



Golden Years

NEWSLETTER OF

CHANDIGARH SENIOR CITIZENS' ASSOCIATION (REGD.)

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Since my last message, a month ago, there has been a flurry of activities. The more the merrier is what the members expect and enjoy. That's how CSCA endeavors to meet its aims and objectives.

The recent spurt in crimes against vulnerable sections, be it women, children or older persons, is an issue that needs urgent attention and we, as perceived role models, cannot, and must not, remain aloof. That is why some of us joined the Candle March in Sector 17 on 19th December to pray for early recovery of the brave girl, Damini, undergoing treatment at Delhi. We must look beyond the traditional law enforcement agencies because no amount of post-incident blame-game can cure the physical and emotional trauma suffered by the victim. We must unitedly empower the "soft targets" by creating among them awareness, and the absolute necessity, of self defence and security devices. We should similarly keep up our fight against social evils from every platform. This is what we are doing through Project Shakti and our frequent interactions with students. I urge members to come up with suggestions which can be sent to law makers for improving justice delivery system and to save the society from being labeled as crime infested.

Around this time of the year, the Central Govt. sets in motion the financial survey followed by discussions with Chambers of Commerce, Captains of Industry and others. This is where we have a role. The Union budget last year was totally unsympathetic to the senior citizens. It must not be so again this year. While AISCCON would be espousing the cause of senior citizens in the country, we ought to strengthen their hands by projecting our expectations to the Central Govt. We are, accordingly, in the process of finalizing a list of our demands based on interaction with individual members and also meetings with top Govt functionaries in Delhi. Those of you who may not have been contacted so far may send their suggestions to me by 7th January.

Our Association has sent its contribution to AISCCON for starting its Welfare Fund, as stated in the last issue of Golden Years. When I mentioned this at the Silver Jubilee function of our peers at Amritsar, their response was spontaneous and overwhelming: Rs. 25000/- for the fund. LM/399 Smt. Kulwant Dhaliwal, one of our most generous personal donors similarly offered to donate Rs. 11000/- for this fund. The contributions will qualify for income tax exemption under Section 80G.

Talking of generosity, few can beat Vice President Surjit Kaur who, besides being our champion fund-raiser, has also directly and through close family members, been one of our major donors. Her son, Gurpreet and grandson, Saij, currently on a brief visit from US, have made a handsome dollar donation to the Association.

The President's Month function by Sector 37 Chapter was well attended and entertaining. Catwalk by "young" girls; "young boys" and "young couples" (all in the age group 65 to 85+) was something unique in a Senior Citizens' Association. I compliment the organizers and participants for a nice way of entertaining fellow members.

The local Media, has been friendly and supportive in publicizing our activities. On 25th November, The Tribune with a circulation of nearly 4 lacs has portrayed our Association in a very positive and eloquent manner by a large size write up on its Centre Page. I thank The Tribune and the reporter in reaching us to a large readership in India.

Our birthday meetings, held on the last Saturday of every month, have become quite popular. While we endeavor to greet members on their exact birthday, sometimes we are unable to do so. My appeal to all "birthday babies": Please make it a point to give us the pleasure of singing "Happy Birthday" to you. No need to bring cakes or eats: these are arranged centrally. All we need is YOU. And do register with the volunteers at the entrance.

I wish members and families a very happy year 2013. Enjoy Lohri and accept greetings for 64th Republic Day of India.

Always yours,
Daljit Singh Grewal

24th December, 2012

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GOLDEN YEARS wishes its Readers a Happy New Year



Thought for the Month *"The hands that help are holier than the lips that pray"*

- Robert G. Inger Harmonious Community Living

EDITORIAL

At the turn of the year, when 2013 is almost upon us, defying the MAYAN forebodings of world extinction, I was thinking of the topic for this month's editorial. Just then, I was pleasantly surprised to receive a two page note from LM/ 171 Shri G.S. Oberoi, at present in Noida, packed with spiritual tips for happy living. Although there is nothing new in the message, yet re-iteration of good advice is always welcome.

His recipe for happiness? Make others happy, doing at least one good deed each day. Love begets love and courtesy promotes courtesy. Tiffs do arise even amongst friends and relatives but wisdom lies in making amends. Before criticizing others we must look within; maybe, we need improvement.



So far as senior citizens are concerned the writer's advice to them is to work for welfare and upliftment of society through selfless service by joining and supporting some NGO genuinely working for the same objectives. For good health and longevity the elders should remain usefully occupied mentally, physically and spiritually. In happy moments praise God; in difficult moments seek God; in quiet moments worship God, in painful moments trust God, every moment thank God for His bounties and blessings.

Be the first to do a good turn to your neighbour as he may prove to be your nearest relative in an emergency and time of need. Remember that in the well known adage "Give and Take", the word Give comes first. Credibility in keeping promises is also important. For attaining true happiness and bliss, always think positive. Do good, be good always – here, there and everywhere. Welfare of all (SARBAT DA BHALA) is the highest sentiment one can have. Universal love for the entire humanity and God's other creations is the highest religion— Amen!

