

FROM THE MD'S DESK

Dear Reader,

A great deal has happened in this interim period and our bond with our members has deepened with interesting workshops, movies and adda sessions. It is indeed highly inspiring to see the difference we are creating in the lives of the elderly, as they choose to depend on us in times of any medical emergency and for other miscellaneous needs, and are eager to socialize and participate in cultural functions and workshops. In fact, our cookery workshop was taken by our very own member and internationally renowned chef, Ms Flower Silliman; even at 92 years, she is eager to spread her knowledge. Get to know more about it in the newsletter.

Also read about Srilanka—in Mr Apurba Kumar Chakrabarty's travelogue and how Ms Shibani Ghosh carved a niche for herself professionally in a sector where there were not too many women at the time. Our member, Mr Kanti Bhushan Sarkar, has penned down his thoughts in the form of a poem.

I would also like to take this opportunity to let you know that our endeavour to enhance the quality of life of our members has reached yet another milestone. We have partnered with one of the leading technology companies globally to bring you Well@Home.

Happy Reading!
Apratim Chattopadhyay



24 X 7 Info Line:
+91 -33-6638 8888
Email:
writetous@supportelders.com

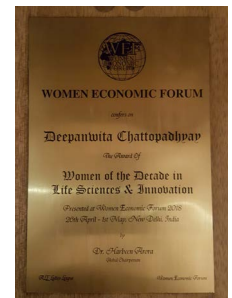
NEWS

Well@Home with Tech Mahindra

After a great deal of research and need analysis, Support Elders is proud to partner with Tech Mahindra to bring to our members a futuristic and technology-based new service. With this, our members' number of doctor visits and hospital visits is sure to come down as they will be able to monitor their health parameters at home and then consult the doctor as and when required. Watch out this space for more details. **SE**

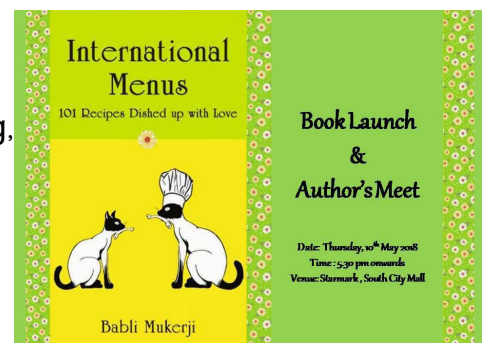
Woman of the Decade Award

Our Chairman, Ms Deepanwita Chattopadhyay, won the Woman of the Decade in Life Sciences Award for promoting Innovation in Life Sciences. It was awarded in New Delhi by the Women Economic Forum. The other person who got the same recognition in the healthcare field is Dr. Lily W. Lee, President, Alamata Health, for working on empowering women and providing primary healthcare in rural China. **SE**



Book Launch

The book *International Menus: 101 Recipes Dishes with Love*, authored by one of our esteemed members, Babli Mukherji (Srilekha Mukherji), was launched at Starmark, Southcity Mall. This book contains a wonderful selection of easy, mouthwatering, homecooked dishes from different parts of the world, which suit various dietary requirements. There is a good variety of vegetarian dishes, salads and dessert recipes too. She has also included some tips, anecdotes primarily covering the history of origin of the dishes. **SE**



Coffee Mornings

We had our first coffee morning at Abar Baithak in Jodhpur Park. Our members shared their travel stories and experiences over coffee and snacks. It was a great interactive session. Hope to see you at the next one! **SE**

TRAVEL Sri Lanka: A Beautiful Island Nation

Our members, **Mr Apurba Kumar Chakraborty** and his wife, **Mrs Deepa Chakraborty**, visited Sri Lanka in February 2018. Mr Chakraborty shares their experience of this small island country in the Indian Ocean.

My wife and I did a most amazing road trip across Sri Lanka. Our travel agent had arranged our accommodation and provided us with a chauffeur-driven car. This car, which was with us till the end of our trip, came to receive us at the airport when we landed at Bentota, a south western city of Sri Lanka. Owing to its small size, travelling around the island by road was very enjoyable, especially as the road condition and the infrastructure is very good—this is very important for people of our age.

A major watersports destination, Bentota has an attractive, long and broad sandy beach. We enjoyed relaxing on the beach, soaking in the beauty and spirit of the place. On day one, we travelled from Bentota to Balapitiya, a coastal town in south west Sri Lanka, well known for its cinnamon plantations and folk culture. Then we went to Kosgoda, known for the sea turtle conservation centre operated by the Wildlife Protection Society of Sri Lanka. The drive back to Bentota down the coastal road was a wonderfully scenic one.

The following day we were off to Galle, a city steeped in rich colonial history. The Galle Fort is a World Heritage Site and is the largest remaining fortress in Asia built by European colonialists. Galle reached the height of its development in the 18th century, during the Dutch colonial period. The old main gate that leads to the fort tells the story of the lion and unicorn of the British coat-of-arms and on either side of this gateway there are the legacies of Dutch trade in the old warehouses, called pakhuis.

Our next destination was Yala, a south-eastern city of Sri Lanka. It is home to diverse wildlife and bird species. Yala National Park, with its boundless forest canopy and its rich ecosystem, attracts many tourists. On the fifth day, after two hours of weaving through rolling tea plantations we reached Nuwara Eliya. Kandy, which we visited next, houses the relic of the tooth of the Buddha and is a sacred Buddhist site. Our last destination was Pinnawala, which is well known for its Elephant Orphanage—a nursery and captive



breeding ground of these gentle giants.

