

Celebrate Life!

A public education initiative by:



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Physical
How to delay Ageing **p14**

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Active ageing: Create best years of your life!

Active ageing is the most positive term that the world has coined in the recent times. It defines the process of optimising opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups. Active ageing allows people to realise their potential for physical, social, and mental well-being throughout the life course and to participate in society, while providing them with adequate protection, security and care when they need.

Health experts are of the opinion that ageing should not sap out the enthusiasm and productivity, especially with the modern medicines and forays in technology, which have been finding answers for most of the body's limitations – irrespective of age.

It is for the individuals to plan well for these years. Plan their later years well, so that they feel active physically, socially and emotionally too!

4 Stages of Life



- 1st age - Preparation
- 2nd age - Achievement
- 3rd age - Fulfillment
- 4th age - Completion

And the 3rd age is one where they can fulfil their own goals and seek self-actualisation.

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Life after 50!

Reaching the senior 'power' age!

Exploring the world of opportunities through time and spaces!

“ Liubov Andreevna: Are you still a student?
Trofimov: I expect I shall be a student to the end of my days. ”

Anton Chekov
Russian literateur

They say 50s are the new 30s! And how true it is! Many individuals begin to think about and plan for life after raising children and pursuing a primary occupation, something they have jumped into during the formative years of lives. In the new age, 50s and above is often considered the beginning of second or third careers, develop new interests and relationships, and seek out new ways to be productively engaged.

When individuals reach fifties, they can mostly expect 25 or more years of productive living before they have to confront the physical and mental decline traditionally associated with the very elderly. If one maintains good health and eats a balanced diet, life after 50 can be a boon in more ways than one!

Frankly speaking, options are aplenty for seniors – whether it's beginning a new relationship or

re-igniting an old one, starting a new business or encore career, going back to school to re-tool skills or pursue a passion, exploring the world or their own neighborhoods, or volunteering as a way to give back to their community or add meaning to their life.

Many mid-life adults also take on new responsibilities – depending on how they can manage the situations – like caring for ageing parents, raising grandchildren, or managing their own chronic illnesses. In keeping with the “you can have it all” philosophy that has characterised this generation, individuals are often navigating more than one of these life options or challenges at a time.

Having fulfilled most, or all of your commitments towards professional growth, family, children etc, you are now free to move into new interest areas. And what’s more, you have all the time in the world to savour the journey that takes you towards learning something. This is the age when the journey seems more enjoyable than the destination!

Public libraries, film circles, clubs and social sites can position

themselves as life option resource centers on topics such as ageing, technology, health, care-giving, small business ventures, volunteerism, tourism and travel, arts and culture, education and skill building – to name just a few.



Public libraries, film circles, clubs and social sites can position themselves as life option resource centers on such topics as ageing, technology & health.



Lifelong Learning

Lifelong learning is the “ongoing, voluntary, and self-motivated” pursuit of knowledge for either personal or professional reasons. Therefore, it not only enhances social inclusion, active citizenship and personal development, but also competitiveness and employability. The term recognises that learning is not confined to childhood or the classroom but takes place throughout life and in a range of situations.



TCM:

TCM packs provide answers for ageing issues!

Ageing is a natural process that is irreversible. Traditional Chinese Medicine (TCM) which has a history of many centuries, has been known for exploring ageing issues. Many ancient sages were able to live to a ripe old age. If we know how our body goes through the degenerative process, it is possible to slow it down.

TCM views ageing functionally and physicians believe that age-related changes are mainly due to:

- **ORGAN DEGENERATION**

Body loses the ability to repair and regenerate itself, with most significant changes occurring in the kidney.

- **EXHAUSTION OF FUNDAMENTAL SUBSTANCES**

Bodily activities slow down when the source

of fundamental substances (which include vital energy (Qi), essence (Jing), blood, body fluids and spirit (Shen) weakens. These lead to common signs of ageing such as muscle shrinkage, fragile bones, loose skin and grey hair, among other signs of ageing.

- **ACCUMULATION OF METABOLIC WASTES**

As their functions slow down with ageing, the internal organs can no longer eliminate bodily wastes effectively. Typically, blood stasis causes common signs of ageing such as skin pigmentation, cataract, numbness, muscle pain, varicose veins, abnormal pulse or hypertension.

TCM anti-ageing treatments are aimed at achieving three objectives:

1 KEEPING SKIN YOUNG

Herbs are mainly used to promote blood

production and nourish Yin and Qi. They help to maintain a soft, lustrous and spotless skin.

Acupuncture is used to stimulate acupoints - the sites through which the Qi of organs and meridians can flow to the body surface. Stimulation of these points can regulate the function of organs and meridians, and enhance circulation in the skin.

2 DELAY PHYSICAL AGEING

Acupuncture is used to regulate internal organs, improve circulation, strengthen constitution organs, build up immune systems and produce a feeling of well being.

3 DELAY MENTAL AGEING

Auricular Acupuncture is used to contact the “energy” of the body and target specific organs by placing tiny needle in certain points of the ear.

Anti-ageing treatments cannot rely on any single prescription. You are unlikely to stay young by simply focusing on skin or physical or mental conditions. Only a comprehensive and holistic approach can help you achieve any substantial effect.

