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ELDERLY NEWS

MONTHLY NEWSPAPER OF SENIOR CITIZENS COUNCIL OF DELHI

ASSOCIATED WITH MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVT. OF INDIA
SOCIAL WELFARE DEPARTMENT OF DELHI GOVT., I.C.C.R. & SENIOR CITIZENS CELL OF DELHI POLICE

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DAILY FREE VARIOUS FACILITIES FOR SENIOR CITIZENS IN RECREATION CENTER, GREEN PARK EXTENTION FROM 12.30 NOON TO 5.00 PM

AFFILIATED WITH CONFEDERATION OF SENIOR CITIZENS ASSOCIATIONS OF DELHI (AN UMBRELLA BODY OF 11 LAKH SENIOR CITIZENS)

VOL : 007

Issue No : 80

MONTH : AUGUST, 2020

Rs. 5/-

HISTORICAL JUDGEMENT OF SUPREME COURT FOR SENIOR CITIZES

Hon'ble Supreme Court of India consisting of a bench of Justice Ashok Bhushan & Justice R. Subhash Reddy delivered a historical judgement on 04-08-2020 through video conferencing in I.A. No. 53821 of 2020 & IA No. 53824 of 2020 in Writ Petition (Civil) No : 193 of 2016 titled Dr. Ashwani Kumar, Senior Advocate Vs Union of India & others, reproduced as under :-
I.A. No. 53821/2020

" We have heard Dr. Ashwani Kumar appearing in person and Ms. V. Mohana, learned senior counsel for the Union of India and other counsel.

This Court has already issued directions on 13.12.2018 which need to be complied with by all concerned including the States. By this application, certain further directions have been sought by the petitioner in person with regard to older people who need more care and protection in this pandemic of Covid 19. The petitioner in person says that the older people have already been identified since most of them are getting pension from the States under the 3 different schemes. He submits that the older people, who are living alone, are worst sufferers and they are not able to get medicines, masks, sanitizers and other essential goods. The care givers of these people are also not equipped with personal protection equipment and are also untrained. The prayer has also been made for issuing appropriate direction for timely payment of old age pension to all elder persons who are in receipt of the pension.

Learned counsel appearing for the Union of India submits that the necessary steps have been taken to give protection to the older people in this pandemic.

This Court has already issued directions on 13.12.2018 with regard to other aspects. We, in this application, which is specially confined to Covid 19 crisis, direct that all old age people who are eligible for pension should be regularly paid pension and those identified older people should be provided necessary medicines, masks, sanitizers and other essential goods by respective States. Further, as and when any individual request is made, the same shall be attended to by the Administration with all promptness. The care givers of those old age homes should be provided personal protection and appropriate sanitization should also be undertaken in the old age homes. Let all the States may file their reply affidavit to the averments made in the application within four weeks.

Contd...Page....3

NEXT EXECUTIVE COMMITTEE MEETING OF ISU3A ON 25-08-2020



Next Executive Committee Meeting of ISU3A will be held on **25-08-2020 at 11 am through video conferencing** due to Covid -19 restrictions. All EC members are requested to confirm their participation in the meeting for the same. Agenda of meeting would be circulated one week before.

-R.K.GARG, Secretary General, ISU3A

CENTRAL GOVT. LAUNCHED eSANJEEVANI OPD FOR SENIOR CITIZENS

Central Government, Ministry of Health & Family Welfare launched eSanjeevani OPD for senior citizens in association with National Teleconsultation Service is a first of its kind online OPD service offered by a country government to its citizens. National Teleconsultation Service aims to provide healthcare services to patients in their homes. Safe & structured video based clinical consultations between a doctor in a hospital and a patient in the confines of his home are being enabled. Teleconsultation has launched a great novel scheme especially for Sr. Citizens & also for all other citizens ~eSANJEEVANI. Especially for aged people with blood pressure, diabetes, etc. who take regular medicine, they cannot be taken to hospital immediately for OPD. Even, if they're taken, risk is more. For small problems such as head ache, body pain, they might stay at home not willing to go to hospital. Now, they have eSANJEEVANI website which is handy. You can reach this through Google Chrome and do the following. 1. Opt for patients registration. 2. Type your mobile no. and get OTP to get into the website. 3. Enter patient details and district. Now, you will be connected to a doctor online. Then, through video, you can consult the doctor for your any health problem. Doctor will prescribe medicine online. You can show that in medical pharmacy shop and get medicine. This is totally free. Quacks will not be there. You can use this service every day from 10 am to 3 pm only. Including Sunday. The name of the Central Govt Website is <https://www.eSanjeevaniopd.in>. -EDITOR

