



SUIDHA - A premium retirement village  
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➤ **From the MD's Desk:**

**Thought for Today**

Dear Friends,

***Greetings and best wishes for the New Year / Sankranti!***

I am delighted to see the release of the Suidha Newsletter.

We must thank the Editors, Dr P M Chandrashekara and Mr Vijayakumar Aluri for working hard with diligence and commitment and bringing this newsletter out in such a short time. We plan to bring this out every month. Contributions in the form of articles of interest, links to web pages of interest, humour etc. from all of you, are welcome.

While Suidha is a Public Limited Company for administrative reasons and interaction with various agencies, we really are a co-operative organization at heart. Internally, we should have the outlook of a cooperative society.

The Board is here to serve you. This newsletter is a small step in empowering you. The word 'Trust Deficit' heard so often in the recent AGM must go away from Suidha vocabulary very soon. Hopefully, it will not be heard at the next AGM!



We are making an attempt to have a transparent and democratic administration. Suidha must work like a 'family'. A family of 2 people will have differences of opinion; one can imagine the situation in a family of 200 people. The only way one can progress is to have tolerance, patience and willingness to accommodate different points of view. Healthy, constructive criticism of the administration is welcome. Sarcastic, supercilious remarks and an attitude of 'one-upmanship' vitiate the atmosphere. I am sure that, with a friendly, collective approach, we will succeed in solving our problems.

Long live Suidha!!

Regards

**Dr. Lakshman.**

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## Suvidha News Letter

### ➤ Event Highlights:

#### ***New Year Eve bash at the Club House***

- Suvidhans had a memorable event at the 2013-2014 gathering in the club house.
- The Year has started with a bang with celebratory New Year Bash on 2013, 31st night on to 1st of 2014.



- Very elaborate arrangements were made by the new Team of Management particularly resident directors, Prabhakar, PMC and many others. Assembling at 7 p.m., we started with Fellowship and fellow SIP too. A large number of new members; regular weekenders and some rare members too joined the celebrations. Along with soft and hard drinks and a good spread of snacks, there was music in the background as well. A hilarious movie "Munnabhai MBBS" was screened. During the customary Interval, we all had a fantastic spread of Veg (prepared at our own canteen) and Non veg, (brought from an outside

Hotel) for dinner. Dr. Kadambi along with his full complement of music paraphernalia entertained us and many from the crowd took active part in singing several hit songs from movies. Ms.Vani Lakshman organized some games like Housie; more games painstakingly arranged by her could not be continued for want of time.

- Sharp at 12 midnight, New Year was welcomed with some fireworks in front of the Office Building and members greeted each other welcoming the New Year.
- For more pictures [Click Here](#).



### ➤ Suvidha On The Move :

Several improvements have occurred at Suvidha recently.

- Construction activities are going on briskly on several fronts.
- Strategically placed boards in the colony, indicating the cottage numbers in each row are helpful to all especially newcomers and visitors.
- New trimmed security staff and some other staff have taken over from 1st of the year. To improve the efficiency of security services, it is envisaged to introduce biometric attendance system at four strategic



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points of the village so that the security staff has to mark their biometric attendance compulsorily at the prescribed time 24/7.

- A new intercom unit has been introduced bearing call number 1219 at the reception desk of the Club House. This system should be helpful to call the service personnel especially during the outside office hours.
- Dr. Mohan Rao (Cottage114) with few resident members is trying to improve quality of Canteen services with active support of the Management. It is proposed to introduce better, nutritious and more widely acceptable senior friendly food instead of the present South India centric items. Newly introduced Special Sunday buffet lunch is a huge success. A variety of different breakfast items are also being worked out.
- It is proposed to have periodical get-togethers along with group discussions / intellectual lectures.
- We plan to organize movie nights once we acquire home theatre system and comfortable chairs. Monthly schedule of movies / events will be informed to shareholders as a calendar of events.
- It is proposed to introduce waste collection dustbins at strategic places like car park area where large number of waste plastic bags and bottles brought by gardeners are collected every day.
- After experimenting over the years to find a suitable replacement for the costly imported buggy tyres , at last, a trial project is underway. At the City Railway station, it was observed that the Buggies are being run on the auto-rickshaw tyres ! Mr. Praveen and Mr. Prabhakar took initiative to get further information from the Buggy drivers at the Railway station and tried several tyres and hub combinations. Dr. P M C also did the market survey and guidance with the help of Mr. R Ragavendra Prasad, brother of Dr. R Subba Rao who owns Modern Chariot Tyre shop in the City and he is an authority on Wheels. From the information that was gathered from several sources, it was decided to continue the experiment using our Pugo Three wheeler tyres which are in match with the imported buggy tyres on several aspects. After conducting several fully loaded rides with three wheeler tyres for the rear and the original imported tyres for the front, it was decided to continue the feasibility trial on other buggies for the time being. The residents are requested to share their observations on this important development.
- Efforts are being made on several fronts to curtail the maintenance cost of the Buggies of SUVIDHA. The efforts include reducing the use of buggies by the kitchen staff for distributing the food and collecting the empty containers on daily basis. After trials with a Motorised bicycle failed, manual Bicycle has been introduced to distribute / collect the empty containers when the load is less. The maintenance technicians have been barred from using buggy for their inspection rides. Thus, at present movement of the buggies are under surveillance and the buggies are being used exclusively for the residents and the visitors as far as possible.
- Holiday Duty roster on the notice board has been introduced for the residents as well as the visitors to know whom to contact on a holiday.