Recent studies and research have found a consistent link between diet and health in old age. A diet rich in fruits and vegetables is associated with lowered incidence of geriatric diseases.

Vegetarian diet is healthier and vegetarians generally live longer, being less prone to high blood pressure, heart attack and cancer. Supplementary vitamins and minerals prevent deficiency related diseases common in old age. Vitamins A, C and E have been found to be most helpful as a result of recent research and may one day revolutionize medical care by prolonging life span and improving health. In addition, we should consciously strive to be with people of superior intellect, education, training etc. They will pose a constant challenge to us and keep us motivated, helping us to attain heights we never thought possible. What factually matters to a senior citizen is the quality of life which should be lived with dignity and self respect.

Wishing the readers a very happy & prosperous NEW YEAR

Now some Urdu couplets, humour & quiz.

- Ishq se tabiat ne zeest ka maza paya, Dard ki dawa payee, dard-e la dawa paya.
- Ishq kya cheez hai yeh poochhiye parwane se, Jis ko zindagi tuyassar hui jal ke mar jaane se. —Ghalib

- Whiskey and soda? -She declined, Whiskey and sofa? -She reclined
- Employer to job seeker—we hire only married people, as they are less likely to go home early.

- a. Three American Generals greatly helped in winning the 1st as well as the 2nd world war. Name them.
- b. Identify the ageless Russian 'Warrior' who defeated Napolean and, later, Hitler.

Answer to the last quiz:

- a. River Danube, which originates in Germany's Black Forest and flows through Austria, Slovakia, Hungary, Croatia, Serbia, Bulgaria, Romania and Ukraine. It also touches Moldova.
- b. Punjab and Haryana have no capital of their own, while J&K state has two capitals - Jammu and Srinagar.

A.K. Datta



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THOUGHTS OF AN ELDERLY FOR THE ELDERLY

-Srinivasan Navalpakkam

Adi Sankara, while admonishing humanity to seek salvation, commented that the elderly are so engrossed in their worldly thoughts and worries that they have no time for seeking God's grace!

Ever since I saw for myself the privileges senior citizens enjoy in the U.S., my pet concern has been how to replicate these in India.

The telephone Directories of all the cities I visited, in the U.S. contain particulars of one or more Senior Centres in the vicinity. I availed of the opportunity to visit centres at Madison, Alabama and Plano, Texas. At the Madison centre the person in charge was so impressed by the Senior Citizen identity card issued to me by The Rotary Club of Madras that he made a copy of it and invited me to avail of all the facilities in the Centre and even arranged to drop me home.

The Centre's programmes and services are managed by the County administration and partly funded by a grant from the State Commission on Aging through area agency on Aging. Apart from fellowship the other activities of the center are in the areas of:

a) Recreation. All Centres are well equipped with facilities for various indoor and outdoor games (cards, billiards, bingo, golf, swimming), library and reading room, personal computing and a fully equipped Gym (called Fitness Room).

b) Skill Improvement. Crafts and fine arts, smart and safe living, aerobics, pilates, weight training, yoga, dancing and singing, AARP driver safety course and photography. Other programmes include Insurance counseling and briefings on stock market, mutual funds, health, medicine etc

c) Geriatric Wellness. The centres provide periodical health check-up for BP, lipid and glucose screening and vision testing. They also have support groups for care giving, diabetes, grief and hearing loss.

d) Canteen. This is operated by trained volunteers providing lunch options for as little as \$ 1, in coordination with Meals on Wheels programme.

e) Screening. Movies are screened once a week in the club premises

f) Trips, Picnics and Excursions are arranged periodically.

g) Transportation between residence and the center is provided.

Earlier, most of the above activities were either free or at nominal charge. Recent adverse changes in economy have led to cancellation of some and curtailment of some others.

In India a start can be made by providing forums for the elderly in each Corporation Zone with proper venue. This will initially promote fellowship and, in due course, provide various benefits

to the community in general and elderly in particular. To start with, Recreation / social clubs spread over the city could permit senior citizens residing in their vicinity / zone to meet in their premises between 3 – 5pm on week days (or 10-12 noon if that is more convenient to all concerned). Apart from fellowship these centres can facilitate organising group activities with the help or sponsorship of various service organisations like Rotary, Lions, Bharat Seva Samaj etc. Such centres can function even in public places like Corporation and other Housing Board constructed community halls etc. if promoted / sponsored by service organisations and local residents forums or associations.

Aadisankara observed that elderly feel neglected as no one converses with. The nation as a whole can benefit from the contributions elderly could make through these centres. Jai Hind.

***Editor's Note:** Received by e.mail from Sh Srinivasan.*

Members will observe that most of the facilities listed by Sh Srinivasan are already available to senior citizen at our centres in and around Chandigarh. The only areas where we seem to lag is the establishment of Day Clubs in every Sector. A start was made with the Community Centre of Sector 18 (which has been available to senior citizens between 10 a.m. and 2 p.m. every day since 1999) but that does not address the problem of commuting from places upto 10 KM away. Other community centres are available once a month. What is needed is the setting up of well equipped Day Clubs in every community centre so that older persons may safely and comfortably walk across to them.

