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➤ **From the MD's Desk:**

Check – Thought for Today
<http://www.thoughtfortoday.com.uk/todays-thought/>

Dear Friends,

Christmas and New Year greetings to all of you!

20th December marks a year in office for me as the MD. It has been quite a journey! Very busy; very eventful! The board members have been working very hard to make things happen. I would like to put on record my deep appreciation for their contribution and cooperation. The company is taking big strides in the right direction. It is good to take stock of the situation.



- We have reduced the maintenance fee to 5000=00 per month; As communicated earlier, this puts the company in the red by about 2-3 lakhs per month. We are thinking and discussing with the MC as to whether we should correct this 'anomaly' or accept a reduction in the pace at which we build a corpus.
- The deposits we had taken from the SH to the tune of 4.2 crores are being paid back. To date we have paid back about 2.4 crores. The rest will be paid back by end March 2015 - this is subject to subscription to shares for two more cottages in phase 1a. This is very likely to happen.
- Phase 1a is progressing well - both in terms of construction and subscription to shares. We have had subscriptions to 8 cottages in Phase 1a. We have serious inquiries for 4 more. The marketing agency has started helping us in this process; they had a bunch of visitors spend the day at Suvidha yesterday.
- The construction of Phase 1a is progressing well; Some technical experts felt that the foundation and footing was overdone and would cost the company more than it should. In view of the controversy - justified or not is a different question - of retrofitting, we felt that having a different approach to the foundation of buildings would be prudent. Also, the present design accommodates an 'earthquake' risk - presently this is, I believe, the standard of practice. Some, of course, will say that this is unnecessary.
- You are aware that there was a court case pending against the company regarding the 'removal' of some directors and the chairman of the company. I am happy to report that this case has been

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withdrawn by the plaintiffs. I sincerely hope that this move will pave the way for bringing about peace and harmony in the village. Suvidha is all about living in a financially stable, environmentally friendly ambiance with each Suvidhite feeling emotionally comfortable within himself and living in peace with his neighbours. For this to happen, all of us must work towards developing tolerance and a spirit of 'give and take'. I do not mean to sermonize; but I do appeal to all Suvidhites to spare a thought to this point of view.

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- We are waiting for the conversion of the 3 acre land where Phase 2 is planned to come up. It is a long process. The developments of the last 4 weeks are in the positive direction.
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- We had communicated a little earlier about a claim from a person on the land on which our approach road lies and his threat to block our approach road. The matter is under control. All indications are that we will not be troubled by road blocks etc; Legal issues may arise, but the claim of the party will not stand legal scrutiny.
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- I must put on record the enormous contribution from the residents, and, in particular, the Ladies Club, in the day to day functioning of Suvidha. We are very grateful for this help and I hope this will continue and even increase!!
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- Our staff have been cooperating as well; we have a way to go before we can claim that we are efficient. But the trend has been one of improvement. Efforts are being made to put processes in place and hopefully this will streamline things.

Finally, Suvidha is a co-operative in the garb of a public limited company. It is our collective contribution that is going to achieve success. I appeal to all of you to chip in and help us in whatever way you can. Your constructive comments are always welcome.

Regards

Dr. K. Lakshman.

➤ Event Highlights:

Month of November 15 to December 14 saw a few interesting functions and events.

🚩 17-11-2014 : 50th Wedding Anniversary of Dr Shekar Couple

Dr Shekar and Dr Manjula celebrated their 50th Wedding Anniversary on 17th November 2014. The "Sunset Club" had the privilege to wish the Ever Young Couple "Many Many Happy Returns of the Day!" Here is the link to the photos.



https://plus.google.com/photos/117291397490350207875/albums/6082717539941833649?authkey=CNXLoJ_HnPvHMq

🚩 06-12-2014: House warming Ceremony of Cottage # 138:

Mr. S Shankar Narayanan and Smt. Nalani Shankar celebrated the House Warming ceremony followed by a grand lunch on Saturday the 6th December 2014 at # 138. On this occasion we wish them a happy and peaceful stay in Suvidha Village.

07-12-2014: High Altitude Trekking

On Sunday the 7th December there was a very interesting presentation on **High Altitude Trekking** at the Banquet Hall. The interactive session was conducted by Smt. Meena Badami, Smt. Vani Lakshman and Dr. K Lakashman. The team shared their unique experiences through a graphic narration of some touching moments with the Suvidhites present. The audience enjoyed the presentation of awe inspiring slides and the interesting details narrated. A couple of snaps are presented below.



11-12-2014: Open House :

A well attended open house was conducted with Dr. K. Lakshman, Managing Director, in the chair. There were about 23 members present at the meeting. Members began the session with their grievances and suggestions regarding the functioning of the village. The issues are as under.

Q: Suvidha is a Village without segregation of waste.

A: Working towards implementing the same. Committee has contacted Ms. Gayitri, a trained expert who is going to suggest on this issue. Contractor has been assigned to collect the dry waste and take it out of the premises. Once some more infrastructure which is needed is in place, wet waste will be handled.