Herbs and food supplements for anti-ageing include ginseng, Solomon's seal rhizome (huang jing), wolfberry fruit, gynostemma pentaphyllum (jiao gu lan), ginkgo leaf, dates, raspberry fruit, angelica root, fleece flower root, fragrant Solomon's seal rhizome (yu zhu),

black sesame, ganoderma lucidum (ling zhi), Siberian ginseng (ci wu jia) and pollen.

●FOOD SUPPLEMENTS

For beauty, anti-ageing and rejuvenation:

Sesame, honey, mushrooms, milk products, pumpkin seeds, lotus root, watermelon, cherry, wheat and radish.

For skin health: white fungus, lily buds, wolfberry fruits, red dates, bird's nest, sea cucumber, fish, oyster, conch, soft-shelled turtle, eels, pig skin, animal bone marrow and pond loach.

For nourishing yin and promoting blood production: white fungus, lily buds & lotus seeds, mung beans.

●TCM EXTERNAL BEAUTY REMEDIES

Common ingredients: pearl, notoginseng, motherwort herb, aloe, common bletilla tuber (bai ji), dahurian angelica root (bai zhi), almond, and ginseng (in forms like creams, jellies, lotions, masks and powder).

You are unlikely to stay young by simply focusing on skin or physical or mental conditions. Only a comprehensive and holistic approach can help you achieve any substantial effect.





Eating your way healthier every year

Treating your body and mind to right kind of food can keep ageing at bay



Living a long life is something most people long for. But, they also dread the catching up of age and related issues affecting the quality of life. The search for the elixir of youth is not new. Pathbreaking studies into the world of nutrition have been presenting with evidence-based suggestions to eat well to live a longer life.

Good health does not just happen to you. You need to do all you can to protect and preserve it. Evidence-based nutrition science can now make practical suggestions to eat better to prevent or delay chronic lifestyle-related diseases and even, live longer. Eat right today and insure yourself for better health tomorrow. Here is how:

- **Eat for optimal protection**
- **Make your calories count**

As you grow older, your metabolism decreases and you will require less energy. Yet, nutrient needs don't change much, and in some cases they can even be higher. So, as you eat a little less, make your food choices count for more nutrition. Go for mostly lean and low fat food, and cut back on food high in added sugar. Moderate your portions while ensuring a balanced diet that comprises a variety of food including greens, vegetables, fats, milk, proteins, eggs, lean meat and sometimes red meat.

- **Include whole grains, fruit and vegetables**

Did you know that each day your cells are bombarded by very active "free radical" molecules? Scientists propose that unchecked free radicals damage body cells and accelerate ageing, cause cataracts, heart disease, and certain cancers.

The body calls into play several mechanisms to protect body cells that are vulnerable to free radical damage. One effective protective mechanism is your daily diet. Evidence suggests that eating plenty of whole grains, fruit and vegetables has a protective effect against heart disease and cancer.

So, try your level best to include at least one wholegrain staple food like wholemeal bread, brown rice, wholegrain pasta or noodle, or oats every day. Aim to meet your daily recommendation of 2 servings of fruit and 2 servings of vegetables.

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• **Bone up with calcium**


As you live longer, the scaffolding holding you up that is your bones need support as well, to last a lifetime. So, do not neglect strengthening them with the natural bone cement.

Dairy products such as milk, yoghurt and cheese are rich sources of calcium. Include dairy products in your diet every day, and go for low fat or fat free versions.

If dairy products trigger intolerance or an allergic reaction, then you need to include other calcium-rich food, for example small fish with edible bones, green leafy vegetables and calcium-fortified food such as soybean milk, bread and biscuits.

