

MD Speak

Dear Reader,

Wish all of you a very Happy New Year! May this year bring us happiness, peace and good health. Unfortunately, even as I say this, I am aware that we are looking at the onset of a COVID-19 third wave. Thankfully, however, unlike the Delta variant, Omicron is said to be wrecking less havoc, but it is definitely more infectious. So, let us stay home and venture out only when absolutely necessary. Our members can of course keep themselves engaged and mentally happy and agile by joining our clubs and participating in our virtual events and sharing their thoughts and feelings through the virtual interactive sessions.

We, on our part, will continue to stand by our members through thick and thin. Our services will continue, keeping in mind the restrictions that are being announced across the country. We will follow the required protocol and take care of our members as diligently as always—be it handling medical emergencies, accompanying for medical check-ups, helping with bank work and procuring essentials like food, medicine and grocery items. I would also like to take this opportunity to thank each and every staff member of the Support Elders family for doing whatever possible, and often going beyond the call of duty, to help our members through the pandemic.

On a different and way more positive note, I am proud to say that our members have brilliantly embraced the digital world, albeit with some initial hesitation. We are delighted with the way our members participated in the ASLI Talent Show. Some even came away with accolades. Congratulations to all of them!

Happy Reading!
Apratim Chattopadhyay



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NEWS & EVENTS

CONGRATULATIONS to Our Talented and Enthusiastic Members!

The Association of Senior Living India (ASLI) had organised a talent show in December 2021. We were overwhelmed to see the response from our members. The enthusiasm and excitement was inspiring! The categories included Singing—Solo (male/female) and Duet, Short Story Writing, Rangoli making and Sudoku. Kudos to our members—Ms Shiuli Bhowmik, Ms Jaba Chakrabarti, Dr Debes Kumar Das, Ms Debasree Basu, Mr Shankar Chatterjee, Mr Nripendra Nath Dasgupta, Squadron Leader Asish Dasgupta, Ms Rita Banerjee, Ms Shipra Chattopadhyay and Ms Ratna Saha—for participating in this talent show! Of the songs that were finally selected, three were by our members—Ms Shiuli Bhowmik, Dr Debes Kumar Das and Mr Shankar Chatterjee. These were played during the live zoom meet on 3rd and 4th December, 2021, in which elderly community homes, individual elders and eldercare officials joined from across India. One of the short stories selected was by our member, Ms Shipra Chattopadhyay. Dr Debes Kumar Das also



participated in Sudoku. Many Support Elders members joined the live session on 3rd and 4th December and were excited to take part in the quiz and games. We are proud to say that most of the quiz questions were answered by Support Elders members!

Members, who received certificates from ASLI, were specially invited on the Zoom live event on 11th December, 2021 and also featured on YouTube. It was a proud moment for all of us when the names of our members were announced and they proudly held their certificates. **SE**

Kudos to Our CSO!

AGILE methodology/practice came into existence to bridge the gap between customer requirements and delivery of the corresponding software application in the software development space. It embarks on an iterative journey by the software application development team and the end customers so that the final application delivered matches the customer requirements. The need for standardisation of such methodology became extremely important since uniformity in adherence to Agile standards/practices across the vendors and

customers barely exist. This practice standard is now published by Bureau of Indian Standards (BIS) and will eventually be placed to ISO for its adoption of the standard in the international arena. We are proud to say that Mr Supratik Gupta, Chief Solutions Officer, Support Elders Pvt. Ltd. who has more than 25 years of IT experience and is an active member of CSI, PMI and IEEE as well as a member of the Technical Committee of BIS-India contributed in drafting the new AGILE Practice Standard. **SE**





MEMORIES

PAWPAW FESTIVAL

Our member, Ms B. Sarkar, shares a fond memory of witnessing a unique festival in North America with us.

Ms B. Sarkar went to visit her son in Ohio in August 2019. During her fun-filled six-month stay, she travelled to many places with her son. But the one that she enjoyed the most was the Pawpaw Festival in Albany, near the scenic grounds of Lake Snowden.

