

Dr. Suresh Sahadevan will give a TALK on “Preserving Function -The Key to Ageing Gracefully”

on Saturday, November 25, 2000 from 2 pm to 3.30 pm,
at the Function Hall.



As we all age, one of our central concerns is to remain as independent as possible in all our main areas of function.

Examples of such areas include our abilities to walk and move about steadily without falling (mobility and balance functions), to retain memory and continue think-

ing properly (mental function) and to have normal control over our urinary patterns (bladder function). In fact, disruptions of these functions are common in the elderly, resulting in the four central problems of immobility, falls, dementia and urinary incontinence. In this presentation, an overview of these problems is provided with emphasis on how they can be managed and, where possible, prevented.



For those who have attained the blissful status of ‘Senior Citizenship,’ CSC News reproduces a few interesting excerpts from the Bulletin, ‘AGEING AND HEALTH’.

1. I should honour my children and all children and foster their growth. May I remain close to my children and not hover over them and stunt their maturity.
2. I should avoid becoming bitter if overlooked by the passing years and by events. May my spirit not be eroded by the acids of life. I should not blame or rage against others for their inability to control the impossible.
3. I should continue to seek information and learning and avoid dogmatic positions and postures. May I be a source of experience for solving or moderating the problems of life.
4. I should use the experience of my years for attaining fairness and justice for others.

I should foster my physical and mental health. Should I have poor health, I should cushion its impact so that it does not weigh unduly upon others, and I should refrain from seeking an

- unreasonable share of resource and placing a disproportionate load upon others.
5. I should manage prudently and with affection my relationships with others and initiate the expression of caring and love for others. May I manage the passing along possessions with fairness and avoid manipulating them to gain attention or to cause others to vie for material gain.
6. I should continue to weed the garden of my life, remove yesterday’s flowers and dead branches, and foster new growth.
7. I should prepare myself and others for my death. May I promote my passing with poise, dignity and peace. I should consider making provisions for the use of my body parts by others.
8. I should leave the land and its people better than I found them. May I plant seeds that bloom for others in the springs I will not see.

Quotable Quotes

- Some are born great, some achieve greatness, and some hire public relations writers
Daniel J. Boorstin (Reader’s Digest Jan. 1997)
- Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don’t turn up at all.

Sam Ewing (Reader’s Digest (Jan. 1997)