• **Eat defensively**

Eat less fat, limit saturated fat and minimise trans fats



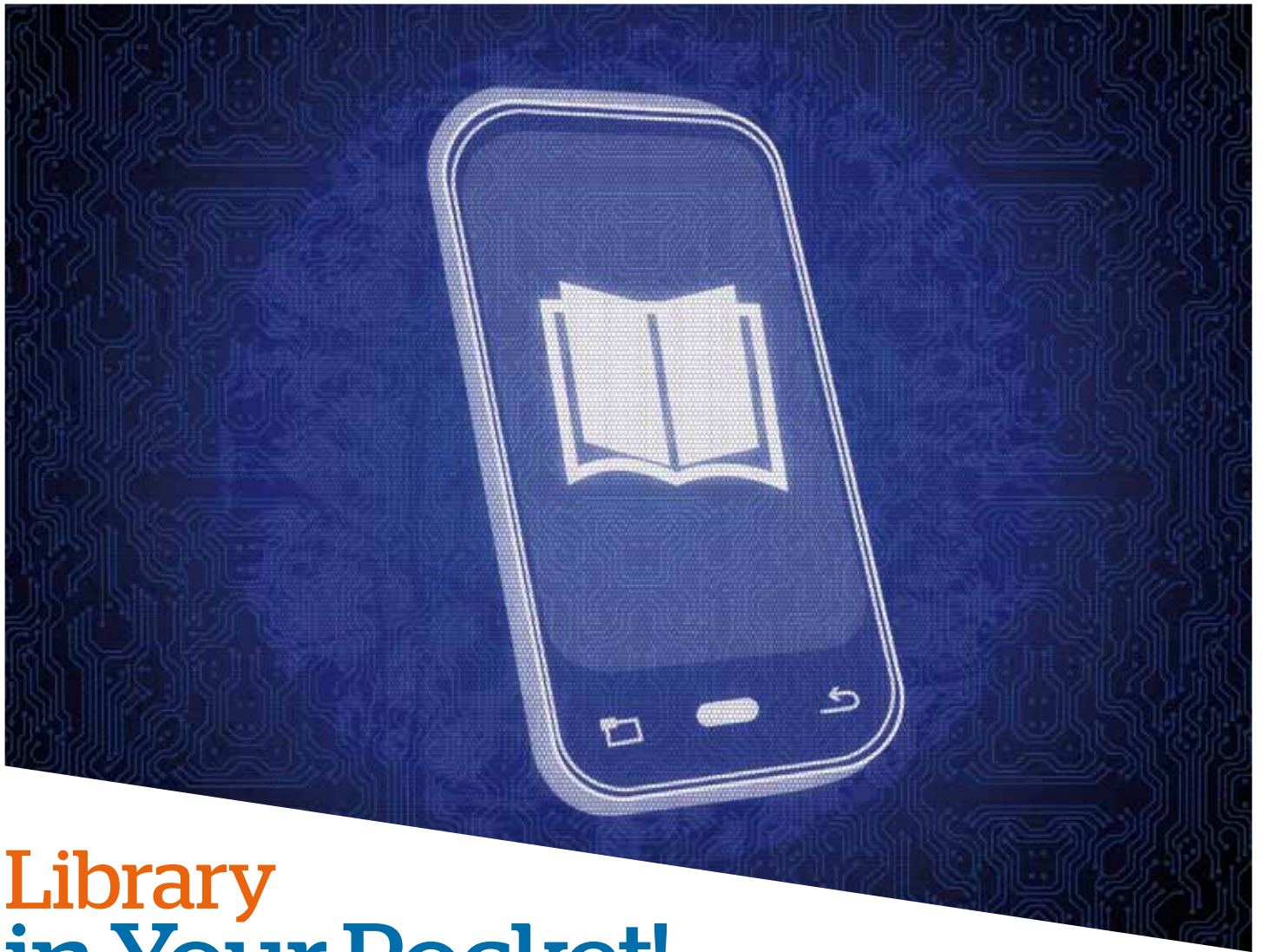
Fat is a nutrient. But fat is also a concentrated source of calories, so when eaten in excess, a diet high in fat can increase the risk of being overweight and obese. To make matters even more complex, there are different types of fat in our diet and each one of them has a different effect on health. Based on their composition, we can classify fats as saturated, polyunsaturated, monounsaturated and trans fats.

• **Lighten up on salt**

Many of us have acquired quite a preference for salty food. Salt is sodium chloride, and excessive sodium intake increases the risk of high blood pressure. The main sources of sodium in the diet of Singaporeans are salt and sauces added during cooking. So, cut down on using salt and sauces; instead flavour food with natural seasonings such as lemon juice, herbs and spices. Read food labels of packaged food to pick items that are lower in sodium.



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Library in Your Pocket!

Who says you shouldn't acquire knowledge with age? After all, ageing is about retaining wisdom!

With age, we tend to go easy on commitments, family responsibilities and thereby comes the need to slow down and enjoy whatever we have gathered so far. This is the time to smell the coffee, deeply than before; admire the flowers in the park, make more friends on morning walks, and more than anything else, read more books that interest you!

Library in Your Pocket (LiYP) allows anyone on the move quick, easy and convenient access to popular library services on their mobile phones, offered by the National Library Board, Singapore. With mobile phones fast becoming indispensable in people's everyday life, this initiative opens up a new channel for the library to reach out to the users.



Here are excerpts from the NLB website:

Mobile Library Services

LiYP is a mobile portal that is packed with popular library services and information. Anyone with an Internet-enabled mobile phone can gain immediate access, wherever they may be, to the following services:

- Searching the library catalogue and reserving items;
- Checking one's loan status and renewing loan items;
- Viewing upcoming library events and new book arrivals;
- Sending queries to our librarians;
- Reading our library blogs;
- Subscribing to NLB's free e-notification/reminder service;
- Downloading short stories;
- Providing feedback;
- Getting our contact information & library opening hours.

Let's Get Started

To start using LiYP, simply launch your web browser on your mobile phone and enter this web address:

<http://m.nlb.gov.sg>

The site will detect which operating system your phone is using and will display the necessary user interface. Bookmark the site for easy access to the application in future. For Apple iPhone users, you can easily create an application icon on your phone menu.

User Interface

There are different user interfaces available in mobile devices with different operating systems.

Download the code from the site.

What is it?

MobileRead is an iPhone application that provides access to selected National Library Board (NLB) content. Browse and pick your preferred titles, store your NLB login credentials and download. Have a preferred ebook reader? Use the 'Open in' feature to select your favourite reader that you have installed. No expiry dates to keep track, just read!

LiYP is a mobile portal that is packed with popular library services and information.

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Interview: Mr Lam Chun See

Apple's launch of the recent iPhone 5 took the world by storm, changing the way we conduct our lives and relations. In this age of proliferating technology with fast cars and even faster paced lifestyles, it is pivotal to constantly stay updated and adapting to the changes around us. This is no mean feat for Mr Lam Chun See. The 52 year old semi-retired management consultant can be labelled as a true tech savvy senior, with his blog, Good Morning, Yesterday garnering countless popularity and support all over Singapore and even reaching out far across the Pacific to Britain.