Q: There are no measures taken for adequate fire safety.

A: Fire extinguishers have been installed in the common areas as suggested by the experts. They also opined that there is no need to place the Fire extinguishers in each row. For safety of each house, individuals have to purchase on their own. Residents can alert security in case of fire hazard. They are trained to handle the situation.

Q: BSNL telephone connections are not reliable as they are not in working condition most of the times. In case of emergency it is very difficult to contact.

A: Exchange is outdated and request can be made to BSNL to upgrade the same if we ensure adequate business with more connections in view of huge investment made by BSNL for laying cables all over the village. We will request shareholders to take as many connections as possible.

Q: Can purchase of Fire extinguishers be negotiated for purchase in bulk.

A: This can be arranged and communication will be sent to all shareholders.

Q: Positioning of Fire extinguishers needs an attention. They have to be at accessible place (near the entrance rather than inside).

A: We will look into the matter.

Q: What are the dummy alarm buttons provided in the cottage for.

A: Cables need to be checked as there are some damages to the nurse cable in view of construction activity.

- Q. NRI's come once in a year for few months and facility of WIFI internet should be provided for a fee as it is not practical to take a connection for few months.
 A. We are working on extension of an office where we can provide some computers exclusively for residents with internet and telephone connection.
 Q. Distributing invitations for private parties using office staff should be charged.
 A. We will consider this.
 Q. Shuttle service to be provided for residents to travel to city.
 A. At the moment we are providing the vehicle once in a week and this service may be utilised by NRI's also.
 Q. Can we have the Board with names of the residents at the entrance.
 A. This will be looked into.
 Q. Request given to office for name board is not attended to even after 3 months.
 A. We will have it done as soon as possible.
 Q. Curtain rails in the bathroom is not provided and request for a list of standard fittings in a cottage.
 A. we will follow it up. Please mark a coy to Resident Director in charge of Maintenance in case of delay in execution of any requests related to maintenance.
 Q. Housekeeping maids including the supervisor needs to be trained.
 A. Housekeeping is a department wherein there is no standardisation of work. Each individual wants the housekeeping done in their own way. Hence, if standardisation is arrived at, training can be provided.
 Q. When request for any service is made by calling the office, they should note it down to avoid lapses.
 A. Office will be instructed accordingly.
 Q. Huge Monolithic Rock near cottages being built in Phase 1A to be preserved.
 A. Efforts will be made not to disturb the natural rocks and contour to whatever extent possible.
 Q. Club House to be used as revenue generating stream by conducting classes for senior citizens.
 A. Volunteers are welcome to use the existing facility to conduct any classes. But finishing of the clubhouse will be taken up only after returning the unsecured loan due to shareholders.
 Q. Solar power generation project as JV venture with some outside organisations is a worthwhile proposition to be explored at with no investment by Suvidha.
 A. This may be a good suggestion and will work on it seriously.

Meeting was concluded with vote of thanks to members.

➤ **Suvidha On The Move :**

During the month the following developments have taken place.

- **Change of Pincode:** Recently the postal authorities have changed Thalaghattapura pincode to **560109**. Thalaghattapura Post Office is now under Karnataka Circle – Bangalore HQ, Bangalore South Division of the postal department. All are requested to note this change.
- **New Wheel Chair:** Suvidha has recently procured a wheel Chair which incorporates all the normally required safety provisions. This will be located at the top of the ramp leading to Suvidha Banquet Hall.

The salient features of this imported portable wheel chair are {1}. Can be self operated by the patient; {2}. Has solid tyres; {3}. Has breaks for the individual wheels and also has a parking break; {4}. Retractable and foldable foot rests; {5}. Spoke less wheels; and {6}. Conforms to international standards when it comes to the question of safety and design.



Any manual help required would also be available on call. This fulfills both the convenience and statue requirements.

- **Kitchen Garden:** On 4th December 2014, saplings were planted in the kitchen garden. The produce from the garden is expected to supplement the vegetables requirement of the kitchen.
- **Chemical Treatment of Weeds:** The Suvidha Landscaping Committee was keenly interested to find a safe way of removing weeds growing between the paving cement bricks. The present method of cutting the weeds is causing damage to the bricks. To circumvent this situation, on 26th November 2014, on an experimental scale, standard chemical de-weeding agent i.e. chemical under the band name 'Round Up' in combination with Urea and an adhesive agent diluted to standards recommended was sprayed under technical supervision. The area of the operation was restricted to the car park area in front of the club house where there was an uninhibited growth of the weeds in between the cervices of the cement bricks. The impact of the de-weeding treatment is under observation. If successful this method may be extended to other areas as well. Some snaps of this event are presented below.