Pawpaw is the largest edible fruit indigenous to the United States. The fruit is green and elongated, and the smell was a mixture of different tropical fruits, and was a tad bit strong for her. The fruit has a creamy texture and a tropical flavour. Southern Ohio is home to some of the largest and best tasting wild pawpaw patches on the planet. Pawpaw is also very nutritious and historically significant. She was touched by the gestures and the efforts to protect the native fruit and make it popular.

The festival ground was about a two-and-half-hour drive from where she was staying and they reached around 11a.m. The amazing beauty of Lake Snowden and the zest and enthusiasm of the people to embrace the

tradition amazed her. All the visitors were welcomed with a wrist band with the picture of a pawpaw, a hairband with the pawpaw emblem, and the fruit as a gift. The entire fest highlighted the rich history and possibilities of the pawpaw through delectable food presentations and activities that covered pawpaw growing, cooking, genetics, medical use, pawpaw-related works of art and other topics related to sustainability. There was the popular pawpaw-eating contest too. There were music bands performing live on stage and the people were



Celebrating the pawpaw fruit



Pawpaw trees

tasting the different dishes of pawpaw and enjoying and dancing with the rhythm. Kids had their separate playing areas and a competition of pawpaw planting.

Overall, it was so vibrant and colourful that it is still vivid in her mind. SE

(As narrated to Support Elders by our member.)

Images: Ms B. Sarkar



Kids playing zone



Trading of pawpaw trees



Pawpaw seeding competition for kids



Snowden Lake



TRAVEL

OF UNIONS AND REUNIONS

Our member, Ms Gayatri Ghosh, shares some of her memories, as the better half of a marine engineer.

I got married when I was still doing my graduation at Jadavpur University. My husband went off sailing just after 15 days of our marriage. He had just joined a new organisation, which did not allow him to take his family for the first six months. He, however, managed to convince them and asked me to get ready to join him. I was very excited at the prospect of going out of the country for the first time. Soon, however, I realized that I did not even have a passport. With my uncle-in-law by my side, I managed to get the required documents and was all set to join my husband in Muscat. I was looking forward to it, when the trip had to be cancelled as Muscat port was not considered safe for a lady. I was very upset and cried like a child. I still remember how my elder sister and brother-in-law took me to Outram Ghat to show me a ship and console me.

Within a few days, I received the message that I had to reach Kuwait to join my husband. My father-in-law, who worked in a different city at that time, came to see me off. I still remember that there were at least 20 people, who had come to see me off at the airport, and one of my relatives, who worked at the airport, almost went up to the pilot to ensure that someone would take care of me. With mixed feelings, I bid goodbye to everyone. Everything was so new to me that when the cabin crew asked me if I wanted to have a vegetarian or a non-vegetarian meal, my reply was "Yes". My sons

still tease me about it. Moreover, I had no idea that it was a hopping flight and when it landed at its first stopover, I thought I had to disembark. Thankfully, the airhostess made me understand and asked me to wait for my destination. This experience will always be one of the most memorable for me, as meeting my husband was like a dream come true from me.

I remember another incident. This was years later, after I had already had my two sons. My elder son and I were to accompany my husband to France, as he had to take charge of a ship from Marseille. I went off after keeping my younger son with my parents, as he was too young to travel on a ship. Once we landed in France, we realised that our luggage had not reached, as there was some strike back home. As there was no time to wait, we had to carry on with our hand luggage. When we approached the ship, the parting Captain saw that we were without any luggage; his wife asked us how we would manage without any clothes for the next 20 days of non-stop sailing, all the way to Douala port in South Africa. But I was so excited that being without luggage didn't affect me. The captain's wife was kind enough to open her suitcase and give me a saree and a night suit. But I had to wash my son's attire every night and dry it, so that he could wear the same the next day.

I had to disembark from the ship when it reached Douala port as my younger son had suddenly fallen ill. As a gift for him, I bought

a rocking chair. On my way back, it was getting almost impossible for me to manage all my luggage at Mumbai airport. So, I handed over the rocking chair to my elder son and asked him to carry it for me. As I was rushing towards the check-in gate, I suddenly found my elder son missing. Worried, I rushed back and found him sitting and rocking on the chair in the middle of the airport. His innocent face and his actions still hold a special place in my heart. SE

(As narrated to Support Elders by our member.)