Launched in 2005, Good Morning Yesterday is a timely collection of all his past childhood memories – everything the baby boomer generation and generations before can relate to. It is interesting, his use of advanced technology

It is important to keep learning and keep your brain active.





He broadened his horizons, learning more about technology as he interacted with the youths.

as a tool to capture and hold the memories of the past, reminding readers that in moving forward and keeping with the fast paced life in metropolitan Singapore today, we must not forget where we came from and our roots as it was the past learning that shaped us into who we are today. Suspended in the era of nostalgia and the unique juxtaposition of the past with the present has spiralled Mr Lam's blog into entering and winning second place in a bloggers' competition where he was rewarded with a trip to Macau. There, he broadened his horizons, learning more about technology as he interacted with the youths who also took part in the competition.

Now also an avid Instagrammer, he quipped excitedly "Technology has not only enabled me to adapt to the current society, but is also a tool

to widen my social circle, as if I did not have a blog, I would not have joined this competition and met so many new friends." Indeed, Mr Lam's influence does not just ripple throughout the Singaporean bloggersphere. Spreading far and wide, all the way to Britain, it was his nostalgic photos of the British colony that caught the eye of a group of 60 - 70 year old British men, who contacted him, reminiscing about the past British rule they survived in Singapore.

The cyberspace knows no boundaries and learning to adapt to changing technology evidently has other beneficial effects.

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In catering for the less technologically savvy, Mr Lam translated his blog into a book titled Good Morning Yesterday – a quintessential compilation of the memories he had when he was younger. “It is only when I write and try to recall the past that I realise that actually I still have a clear and well-functioning memory” he mused.

Technology hence does not just broaden one’s influence and social horizons, the cyberspace knows no boundaries and learning to adapt to changing technology evidently has other beneficial effects of forcing one to learn and keep one’s mind active. “It is important to keep learning and keep your brain active” said Mr Lam, enthusiastically promoting his blog and encouraging senior citizens nowadays to be proactive and willing to learn.

Older individuals are bound by the stereotypical mindset that technology is proliferating too quickly for them to catch up. Others question the use and relevance of being technologically adept when all they want is a simple lifestyle. However he believes that all they need is just the first step in trying out learning something new, even at their age, and continual perseverance where before they know it, they will reap the fruits of their labour.



BLOG

Intergenerational Learning Programme (ILP)

The ILP aims to encourage intergenerational bonding by matching youths and seniors in a group learning environment. Through practical lessons such as Skype, Facebook, managing health and laughter yoga, seniors acquire new knowledge while youths share theirs and learn character building.

Programme Structure

- Each senior will be paired with a student
- Seniors must be 50 years old and above
- Programme consists of 5 to 8 consecutive sessions

For more information about ILP, please contact ilp@c3a.org.sg

You can also check out www.c3a.org.sg/activity for upcoming ILP programmes.

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(Office Tower), Singapore 579837

www.c3a.org.sg

C3A aims to cultivate the concept of lifelong learning and active living while enhancing mental and social wellbeing of seniors. Through learning, intergenerational bonds can be strengthened.





Social Gerontology: Setting 'age' in perspective

As we age, our body's organs and other systems make changes. These changes alter our susceptibility to various diseases. Researchers are just beginning to understand the processes that cause changes over time in our body systems. Understanding these processes is important because many of the effects of ageing are first noticed in our body systems.

If one has to go by the definition, Gerontology is the study of the biological, psychological, and social aspects of ageing. Social gerontology is a subfield of gerontology that focuses on the social aspects of ageing.

After one has passed what is conventionally considered as the 'prime' of life, one enters the age of turning a 'senior'. This age has largely



“ We don't stop playing because we grow old;
we grow old because we stop playing.”

George Bernard Shaw,
Irish Playwright

been unexplored, for various reasons, by both society and the people in it, for reasons unknown.

Recent years of progress in medical field which resulted in added improvement in the life expectancy of individuals, did the world start thinking about talking to the seniors.

Today, the world has been sitting up and taking notice of seniors, and their life experiences, their challenges, travails and wide experience through times, in order to leverage on it.

On part of the seniors, you have now begun to appreciate the process of 'ageing' which gives you lots of time and enthusiasm, unfettered by commitments or pressure exerted by the expectations of the society - in terms of professional growth or family's progress.

Physical changes are part of human existence. There is no age where body does not undergo a change in its form. Ageing is not a bane. It's a boon, when you view it as one. This age gives you the luxury that no other age gives. When you turn a senior, you don't have to run. You can enjoy your walk with your mates, or even slow down to enjoy the breeze. You are as fit as you feel. So, think positive and smile wider. The world needs you!

This age is for you. You can live it, as you love it!

**If one has to go
by the definition,
Gerontology is the
study of the biological,
psychological, and
social aspects of
ageing.**





What age does to us?

Changes happen with every age;
ageing is a process that's for life.
What happens when we age?

CELLS
take longer to
replenish in older
people and their
ability to function
declines.



In physical sense, as we age, our body's organs and other systems make changes. These changes may result in some limitations, which can be helped to a large extent, with the aid of modern medicine.