- **Clearing the construction material and the scrap:** As part of "Swachha Suvidha" program all debri around Suvidha village is being cleaned up. There was accumulation of metal scrap next to the pump house and also other left over construction material like jelly and bricks all over the village. A tractor was hired and successfully cleared the construction rubbish.
- **Water Pressure dampening system:** On 16th and 17th November the residents at certain areas of the village had to suffer water shortage for brief periods of time. This inconvenience was due to a major work undertaken behind the cottage No. 120. A circular piping system in the main water supply system was installed to dampen the excessive pressure in the main pipeline to a workable level and thereby prevent frequent bursting of the main water pipe in spite of several pressure reducing valve systems. Fortunately the project of installing the circular piping system could be successfully completed in a record time by our technicians.
- **Progress report on Phase 1 A project:** The attached images indicate the progress made at the site in terms of completion of the basement slab. Where possible the pillars are being erected simultaneously to gain on project duration. The technical parameters of each batch of concrete are being tested before use. The base slab is completed for three twin units and the fourth is under process. All in all the construction work is progressing as per plan.



- **Progress report on Drip Irrigation:** Job description for the post of Landscape and Drip Irrigation Advisor has been drawn and the process of contacting the right persons through the friends circle is in

progress. Rates for all items required for the project execution and maintenance have been discussed and fixed. Further action is being planned.

- **Highest View Point:** For the benefit of visitors / new prospects, a View Point at highest level adjacent to Main Water Storage is under formation. The view from this vantage point gives a picturesque bird's-eye-view of Suvidha village and external surroundings with sprawling greenery and mountains. For residents too this will be a place to visit occasionally.
- **Suvidha Marketplace :** Some suvidhites suggested that it would be of added convenience if we have a section like "classified ads" in the Suvidha News Letter. We wish to start this on an experimental basis. You may send your entries to vkaluri@yahoo.com giving details such as: 1) sale/purchase; 2) Item Description 3) Photograph of item and 4) Your Email / Tel.No. Ads received in a given month before 10th will be included in the monthly news letter. Suvidha will not be responsible for the content accuracy or claims made therein. The next month news letter will carry only new entries in that month. You are welcome to tryout the Suvidha Marketplace!

➤ **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 **vegetables and fruits**: Contact: Mobile: 9632488467 / 9632389467. 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.
- **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
- **Nightingale Home Health Services:** Nightingales, renowned for providing personalised medical care for old since 1996, is well acknowledged and acclaimed for its facilities and services. Guided by veterans, this institution has been recognized nationally for its meritorious services. Medewell's recent acquisition of Nightingales has enabled the company to retain its heritage of compassionate care and professional integrity. Nightingales is now geared up to offer a Pan India Healthcare delivery platform with a focus on specialized home care for chronic disease management that adheres to standard protocol and best medicine practice. Specialized home health care service provides 24/7 expert dementia care; stroke recovery care, pulmonology, wound care and physiotherapy at home services. Their general services include Doctor on call, Nurse on call, Bedside attendants, Dental services at home, Lab. Investigations, Home infusion therapy, pharmacy service and post-operative rehabilitation, Remote health monitoring, Colostomy and Tracheostomy and Tube feeding. In addition the company provides essential life saving equipment on hire. **Get in touch:** Toll free No. 1800-103-4530; Tel. 080 453003300: Website: www.nightingales.in
- **Agencies providing the attendants / home help:**
 - **Apna Care :** Tel: 080-30752584 ---- <http://apnacare.in>
 - **Health Heal and Home Nursing :** Contact Mr. Rohan: 9620416503 ; 080- 23203333
- **Special-Needs Taxi Services:** It is only to be seen to believe it. Please visit website for complete details: www.kickstartcabs.com – or contact Tel: 8105600445
- **M/s. Maker Pest Control:** They can provide pest control services at your cottage. For details contact at Ph.No. 080 26608519, 9886743177 ; Email - makerpestcontrol@gmail.com



➤ 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:

- **50th Wedding Anniversary of Dr Shekar Couple -- 17-11-2014**

https://plus.google.com/photos/117291397490350207875/albums/6082717539941833649?authkey=CNXLoJ_HnPvHMq

Archives:

- **Kannada Rajyotsava -- 1-11- 2014**
<https://plus.google.com/photos/117291397490350207875/albums/6078045167637707377>
- **Staff Sports – 25-10-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6076179498871069585>
- **Divali Celebrations - 23-10-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6076363233510266001>
- **Ayudha pooja celebrations – 3-10-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6065922506997420081>
- **Gandhi Jayanthi – 2-10-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6065621288180490177>
- **International Day of Older Persons – 1-10-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6065621728240223265>
- **Beauty parlour, Library and Banquet Hall inauguration – 27-09-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6064320275129696065>
- **Ground Breaking Ceremony – 26-09-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6063396405392137953>
- **Rotarians from Rotary Cantonment - 25-09-2014**
<https://plus.google.com/photos/108282941260356382969/albums/6063271329055857393>
- **Ganesh Puja – Library – Beauty Palor - 31-08-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6053920250576543425>
- **Bandstand Inauguration - 17-08-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6048464450147649377>
- **68th Independence Day 2014 – 15-08-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6047691657626994961>
- **Suvidha Vanamahotsava 2014 – 10-08-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6045854550653105985>
- **Musical program "Baar Baar Dekho" – 2-08-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6046887354098837889>
- **Marketing initiative for Suvidha's Phase-1A – 2-08-2014**
<https://plus.google.com/photos/117291397490350207875/albums/6046889931783647761>
- **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>
- **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
- **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:lokes you will love to share!**

