



ELDERS' VOICE

June 2026

Editor: Dr P I John

**News Bulletin of The Senior Citizens' Forum, Kottayam.
For private circulation only**

President's Message

Warm greetings to all the readers of Elders Voice.

It is encouraging to see that the attendance and participation in our forum activities are steadily improving. This is truly a positive sign for all of us. Let us continue working together to increase our membership and strengthen our forum with active participation and friendship.

During our recent in-house meeting, we introduced autobiographical talks by our members. The response was very encouraging. Such sharing sessions help us understand one another better, appreciate each other's life experiences, and build stronger bonds among members. We hope to continue these meaningful interactions in the future as well.

We were also fortunate to have an inspiring talk on mental health by Dr. Varghese Punnoose, Principal of Kottayam Medical College. His valuable insights on maintaining emotional well-being and

positive thinking was appreciated by everyone. Mental health is equally important as physical health, especially for senior citizens, and such discussions are highly beneficial.

Today, senior citizens in Kerala and across India have many expectations from society and from our newly formed governments. Senior citizens form an important part of the population, and our voices deserve to be heard. We must confidently express our concerns and needs for the betterment of elders and society as a whole.

We are living in a time of rapid change. Technology is advancing quickly, and the world around us is changing every day. Yet values such as kindness, compassion, wisdom, and understanding remain timeless. Machines may become intelligent, but society will always need caring hearts and experienced minds. As elders, we can serve as bridges between tradition and modernity, guiding families and communities with patience and wisdom.



Let us therefore move forward with hope and confidence. Healthy living, positive thinking, social involvement, and mutual support should continue to guide our lives. Let us actively participate in community activities and inspire younger generations through our experience, faith, and values.

May Elders Voice continue to be a platform that unites hearts, shares wisdom, and spreads encouragement among all of us.

Kochurani Mathew



838th meeting held on 22nd May 2026. Sri Joseph Mathew being sworn in as Secretary, SCF. 2. Mr James being sworn in as member.

A Morning Manifesto

The morning is not merely the arrival of light; it is a threshold where the world is still a draft and the ink has not yet dried. In these early hours, the rush of the world has not yet fractured our focus. For the seeker, the artist, or the thinker, the morning is when we exist as our most authentic selves, unburdened by the social masks and professional obligations that the afternoon shall inevitably demand.

The true essence of a morning lies in the transition from the void of sleep to the vividness of being. It is a reminder that we are allowed to begin again and where every thought is a seed and the day is an unmapped territory.

To wake before the world is to claim a territory of time that is uniquely yours. In the afternoon, we are reactive; we respond to emails, demands, and the friction of human interaction. But in the morning is where the alchemy

happens—where the subconscious, still fresh from the dream-state, begins to crystallize into conscious intent.

As a physicist, I see it as a transition from disorder to order. The chaos of the previous day has been settled by sleep, and the morning represents a low-entropy state where anything is possible. It is the phase transition between the "not-yet" and the "now."

Whether it is the slow pouring of water over coffee powder or the search for an exact word to tell a story in my Medium blog, morning rituals are the anchors of our sanity. These acts are the liturgies of presence. They ground us in the physical world before the digital world—the glowing screens and the cacophony of global news—can pull us away.

We are reminded that we are more than our titles or our productivity. We are observers of a recurring dawn, witnesses to the persistence of life. The morning demands nothing of us but our awareness. It is a gift of



thirty, sixty, or ninety minutes where the only clock that matters is the one beating in our chests.

To reclaim the morning is to reclaim one's life. It is an act of rebellion against a world that demands we be "on" from the moment we open our eyes. By lingering in the stillness, by protecting the borders of our early hours, we build a reservoir of peace that can sustain us through the inevitable noise of the midday. The morning is the hour of the poet, the scientist, and the dreamer—the hour when we are most human.

P I John

How to use WhatsApp responsibly

1. Only send messages to those who have contacted you first or have requested you contact them on WhatsApp.

2. Get permission from contacts before you add them to a group. If you add someone to a group and they remove themselves, honour their decision.

3. If you're an admin, you can decide if all members or only group admins can send messages within the group. This can help cut down unwanted messages in groups.

4. We limit the number of times you can forward messages as a way to encourage users to reconsider before sharing.

Using WhatsApp in ways listed below may cause your account to be banned.

1. If a contact asks you to stop messaging them, you should remove the contact from your address book and refrain from contacting them again.

2. Don't bulk message, auto-message, or auto-dial using WhatsApp. WhatsApp uses both machine learning technology and reports from users to detect and

ban accounts that send unwanted automated messages.

3. Don't share phone numbers without consent or use data obtained from illicit sources to message users on WhatsApp or add them to groups.

4. Frequent use of broadcast messages may lead people to report your messages, and we ban accounts that are reported multiple times.

5. Acquisition of user information: phone numbers, user profile pictures, and statuses from WhatsApp violates our Terms of Service.

Why I Treasure Our Senior Citizens Forum Fellowship

Saleema Joseph

I treasure the Senior Citizens Forum fellowship because it brings sunshine to our golden years. It's not just a fortnightly gathering. It's a family where every heart feels young again.

I treasure it because of the people. Each member carries a lifetime of stories, wisdom, and kindness. Our role models show us how to age with grace, keep serving others, and meet life's challenges with faith and humor. We celebrate every member's gifts, big or small, and cheer each other's achievements. When someone is unwell or down, we do more than send wishes. We call, we visit, we pray. Here, no one walks alone.

