



# ELDERS' VOICE

March 2019

FOR PRIVATE CIRCULATION ONLY

News Bulletin of The Senior Citizens' Forum, Kottayam

Editor: Pushpa Mathew

## The President's Message

### P. I. John

Speaking at the India Mobile Congress held in Oct 2018, Reliance Industries Chairman Mukesh Ambani said, "data is the new oil and India does not need to import it."

What is this data that Mukesh Ambani is speaking about?

There can be a considerable amount of data concerning you as a person. What brands of consumer items you like. Which restaurants you prefer to go and how frequently. Data which reveals you as a person from a commercial perspective.

We have been reading about how Facebook collects such type of data from your interaction with your Facebook page. When you like an entry and you indicate that liking, Facebook marks that data. Even for passive users of Facebook, there are pages and pages of data.

Facebook has been accused of selling this data to Data Analytics companies. They use this data to profile you, find your commercial and political preferences and sell

this to commercial and political organizations.

Professor Douglas C. Schmidt of the Vanderbilt University has brought out a Report in August last year on the scope of Google's data collection.

The channels through which Google collects data are the Android phones, Chrome web browser, company's numerous free services like Gmail and YouTube etc.

Passive data collection happens in the background, without any notification that it's happening. For example, when you enter that search query, Google passively determines your location. The collected Data is communicated to Google 14 times per hour.

Google has largely avoided public scrutiny about its data collection practices despite having the ability to collect far more personal data about consumers.

What does all this mean?

It means that in this age of in-

formation technology and artificial intelligence, you are constantly being watched and observed. Your commercial, political and social behaviour is anticipated through Algorithms.

There are philosophical and ethical dimensions to this problem. If all your decisions are made under the influence of algorithms, can you claim that you have a free will?



## A New Website

has been created for the Senior Citizens' Forum, Kottayam. Photographs of the recent picnic to Casa Maria and the copies of all the recent newsletters are posted here. Please visit:

<https://scfktm.wixsite.com/mysite>

SENIOR CITIZENS' FORUM  
KOTTAYAM



<https://scfktm.wixsite.com/mysite>

# Sweet Potatoes: A Great Dietary Option

## Dhanya Gopinath

Growing old is inevitable but striving to maintain good health at any age is worthwhile. The metabolism will slow down as one ages, the muscle mass will diminish, the bones will become weak and brittle and the body's organs may not operate as efficiently as before. This happens as the ageing process changes how the body assimilates and absorbs vitamins and minerals. Hence some dietary changes are necessary as one ages.

Seniors are often told to include plenty of vegetables in their diet. Sweet potatoes are an excellent source of nutrition and should be considered an option in the diet of a Senior Citizen. There are five important reasons:

### Keeps Eyes Healthy

Sweet potatoes are as good, if not better than Carrots, when it comes to promoting the health of the Eye. This root vegetable contains high amounts of Beta-Carotene which is an anti-oxidant that gets converted into vitamin A in the body. Vitamin A is necessary for good eyesight. Anti-oxidants protect the cells of the body against ageing and disease.

### Facilitates Digestion

There is plenty of fibre in a Sweet Potato. Hence it nourishes the stomach and spleen and helps clear constipation.

### Good for Heart Health

Sweet potatoes are fat and cholesterol free but contain vitamin B and potassium in sufficient quantities. Potassium is an essential electrolyte that is necessary for regulating Blood Pressure. Sweet potatoes are also a good source of vitamin C and E also.



### Regulates Blood Sugar

Type 2 Diabetes is not uncommon in senior citizens, hence they hesitate to include sweet potatoes in their diets. However please note that the carbohydrates found in sweet potatoes are lower on the glycemic index than other potatoes and starchy vegetables. Studies conducted in the U.S. reveal that the slower release of sugars in

sweet potatoes may help seniors control Blood Glucose levels.

### Promotes Sleep

Sweet potatoes are excellent sources of Magnesium. This is a mineral that is essential to promote sleep. Although seniors require less sleep, they have to ensure that the sleep that they get is sound and restorative, as lack of sleep contributes to physical and mental stress. The magnesium found in the sweet potato could promote good sleep.

Bake them, steam them, boil them but try to include them in your diet. The soft texture of sweet potatoes and its sweet taste is a great boon for seniors who experience a poor sense of taste, poor dental health or have swallowing difficulties.

On a note of caution, it is important to be aware that sweet potatoes contain oxalates which may increase the risk of kidney stone formation, hence should be consumed in moderation.

## February Meetings

### Dhanya Gopinath

The 1st meeting was held on Friday, the 8th at 4 pm in the SEERI auditorium.

Dr. Jose Joseph, principal, Kottayam Medical College had selected the topic, 'Healthy Living', for his talk at the Forum. He informed members about the rise in lifestyle diseases like COPD, diabetes and blood pressure. The doctor emphasized the fact that such diseases were largely preventable, provided people take care to include exercise in their daily routine.

In his humorous style,

Dr. Jose, implored seniors to be more proactive and said that helping others could keep diseases at bay.

The 11th meeting of the month was declared PICNIC DAY. Accordingly, the annual picnic for the year 2018-19 was held on Saturday, 23rd February, from 10am to 3.30pm at the Casa Maria Retreat Centre, Peroor, Kottayam. After the mandatory Business Session, the floor was thrown open for the Entertainment Session.

Musically inclined members like Dr. Elizabeth Philip, Mr. V.G. Shyam, Mr. Manoharan, Prof. George Koshy & Mrs. Soosy Isaac got up one after another rendering yesterday's hit songs much to the

delight of the audience.

Mrs. Molly Benjamin & Mrs. Maya Cherian took charge of the Quiz & Games programme.