(Received by Email)

BODY DONATIONS

Names of the following members who have pledged their bodies to the PGI were inadvertently left out from the list included in the Association Souvenir 2012. The error is regretted:

- a. LM/ 905 Smt Usha Sharma #569, Sec 21, Pkl
- b. LM/ 1212 Smt Varsha Man Singh #701, Sec 8-A, Chd

The following members have since pledged their bodies:

- a. LM/80 Sh VS Sodhi #183, Sector 19-A, Chd
- b. LM/374 Smt H Sodhi #183, Sector 19-A, Chd

LM/431 Sh Jai Kumar Jain, who has been the Prime Mover in motivating members in this field has, happily, taken his missionary zeal outside the Association, too, by registering Smt Mohinder Kaur and Smt Grewal for this noble cause.

WE ARE PROUD OF THEM

Prof. Daisy Sahani, HOD Anatomy in PGIMER has been invited to give a talk on Body Donation to our members on 12th January 2013.



ASSOCIATION NEWS

SC Passi
Officiating Secretary General



GET-TOGETHERS

Two Get-togethers were held, as scheduled – on 24th November at Senior Citizens' Home, Sector 43 and on 8th December at the Auditorium of Govt. Museum and Art Gallery, Sector 10. The programme on 8th December, organized jointly with Citizens Forum for Human



COURTESY: SUSHIL GUPTA

HUMAN RIGHTS DAY

Rights on the occasion of World Human Rights Day, included an interactive talk by Dr. Swaranjit Kaur of Panjab University.

BIRTHDAY CELEBRATIONS

Birthdays of 18 members born during the month of November, who attended the get-together held on 24th November 2012, were



COURTESY: HARBIR SINGH

THE NOVEMBER BORN

celebrated. They cut cake, received token gifts and good wishes of their peers.

FAREWELL TO DGP

A party was organized on 29th November at Buffet Hut, Sector 9 to bid farewell to Sh Pradeep Srivastava, IPS, on the eve of his retirement. In spite of very short notice nearly 50 members joined to say Good



COURTESY: SATYPAL

ASSOCIATION PIN FOR SH. SRIVASTAVA

Bye to Sh and Smt PK Srivastava. During his nearly three years tenure he had shown great concern for the safety and welfare of senior citizens. As a mark of our appreciation he was invited to become an honorary member of the Association which he readily accepted whereupon IPP, Brig. (Retd) Keshav Chandra fixed the Association pin on his lapel.

OBITUARY REFERENCES

Rich tributes were paid to LM/532 Sh. I.L Kapur who expired on 30th November at the meeting held on 8th December 2012.

PRESIDENT'S MONTH CELEBRATION

It was the turn of Sector 37 Chapter to organize the President's Month programme. They did so on 14th December at Mahajan Bhawan, in association with Brotherhood Society. It was a very vibrant event which was well organized and well attended. The programme contained several colourful items including a cat-walk by Chapter members.

OUTING AT YADAVINDRA GARDEN, PINJORE

Nearly about 60 members attended the Annual Pinjore Heritage festival on 16th



COURTESY: PRITAM SINGH

December on the invitation from Haryana Tourism. They participated in the Heritage Walk and partook of the sumptuous lunch. This was for the second consecutive year that we had been invited.

COMPUTER TRAINING

A Valedictory function was held at Khukhrain Bhawan, Sector 35, on 17th December on successful Completion of 86th Computer Training Course run by our Association. Our President Sh. D.S. Grewal presided. The 87th course will start in January 2013.

INCOME TAX SEMINAR

A seminar was organized by the Income Tax Department at their premises in Sector 34 on 18th December. The programme was specially tailored to address the specific needs of senior citizens related to the department and to update their knowledge Tax laws related/beneficial to our group



COURTESY: PRITAM SINGH



BOOK LOVERS' FORUM MEETING

Monthly meeting of the Forum was held at the CSCA office on 20th December. Sh. K.K. Ratu, Director Doordarshan who was scheduled to speak on "Society and literature" had to go out of station. Sh AK Datta, our well read and erudite Secretary Media, took over at short notice and orchestrated a thoroughly enjoyable poetic soiree with active participation of an enthusiastic audience.

P.H. VAISHNAV MEMORIAL SEMINAR

Application of Biotechnology in Environment Protection, a subject very close to Late Sh Vaishnav's heart, was the theme of the Annual Seminar organized by Mohali Senior Citizens' Association on 24th December to mark his 81st Birthday at Shivalik Public School, Phase 6, Mohali. Dr Darshan Singh Brar, Head (Retd) Division of Plant Breeding, Genetics & Biotechnology, International Rice Institute, Manila was the keynote speaker at a very well attended function.

VISIT TO MAURITIUS (25th April to 1st May 2013)

A visit to Mauritius, of about 11 members on 'first come' basis, is being organised in association with Respect Age International, Agra. The estimated cost is Rs. 70000 per head. Please contact Sh. I.P. Puri (9815077553) for details. The first such visit undertaken earlier during 2012 was highly successful and thoroughly enjoyed by every member.