LADIES WING OF COUNCIL CELEBRATES JANMASHTMI ON 12-08-2020



Ladies wing of Senior Citizens Council of Delhi performed Cultural Program by Nritya Natika on Shri Krishna at Recreation Center, Green Park Extension on the occasion of Janmashtami, last year. The names includes Anita Chopra, Theresa Dieudona, Manjula Aggarwal, Laxmi Aggarwal, Shashi Nangia, Nirmal Bhardwaj, Saroj Juneja, Pushpa Mishra & Kailash Gupta. Janmashtami. The birthday of Lord Krishna is celebrated with great devotion and enthusiasm in India. According to the Hindu calendar this religious festival is celebrated on the Ashtami of Krishna Paksh or the 8th day of the dark fortnight in the month of Bhadon. Contd.....Page.....3

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ELDERLY NEWS WISHES ITS READERS JANMASHTAMI, INDEPENDENCE DAY & GANESH CHATURTHI

CONFEDERATION NEWS

SOCIAL SECURITY FOR ELDERS IN DELHI & INDIA



The rapid increase in population of senior citizens, the fast changing socio-economic conditions have led to Govt. of India & Govt. of Delhi prioritizing old age related social security schemes. As such there is a need to ensure maximum coverage under existing as well as new social schemes including healthcare facilities in rural and semi urban areas. In addition to this old age pensions should be bench-marked to the increasing living costs and there should be tax incentives for younger people tied to looking after dependent senior citizens. There should also be some kind of financial support for setting up network of caregivers for older persons at local level to look after older people living alone.

- L.R.Garg, EDITOR

JAPAN DECIDES TO COEXIST WITH THE NEW CORONAVIRUS

Announced the "new life model", calling the people to be prepared to follow this model for an extended period of time and learn to live and work with the virus lurking around the corner. Looking closely at these new life models, it can be seen that the Japanese government established these very practical set of SOPs using principles of rationality, science, and risk assessment. Maybe it is related to the Japanese understanding that "bad" things can't be forsaken for all times. Using risk assessment models in principle, humans can continue to live well. One by one there are three basic points 1. Keep a distance between people 2. Wear a mask 3. Wash hands frequently. Specific requirements: 1. People keep a distance of 2 meters 2. Play as much as possible outdoors 3. Try to avoid being face to face direct facing when speaking to other people 4. Go home and wash your face and clothes immediately 5. Wash as soon as you touch someone's hand 6. Try online shopping and electronic settlement 7. Supermarket shopping is best for 1 person, to choose time there are less people 8. Try not to touch commodity samples 9. Don't talk on public transportation 10. Go to work by bike or on foot 11. It is best to use electronic business cards 12. Try to use video conference when meeting 13. To control the number of people in meetings, wear masks and open windows for ventilation 14. Work at home or commute at off peak time 15. Do not go to countries or places where the virus is endemic 16. Try not to return home to visit relatives and travel, and control business trips 17. When you have symptoms, remember where you went and who you met 18. Eat meals with others not face to face, preferably side by side 19. Do not use large bowls and large pots to share food, implement a divided individual portion system 20. Chat less at meal, eat more vegetables 21. Try not to have too many people gathering at meal together as possible 22. Avoid "closed spaces, dense crowd flow, intimate contact" 23. Self-test body temperature every morning to strengthen health management 24. Cover the lid when flushing the toilet 25. Don't stay too long in a narrow space 26. When walking and running, the number of people should be small, when meet each other stagger the distance. Shigeru Oo, chairman of the Japanese government committee, said that it takes at least one and a half years for the vaccine to be fully developed and officially put into use. Since the enemy cannot be completely eliminated, it is necessary to learn to coexist with the virus. Only by following the new rules of life can we live in peace with the corona virus for a long time. In fact, most of the above methods have been implemented in China. Everyone understands that it is a long-term war, but each item is not listed in detail. The Japanese are genetically a very disciplined nation and they do things and follow instructions scrupulously. It is worth learning.