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- Renovated ramp connecting the Clubhouse to that of badminton Court is ready for use following renovation with a side railing and a cattle trap to prevent the rain water gushing over the surface and eroding it as it used to happen before.
- On 4<sup>th</sup>; 6<sup>th</sup> and 13<sup>th</sup> evening wildfire broke out, outside the perimeter wall and timely intervention prevented any damage. More such incidences are expected in the coming months and some of the preventive measures that are initiated include to have 20 feet weed-free clear pathway next to the compound on the west side. And also to have water outlets to connect hose for extinguishing the fire.

### ➤ Health Care Unit :

- **Phillips Monitor cum Defibrillator Unit:** This unit came for urgent maintenance servicing and it was attended by extending the AMC. At present the Unit is in perfect working condition.
- **Medical Record and template:** Several residents and doctors have contributed their experience in formulating a health care card or file that has to be adopted at SUVIDHA health centre in lieu of existing hand written record sheet. The final decision on this matter is under consideration, since this system is linked with several other important decisions on the Health Care System that we have to establish at SUVIDHA.
- **Blood Sugar Estimation:** At present both the glucometers have become defunct and a new glucometer has been procured.
- **Panic Call System:** Preliminary survey and calling for quotations are on the way to establish a Panic Call network system at the earliest. According to Mr. Praveen, there is no such provision for panic call network from cottage number 161 onwards. This lack of network is going to be a big hurdle to establishing the system early.

### ➤ On the Drawing Board:

- **Car Park II :** Adjacent to the main gate a new car park has been envisaged and conceptual drawing have been received from our architect.
- **Additional four staff quarters** have been sanctioned and the drawings are awaited.
- **Members Committee Resolutions:** The Members committee (MC) presented a cash flow statement to the board as a part of its exercise to rationalize the Maintenance Fee (MF). This document was accepted in principle by the board with certain caveats including the following:
  - The tax burden on the 'profits' was not included in the calculations.
  - The expenditure may be higher than what was projected.
  - Efficiency and fiscal control of the proposed Phase 1a and 2 are important.



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### ➤ **Suvidha Family News :**

- We welcome Ms C.S. Parvathi who joined us on 1-1-2014 as Facility Supervisor. She will look after Canteen & House Keeping. She comes with specialized experience of 28 years in Hospitality and related staff management.



### ➤ **We wish them well:**

- We bid good bye to Mr.N.Praveen who has been with Suvidha as Maintenance Engineer from 12th August 2010 to 1<sup>st</sup> January 2014. During his tenure with Suvidha, his contribution was greatly appreciated. We wish him well in his future assignment at his native place.



### ➤ **Door-Delivery Service Providers near Suvidha :**

- **Religare Medicals:** Register with Religare to buy your medicines. Senior citizens get 10% discount. Contact : 080-22956228 / 29
- **Aadakilo.com:** For your groceries, breakfast cereals, house cleaning products etc., etc. Contact person: Mr. Shyam Prakash; Mobile No: 9448287787.
- **Healthy Farm Fresh:** For vegetable and fruits: Contact: Mr. Lokesh ; Mobile:9008119404.
- **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.

### ➤ **Science for you:**

#### **Old Age - "Good Health Adds Life to Years"**

Helmut Wirz – Retired Pharmacist

Every year World Health Day is celebrated on 7<sup>th</sup> April to mark the anniversary of the founding of the World Health Organization [WHO] in the year 1948. World Health Day is a global campaign inviting every one on a single health challenge which has a Global impact. WHO also provides an opportunity to start collective action to protect people's health and well being. It is an opportunity to engage ourselves in finding solutions that benefits us all. The year 2012's World Health Day was dedicated to the problems of Aged [65 Years and above] with a slogan "Good health adds life to Year" : focusing on the theme "how good health throughout life can help aged to lead a full and productive lives; and be a resource for their families and communities, and they should feel valued. While addressing the problems of old age, one should cover important areas like :: Gravity of the situation; Latest scientific information on Ageing and Good Health; Ideas for planning and



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implementation and some of the measures that one can use to better their lives like available help line, information about the organizations that engage in social well being of the aged etc. Hereunder, these chapters will be discussed in detail.