With enchanting tea plantations, an endless coastline, an incredible mountainscape, welcoming smiles from the locals, and an insanely diverse terrain, it is pretty hard not to fall in love with this beautiful country. It has certainly become one of our favourite destinations. SE

MEMBER SPEAK

A Job Well Done!

Ms Shibani Ghosh, one of our most enthusiastic and active members, shares her experience of working with a travel company, which is also into event and hospitality management.

In those days, it was considered rather unconventional for a woman to be working with a travel company as it entailed a great deal of travelling. I, however, began my career with a travel company and went on to spend my entire working life there. I never thought of joining any other company because I felt that the organisation that had accepted me in a primarily male-dominated sector, without any experience, and had trained me, should get its due from my experience.

For years, I travelled to different places in India and abroad with my clients, taking special care to ensure that they were happy and satisfied at the end of the tour. Last February, however, I skipped a Sri Lanka tour that was conducted by my company. I arranged the tour, but I did not travel with them. It was a tour especially for senior citizens and being a senior person, I knew the kinds of constraints and problems they could face. When I had met the group, I had realised that one particular lady would possibly need a wheelchair. Though she assured me that she would be able to manage without it, I still told one of my team members to arrange for a wheelchair.

As I had expected, the lady did need the wheelchair in some places and on coming back, was very appreciative of my thought and effort.

We are also into event and hospitality management, especially for sport events organised in India and abroad. During the football World Cup, we operate tours to and from the host country. We take care of everything, starting from arranging visas and accommodation to getting the tickets for the games, sightseeing and so on. The last few months we were very busy arranging tours for the FIFA World Cup in Russia. Sometimes, it can get a little complicated because all our clients' itineraries need to be customised as per their personal choices, but we enjoy doing it.

We also had the opportunity to look after the players of under-19 football World Cup held in different cities of India for their travel, stay and sightseeing. We organised the beach volleyball game in Visakhapatnam that took place sometime back.

The unlimited possibilities that came my way while interacting with people from different parts of the world gives me the motivation to work for them and I enjoy doing my job. **SE**

TSC EVENT

TSC members celebrating Rabindra Jayanti and observing World Elder Abuse Awareness Day.

POEM

A poem penned by our member, Mr Kanti Bhushan Sarkar.

ସନସାଧନ
 ଅରଣ୍ଡ ବହନେ ବହନେ ଯାଏ,
 ବହନେ ଜିଆଇଁ ଯେଣୁ ହୁଏ
 ଯେଣୁ କି ଡାକ୍ତରୀ ଲାଗେ?
 'ଜ୍ଞାନି-ନା'
 ତୋହାତୁ ହୁଏତ ବହନାନ୍ତି,
 ତୋ ହୋଇଲେ ତୋ ଜ୍ଞାନେ
 କି ହୋଇତେ ମୋନେ?
 'ଜ୍ଞାନି-ନା'
 ବହନାଟ ବହନେର ବିଷ
 ବିଷେ ନିଲୋଚ୍ଚେ ୧୦ ମୁହ ମଧୁ ସନସାଧନ
 କେତେ କି ଯାଏ?
 ସନସାଧନେ ଡାକ୍ତରୀ କେନେ?
 ଡାକ୍ତରୀ କେନେ କି ମାତ୍ରୀ ଯାଏ?

'ଜ୍ଞାନି-ନା'
 ଯେନେ ସନେ ସନେ ସାଧନେ ନେଉ,
 ଯେନେ ସୁଖେ ସାଧନେ ତୋର ହେଉ ସାଧନ,
 ଯେନେ ସନେ ସେକେ ହାତୀ ବେହର,
 ହାତୀ ହୋଇତେ କେତେ ସନେ ଯାଏ ନା,
 ହାତୀ କିଲୁ ତୋହାତୁର ଜ୍ଞାନେ
 କିଲୁ ତୋହାତୁ ହୁଏ ସେନାଟ ଡାକ୍ତରୀକ,

ନୋଟ୍ :-
କାନ୍ତି ଭୂଷନ ଧରକାର.



WORKSHOP

Bonding Over Food!

Our members, had a most enjoyable cookery session with Ms Flower Silliman, at her place on 1st June, 2018. Ms Silliman, also our member, is a chef of international fame and repute. She launched the world's only kosher non-vegetarian Indian restaurant 'Maharaja' in Israel in the 1970s. She has taught cooking, ran MasterChef shows in US and London, hosted TV shows in Melbourne, and authored cookbooks.

Our participants thoroughly enjoyed the session. It was a true bonding experience. It covered a lot on how we can use the microwave as an easy cooking tool rather than simply for re-heating.

Here is one of Ms Flower Silliman's recipes.

Lemon Bars

Ingredients:

Crust

flour: 1 ½ cup

sugar: ¼ cup

butter: ½ cup butter (100 gm)



Filling

sugar: ¾ cup

eggs: 2

flour: 2 tablespoons

baking powder: ¼ teaspoons

lemon juice: 3-4 tablespoons


Process

Crust

- Mix flour, sugar, butter tightly with fingers, till it is crumbly.
- Add enough ice water to make the dough.
- Flatten the dough on to an 8" square baking tin.
- Bake at 180° till lightly golden.

Filling:

- Beat the eggs and sugar for 2-3 minutes.
- Add flour, baking powder and lemon juice. Beat the mixture.
- Pour over the baked crust and bake till filling is set. Cut into bars and serve.

You can also check out the delicious recipes selected by Ms Silliman herself in her cookbook *Three Cups of Flower*. It is also available with us. 



"It was a wonderful to attend the cookery workshop by Ms Silliman. I really liked both the Lemon Bars and Pumpkin and Carrot Soup recipes. Both were quick and sumptuous."

-Ms Basudha Chattopadhyay,
Support Elders member