*Dear Santa,
I don't want much for Christmas. I just want
the person reading this to remain in my life
forever.*

COMPLIMENTARY

- Our heartiest congratulations to LM/1194 Prof Pandit Yashpaul for being selected for Shree Baba Hariballabh Sangeet Mahasabha's "Life Time Achievement Award"-2012. The award consisting of Citation, Memento and Rs 31,000 cash will be conferred during the forthcoming Sammelan (28th to 30th December) i.e. by the time this newsletter reaches you.
- LM/853 Sh Parvesh Sethi has been selected by the Sangeet Natak Akademi for the Best Actor Award for the year 2012. The award, consisting of a citation, angvastra and Rs 1 lakh cash is expected to be conferred by the President of India in end January 2013. Congratulations, Parvesh Ji, you have done us proud.

MEMBERSHIP STATUS:

On 20th December, we were 1575 strong (with 1539 life members and 36 Associate members.



BEVY OF 'SHAKTI' GIRLS

LIST OF NEW MEMBERS

LM No.	AM No.	Name	Address	D.O.B	Telephone	Mobile	Occupation
LM/1738	637	Smt. Shashi Kuthiala	105, Sec.27A Chd.	24/10/1951	2659987		Housewife
LM/1739	643	Smt. Paramjit Kaur	98, Sec. 11A, Chd.	28/11/1951	2744314		Housewife
LM/1740	648	Smt. Jasbir Kaur	1001,Sec.42B Chd.	12/10/1951	2664499	9872864499	Housewife
LM/1741	663	Smt. Usha Kumari	1198,Sec.15B Chd.	4/1/1952	2542529		Teacher
LM/1742	664	Smt. Nita Kapoor	1621,Sec.39B Chd.	11/3/1951	2691621	9417913311	CDA WC
LM/1743	673	Smt. Brij Bala	3265,Sec.21D Chd.	1/9/1952	4629955	9872191840	Housewife
LM/1744	679	Smt. Sudha Puri	307,Sec.37A Chd.	3/6/1951	2628784		Teacher
LM/1746	684	Smt. Swarn Lata	273,Sec.45A Chd.	10/7/1951	2613772	9876118790	Housewife
LM/1747	687	Smt. Sudesh Verma	2812,Sec.38C Chd.	3/10/1951	2692147		Teacher
LM/1748	688	Smt. Kanchan Mehra	724,Sec. 40A Chd.	16/5/1951	2696362		Welfare Counsellor
LM/1749	692	Smt. Neeru Kaushal	2366,Sec.23C Chd.	6/9/1952	2705392		Housewife
LM/1750	693	Smt. Gurvinder Kaur Malhi	1834,Sec.34D Chd.	18/10/1952	2603475		Housewife
LM/1751	699	Smt. Indira Aggarwal	3267, Sec. 15C Chd	4/2/1952	2772269	9417042267	Housewife
LM/1752	701	Smt. Pritpal Kaur	3002, Sec.44D Chd.	14/12/1951	4003349	9915485155	Office Supdt.
LM/1753	705	Dr. Saroj Jindal	3036/I, Sec.44D Chd	16/11/1951	2602217	9917505512	Medical
LM/1755	718	Smt. Sunita Kapoor	586, Sec.12A PKL	16/9/1952	2566467	9023562225	Housewife
LM/1756	721	Smt. Suman Bhatia	558, Sec.16 Chd.	5/12/1952	2770485	985503979	
LM/1759	658	Smt. Surinder Kaur	36,Phase 7 Mohali	13/4/1952		9257283837	Housewife
LM/1761	702	Smt. Amita Arya	41, Sec. 15A Chd.	11/6/1951	4024047	9501001436	Teacher
LM/1772		Sh. MR Bhanot	1216,Sec.15B Chd.	13/10/1944		9888332876	Officer
LM/1773		Smt. Indira Agarwal	513,Sec. 11B Chd.	3/7/1933	2744189	9216814445	Housewife
LM/1774		Smt. Harjinder Bhatia	541,Sec. 44A Chd.	14/2/1950	2660316	9316026767	Teacher
LM/1775		Smt. Gurmeet Butalia	199/1, Sec.45A, Chd.	16/11/1949	2602711	9417215999	Teacher



DEBUNKING THE MYTHS OF OLDER ADULT FALLS

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me. Many people think, "It won't happen to me." But the truth is that 1 in 3 older adults—about 12 million—fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older. Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall. Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling. Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained. While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling. Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year. Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once

a year and update your eyeglasses.

Myth 8: Using a walker or cane will make me more dependent. Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence. Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business. Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

(From the National Council on Aging, U S A)

MID WINTER FUN 'N FROLIC

As every year, Sector 18 Chapter is organizing a special outdoor event to chase the chilly blues and bring back the glow on members' faces to mark the President's Month

Day & Date: Wednesday, 9th January 2013
Time: 10.30. a.m.
Venue: Sector 18 Community Centre
(behind # 1609, Sector-18-D)

The programme includes **Tombola** (Ticket sale stops at 10.40 a.m.), **game competitions**, **community singing**, **antakshri**, **Quizes**, **impromptu halla gulla** and **general merriment**. We've been promised a bright, sunny day. Even so, a genuinely warm reception, a bonfire, Lohri tidbits and hot tea are guaranteed to keep the winter chill at bay just in case. Those who **personally** collect their **coupons** before 11 a.m. will also receive wholesome nourishment at dispersal time.