-Forwarded by Wg. Cdr. Amolak Singh

V.N MITRA MANDAL, MAYUR PHASE-I CELEBRATES TULSIDAS JAYANTI



Sanatan Dharma Mahasabha, Delhi celebrated Goswami Tulsi Das Jayanti on 27 July, 2020 at Shri Ram mandir, Mayur Vihar, Phase - 1 by observing social distancing. The stage was well managed by Surender Mohan Gupta, Secretary. 15 senior citizens participated which also includes Sushil Kumar Goyal, President and Prachar Sachiv - Sandeep Kumar Gupta. Ved Prakash Gupta, General Secretary & President, Varishth Nagrik Mitra Mandal, Mayur Vihar Phase -I also spoke about the teachings of Sant Goswami Tulsi Das followed by Prasad.

- A report by Ved Prakash Gupta

ACTIVITIES OF SCWS, SHALIMAR BAGH

Since mid of June, 2020, the Society entertained its members digitally by posting their videos, talks, written articles etc. in Whatsapp Group. But after several trials by the Executive Committee, we were able to organize our first successful online live meeting on Google Meet on 1st August, 2020. A total number of 58 members participated and 17 members spoke on various issues. Participation by women members was encouraging as 6 women members spoke on different subjects viz. Raksha Bandhan and sang melodious bhajans. The present members appreciated this move of the Society and wanted to continue such Meet every week. Since it was a live meeting, members happened to see each other faces and had live interaction. We shall continue to hold such meetings regularly in future till the Government decides to relax the Lockdown conditions for Senior Citizens.

- A report by P.P. Tuteja, Secretary General

ACTIVITIES OF SCA KONDLI GHAROLI, MIXED HOUSING COMPLEX



SCA Mixed Housing Complex, Mayur Vihar Phase -3 has got sanctioned letter dated 13-07-2020 conveying release of Recreation Grant for the first 3 months i.e. January, February and March, 2020 at the rate of Rs.10,000 per month but not yet released. SCA has expressed sincere thanks to the Confederation.

- Report by Satish Handa

DELHI POLICE WARNS AGAINST DELIVERY OF MASKS BY STRANGERS

Delhi Police has warned citizens of Delhi not to accept free masks from the strangers. It has been seen that people are going door to door handing out masks, they say it is a new initiative from local government. They will always ask you to please put it on to see if it fits you. It has been doused with chemicals which knocks you out cold and once you are knocked out they proceed to rob you. Please do not accept masks from strangers. Remember, we are living in critical times and people are desperate to take advantage with the aim of making money. Crime rate has skyrocketed, so please be cautious and play safe! Please send to all your friends, colleagues and loved ones so as to help them stay vigilant in this adverse situation. Remember, sharing is caring! Stay blessed along with the family and friends.

-- Delhi Police, Advisory

GOVT. EMPLOYEES PENSION RULES CHANGED DUE TO COVID - 19

The ongoing Covid-19 pandemic has delayed the process of issuance of Pension Payment Order (PPO) and completion of other formalities for government employees who are retiring now. To ensure that pensioners are not inconvenienced, the government has decided to issue "provisional" pension till their regular pension is issued.

1) Union Minister of State for Personnel, Public Grievances and Pensions Dr Jitendra Singh said the department of pension has a portal which can be accessed by any government employee approaching superannuation to find out the status of his or her pension papers.

2) Because of the disruption in official work due to COVID pandemic and lockdown, Dr Singh said, some of the employees who had retired during this period may not have been provided with PPO. In order to avoid a delay in the start of regular pension covered under CCS (Pension Rules) 1972, the rules have been relaxed to enable seamless payment of "Provisional Pension" and "Provisional Gratuity" till the regular PPO is issued.

3) The payment of "Provisional Pension" will initially continue for a period of six months from the date of retirement and the period of "Provisional Pension" may be further extended up to one year in exceptional cases. These instructions shall also be applicable in cases where a government servant retires otherwise than on superannuation i.e. voluntary retirement, retirement under FR 56, etc.

4) The decision has been taken considering that because of the constraints of pandemic and lockdown, a government servant may find difficulty in submitting his pension forms or may not be able to forward the Claim Form in hard copy along with Service Book in time, particularly when both the offices are located in different cities. "This is very pertinent to Central Armed Police Forces (CAPFs) who are constantly on the move and whose Heads of Offices are located in cities different from where the Pay & Accounts Office is located," Dr Singh said.

5) In another circular, the Department of Pension & Pensioners' Welfare (DOPPW) has directed all offices maintaining GPF (General Provident Fund) Accounts to complete all credit entries including accruing interest to the employees two years before retirement and then one year before retirement so that Provident Fund is also paid accurately in time.