Gravity of the situation : Several statistical inputs are available and some of them are differently interpreted and thus some confusion creeps in and is obvious becoming Older” when we say : “World is quickly becoming older” or “World population is Ageing faster”. Statistics on this population reveal that [1]. The number of people aged 60 and above has doubled since 1980 and in the year 2012, it crossed 810 million figure ie 11.5% of the Global population. Likewise, if the same trend of acceleration continues, by 2018, 65 years old will outnumber those under 5 yrs. India is in a phase of *Demographic Transition* and India is an *Ageing Nation* with an elderly population of 90 million. And this number is expected to increase to 315 million constituting 20% of the total population by 2050. Further, 7.7 % of its population is over 65 years. *Demographic Transition* is attributed decreased mortality rates and improved longevity under a developing Nation. For example from 47 yrs. In 1947, now Indians will live up to 67 years . By 2045 – 50 : a newborn is expected to live up to 83 years in India!. At this rate, the elderly will make 30% of their population in 60 Countries. By 2050 : India will have the highest number of people who are 50<sup>+</sup> with a 270% growth rate for above 60 yrs. And by 500% for 80<sup>+</sup> yrs. Thus India will be overtaking China’s primacy ie. While China became Old before it became Rich; while India will become Rich before it grows Old. In India 75% of elderly live in rural areas and 48% are women and out of which 55% are widows.[To be continued].

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### **Save Our Planet From Man Made Calamities**

Mechanism of climate control could be discussed under the following headings : [1].Role of Antractic ice sheet; [2]. The ozone layer; [3]. Green House gas effect; [4]. Global warming and its effects; [5]. Alternative approaches to reduce the environmental effect.

#### The Earth's natural greenhouse

The temperature of the Earth is determined by the balance between the input from energy from the Sun and the reflection of some of this energy back into space from the vast ice sheet covering entire Antarctica. Certain atmospheric gases are critical to this temperature balance and are known as greenhouse gases. The energy received from the Sun is in the form of short-wave radiation, that is in the visible spectrum and ultraviolet radiation. On average, about one-third of this solar radiation that hits the Earth is reflected back to space. Of the remainder, some is absorbed by the atmosphere, but most is absorbed by the land and oceans. The Earth's surface becomes warm and as a result emits long-wave ‘infrared’ radiation. The greenhouse gases trap and re-emit some of this long-wave radiation, and warm the atmosphere. Naturally occurring greenhouse gases include water vapour, carbon dioxide, ozone, methane, and nitrous oxide, and together they create a natural greenhouse or blanket effect. Without this natural greenhouse effect, the Earth would be at  $-18^{\circ}\text{C}$ .



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Likewise, the ozone layer in the upper atmosphere is a protective layer of gases. It protects humans and other organisms from solar ultraviolet radiation. Ozone depletion is caused by chemical reactions in the atmosphere by man made ozone depleting substances [ODS] " chlorofluorocarbons [CFC's] and other relatives which are in our air-conditioners. Over exposure to ultraviolet lead to serious health hazards in humans with light skin causing skin burns, cancer and cataract. It can also deplete levels of plankton in oceans leading to a reduction in fish stock; decreased agricultural production, disease [malaria]; droughts or floods with a great economic impact. [To be continued].

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### ➤ **All in the lighter vein: .....Jokes you will love to share!**

A Spanish teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine.

A student asked, "What gender is 'computer'?"

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether "computer" should be a masculine or a feminine noun.

Each group was asked to give four reasons for its recommendation.

The men's group decided that "computer" should definitely be of the **feminine** gender ("la computadora") because:

1. No one but their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

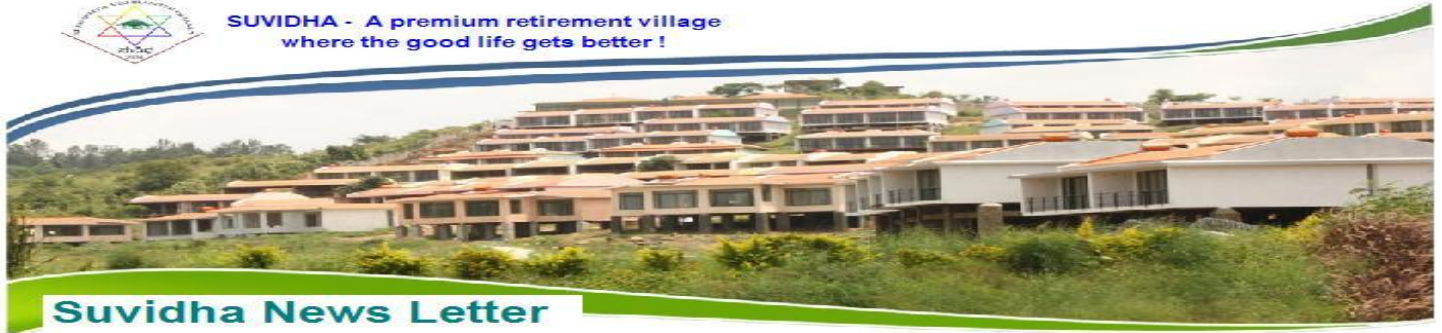
**(THIS GETS BETTER!) –**

The women's group, however, concluded that computers should be **masculine** ("el computador") because:

1. In order to do anything with them, you have to turn them on.
2. They have a lot of data but still can't think for themselves.



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3. They are supposed to help you solve problems, but half the time, they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.





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### Photo of the Month