SPECIAL ATTRACTION:
FREE HEARING TESTING AND COUNSELING BY
RITU CHAUDHARY AND SPEECH CLINIC
REGISTRATION STARTS: 9. 30 A.M.

Queries may be addressed to
Smt Surjit Kaur (Mob: 9815410750)
Sh Satnam Singh Randhawa (Mob: 9888047979)
Brig. Keshav Chandra (Mob: 9316130938)



**SEASON'S GREETINGS AND BEST WISHES
TO FELLOW MEMBERS**

**MAY GOD ALMIGHTY BLESS YOU
AND KEEP YOU AND YOUR LOVED ONES
HEALTHY AND HAPPY IN**

2018

AND MANY MORE YEARS TO COME

<ul style="list-style-type: none"> ➤ Shiam & Vijay Bedi #726, Sector 8-B, Chandigarh ➤ Avtar & Mohinder Datta #530, Sector 8-B, Chandigarh ➤ Daljit & Harjit Grewal # 203, Sector 35-A, Chandigarh ➤ Harbir K Singh #542, Sector 44-A, Chandigarh ➤ Keshav & Swarn Chandra # 1219, Sector 18-C, Chandigarh ➤ Promila Mahna #183, Sector 15-A, Chandigarh ➤ Surjit Kaur # 1577, Sector 18-D, Chandigarh 	<ul style="list-style-type: none"> ➤ Jaswant & Baljeet Bhullar #568, Sector 18-B, Chandigarh ➤ Kulwant Dhaliwal #2147, Sector 15-C, Chandigarh ➤ Krishan & Smt Usha Gupta #20, Sector 4-A, Chandigarh ➤ Har Vinod & Saroj Jindal #3036 (FF), Sector 44-D, Chandigarh ➤ Satish & Ranjana Kapoor #423, Sector 37-A, Chandigarh ➤ RP Sapra #1065/2, Sector 40-B, Chandigarh ➤ Yashpaul & Chanchal #3092, Sector 37-D, Chandigarh
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An 8-year-old girl went to her grandfather, who was working in the yard and asked him, "Grandpa, what is a couple sex?"

The grandfather was surprised that she would ask such a question, but decided that if she was old enough to know to ask the question then she was old enough to get a straight answer.

Steeling himself to leave nothing out, he proceeded to tell her all about human reproduction and the joys and responsibilities that go along with it.

When he finished explaining, the little girl was looking at him with her mouth hanging open, eyes wide in amazement.

Seeing the look on her face, the grandfather asked her, "Why did you ask this question, honey?" The little girl replied, "Well, Grandma says to tell you that dinner will be ready in just a couple secs."



DEPRESSION IN OLD AGE

- LM 1467 Dr.Sarindha Sethi

Depression is a whole body illness: it involves the body, nervous system, moods, thoughts and behaviour. It affects the way you eat and sleep, the way you feel about yourself and the way you react to and think about the people and things around you. Symptoms of depression can last for weeks, months or years.

People with depression typically withdraw from society. They lose interest in things around them and become incapable of experiencing pleasure. The symptoms include chronic fatigue; sleep disturbance; changes in appetite; headaches; backache; digestive disorders; restlessness; irritability; anger; loss of interest or pleasure in hobbies; and feelings of worthlessness and inadequacy. Many patients think of death and consider suicide. Things appear bleak and time seems to pass slowly. A person with depression may be chronically angry and irritable, despairing or display little or no emotion at all. Some try to sleep off depression or do nothing but sit or lie around.

Remember, depression is NOT a sign of weakness or a character flaw. It can happen to anyone, at any age, no matter what the background or previous accomplishments in life. Similarly, physical illness; loss and the challenges of aging don't have to keep you down. Whether you're 18 or 80, you don't have to live with depression. Senior depression can be treated, and with the right support, treatment, and self-help strategies one can feel better and live a happy and vibrant life.

"Nothing makes one feel so strong as a call for help." (Pope Paul VI).



SMT. RAKSHA KATARIA SINGING A BHAJAN

DONATIONS: 2012-2013

LIST EIGHT OF DONORS

We acknowledge with thanks generous donations from the following:

LM No.	Name	Address	Amount
LM/219	Km Sheila Gohri	Arya Samaj, Sec. 7B, Chd	5000/-
LM/1233	Sh. Narinder Mohan	1505, Sec. 7C Chd.	5000/-
LM/1637	Smt. Bhupinder Banta Singh	77, Sec. 8A Chd.	5000/-
LM/819	Sh. Ujjal Singh Atwal	116, Sec. 8A Chd	500/-
LM/1156	Sh. Avtar Krishan Datta	530, Sec. 8B Chd.	1111/-
LM/37	Dr. JS Gujral	109, Sec. 10A Chd.	500/-
LM/36	Smt. Rajinder Kaur	109, Sec. 10A Chd.	500/-
LM/309	Sh. Sat Pal Wadhawan	114, Sec. 10A Chd.	1000/-
LM/1342	Sh. GPS Sahi	700, Sec. 11B Chd.	2500/-
LM/1278	Sh. Khem Raj Garg	178, Sec. 15A Chd.	500/-
LM/178	Sh. JS Kapoor	3311, Sec. 15D Chd.	1500/-
LM/995	Smt. Pushpa Wati Jindia	143, Sec. 16A Chd.	1000/-
LM/1215	Sh. CM Dutta	1172, Sec. 18C Chd	1100/-
LM/814	Sh. GK Chawla	534, Sec. 20A Chd.	1100/-
LM/1690	Sh. SC Aggarwal	1175, Sec. 22B Chd.	1100/-
LM/1116	Sh. S.K Sood	3139, Sec. 23D Chd.	500/-
LM/1117	Smt. Parmod Bala Sood	3139, Sec. 23D Chd.	500/-
LM/615	Sh. Daljit Singh Grewal	203, Sec. 35A Chd.	1000/-
LM/171	Sh. Gurbaksh Singh Oberoi	1494, Sec. 43B Chd.	500/-

Donation from others, including users of free services

Sh.Mandeep Sibia	2147, Sec.15C Chd.	1000/-
C/o LM/ 339 Smt. Kulwant Dhaliwal		
Smt. Nanki Singh	2147, Sec.15C Chd.	1000/-
C/o LM/ 339 Smt. Kulwant Dhaliwal		
Sh. Harinder Pal Bhatia	1628, Sec. 18D Chd.	500/-
Sh.Om Parkash	3096, Sec. 44D Chd.	400/-
Smt.Sheela Golvai	25, Arya Samaj Sec. 7B Chd.	???
M/S Shanti Jewellers	Sec. 22 Chd.	10,000/-
Baba Dairy (Collection Box)	SCO Sector 21C Chd.	2985/-
Sh. Balbir Singh	Computer Centre	1300/-
Sh. Lal Chand	Computer Centre	1300/-
Sh. J.C. Bubber	Computer Centre	1500/-
Sh.Krishna Kumar	Computer Centre	1300/-
LM/895 Sh. P.N. Malhotra	1597/22-B, Chd.	1100/-
Smt. Suohma Sharma	Computer Centre	500/-
Smt. Brij Shukla	Computer Centre	500/-
Ms. Banki Chimni	Computer Centre	500/-
Sh. J.S. Chimni	Computer Centre	500/-
LM/1185 Sh. K.L Chopra	2916, Sec. 42C. Chd	500/-
Sh. Y M Puri	Computer Centre	800/-
Ms. Achala Arora	Computer Centre	500/-
Sh. Man Mohan Arora	Computer Centre	500/-
Ms. Damyanti Alwadi	Computer Centre	500/-
Mr. Bhagwant Singh	163A Industrial Area I Chd.	1000/-
Dr. Y.P Lakhpal	SA Circular Road Amritsar	5000/-
Sh. Gurpreet Singh S/o Smt Surjit Kaur	#1577, Sec.18D, Chd	\$151/-
Sh. Gurpreet Singh S/o Smt Surjit Kaur	#1577, Sec.18D, Chd	\$ 51/-

(Donations to CSCA are eligible for deduction under Sec 80-G of the IT Act)



वरिष्ठ नागरिक

LM/511 Vinod Virmani



सूरज आज भी निकला है कल भी निकला था कल भी निकलेगा;
तू क्यों उसकी चिन्ता करता है यह देख कि तेरा दिन कैसा निकलेगा।
आज के दिन को सुहाना बना: तेरे से मिल, मेरे से मिल, मन को लगा;
ना केवल अपने मन को बन्धिक आस पास को भी अपने साथ मिला;
क्योंकि इसी तरह काफिला बनेगा, आगे बढ़ेगा, दूसरों को रास्ता दिखाए।

अरे वरिष्ठ नागरिकों, उम्र की गर्मी झुलसाने लगे जब,
एक दूसरे की सोहबत की नमी को महसूस करना।

जब बेमुरव्वत बच्चों की दूरियां बढ़ जायें,
एक दूसरे की धड़कनों को पकड़ आगे बढ़ जाना।

शुरू से बच्चों को सिखाना कि चाहत की नमी बड़ों को देते रहें,
जब उन्हें कष्ट हो तो अपने प्यार की नमी से रिश्ते सेते रहें।

अगर बच्चे यह सीख जायें तो क्यों हो वृद्धाश्रम की ज़रूरत?
मां बाप बच्चों के और बच्चे मां-बाप के कष्ट हरते रहें।

उम्र ज़रूर बढ़ गई है पर साथ ही बढ़ा है अनुभव,
इसी अनुभव को सब में बांटना है बड़ा सबब।

अरे बच्चों हमारे प्यार की गर्मी को महसूस करो
हवायें ज़माने की झुलसाने लगे, हमारे प्यार का A.C on करो।