Mr. John Kunnath retold the story of Adam & Eve from his perspective. Kottayam Baburaj, Prof. K. M. Varghese & Mr. P. K. Philip did not disappoint us and delivered their parodies in perfect style. The comical skit enacted by Prof. Varghese & Kottayam Baburaj had the audience laughing all the way. The Tambola Session was another hit.

The relaxed atmosphere created by the good participation had members requesting for more such sessions.





Left: Shri Kottayam Baburaj with his humorous stories.

Below: The group photo



Left: Mrs Kochurani receiving the prize from Mrs. Sally Abraham

Right: Melody by Dr Elizabeth Philip



## Casa Maria Picnic



Left: Mrs Soosy Isaac rendering a song

Right: The Quiz competition in progress



Left: A hilarious skit by Shri Baburaj and Prof. K. M. Verghese



Right: Dr Joseph Cherian receiving the prize for Housie

Photographs Courtesy: Mrs Minnu John

# പ്രളയബാക്കി

## പി. കെ. ഫിലിപ്പോസ്

ആയിരത്തിതൊള്ളായിരത്തിരൂപത്തിനാലാമാണ്ടിൽ ഭയമുള്ളിൽ തങ്ങിനിർത്തും പ്രളയമുണ്ടായ അന്നുണ്ടായ പ്രളയത്തിൻ ദുരന്തങ്ങൾ നേരിൽകണ്ട മാനുജരിന്നിധരയിലധികമില്ല ഓ തിത്തിത്താര....

ഇന്നിനാട്ടിൽ ആവർത്തിച്ച പ്രളയത്തിന്നുഗ്രതയോ അന്നത്തേതിലധികം എന്നെവരും ചൊല്ലും ധനികനും ദരിദ്രനും പണ്ഡിതനും പാമരനും വിനതുല്യമായി നൽകി പ്രളയം പോയി ഓ തിത്തിത്താര....

പ്രളയത്തിൽ വീട് പോയോർ ആടുമാടുകളും പിന്നെ വിളകളത്രയും പോയോർ ലക്ഷോപലക്ഷം കേരളത്തിന് മക്കളുടെ ഒരുമയെ വിളിച്ചോതി ദാരുണ രംഗങ്ങളെല്ലാം അതിജീവിച്ചു ഓ തിത്തിത്താര....

ജാതിയില്ല മതമില്ല ലിംഗഭേദമെന്നൊന്നില്ല വേദനിക്കും ജനങ്ങൾക്കു തുണയേകുവാൻ കടലിന്റെ മക്കൾക്കൊപ്പം പട്ടാളവും ജനങ്ങളും കെടുതികളിതിവേഗം പരിഹരിച്ചു ഓ തിത്തിത്താര....

ജനമൊന്നായുണർന്നിട്ടു ധനമേറെ സ്വരൂപിച്ചു  
 വിനയേറ്റു ജനങ്ങൾക്കു  
 തുണയേകുവാൻ  
 ഒടുങ്ങിയ കെടുതിയിൻ ബാക്കിപത്രം  
 മോശമാക്കാൻ  
 ചടുലതയോടെ ചിലർ രംഗത്തിറങ്ങി ഓ  
 തിത്തിത്താര....



പരസ്പരം പഴി ചാരാൻ പാർട്ടികൾ  
 കൂതായ്മകളും  
 വിരുദ്ധചേരിയിൽ നിന്നും പഴി വിളമ്പി  
 പ്രളയത്തിൻ പേരിൽ ജനം ദാനം ചെയ്ത പണമെല്ലാം  
 വെളിച്ചത്തു വന്നില്ലെന്ന് പരാതിയുണ്ടായ ഓ തിത്തിത്താര....

സഹായമായി ലഭിച്ചതാം സാധനങ്ങളെല്ലാം തന്നെ  
 അർഹിക്കുന്ന ജനങ്ങളിലെത്തിയതില്ലത്രേ  
 അന്താരാഷ്ട്ര തലത്തിലും പിരിവുകളേറേയുണ്ടായ്  
 എന്ത് ചെയ്തി പണം എല്ലാമെന്നും ചൊല്ലുമായ് ഓ തിത്തിത്താര....

നല്ലതെന്ത് ചെയ്തെന്നാലും നല്ലതെന്നു പറയാത്ത  
 വില്ലന്മാരി സമൂഹത്തിലെന്തുമുണ്ടാകും  
 ആർഎന്തോക്കെ പറഞ്ഞാലും കേരളത്തിന് മക്കളുടെ  
 ഒരുമക്കി പ്രളയം സദ് നിമിത്തമായി ഓ തിത്തിത്താര....

പ്രളയത്തിൽ ജീവൻ പോയ സോദരർ തന്നോർമക്കായി  
 എളിമയോടിക്കുറുപ്പ് സമർപ്പിക്കുന്നു ഓ തിത്തിത്താര....



Prof. Babu Joseph presenting a copy of the book "The Tipping Point" by Malcolm Gladwell to our guest speaker Dr C. Thomas Abraham, former NSS programme coordinator & HOD of Life Long Learning of MG University. The title of his intriguing talk was "Radiating Personality- Where am I ?" .

## WISH YOU A VERY HAPPY BIRTHDAY!

May your birthday and every day ahead be filled with the warmth of love, the joy of good health and blessings in abundance!

- Adv Sivamani Kaimal 5th March
- Mrs Maya Cherian 8th March
- Mr K N Nair 10th March
- Adv K J Kurien 13th March

- Dr George Kurien 16th March
- Dr P I John 18th March
- Mr Joseph Gabriel 25th March
- Dr Kurien Thomas 26th March