Late one night a mugger wearing a ski mask jumped into a path of a well-dressed man and stuck a gun in his ribs "give me your money," he demanded. Indignant, the affluent man replied, "you can't do this – I am a United States congressman!" "In that case," replied the mugger "give me MY money"



During a terrible snow storm, all the highway signs were covered with snow. The following spring, the state decided to raise all the signs twelve inches at a cost of six million dollars. "That's an outrageous price!" said a local farmer, "but I guess we're lucky the state handled it instead of the federal government." "Why's that?" "Because knowing the federal government they'd have decided to lower the highways"



A visitor from Holland was chatting with his American friend and was jokingly explaining about the red, white and blue in the Netherlands flag. "Our flag symbolizes our taxes," the man said. "We get red when we talk about them, white when we get our tax bill, and blue after we pay them." "That's the same with us the American said "only we see stars too"



An airplane was once making a routine flight from Hackensack, New Jersey to New York City. The people on board were the world's smartest politician, the pilot (also a father), a Boy Scout, and a devout Christian. In mid-flight, the engine stalled, and there were only three parachutes. The pilot said, "I've got a family down there. I need to live so I can take care of them" so he grabbed a parachute and jumped out. The world's smartest politician said, I've got an election coming up, so I'd better live so I can win it." So he grabbed a parachute and jumped out. That left the Boy Scout and the Christian in the plane and only 1 parachute. The Christian said, "I have lived a long life. I am prepared for. Go and grab that parachute for yourself." The Boy Scout got his parachute and was about to jump when he said, "Hey, there is one for you too. The world's smartest politician grabbed my backpack!



- **Health Corner:** [Dr.M.Mohan Rao](http://mohanraohospital.com) , is a well known Plastic Surgeon and former CEO of Dr. U. Mohan Rau Memorial Hospital, Chennai. Presently, he is a prominent permanent resident of Suvidha Village. He shares valuable health related information through his company website <http://mohanraohospital.com> and the popular website <http://www.webmd.com> . You are invited to take help of these websites as ready references for common health related issues. In this issue the highlight is on **Food Poisoning**.



Food Poisoning - causes and what to do? You may like to check out these links: [Go to this ...link](#), to view a slide show and [this ...link to read a detailed write up](#).

➤ **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.



POINSETTIA



There was once a poor Mexican girl called Pepita who had no present to give the baby Jesus at the Christmas Eve Services. As Pepita walked to the chapel, sadly, her cousin Pedro tried to cheer her up. 'Pepita', he said "I'm sure that even the smallest gift, given by someone who loves Him will make Jesus Happy."

Pepita didn't know what she could give, so she picked a small handful of weeds from the roadside and made them into a small bouquet. She felt embarrassed because she could only give this small present to Jesus. As she walked through the chapel to the altar, she remembered what Pedro had said. She began to feel better, knelt down and put the bouquet at the bottom of the nativity scene. Suddenly, the bouquet of weeds burst into bright red flowers, and everyone who saw them were sure they had seen a miracle. From that day on, the bright red flowers were known as the 'Flores de Noche Buena', or 'Flowers of the Holy Night'.

The shape of the poinsettia flower and leaves are sometimes thought as a symbol of the Star of Bethlehem which led the Wise Men to Jesus. The red colored leaves symbolize the blood of Christ. The white leaves represent his purity.

Named after Joel Roberts Poinsett, first United States ambassador to Mexico and the amateur botanist who introduced the plant to the U.S. in 1825, the poinsettia is also known as Mexican Flame Leaf, Winter Rose, Noche Buena and, in Turkey, Atakurk's Flower, because it was the

favorite flower of Atakurk, the founder of modern Turkey. The Poinsettia is also the national emblem of [Madagascar](#).