Here is a brief overview of how some body systems age:

- The heart muscle thickens with age as a response to the thickening of the arteries. This thicker heart has a lower maximum pumping rate
- Cells take longer to replenish in older people and their ability to function declines
- Arteries and Ageing: Arteries usually stiffen with age, making it more difficult for the heart to pump blood through them



Maximum capacity of the lungs may decrease as much as 40 percent between ages 20 and 70

- As the brain ages, some of the connections between neurons seem to be reduced or less efficient. This is not yet well understood
- The kidneys become less efficient at cleaning waste from the body
- The total capacity of the bladder declines and tissues may result in atrophy, causing incontinence
- Body fat increases until middle age and then weight typically begins to decrease. The body fat also moves deeper in the body as we age
- Muscle tone declines about 22 percent by age 70, though exercise can slow this decline
- Starting at age 35, our bones begin to lose density. Walking, running and resistance training can slow this process
- Starting in the 40s, difficulty seeing close detail may begin

Hearing and Ageing:
As people age, the ability to hear high frequencies are on the decline.



In 'social' sense:

When one reaches age of being addressed a 'senior', a lot of changes happen socially too. Your social calendar that was filled with friends, and events to attend, probably thins down to few selected occasions, and even more carefully selected few friends with whom you share some commonalities.

Instead of worrying over the fact that you are left with less people now and lots of time on hand, it would be worth considering this is probably the best time of your life for learning new things and making new friends!

In physical sense, as we age, our body's organs and other systems make changes. These changes may result in some limitations, which can be helped to a large extent, with the aid of modern medicine.



Behavioural Factors

Moving to a new town where you can find better living conditions, less polluted air and lesser traffic is a terrific idea too! Idea of community living, with like minded people, and people of similar age group can be an elating experience too!

Signing up for language classes, learning a new musical instrument, joining community events, going for walks with friends, listening to music, visiting museums, going on foreign trips - all these things can be turned into reality without having to postpone them over anything else!



The good news is that many of these causes of ageing can be modified through your behaviors:

- By eating foods loaded with antioxidants, you can minimise damage caused by free radicals.
- By exercising, you can limit bone and muscle loss.
- By keeping your cholesterol low, you can slow the hardening of your arteries and protect your heart.
- By practising mental fitness, you can keep your brain sharp.
- By making new friends and interacting with others, you can maintain your social wellness.

Lifestyle factors have also been shown to extend life. Positive thinking has also been shown to extend life in people by up to 7.5 years.

It would be worth considering this is probably the best time of your life for learning new things.



Get the ACTIVE card

to complement your active lifestyle today!



Jointly brought to you by Council for Third Age (C3A) and POSB, The ACTIVE Card is a DEBIT Card that serves to promote active ageing and is part of our commitment to address the needs of seniors.

Enjoy:

- 0.3%# Cashback^
- No annual fee
- Merchant privilege at selected stores and dining outlets
- Priority service and complimentary refreshments during the first 3 hours of launch every Tuesday at all POSB branches.
- ATM & EZ link card usage

& ^ - Terms & conditions, please refer to www.posb.activecard





Delay ageing:
Dealing with dementia

Learn a language to keep dementia from striking!

Studies have shown that learning a second or third language can help fight chances of dementia setting in!



How many languages did you learn in the years that went by? Turns out that if the answer is at least two, your chances of developing Alzheimer’s disease may be delayed an average of five years!

Being bilingual is just one way people develop a “cognitive reserve,” which can prevent or delay dementia and Alzheimer’s disease. Scientists use the term “cognitive reserve”

to describe the extent of the brain's capacity to resist ageing and degenerative conditions (like Alzheimer's disease).

The researcher who determined that being multilingual can lead to greater longevity theorises that the lifelong mental exercise required speaking multiple tongues — remembering which word belongs to which language — helps bilinguals augment their “cognitive reserves.”

Being bilingual is just one way people develop a “cognitive reserve,” which can prevent or delay dementia and Alzheimer's disease.

There are other ways to build that cognitive reserve. But it's important to start early, and make an effort often. A new study suggests that mental activity can offset the effects not just of degenerative diseases, but of

normal ageing as well. An article published in *Neurobiology of Ageing* found that elderly and middle-aged musicians had better hearing and faster auditory responses than non-musicians half their age. Researchers said this indicated the “mental rigour required by the practice of music acted as an antidote to ageing, keeping their nervous systems youthful,” reported *Time Magazine*.

So learn a musical instrument. Practice that French you learned in middle school. Read. Engage in conversation. Build that “cognitive reserve” and be proactive about delaying the onset of ageing.

Mental activity can offset the effects of normal ageing as well.





Travelling tips for seniors

Travel the world at any age!

You have worked all your life to save up, fulfil commitments and look ahead into the future. Now is the time to see the world! Age shouldn't scuttle the chances of travelling for you!

Make a lot
of friends without
barring any age
-- being on vacation
means laughing a lot
more than what you
do everyday!

When travel bug bites someone, it really bites hard. The clasp of this bug can never be underestimated, or be freed from. Hence, if this happens to you, and we wish it happens to you more often, go explore the world on your own or with your partner and friends!

However, as much as there is to see in a new place, it is better to plan a little in advance of your travel.



HOW TO PLAN YOUR VACATION

- Check with your travel agent for special packages tailor made for seniors.

- If you are not up to long vacations, plan day-trips to places that have free entry for seniors such as museums, or other historical places.

- Enquire, to the last detail, about weather conditions of the country/region you are planning to visit.

- Pack according to the climate in the country. Even if travelling to a tropical country, there is no harm packing an extra jacket as climate can change. It is best to check out the medical facilities available in the country that you are planning to visit.

