them attain financial independence. Some of the senior citizens who retire early as in case of deafens services and banking sector do not mind if they can get a second inning. These seniors have started receiving attention for employment opportunities from business and the policy makers. Thus, many organisations and companies are putting up exclusive stalls in the job fair for senior citizens. The competing senior believe that their forte are "Discipline and Good communication skills" and have succeeded in getting jobs that they could handle at their terms.

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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](http://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 ;
- **Home Medical Care Services:** They provide dependable service of a Doctor, Physiotherapy, Nursing or Trained Attendant. Please visit for details - [www.portea.com](http://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 details - : [www.kickstartcabs.com](http://www.kickstartcabs.com) – or contact Tel: 8105600445