जन्मे हैं तो बूढ़े भी होंगे डर जाना कैसा, घबराना कैसा?
एक दूसरे के कंधे पर हाथ रखो और बढ़ चलो, बढ़ते चलो।
जी कर तो देख लिया वक्त पर देख लेंगे होता है मरजाना कैसा।

शरीर पर उम्र का अंधेरा चाहे छा जाये,
अपने प्यार से आशा का दीप जला सकते हैं।
कभी उंगली पकड़ कभी कंधे पर हाथ रख,
उन्हें आगे बढ़ना सिखा सकते हैं।
आज हम बूढ़े हुए कल वे बूढ़े होंगे,
जवानी का अभिमान मत कर,
इतना तो हम सिखा सकते हैं।

PICTORIAL 2012 MISCELLANY



HONOURING THE PUNJAB GOVERNOR



FAREWELL TO THE DGP



MATCHING THE PROFESSIONALS



GROUP AT SECTOR 18 CHAPTER



PICTORIAL 2012 MISCELLANY

LM/04 Brig Keshav Chandra

2012 was a very busy year for the Association and its members. Very eventful, too. An effort has been made in this section to give a representative coverage of some of the more important events.

ON NATIONAL STAGE. Our Association received due recognition from peer groups at the regional as well as National level. We were adjudged the Best NGO in



PRESIDENT DALJIT GREWAL WITH AISCCON'S BEST NGO AWARD
India. At the 12th National Conference of All India Senior Citizens' Confederation (AISCCON) held at Thiruvananthapuram from 2 to 3 November 2012. Earlier, in the year Brig. Keshav Chandra, our then President was appointed Vice President of AISCCON.

SENIOR CITIZENS' DAY. The Governor of Punjab and



GOVERNOR, PUNJAB (6TH FROM LEFT) WITH SENIOR'S DAY AWARDEES

Administrator (UT) Chandigarh was the Chief Guest at this year's function on 1st October. The programme, as every year was spread over the whole month of September and even spilled over to the month of October.



THE AUDIENCE ON 01 OCT, 2012

WALK FOR FUN. In a departure from the format of last 10 years, we involved young students, too. Teams from



SMT. K.K. SHARMA FLAGGING OFF WALK FOR FUN

two schools took part in a Tug-of-War on the sidelines of the 'Walk'. This was in keeping with our ethos of





PICTORIAL 2012 MISCELLANY

involving younger generations in our activities. Earlier, children had participated in our "Save the Environment" cycle rally and also taken part in the Silent March.

SEMINARS. A number of Seminars were held during the year including ones on "Welfare and Maintenance of Parents and Senior Citizens Act 2007" and "Elder Abuse".

SILENT MARCH. On a call given by All India Senior



ADOLESCENT GIRLS AT SILENT MARCH

Citizens' Confederation (AISCCON) we organized a March in Sector 17 to highlight the concerns of senior citizens.

SOCIO-MEDICAL CAMPS. Ten socio-medical camps in



SOCIO-MEDICAL CAMP IN PROGRESS

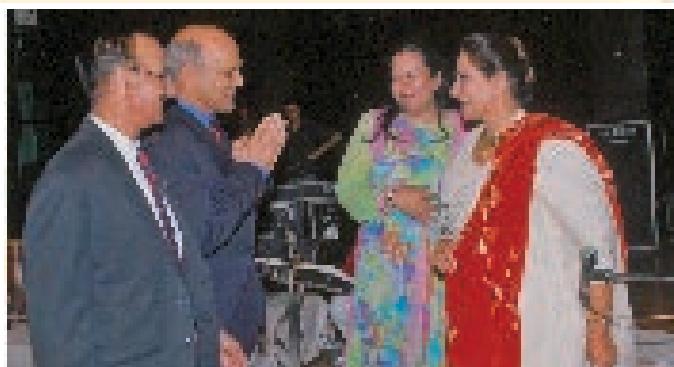


MEDICAL CAMP AT VILL. PERCH

association with leading hospitals of the Tri-city and

various departments of the Administration were held during the year, mostly in slums and villages. In addition, we supported healthcare services being provided by SAS Free Polyclinic Trust, Perchh.

MUSICAL PROGRAMMES. A number of programmes by renowned artistes were arranged for the benefit of



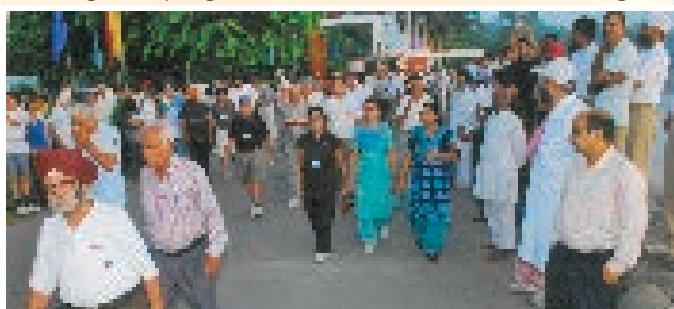
ADVISOR K.K. SHARMA GREETING MS. DOLLY GULERIA senior citizen audiences. These included a recital by our own Prof Pandit Yashpal and two popular singers, Ms Dolly Guleria and Ms Rinku Kalia,

MEDIA COVERAGE. Our activities received good media



VICE PRESIDENT'S SOUND BYTES

coverage keeping senior citizen issues on centre stage.