- Choose appropriate luggage carriers so that you don't have to strain your back. Bags with 4 wheels would be the best option.

- Carry your country's embassy phone number and any other emergency numbers at all times.

- Bottled water in some countries is a safe option. Do enquire about the ingredients in a food item, in case of doubt.

- Take time to relax, enjoy the scenery, feel the breeze, and sands slip away from beneath your feet! Whether it's a beach, or a mountain, or a valley, or just riverside, pack less activities into your day.

- Do not stay away from team activities under any circumstances, except for bad health or exhaustion.

- Make a lot of friends without barring any age -- being on vacation means laughing a lot more than what you do everyday!



- Get a travel insurance that will cover an existing medical condition.

- It is best to take enough medicines to last your entire trip. You should also cater for any unforeseen emergency such as loss of luggage or damage to medicines, so it is best to take an emergency supply also as some medicines may not be available in some countries. Carry the prescription, just in case some countries have restrictions on allowing medicines.

- Visit our website: www.c3a.org.sg to know more about senior travelling and related aspects.



CHOOSE
appropriate luggage
carriers so that you don't
have to strain your back.
Bags with 4 wheels
would be the best
option as you just
need to push.



Interview:

Mr Goh Seok Hiong

Lifelong learning? Nobody knows it better than Goh Seok Hiong.

Q: I heard that you have learnt a lot, what is it that you have learnt?

A: I learnt about music, different kinds of musical instruments, and about exercise, and about the importance of never stopping and continuously wanting to explore and learn. I also love taking care of my grandchildren, although some of my friends do not like to take care of their own, yet I still love to spend time with my grandchildren and approach them on a friend level. I send them to school everyday, help them with their homework, and accompany them to exercise.

Q: Then your love for music and playing musical instruments, was it influenced by your grandchildren?

A: Yes it is, they also love to play music, drums, guitar, gu zheng, and I do play with them, I play the yang qin, and I love it all. It is good for senior citizens to have the spirit of trying everything and wanting to learn new skills. Every weekend, I will be exploring the

different instruments with my friends, and it is always a happy occasion for us.

Q: Besides playing musical instruments, you also like to exercise?

A: Yes I do, I love Tai Chi, and skating, and I often visit the beach to exercise. People are always very surprised when they know that given my age, I still pursue skating.

Q: So you enjoy learning when you were younger?

A: Yes, when I was younger I loved learning, exercising, and learning new things.



It is good for senior citizens to have the spirit of trying everything and wanting to learn new skills.

I am retired but not tired, I still contribute to society, encourage older folks like myself, encourage these less active people, let them start living a healthy lifestyle, and help to keep them occupied and active.



Q: How old are your grandchildren?

A: I have been taking care of them since they were born, now they are 14 years old, one of them is 13, and another is 12. I am like their friend, their brother to them, always hanging out together, and being happy together. I'd love to encourage some senior citizens not to assume that bringing up grandchildren is a very difficult task to do, actually it can be very interesting and a lot of fun. Moreover, it is beneficial for your health and spirit, especially when you start hanging out and having fun with them, you don't feel old at all!

Q: How long have you been retired?

A: I have retired for around 2-3 years, because I run my own company, hence I start to retire slowly, adjust my working schedule, take care of my grandchildren while working. Many people think this is very tiring, but I don't feel tired at all. As long as you



know how to arrange your time properly, time is always enough.

Q: What were you working as previously?

A: I was working in the jewellery industry, helping people choose diamonds and gems, and some expensive watches that cost up to a few tens of thousands, made with white gold, gold and some diamonds. All these require great skill.

Q: How did you slowly retire then?

A: I slowly passed my work down to someone else to take over. As the competition was stiff, and I am already old, therefore I passed my work to charity. I am retired but not tired, I still contribute to society and through my exercise, and love for music, encourage older folks like myself, do something meaningful for them, organise instrumental classes, and play matches, to encourage these less active people, let them start living a healthy lifestyle, and help to keep them occupied and active.





Working Past Retirement:

Why retire when you are raring to go?

Worldwide, nations are debating on bringing two generations together to create a perfect communion and highly productive atmosphere for organisations and nations at large!

With increased longevity, more and more people are choosing to work after retirement. Senior workers are the key people in ensuring the knowledge transfer to organisations and younger people is achieved effectively. The way the younger generations view work, their careers and training and development are not the only important factors which will continue to influence and shape the workplace of the future. Writing on the wall has never been clearer for employers to leverage on the experience of seniors. Merging two or three generations can create ample opportunities to increase productivity, and also build a society that is more accommodating, than anything else.

In reality, the stereotypes are in the minority as seniors have a lot to offer. Employers have much to gain by recognising and understanding the attributes of senior workers, such as:

- A wider skill-base from working in a variety of different jobs or roles and under different economic scenarios
- Broader experience as a result of having worked in different industries, employers, roles within an organisation, geographic locations and economic cycles
- Wisdom is acquired through past experiences and a senior is able to draw on the messages

learned and apply them to solving a challenge when the situation reoccurs

- A solid work ethic developed from the habit of committing to working in a consistent and methodical manner
- Flexibility because of their wider experience
- Financial confidence from savings accumulated throughout their career, allowing them the ability to speak their mind and take action more confidently
- Reliability and dependability


- Loyalty to employer, which can be demonstrated by a stable career that spans many years and which means savings in recruitment and training costs

All of these skills can be combined to ensure seniors can provide support to younger colleagues in areas such as coaching, mentoring, facilitating, trouble-shooting, and as consultants.

