

Celebrate Life!

A public education initiative by:



COMPLEMENTARY THERAPIES:

The Healing Touch

Every
Penny
Counts

Reinventing
Retirement

Train Your Brain

A circular badge with a purple-to-black gradient background. The word 'FREE' is written in yellow at the top. Below it, '\$5 Shopping Vouchers' is written in white, with the '\$5' being significantly larger. At the bottom, 'to be given away' is written in white.

FREE
\$5 Shopping Vouchers
to be given away



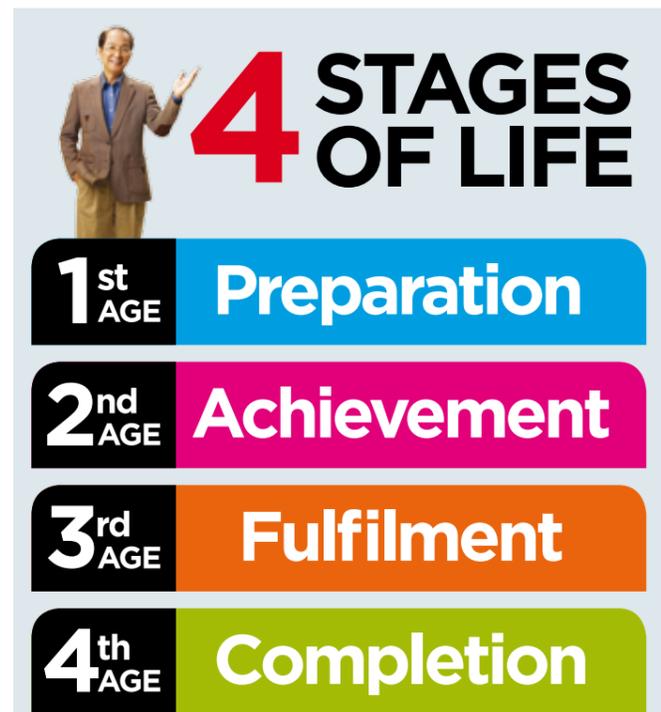
Shakespeare might have written about the Seven Ages of Man in “As you like it” and said that “All the world’s a stage” and life is basically a play and we are all actors who play our part and leave the stage.

As we all go up this so called life stage, we begin to play our role based on who we are and our role towards society.

As we grow older, our knowledge with how life works soon become part of our wisdom through the many experiences over the years. Financial freedom is also slowly attained thus we begin to enjoy the finer things of life. Then we tend to evaluate where we are in life and for some they continue their journey by going back to doing the things they love and are passionate about. It is no longer about making money anymore but making a difference - in our own lives by living a fulfilling life and giving back to the community.

The later stage of our life will no doubt be the best. Having fulfilled most of our

professional and personal goals, we have more or less experienced what life has to offer and will still continue to do so as we all go through this wonderful journey called LIFE.



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



C3A | Celebrate Life
Ageing Well

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Life after 50!

Discovering a new meaning of life. Finding new interests, direction and focus in a new stage of life

The well-known 19th century poet, Rainer Maria Rilke, said, “Live from a deep place.” In the late years of individuals, when they have retired from their jobs, their children have grown up, and the world is moving at a faster pace than ever, it is essential that they seek new and deeper meaning and purpose in their lives, so that they maintain their psychological, mental, physical, social and even spiritual well-being.



It is estimated that at the age of 50, one will have on average 25 to 30 good years remaining, so it is even more paramount that one makes full use of the energy, time and resources that one has, and not leave any regrets.

What is the meaning of life? For most people it varies according to their individual values, beliefs, personality, cultural background, educational level, and many other factors.

Although not all of us can expect to be great philosophers, scientists, statesmen or business leaders, we still have to aim for our full potential. Some of the most inspirational lives are by those people who have coped with tragedy, adversity and daily struggles of life and have risen above it. Some people may still be focused on further climbing greater heights and overcoming new challenges. Be it rising above adversity, realising our full potential, or simply being occupied with what we find meaningful and other activities, there are many ways seniors can live fulfilling golden years. What's important is to be clear about what one desires and put it into action.