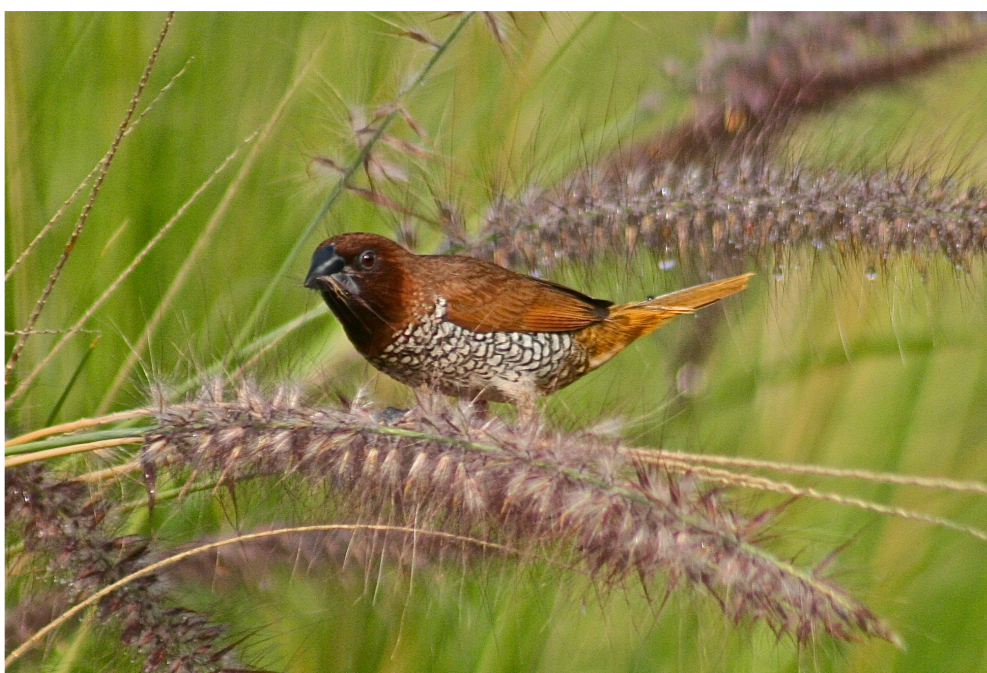
Poinsettias are part of the Euphorbiaceae or Spurge family. Botanically, the plant is known as *Euphorbia pulcherrima*. The showy colored parts of poinsettias that most people think of as the flowers are actually colored bracts (modified leaves). In Mexico, the poinsettia is a perennial shrub that will grow 10-15 feet tall. There are more than 100 varieties of poinsettias available today. Poinsettias come in colors like the traditional red, white, pink, burgundy, marbled and speckled.

December 12th is Poinsettia Day, which marks the death of Joel Roberts Poinsett in 1851. The December birth flower, symbolize good cheer and success and are said to bring wishes of mirth and celebration. Different colored beautiful Poinsettia can be seen in front of Mrs Gupta's cottage #111 & 112 and also on my front veranda (#107). MERRY CHRISTMAS!

- **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!



Scaly-Breasted Munia



It is nesting season for most species of small birds. They are out every morning in large numbers looking for supplies to build their nests. Among them is the particularly noisy **Scaly-Breasted Munia** (*Lonchura punctulata*). Between 10cm - 12cm in length, its face throat and upper breast are chestnut brown, its whitish underparts are boldly scaled with black, while its uppertail-coverts and the edges of its tail are olive-yellow to rufous-orange. All in all quite a striking little bird. The specimen in my picture is in the process of collecting supplies for building a nest. This morning Lakshmi and I learnt from Shahana that one pair had already built a nest, laid eggs, hatched them and had trained

their young ones to fly --- all from the cover of the thick foliage of a potted plant in the verandah of her cottage (#1) and that another pair has now occupied the same space to build another nest.

➤ Readers Corner :

OLD AGE HEAVEN

Courtesy – Dr. PM Chandrasekhara, Suvidha #75

Old age homes: Old age residencies: Retirement homes: Retirement Community Projects /Homes: Ultimate old age residencies

WHO declared that good health adds to life in the ageing population. Just improving the quantity of life is meaningless. Hence, one should also address the importance of physical and social quality of life that helps the aged to lead a full and productive life. In America, the number of Americans who are 65 years and above is expected to double to 80 million soon. In fact, over 85 are the fastest growing age group. By 2020, there will be 6.6 million seniors of that age bracket. These 80+ years old will increase from 0.5% in the year 1950 to 5%. Astounding statistical figures reveal that as of Jan 2011; 10,000 people turn 65 in the US every day! Some one turns 65 years every eight seconds in the US.

It is estimated that nearly 98 million elders live in India and this group is growing at 3.8% when compared to the overall growth rate of just 1.8%. In the year 2025; 12.5% of India's population will be above 60 years. It is also projected that in India, over 2.8 million seniors currently need a specialized geriatric care at old age homes, since they suffer from complex health issues apart from *loneliness*. Over 8% of them are bedridden and need home health care. The survey concludes that, the elders can truly be benefited from having the option of senior community living. This is true when the rates of debilitating ailments soar, most of these aged persons eventually need support in various forms. Unfortunately, with family members spread all over the map and are unable to help their elders. Thus, need for new and better options will multiply over the years. For example in US, 2/3 of suburbia is currently "Empty Nested" – the kids have GONE. This will increase to 75% i.e. 3/4 soon. It means that, every home in US should be designed differently to accommodate the elderly disabled person.