Money and mind!

If you want to work after retirement because you weren't able to save enough during the working life, the second career can be an opportunity to make amends. However, if you are among those who did make substantial savings for retirement, working beyond your age of retirement gives a boost to your financial status, and also social connectedness. The world will certainly respect your zest for independence, wisdom and experience that you have gained through almost three and a half decades of working! There is a need to plan for the later part of your post-retirement years as well. Seniors need to be a bit conservative as the risk appetite diminishes in later years.

To be in the profession of your liking, start doing your homework at least 12 months before retiring. You may need to read, go through additional training or get another qualification, depending on what you are considering. But, let us promise you this. When you step in as a professional second time over, the world will be waiting to learn from you!



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Interview: Ms Amy Lee

“It only takes a spark to get the fire going, and soon all those around will warm up in its glowing”

Such is the life motto of Ms Amy Lee, a part time teacher and full time worker and caregiver. At aged 61, Amy has the zest and spirit of a 20 year old. Her bubbly chatter and infectious laughter fills any room with enough warmth to melt the icebergs in the North Pole. Amy is well known among her family and friends for her love to work and continued need to keep herself busy and productive.

With over 20 years of experience as a secretary, the travelling demands with United Nations has brought her not just to islands far and wide, opening her eyes indeed to the eclectic sights and sounds all over the world. The constant need to adapt to different cultures and practices

of her numerous bosses has moulded her into a highly versatile, persevering and confident woman whose proactivity and never say die attitude is highly commendable.

At age 55, after working for nearly 30 years as a secretary, she decided to venture into something entirely different. That was when she stumbled across a course in training to teach English at Temasek Polytechnic where she subsequently earned her Diploma by the London Teacher's College. She then ventured to India, where she spent a good 6 months in the lawless state of Bihar. Seeing the decrepit conditions of a neglected state, her heart went out to the impoverished, floundering for a morsel of justice. Every day was a challenge for her breaking down the language barriers and teaching English to better build a connection and rapport with the locals. "It was an interesting, eye-opening experience. I learnt to be more grateful and thankful for what I had back home" she recounted. Upon returning to Singapore, it took her a while to adapt back to our fast paced and competitive culture.

The willingness to try to accept and adapt to change play a pivotal role in her life.



However, Workforce Development Authority (WDA) upon hearing of her energised spirit, then hired her to teach workplace literacy. It was then that Amy began her journey of impacting the lives of others. From teaching English with WDA, she moved on to teaching Chinese migrant bus drivers conversational English to enable them to adapt better into society, building long lasting friendships with her many students from all walks of life.



This is the little I can do to contribute back to society the many blessings it has showered upon me

Today, Amy has taught in a variety of institutions, many of these organisations serve less privileged people like Fei Yue and Methodist Welfare Services.

To Amy, the willingness to try to accept and adapt to change plays a pivotal role in her life. If she did not take up the teaching course, she would never have discovered her love and passion for teaching. “If you never try, you might never know whether you like the job” she says. Amy’s fearless enthusiasm to learn is truly commendable and what we all can learn from.



He can make a non-singer sing. He can make a stranger smile. He can lighten up a mood. He can motivate and inspire. He is a never-retired entertainer. He is 64 year old Mos Zay - of course, to him, age is just a number! Mos Zay, who spent early years of his life in the Sales and Event Management profession, today is busy working full time in his favourite job - a company he calls L.A.W & C and volunteering. Interestingly, L.A.W & C stands for Look After Wife & Children!

There is no better way to stay young, be happy and remain active than getting involved in volunteering

Mos Zay loves seeing people happy. “Music is a universal language,” he says. Through his singing and foot tapping dance moves, he brings cheer in people’s lives. Most recently, Mos sang at the May Day Rally together with the U Live Music Makers. To him, volunteering is not just an activity undertaken during spare time - it’s a way of life. Among a long list of other volunteer roles, Mos is an NTUC U Live ambassador in its GLAM (Good Life Ambassador Mentoring) programme, where he and his team initiated a volunteer visit to a senior citizen’s home after picking up skills to help him plan and organise such meaningful activities for others. He is also a volunteer with South West CDC, a grassroots leader at West Coast GRC and a senior health ambassador with the Health Promotion Board.

For him, volunteer work is not only about helping beneficiaries. “I believe in setting an example. The most important thing is to set an example for future generations, especially the young generation.” According to Zay, it is crucial for seniors to stay active.



Interview: Mary Sequeira

Volunteering is her insurance against ageing!

A Hotel Management graduate who believes that the only way to slow down the ageing process is to remain active, decided to complete a Diploma in Life Insurance when she was in her 50s. Mary Laxie Bunny Sequeira, who officially retired two years ago, took re-employment, on contractual basis, with NTUC Income.

Born in 1949, always eager to learn, Mary has worked in different industry sectors – Shipping, Statistics, Insurance, and Hotel Management. Mary, an active ager, keeps herself busy with volunteer work for the less fortunate especially underprivileged children and the handicapped. Being involved in such activities gives a lot of inner satisfaction. Mary arranges workshops where people get to learn balloon sculpting, clay modeling, Air Robotics etc. Air Robotics, she believes, helps in keeping the brain agile.