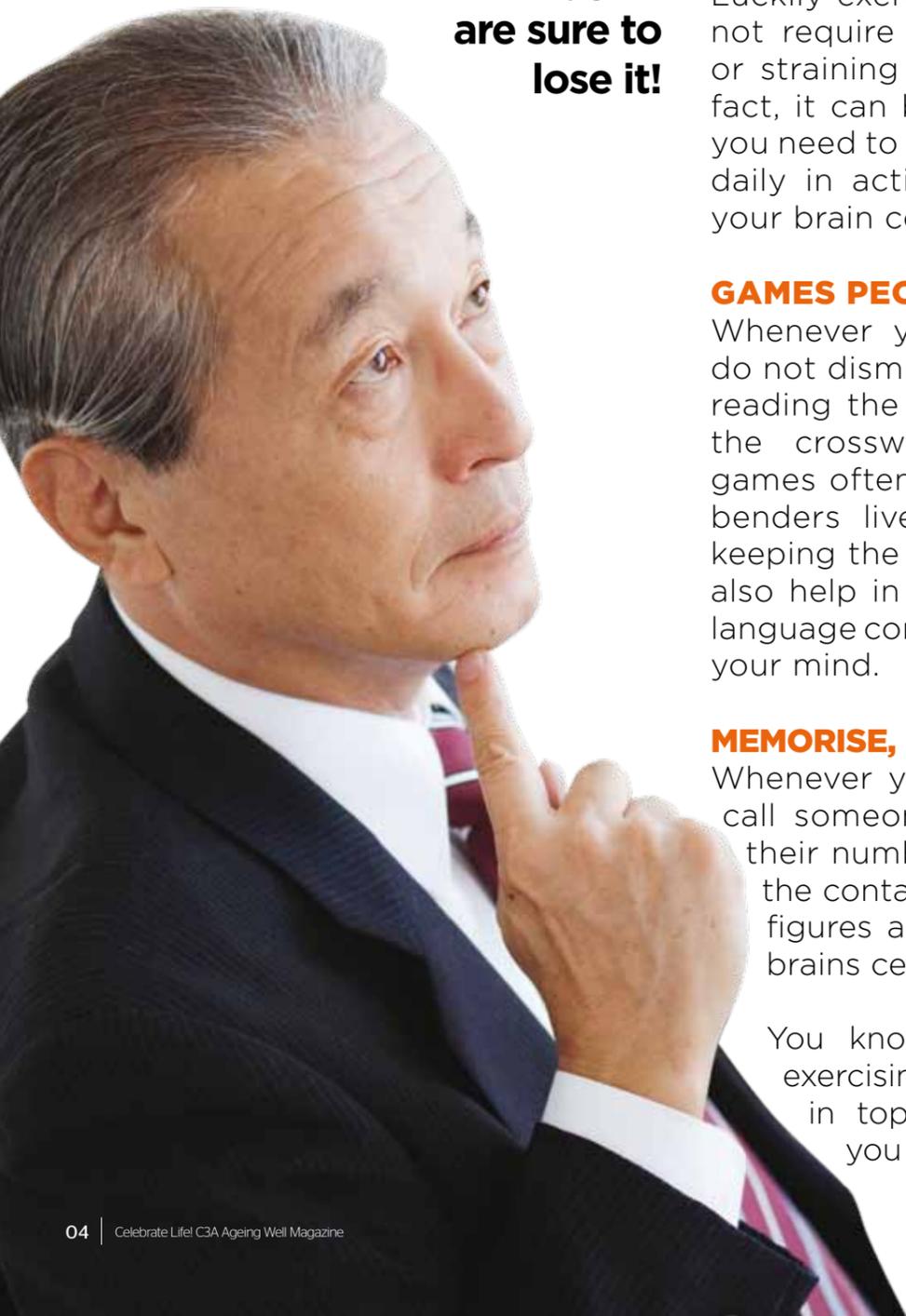


ALTHOUGH NOT ALL OF US CAN EXPECT TO BE GREAT PHILOSOPHERS, SCIENTISTS, STATESMEN OR BUSINESS LEADERS, WE STILL HAVE TO AIM FOR OUR FULL POTENTIAL