I treasure our celebrations that fill the year with joy. Onam at SCF means pookalam, the

arrival of Maveli, Thiruvathira, fashion shows, laughter as we sing old Malayalam songs together and delicious onasadhya with payasam and adaprathamam. Christmas brings joy with Christmas wine, carols, dancing girls with Santa, music, cake, and the warmth of shared hope. New Year begins with prayer and smiles. Birthdays and wedding anniversaries never pass quietly. We sing, cut cake, share sweets, and honor every milestone with love and memorable mementos. These moments make us feel seen and cherished.

I treasure our picnics most of all. We may move a little slower, but the fun never stops. There are games, music and dances that leave us laughing till our sides ache, jokes passed around like gifts, and simple joys — photos, delicious food, and quiet chats under the shade like old friends. Those days prove joy has no age limit.

I treasure our brainstorming sessions too. We discuss what matters: health tips, nutrition, graceful aging, faith, changes in society, and how we can still serve. Every voice is heard. Every experience counts. We learn from each other and grow wiser together.



The Senior Citizens Forum gives me friendship, faith, and festival cheer in one place. It turns ordinary fortnights into something to look forward to. For the laughter, the love, the learning, the role models who inspire us, the talents we celebrate, and the bonds that feel lifelong — I will always be grateful for my SCF family.



1. Mrs Kunjoonjamma Mathew adorning the President with the collar 2, Mrs Nancy rendering a song

Below: Views of the audience of the 838th meeting of the SCF





1. The chief guest of the meeting on the 8th May, Dr Varghese Punnose, Principal of the Kottayam Medical College, being felicitated by the President 2. The grand daughters of Prof K M Varghese, Diya and Neha, who regaled the audience with their stories, being felicitated by the chief guest 3. Smt Mariamma Paulose offering the prayer song 4. Shri Simon Paulose offering a vote of thanks 5. Smt Saleema Joseph's song 6. Shri Prem Prakash musical offering

Why I cherish the SCF fellowship.

I really cherish my fellowship in the Senior Citizen's Forum. We, myself and my husband Kariachen are not active in any other social organization. Even here we are not able to make regular presence.

For years it had been film activities and then home for him. College activities and then home for me. After retirement came grandchildren. And it is a pleasant duty you don't want to pull out from. I was forced to join the YWCA by a beloved student who was President. But I withdrew when I realized I could not do full justice to my membership.

Then came Mani Sir and Molly Benjamin . It was their

sincerity and commitment to the Forum that drew us into it. A few meetings and we sensed this sincerity and commitment ran through the veins of every member in the group. We feel so much at home and totally relaxed when we are with them. No formalities. No inhibitions.

Another point is that every meeting boosts your self respect. It is flattering to know you are in a group that includes so many great personalities who are high in your mind and also the minds of the society. Though you are supposed to be in the same range your heart respectfully bows in their presence.

I am sad I couldn't be there for many of the Friday gatherings. I miss those meetings and the warmth of fellowship it provides.



This is not to win a prize. I am just using this opportunity to express my gratitude for all the good and pleasant feelings I go home with after our meetings.

Daisy Cherian

Secretary's Corner

In the 836th meeting of the Senior Citizens Forum (SCF), the talks by Mrs. Dhanya Gopinath



and Mr. Prem Prakash were inspiring. Congratulating Mrs.

Leelamma Varghese and Smt. Saleema Joseph, who won the writing completion initiated by Dr. P I John on the Topic "why I cherish SCF.

The Forum expresses its

sincere gratitude to all members who purchased plants and contributed to the SCF Fund, which will be useful in meeting miscellaneous expenses. Members are encouraged to continue supporting this initiative. Purchasing and nurturing plants at home is not only a contribution to the Fund but also a meaningful step towards promoting environmental consciousness.

The session on "Five Tips for Mental Health" delivered by Dr. Varghese Punnoose, Principal, Medical College, Kottayam, in the 837th meeting, was highly informative and inspiring. The Forum also records its

appreciation to the grandchildren of Prof. K. M. Varghese and to the members who rendered melodious songs during the 837th meeting.

On 22nd May 2026 Friday meeting, birthdays and wedding anniversaries of members falling in the month of May were celebrated. It was an occasion of celebration to all SCF members

Dr. Annie Mathews



1. Birthday celebrants in May 2. Mrs Kunoonjamma Mathew being felicitated on her birthday 3. Mrs Pushpa Mathew and Mr Joseph Mathew on the wedding anniversary 4 Mrs Kochurani Mathew and Mr K K Mathew being felicitated on the wedding anniversary

Happy Wedding Anniversary

June 2026

Dr K Markose Arackal and Shanta Markose Arackal - 55th
Dr. V N Sivasankarapillai and Dr. N C Shanthakumari - 53th



June Birthdays

Mrs. Kochurani Mathew 1st
Prof Daisy Luke- 29th
Dr. K Markose Arackal- 30th



Wedding anniversaries 1. Dr Rachel George and Dr George Kurian 2. Mrs Minnu John and Dr P I John 3. Dr Annie Mathew and Er Oommen Vengal 4. Mrs Leelamma Varghese and Prof P C Varghese

Layout created by Prof. P. I. John using Marq software. Photos courtesy Minnu John

Printed for private circulation for & on behalf of Senior Citizens' Forum by Shri P. I. Mani, Pukadiyil House, Kollad, Kottayam.