To-day, the India's rising income levels with the advent of IT industry along with the other fast moving economic zones are responsible for mobilizing the youngsters out of their joint families to live at a distant city with his or her own small nuclear family. These recent socio-economic changes in the Indian scenario are yielding a well deserved bonanza for its senior citizens in the form of a new retirement community living establishments coming up all over with all the required amenities. Thus, these retirement community projects and its concept offer a relatively stress free existence among other seniors in one's twilight years.

Retire to begin a new life at Bangalore: This city with its air-conditioned weather though out the year, cosmopolitan fabric and with a good connectivity to anywhere in the world offers an ideal lifestyle concept to accommodate these seniors coming from different cultural and social strata. In the recent past, Bangalore has become an ideal retirement hub i.e. Pensioner's Paradise" with a significant retirement population". Further its cosmopolitan outlook and open to outsiders, and reasonable cost of living has enhanced the preference to live in the City. Further, several factors contribute to making Bangalore – the garden city as an ideal retirement hub. This Silicon Valley of India has a large workforce that includes people from diverse industries such as software, defense and telecommunications. The city has a rich heritage, lush gardens and a pleasant climate for most part of the year. At the City, a significant section of these seniors to-day are independent, financially sound, well traveled, socially well connected and they consider that the life after retirement is an opportunity to spend more leisure time with their friends. At the same time, they want to breathe fresh air into their lives by making their retired life one of the best phases they ever experienced when they could pursue their hobbies, develop new interests or even continue working or even start a part time new career.

Flip side of such a concept: Living in a retired community has been questioned by saying "Do we really want a society that treats old people in a step motherly fashion? Is it not herding the elderly into senior citizen homes

is symptomatic of an “out of sight out of mind” mentality? Or is it the result of guilty children who struggle with the feelings of inadequacy, guilt and helplessness at not being able to personally take care of their aged parents? In our culture, caring for their elderly not only inculcates similar values among younger generations, but can also benefit the families themselves specially the children to learn from the knowledge and experience from their elderly. The recent trend points to a gradual erosion of Indian family values and the tradition where the caring of elderly is an integral component. Accordingly, we should not abandon our duty to provide a loving care to our parents. Thus, the senior living projects are only a selfish way of absolving oneself of responsibility by throwing money on it. These projects cannot replace warmth and compassion that the people desperately crave. In fact, these fancy old-age homes can be quite depressing as the residents have to spend their days with complete strangers and the uniformed attendants.

Social and practical insight reveals the fact that in our country, for every child born, two persons turn over 60 years and hence old age care will be emerging as the single largest cause of worry over the next decade. It is the society's responsibility to care for those who do not have children or any one to care for or those who do not want to be a burden to others during their sunset years. It is better for these people to live in a dedicated retirement home where mutual respect, emotional support and companionship of old people exists. Further, these elderly persons are “served” when sons and daughters are not able to provide the emotional support to them under the circumstances: when an environment of respect and attention is not provided for parents; when they are treated like servants in their own home.

Economical view is that the Old Age Homes refer to the older population. In India, the new name would be the “ultimate retirement or retirement homes or village or simply “old age residencies.”. During the retirement years, one is expected to take rest and do nothing or if so desired, it may become a time of high activity and purpose. This activity is the new interest to tap the ever increasing “Market” potential of the ageing segment. Now the marketers look at the senior citizens as an important target Market as they have considerable amount of Time and Money on their hands! To-day, the old age residencies have become heaven, while still embodied. It is not even about abandonment; it is about giving care and giving what their parents truly deserve during their tail end of living. Typically, sons and or daughters can purchase or invest these spaces and gift it to their parents. And, the parents can invite them stay at these private heavens, so that the children could come on holidays and beat their stress. These demographic factors, reflect the prosperous, growing and affluent Senior Citizen market” in new and vibrant India. This 60 plus market is growing by leaps and bounds, and it would be interesting to analyse the opportunities available to the market professionals. To-day the “Senior Citizen Housing sector” is the most vibrant of all lifestyle segments in the business of ageing and also all most all the biggest construction companies in India are announcing such projects under their up coming programmes. They view the retirement homes as dignified living spaces where the support systems come at a cost. According to a recent estimate, over 27 million elderly live in top three segments. They have purchasing power to make their lives padded by support enhancements. Senior citizens have started receiving attention from the Business and the Policy makers also. Thus, 21st. century is “Century of Aged” and the 22nd. Century would be the “Century of Ageing of Aged”. Bangalore, India IT capital houses 1.37 lakh retirement homes, which translates to 76% of the city's under-construction housing inventory. The estimated demand for retirement homes in India is approximately 3 lakh units. Bengaluru bags close to 50% of that count. To-day, according to JLL India data, Bangalore has the largest share of 30 odd new retirement homes / senior living projects under construction in India. A pointer to why retirement homes or housing for senior citizens is the hottest selling product for city-based developers. Retirement homes are certainly a hot and happening segment in cities like Bengaluru and sales for such properties are more or less on par with those of middle income and premium homes in the city. A dipstick survey of 1000 plus people aged above 55 years conducted by Bangalore based real estate consultancy showed that 82% of the responders perceived the need for specialized housing for senior / retired people in cities. Nearly 78% were interested in purchasing or moving into specialized housing. About 59% of the respondents said it was for a “better environment”, while 19.2% said it was “to live a quality life”. The data found that 21.8% of the respondents stating their children were unable to take care of them.