-- EDITOR

INDEPENDENCE DAY TO BE CELEBRATIONS ON 15-08-2020

Senior Citizens Council of Delhi has decided to celebrate Independence Day celebrations on 15-08-2020 at Deer Park Satsang & Recreation Center from 7:30 am to 8:30 am and from 2:30 pm to 4:30 pm respectively by observing social distancing norms. Members who have given their consent to participate would be only allowed.

- Manjula Aggarwal, Cultural Coordinator

Editorial Board of Elderly News: B.S. Yadav (Dwarka), G.R. Sehgal (Sant Nagar), Ved Prakash Gupta (Mayur Vihar), Rajesh Katyal (Tagore Garden), **Reporters:** Pratap Singh, Mrs. Manjula Aggarwal, Gyan Singh Tokas & **Chief Editor** J.R. Gupta (Responsible only for selection of News under the P.R.B. Act, 1867). All disputes, subject to Delhi Jurisdiction. **E-mail:** guptajr2005@gmail.com, **Web:** www.seniorcitizensdelhi.org



APPEAL TO ENROLL LIFE SUBSCRIBERS of ELDERLY NEWS: Elderly News requests to all readers to enroll themselves by making one time payment of Rs. 500/- along with 1 photo as life time subscription fee which can be deposited in Bank Account No. 603610110002726 of Senior Citizens Council of Delhi in Bank of India, Safdarjung Enclave Branch, which is exempted under 80G of Income Tax Act 1961.

-L.R. Garg, Secretary



APPEAL FOR AFFILIATION WITH CONFEDERATION Till date 139 Registered Senior Citizens Associations have affiliated with the Confederation of Senior Citizens Associations of Delhi (An umbrella Body of 18 Lakh senior citizens across Delhi). In order to take up issues of senior citizens with the Confederation by joining as life member by making one time payment of Rs. 500/- only.

-B. S. Yadav, Secy. General

APPEAL FOR LIFE MEMBERS OF COUNCIL



Senior Citizens Council of Delhi has been organizing daily spiritual, social & cultural activities for its members for last 40 years. The Council is also protecting lonely Senior Citizens from abuses/humiliations from their own children & others. A good number of cases have already been solved by the Council headed by its President Sh. J.R. Gupta, during the current year. Any Senior Citizens residing in any part of Delhi is cordially invited to become a life member of the Council by paying one time payment of Rs. 1200/- by cheque/cash including 1 photo with Rs. 500/- for Elderly News as life subscriber. The Payment is also exempted under 80G of Income Tax Act. 1961.