Mary is also a grassroots leader. She keeps fit by regular jogging and brisk walking. Her job

keeps her busy Monday to Friday after which she finds time to engage in volunteer work. Mary is part of the NTUC U Live's Crazy Boots line dance interest group where she remains active and healthy through the dance sessions with others like herself.

Mary Laxie Bunny Sequeira, who officially retired two years ago, took re-employment, on contractual basis, with NTUC Income. Mary feels that staying in employment will help her keep active and connected to society.

Ever since she knew about U Live and the GLAM (Good Life Ambassador Mentoring) programme, she has wanted to do even more for herself and her peers. Her involvement in the GLAM programme also means that she will be initiating new activities to return to the community.

She is thankful to her parents who taught her such values and kindness.

PARTICIPATE & WIN!

We hope you have enjoyed reading the articles on Active Ageing and Learning to Connect and Engage in this magazine. It's now time to give us your feedback. Please complete the simple survey below and on the back of this page to help us understand how we can better promote active ageing to seniors. The first 250 to complete the survey will receive a \$5 voucher*.

You may send the completed survey to:

Communications Division
Council for Third Age
9 Bishan Place
#10-01 Junction 8 (Office Tower)
Singapore 579837

Or visit www.c3a.org.sg to complete the online version of the survey.

* Terms and conditions apply

Terms and conditions:

1. This survey is conducted by Council for Third Age (C3A), henceforth called "the Organiser"
2. Vouchers are given out on a first-come-first-served basis
3. Vouchers are non-exchangeable for cash.
4. Submission of entries ends on 2 June 2013.
5. Only one entry per person will be accepted.
6. Proof of mailing, faxing, or delivering (in any manner whatsoever) of entries does not represent proof that the organiser has received the entry.
7. Participants who are eligible for vouchers will be notified by email.
8. The Organiser reserves the right, at its sole and absolute discretion, to use the information in the entries without first obtaining any consent nor making any payment whatsoever to the participant and/or representatives for publicity, advertising, trade or promotion purposes in any media.

Using a scale of 1 to 4, where 1=Strongly Disagree, 2=Disagree, 3=Agree, 4=Strongly Agree, how would you rate the following statements after reading the articles in this "Celebrate Life" magazine?

		Strongly Disagree	Disagree	Agree	Strongly Agree
		1	2	3	4
1	It has made me realise that having a positive attitude towards ageing begins with an understanding of the ageing process.				
2	It has helped me find joy in learning something new and interesting.				
3	It has made me realise the importance of being up to date with trends and technology so as to stay connected with my friends, family and society at large.				
4	It has helped me realise that family support is important in the process of ageing well.				
5	It has made me realise the importance of an active lifestyle in enlarging my social circle.				
6	It has made me realise how I can contribute to society through volunteerism and work.				
7	It has made me realise the importance of having a positive attitude towards working which helps me to stay active.				
8	It has made me realise the importance of having family support towards working which helps me to stay active.				

Using a scale of 1 to 4, where 1=Strongly Disagree, 2=Disagree, 3=Agree, 4=Strongly Agree, how would you rate the following statements, based on your expectations of 6 months down the road:

		Strongly Disagree	Disagree	Agree	Strongly Agree
		1	2	3	4
a	I will adopt a positive attitude towards ageing				
b	I will be curious about learning new things				
c	I will learn more about trends and technology to stay current and connected with my friends, family and society at large				
d	I will improve my relationships with my family				
e	I will be mentally, physically and socially active				
f	I will participate in volunteer work.				
g	I will continue to work as it helps me to stay active				

Name

Contact No. Year of Birth

Email

NRIC Gender ☐ Male ☐ Female

Race ☐ Chinese ☐ Malay ☐ Indian ☐ Others

Nationality ☐ Singaporean ☐ Malaysian ☐ Others

Members / participants of:

☐ U Live ☐ Fei Yue ☐ YAH ☐ RSVP ☐ WINGS ☐ SACE/U3A ☐ NVPC

☐ PA, AAC ☐ Others: _____

Address Street

Block Unit # - Postcode

Council for Third Age will contact you regarding events, discounts, announcements and any other updates on active living for seniors.

☐ Yes

☐ No



Council for Third Age plays a catalytic role in promoting active ageing, and aims to create a vibrant pro-age Singapore.

Your one-stop resource centre for senior-related information, relevant services, directory, discounts and latest activities



LEARNING

You'll be delighted by fascinating articles! Be inspired and learn new knowledge from health, exercise, travel to finance.



THINGS TO DO

Check out the constantly refreshed calendar of events, complete with travel and transport tips. You can also check out events on specific dates by using the calendar!



DIRECTORY

A handy list of agencies and organisations catering to seniors' diverse needs.



DEALS

Find out merchant privileges available for seniors and enjoy exclusive deals for C3A portal visitors.



FREE



Also available for iPhones, iPads, Android Phones and Android Tablets. Visit c3a.org.sg/apps to find out more.



Visit www.c3a.org.sg to discover information and activities to help you lead an exciting life and stay connected to society. The website also features a directory which has a list of essential health, legal, financial and social services, as well as training opportunities and community assistance.



WIN a stay in Chalet!!!

*Log on to
www.c3a.org.sg/promo*

Log on to www.c3a.org.sg/promo to answer a simple question and stand a chance to win a 3D2N stay at NTUC Chalet*.

Promotion period 22 March - 2 May 2013

*Terms and conditions apply