Design concept: In an old age residency, the entire environment is conducive for old age living. It should be a colony designed for dignified living during old age. The term “Universal Design” refer to homes that are

designed to live comfortably and easily, regardless of age or disability. The changes that have to be incorporated in the age old homes should be based on: [1]. Physical: Posture (Balance); Mobility (Ease and Effortless); Vision and Hearing impairment. [2]. Cognitive; Mental; Emotional; Hypertension; Stubbornness; Depression; Alzheimer's (forgetfulness) and Dementia (Difficulty to follow the routine). According to AARP the components of safety factors in the house includes : wheel chair friendly access to everywhere including the ramps and the rest rooms; Non-slip continuous and smooth floors (80%), Supportive hand railing wherever there are steps or ramp with a gradient; Bathroom aids such as grab bars (79%); A personal alert system at all the convenient places; Entrance without steps (77%); Wider doorways (65%); Lever handled door knobs (54%); Higher electrical outlets (46%); Lower electrical switches (38%); Barrier free approach to the sink; Dishwashers with pull out drawers, Microwaves as drawer under the counter; upper cabinets that pull out and down; lower cabinets that pull out and up; Better balanced and uniform lighting; colour contrasts; , easily accessible rooms, switches, taps and other control knobs. In short, the over all approach is to prevent an accidental fall and thereby sustaining hip fracture. It is estimated that 1/3 of people 65+ fall each year. 1/2 of those falls are recurrent. One in 10 falls result in serious injury. 87% of elder fractures are due to falls. To occupy one's mind; there should be opportunity and provision for a purposeful engagement of their skills and knowledge. Mind occupying games, entertainment, shows, spiritual discourses, reading rooms, indoor sports facilities, gym room etc. should be provided. There should be an established supportive health care system with a provision for door to door medical facilities and in addition to various level of healthcare support should be available on call. In certain centers, there is a hierarchy system of care, where the 60 years old cares for the 65 years, who in turn will attend on 70, and so on so as to give them dignity of usefulness.

Conclusion : A society that does not respect and treasure the knowledge, experience, and wisdom of the elders is in trouble. While India takes pride in being one of the youngest nations, it would soon be home to the second largest population of senior citizens in the world. This is happening at a time when the country is witnessing rapid urbanization and more families are going nuclear than ever. The cost of real estate is surging and in the cities, there is a clear inclination towards a liberal lifestyle which values independent living. Being old in a young and aggressive India has its share of challenges and issues. Close on the heels of an UN backed study where India stands at a dismal 73rd in the list of 91 countries on the well being of the elderly, a shocking survey by a city based organisation says that 47% of Bengaluru's elders experience abuse. In the City, hundreds of elders face abuse by their family members or care givers or the neighbours. The cases of harassment and abuse are of various kinds, like physical, emotional and could be financial. A recent survey revealed the fact that one in three of the elders are neglected or ill treated by the close relatives. The crime against senior citizens is on the rise, and especially senior citizens who stay by themselves. While the financially well-off are vulnerable to external criminals, the economically dependent become victims of domestic abuse and ill treatment. It is a shame that a modern city like Bengaluru does not treat its elderly population well. Thus, the foremost being the need for security when you are aged. But if there is one most common ailment that haunts every senior citizen across the country is loneliness. Most senior citizens yearn for company of other senior citizens with whom they can interact.

But unfortunately, millions of senior citizens in our country live in absolute desolation, especially the ones who lose their spouse. Fortunately, the new concept of the retirement projects are designed to provide a host of opportunities to remain productive and be valuable for the society with mental and emotional satisfaction. Ageing is not about wrinkles and disease, but about opening the second innings of life filled with wisdom and freedom that is achieved without causing inconvenient to other members of the family. 'The Elderly', 'The aged', 'the old' are all synonyms for someone who has that one thing we all desire – experience of living in your own designed home and cherishing the comforts at the fag end of one's life.