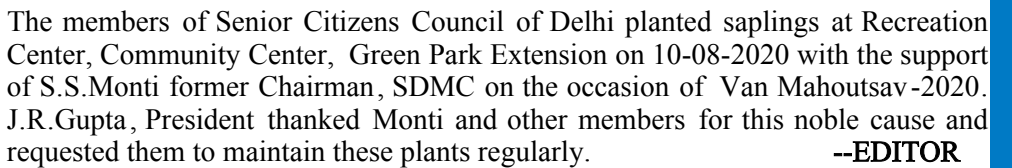
-H.D. Ralhan, Founder Member

VIRTUAL MEETING OF HOME EXERCISES OF SHOULDERS & NECK



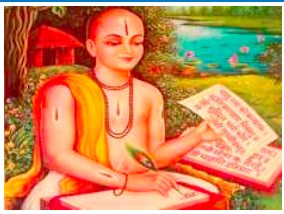
ARTICLE ON ALZHEIMER

--As forwarded by Wg. Cdr. Amolak Singh



The Hindu gods appeared in human or animal forms at certain times in history so they could perform great deeds . Each time a god went through another incarnation , it became the occasion for a new Hindu holiday . Vishnu appeared first as a fish , then as a tortoise and a boar . Later he appeared as a man-lion, a dwarf, the son of a great sage, and a prince. His most memorable incarnation , however , was when he appeared as Krishna , whose life and heroic deeds are described in the great Hindu epic , the Mahabharata . The birthday of Lord Krishna, the eighth incarnation of Vishnu, is one of the most important Hindu festivals . Born at Mathura , in Uttar Pradesh , a state in northern India, Krishna's mission on earth was to get rid of the demon Kansa, who had seized the throne , imprisoned the real king , and persecuted good people while making life easy for the wicked . His evil ways became so unbearable that Vishnu decided to incarnate himself as a man and bring about Kamsa 's destruction . Janmashtami is celebrated by Hindus of all sects and castes throughout India, particularly in and around Mathura. The celebrations there include dancing, in imitation of the young Krishna's moonlight dances with the cow-girls, the singing of religious songs and hymns , and recitations from the great Hindu epics . Everyone , even children , fasts for twenty -four hours . The floor from the doorway to the inner meditation room of the house is often marked with a child's footprints , made by mixing flour and water, to create the impression that Krishna himself has walked through the house . Pilgrims from all over India visit the temple of Shri Rangji, where Krishna is known to have spent his childhood . When the fast is broken at midnight , the ringing of temple bells , the jingling of cymbals , and the blowing of conch shells is ongoing. The image of Lord Krishna as a child is bathed in milk while his name is chanted , and , at the hour of his birth , the image is rocked in a cradle decorated with garlands of flowers. --a by report Manjula Aggarwal

L-R :- A.K Gupta, Bhagwan Singh, D.P.Rupal, J.R.Gupta, Sudhir Goyal, Lachhman Dutt, Kailash Gupta, Sushil K. Aggarwal, R.S.Bhatia, A.P.Ahluwalia & Pradeep Aggarwal

NORTH INDIAN CELEBRATES TULSIDAS JAYANTI ON 27-07-2020

Tulsidas Jayanti was celebrated 27-07-2020 in North India including Delhi. Goswami Tulsidas is popularly known as Tulsidas. He was a great Hindu Saint and highly knowledgeable Poet. Tulsidas was born on the 'Saptami' of the Shukla Paksha during the month of Shravana in village Rajapur (U.P) in the year of 1497. His version of the Ramayana - Ramcharitmanas was vastly popularized amongst the masses and eventually, the Ramayana became a significant component of India's popular culture. Many believe that Tulsidas's also composed the Hanuman Chalisa (a religious hymn dedicated to Lord Hanuman). Every year, on Tulsidas Jayanti people reciting chaupais of Sri Ramcharitmanas at Hanuman and Ram temples. Several seminars and symposiums are also arranged on the teachings of Tulsidas on this day. Goswami Tulsidas was a Ramanandi Vaishnava saint and poet renowned for his devotion to Lord Rama. He also got the darshan of Lord Rama in Chitrakoot through Hanuman ji. Incidentally, it may be worthwhile to mention that eminent Saints throughout India has been delivering spiritual discourses daily at Deer Park Satsang & Recreation Center on Ramayana written by Tulsidas ji. - by **Manjula Aggarwal**

COUNCIL FELICITATES UMESH BARTHWAL NEW SHO, SAFDARJUNG ENCLAVE ON 09-08-2020

L - R :- R.K.Singhal, L.R.Garg (Secretary), ASI Surender Singh, SI Ranveer Singh, Umesh Barthwal (SHO), J.R.Gupta (President), Ramesh Aggarwal, V.K.Pahuja & Manjula Aggarwal



Umesh Barthwal joins new SHO of Safdarjung Enclave Police Station in the last week of July, 2020. On the invitation of Senior Citizens Council of Delhi, he visited Recreation Center, Green Park Extension on 09-08-2020 and interacted with the Executive Body Members of Council namely J.R. Gupta, President, Ramesh Aggarwal, Vice-President, L.R.Garg, Secretary including R.K.Singhal, V.K.Pahuja & Manjula Aggarwal, Cultural - Coordinator. The Council members also felicitated him in the presence of SI Ranveer Singh & ASI Surender Singh. He assured the members that he would be available for any work relating to security of senior citizens as and when required. The suggestion of J.R.Gupta to interact with senior citizens once in a month was also accepted by him.

- A report by **Manjula Aggarwal, Cultural Coordinator**

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ARTICLE ON AGING & SLEEP BY DR. R.K.GARG, SECRETARY GENERAL, ISU3A

Along with the physical changes that occur as we get older, changes to our sleep patterns are a part of the normal aging process. As people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. In fact, research demonstrates that our sleep needs remain constant throughout adulthood. So, what's keeping seniors awake? Changes in the patterns of our sleep – what specialists' call "sleep architecture" – occur as we age and this may contribute to sleep problems. Sleep occurs in multiple stages including dreamless periods of light and deep sleep, and occasional periods of active dreaming (REM sleep - Rapid eye movement sleep is a unique phase of sleep distinguishable by random / rapid movement of the eyes, accompanied with low muscle tone throughout the body, and the propensity of the sleeper to dream vividly.). The sleep cycle is repeated several times during the night and although total sleep time tends to remain constant, older people spend more time in the lighter stages of sleep than in deep sleep.