WALK-FOR-FUN IN PROGRESS



Forthcoming Engagements

1. **Yaadgaar Geeton Bhari Shaam**
Date : 6th January 2013 (Monday)
Time : 4.30 PM
Venue : Tagore Theatre, Sec-18, Chd.
(Organized by Citizen Council for Human Rights and Sahitya Sangeet Manch)
2. **Mid-Winter Halla Gulla**
(President's Month Function by Sec 18 Chapter)
Date : 9th January 2013 (2nd Wednesday)
Time : 10.30 AM
Venue : Community Centre, Sec-18-D, Chd
(Hearing Testing will also be done-**Details Inside**)
3. **Lohri Celebrations with Peers**
Date : 11th January 2013 (Second Friday)
Time : 04:30 AM
Venue : Old Age Home, Sector-15, Chandigarh
(Please bring gachak, revadi, moongphali and a piece of firewood)
4. **Get-together**
Date : 12th January 2013 (2nd Saturday)
Time : 10.30 AM
Venue : Govt Museum & Art Gallery, Sec-10, Chd
(Includes:
a. Talk on Body Donation by Dr. Daisy Sahani
b. Play "Peedhi – dar - Peedhi")
5. **Book Lovers Forum**
Date : 17th January 2013 (3rd Thursday)
Time : 11.00 a.m.
Venue : CSCA Office, Karuna Sadan, Sec 11, Chd
6. **Second Interactive Seminar on Income Tax**
(Courtesy : Income Tax Department Chandigarh)
Date : 18th January 2013 (Sunday)
Time : 10.00 AM
Venue : Income Tax Office, Sec. 34A (near old RPO)
Coordinator : Sh. SC Passi (Limited to 40 members)
7. **Cultural Programme (Anjuman -2013)**
(In collaboration with Shri Sai Arts)
Date : 20th January 2013 (Sunday)
Time : 10.45 a.m. to 1.00 p.m.
Venue : Tagore Theatre, Sec-18, Chd
8. **Picnic**
Date : 22nd Jan. 2013
Time : 10:30 AM
Venue : ROCK GARDEN (Entry from Gate No. 2)
Lunch : Rs. 150 (By 19th January from Sh. I.P Puri
M: 9815077553 or Sh. H.S Chhabra M: 9417992905)
9. **Get-together (Birthday Celebrations)**
Date : 26th January 2013
Time : 10.30 a.m. to 12.30 p.m.
Venue : Senior Citizens Home Sec-43, Chd

OBITUARY

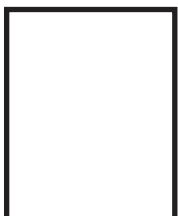
LM/532: Sh. IL Kapur
7.5.38 to 30.11.2012
(#5055/1, MHC, Manimajra)

With great sorrow and grief, we learnt about the passing away, on 30th November, of one of our most popular and talented members, Sh IL Kapur.

Sh Kapur, an ex-serviceman, with a brilliant record in the IAF, had been associated with several senior citizens' and other organizations in Chandigarh, Panchkula and Mohali. Young at heart and in spirit, he was ever ready to shoulder responsibility whether as a convener or as social worker in Project Vanita. A very good singer, his services were in great demand in various musical programmes in the Tricity.

He had, during the last couple of years, undergone a variety of medical and surgical procedures but retained his cheer and regularity at the Association meetings which we shall miss.

He leaves behind his wife, LM/1165 Smt Sunila Kapur, a son and a daughter and a host of friends and admirers to mourn his loss.



FREE MEDICAL SERVICES

Physiotherapy Centres (Mon to Sat) w.e.f. 1/4/2012

Locations :

1. Arya Samaj, Sector 7-B, Chd	3.00 p.m. to 6.00 p.m.
2. Arya Samaj, Sector 16-C, Chd	3.00 p.m. to 6.00 p.m.
3. # 726, Bapudham Colony, Sec 26, Chd	3.00 p.m. to 6.00 p.m.
4. Baba Makhan Shah Lobana Kendar, Sec 30-A	3.00 p.m. to 6.00 p.m.
5. Gurudwara Sahib, Phase II, Mohali	8.00 a.m. to 11.00 a.m.
6. Arya Samaj Mandir, Sector 9, Panchkula	10.00 a.m. to 1.00 p.m.

No charges for senior citizens and orthopedically handicapped persons

Acupressure-cum-Magnet Therapy Centres (Mon to Fri)

Locations:

1. Gurudwara Sahib, Sector 21-C, Chd	5.00 p.m. to 6.30 p.m.
2. Raksheshwar Shri Ram Mandir, Sec 35-C, Chd	5.00 p.m. to 6.30 p.m.

Reiki Healing: (Mon to Tue)

Location:

1. Sood Bhawan, Sec 44-A, Chd	10.30 a.m. to 11.30 a.m.
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