LET'S GO CLUBBING!

Our Antakshari Club members are now thoroughly enjoying the mixed-format sessions—they are given a few prompts like key words or retro movie clips or instrumental music clips and members have to sing songs with those prompts or identify the songs, the lyricist, music directors and the singers. Our members eagerly wait for the sessions and we love the buzz and excitement. Come and join these exciting sessions at 11:30 a.m. on Mondays and at 4:45 p.m. on Tuesdays. SE



Image: Freepik

7th
Jan '22
5.30pm
Of Brushes and Colours (Part II)

Join our second virtual painting exhibition. Our talented members have captured nature with their paintbrushes and charcoal. The theme is landscape and flowers. We will also delve into their creative minds, as they share their thoughts on how they conceived the ideas and transformed them into paintings in short video clips.



14th
Jan '22
5.30pm
Jai Hind!

On the occasion of Army Day, Col Bhupendra Budhori and his associate, Ms Namrata Sharma, will regale us with patriotic songs.

21st
Jan '22
5.30pm
Telugu Theatre (Part V)

Enjoy the fifth and last part of our tryst with Telugu theatre. Mr G Udaya Bhanu, director, actor and a much-respected Telugu theatre personality talks about its rich heritage, along with theatre activists, Mr Swapan Mandol and Ms Souravi Ray.



28th
Jan '22
5.30pm
Tuneful Time!

A most enchanting evening is assured with a little play on Hindi and Bengali numbers. Songs in different languages but same tunes to be sung by our members.



4th
Feb '22
5.30pm
Love is in the Air!

A celebration of Spring and the feeling of happiness, warmth and love that pervades the air in this season with songs by our members.



11th
Feb '22
5.30pm
Fibonacci in Architecture

Did you know that some of the world's most outstanding artistic works incorporate designs based on the Fibonacci sequence? Our member, Prof. Irene Sarkar, throws light on how the Golden Ratio or the Fibonacci sequence is used by many artists and architects to give buildings a graceful and pleasing shape.



18th
Feb '22
5.30pm
Bengal Partition

Dr. Debali Mookerjee-Leonard, Professor of English and World Literature, Department of English, James Madison University speaks about the partition of Bengal. She mentions prominent names of many women who migrated from East Pakistan (later, Bangladesh) and sought refuge in West Bengal and went on to carve a niche for themselves in society. The talk also highlights how women broke patriarchal taboos and established themselves.



25th
Feb '22
5.30pm
Medley of Melodies (Part II)

Experience a melodious evening of instrumental music with our members. Back on popular demand, we showcase our members playing the synthesizer, piano, guitar, esraj and mouth organ.



4th
Mar '22
5.30pm
Floral Fantasies

We bring you virtually the beauties of our members' gardens. It is inspiring to see their dedication to pursue their hobbies and their joy when they can share these with the world.



11th
Mar '22
5.30pm
Tools of Civilisation

Prof. Ratna Ghosh will take us through the history and origin of glass and ceramics. Glass is born of serendipity—accidental melting of soda by fire on a Phoenician beach, while ceramic is based on clay minerals and/or stone and shaped by fire. Whatever be their origin, who has not stopped to marvel at the beauties created from these?



18th
Mar '22
5.30pm
Holi Hai!

Celebration of Holi by our members through songs, poems, dances, and sharing of memories related to Holi, followed by an interactive session on Zoom.



25th
Mar '22
5.30pm
Round the World in an Evening

Our members will share their travel experiences and give us a glimpse of the places they have travelled to. Ms Mita Rani Seet gives us a tour of Kolpa, Kinnaur, Chitkul and Simla; Ms Manjusree Mitra talks about Montreal; Mr Smarajit Chakrabarti takes us through the Scandinavian countries while we get a glimpse of Alaska with Ms Shiela Brahmachari.