Many older adults, though certainly not all, also report being less satisfied with sleep and more tired during the day. Studies on the sleep habits of older Americans show an increase in the time it takes to fall asleep (sleep latency), an overall decline in REM sleep, and an increase in sleep fragmentation (waking up during the night) with age. The prevalence of sleep disorders also tends to increase with age. However, research suggests that much of the sleep disturbance among the elderly can be attributed to physical and psychiatric illnesses and the medications used to treat them.

In addition to changes in sleep architecture that occur as we age, other factors affecting sleep are the circadian rhythms that coordinate the timing of our bodily functions, including sleep. For example, older people tend to become sleepier in the early evening and wake earlier in the morning compared to younger adults. This pattern is called advanced sleep phase syndrome. The sleep rhythm is shifted forward so that 7 or 8 hours of sleep are still obtained but the individuals will wake up extremely early because they have gone to sleep quite early. The reason for these changes in sleep and circadian rhythms as we age is not clearly understood. Many researchers believe it may have to do with light exposure and treatment options for advanced sleep phase syndrome typically include bright light therapy. The prevalence of insomnia is also higher among older adults. According to some experts 44% of older persons experience one or more of the nighttime symptoms of insomnia at least a few nights per week or more. Insomnia may be chronic (lasting over one month) or acute (lasting a few days or weeks) and is often times related to an underlying cause such as a medical or psychiatric condition.

It is worthwhile to speak to your doctor about insomnia symptoms and about any effects these symptoms may have. Your doctor can help assess how serious a problem it is and what to do about it. For instance, cutting back on caffeine and napping may help solve the problem. If insomnia is creating serious effects, complicating other conditions or making a person too tired to function normally during their waking hours, this would suggest that it is important to seek treatment. When effects are serious and untreated, insomnia can take a toll on a person's health. People with insomnia can experience excessive daytime sleepiness, difficulty concentrating, and increased risk for accidents and illness as well as significantly reduced quality of life. Both behavioral therapies and prescription medications singly or in combination are considered effective means to treat insomnia; the proper choice should be matched to a variety of factors in discussion with a physician.

Snoring is the primary cause of sleep disruption for many senior citizens. Snoring is most commonly associated with persons who are overweight and the condition often becomes worse with age. Loud snoring is particularly serious as it can be a symptom of Obstructive Sleep Apnea (OSA) and is associated with high blood pressure and other health problems. With OSA, breathing stops – sometimes for as long as 10-60 seconds – and the amount of oxygen in the blood drops, often to very low. This alerts the brain, causing a brief arousal (awakening) and breathing resumes. These stoppages of breathing can occur repeatedly, causing multiple sleep disruptions throughout the night and result in excessive daytime sleepiness and impaired daytime function. Untreated sleep apnea puts a person at risk for cardiovascular disease, headaches, memory loss and depression. It is a serious disorder that is easily treated. If you experience snoring on a regular basis and it can be heard from another room or you have been told you stop breathing or make loud or gasping noises during your sleep, these are signs that you might have sleep apnea and it should be discussed with your doctor.

Restless Legs Syndrome (RLS) is a neurological movement disorders characterized by an irresistible urge to move the limbs. With RLS, unpleasant, tingling, creeping or pulling feelings occur mostly in the legs, become worse in the evening and make it difficult to sleep through the night. Its prevalence increases with age. About 80% of people with RLS also have periodic limb movement disorder (PLMD) and in one study, it was found that approximately 45% of all older persons have at least a mild form of PLMD. As we age, there is an increased incidence of medical problems, which are often chronic. In general, people with poor health or chronic medical conditions have more sleep problems. For example, hypertension is associated with both snoring and OSA and heart failure – which affects approximately 5 million Americans – is linked with OSA. In addition, menopause and its accompanying hot flashes, changes in breathing, and decreasing hormone levels can lead to many restless nights. Gastroesophageal reflux disease (GERD) is another common cause of sleep problems. The pain also makes Medical conditions such as diabetes mellitus, renal failure, respiratory diseases such as asthma, and immune disorders are all associated with sleep problems and disorders. Diseases such as Parkinson's disease and multiple sclerosis also commonly cause problems sleeping. -by **R.K.Garg, Secy. General, ISU3A**