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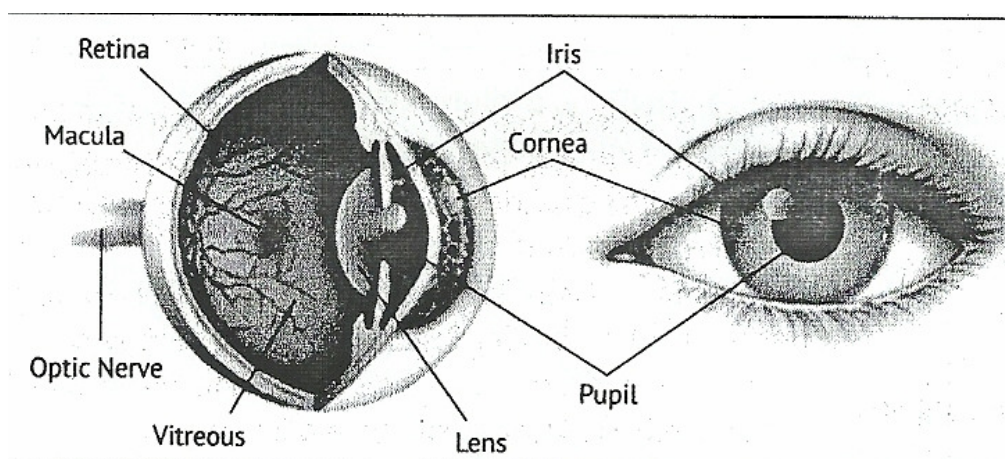
Diabetes and Eye Disorders

Courtesy – Dr. N S Murlidhar MD., DNB

Dr. N S Murlidhar MD., DNB is a senior Vitreoretinal Surgeon.: THE WEEK : August 31, 2014. P 17 and 18. Please contact Dr. P M Chandrasekhara # 75 : SUVIDHA : 9845010494 for any assistance to get the eyes checked-up.

What is the Link?

Diabetes chiefly affects the part of the eye called “retina”. Retina is a highly complex layer of nerve tissue lining the inside of the eye, functioning like the film of a camera (fig.1). The change that diabetes causes is called “Diabetic Retinopathy”. The blood circulation of the retina gets slowly damaged and, in the earliest stages, the tiny blood vessels become weak and then bulge out as tiny balloons. These are called “micro aneurysms”. These thin and damaged capillaries leak water and blood into the retina. This causes blood spots or ‘haemorrhages’ and swelling of the retina like a wet blotting paper. When this swelling slowly spreads to involve the central part of the retina, called “Macula”; the vision gets blurred. Together, all these changes are staged as “Non proliferative diabetic retinopathy [NPDR]”.



In the next stage called “Proliferative Diabetic Retinopathy” [PDR], new blood vessels grow, in an effort to repair, but these cause more damage than good. They grow haphazardly and also burst, thus spilling blood into the eye. When mild, these changes cause a sensation of spots or cobwebs in one’s view field. It progresses to severe state, when the sight is blocked to a great extent. With repeated spilling of blood into the eye, the vessels shrink and pull the retina off, thereby causing retinal detachment and permanent blindness.

Since the vision remains fairly good till the late stages, early stages of retinopathy can easily be missed as the patients do not feel the need for an eye examination. Only detailed and complete eye examination with dilatation of the pupil by a retina specialist will reveal the exact stage of the retinopathy. Hence all diabetics are required to have a yearly eye check-up with dilatation.

Once the damage is detected, the patient may need to undergo some more sophisticated tests. Fluorescein angiography [FFA] involves injection of a dye into the vein and photographing the retinal circulation. Optical coherence tomography [OCT] is a non-invasive sensitive tool to study the macula in detail for swelling etc. Only stages with swelling of the macula and proliferation of new blood vessels need to be treated. Laser treatment dries up swollen retina and shrinks bleeding vessels, stabilizing the disease. Injection to the eye are more commonly being used to reduce the swelling and seem to work better than laser, though they need to be given repeatedly. An operation called Vitrectomy is needed in advanced condition to remove the clotted blood or repair the detached retina.

Do's:

1. Keep sugars under strict control.
2. Keep your cholesterol levels within the normal range.
3. Keep your blood pressure in the normal range.
4. Get your eyes checked when your diabetes is detected for the first time.
5. Get your eyes checked annually thereafter.
6. Follow the schedule of check up and the follow-up recommendations.

Don'ts:

1. Do not get your eyes tested by "Computerized Eye Check up".
2. Do not equate so called "good Vision " with "NO Problems" with the eyes.
3. Once diseased, do not expect that miracles would restore the loss of acuity of vision. Timely intervention and the treatment can help you to see better, but may not completely restore the normal eyesight.

What is New?

1. Innovations in imaging are likely to allow imaging of the eye and retina by simple hand held tools, even with smart phones. This will allow mass screening of the diabetic patients by your physician. This screening approach will be able to pick-up the diseased eye early and prevent blindness due to diabetes.
2. Powerful and long lasting drugs can reduce the need for repeated injections to the eye.

Important Things to Remember:

1. Diabetes can cause blindness.
2. There are no symptoms in the early stages.
3. Periodic eye check-up is the only way to pick-up and treat at the right time.
4. Laser treatment, injection and surgery can help most patients to retain vision.
5. All diabetics should get their eyes checked every year compulsorily.

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