Train your Brain

**Because if you
don't use it, you
are sure to
lose it!**



That exercise is good for the body is something almost everyone is aware of. However, did you know that it is equally important to exercise your brain just as regularly to remain healthy and smart? According to various research studies, our brains are naturally primed to wander whenever it can. That is why it needs to be reined and trained well, if you do not want to wonder where you had left your car keys, or recall the name of your neighbour if you bump into them on the street.

Luckily exercising your cerebral does not require any heavy-duty thinking or straining your mental faculties. In fact, it can be all fun and games! All you need to do is spend a few minutes daily in activities that will stimulate your brain cells.

GAMES PEOPLE PLAY

Whenever you read the newspaper, do not dismiss the latter section after reading the comic strips. Try solving the crossword puzzle or Sudoku games often given there. Such mind-benders live up to their names by keeping the brain active. Brain games also help in word skills and boosting language competence while refreshing your mind.

MEMORISE, MEMORISE, MEMORISE

Whenever you pick up the phone to call someone, it helps to memorise their number rather than relying on the contact list. Memorising names, figures and details helps keep our brains cells active.

You know what they say about exercising to keep your muscles in top shape - you use it, or you lose it. The same applies

to your grey matter. So what are you waiting for? Start now and train your brain through the various ways of doing it more enjoyably!

BRING OUT THE BOARD GAMES

On a weekend instead of turning into a couch potato in front of the TV, invite a few friends and family over and bring out board games like Scrabble, Monopoly or even chess. These are evergreen games that can be played with youngsters and mature adults; and they are challenging to the brain, as it keeps trying to come up with new words or take winning decisions. You can also get the added benefit of some good company that will keep the conversation flowing and smiles coming.



BRAIN RAID: SUDOKU

Fill in the numbers so that every row, every column, and every 3x3 box contains the digits 1 through 9

4			2		1	3		5
	5		8					
	6							7
				8	4			5
	2							8
	4		6	1				
	8							1
					9			4
1		6	5		8			2

Solution is on page 23



BRAIN PLASTICITY

Norman Doidge a Canadian-born psychiatrist, psychoanalyst, and author of 'The Brain That Changes Itself' believes that the brain is a plastic, living organ that can actually change its own structure and function, even into old age.

Dr Michael Merzenich, an eminent neuroscientist and professor at the University of California, notes that as you improve or acquire a new ability, the brain changes physically, functionally, and chemically. In short, gaining a new ability can keep the brain active and healthy. Dr Merzenich suggests some things you can do to maintain optimal brain plasticity:

- Exercise for at least 30 minutes daily while being aware of the external stimuli around you. Smell the roses, as you exercise.
- Make an effort to control mannerisms. For instance, you might have the habit of chewing on your lip while thinking. Make an effort not to do it, and your brain will rewire this consciousness into a subconscious action.
- Try to engage yourself in learning new hobbies or skills.
- Keep your social life buzzing. Meet new people, or try to catch up with old acquaintances. You will learn to improve on your social skills.



Complementary Therapies: Giving The Healing Touch

Ayurveda, Chinese concoctions, Jamu massages have provided relief to generations. Is it any wonder then that more people are embracing these happily today?

The next time you pay a visit to a departmental store, don't be surprised to see fellow shoppers pick up bottles of ginseng root powder to reduce their cholesterol levels or ashwagandha pills to ease their stress. Enigmatic though it is, complementary therapy is gaining a lot of attention. Some swear by it, while others label it pseudo-science. The supporters lay their faith in these centuries-old therapies because it has

been providing relief to generations, much before modern science came along with its pills and injections.

AGES-OLD AYURVEDA

Take the case of the 5000-year old Ayurveda. One of its main texts 'Sushrut Samhita' describes 1,120 illnesses, deduced probably around the time the wheel was invented! Massages and herbal medicines complemented with holistic living

are the key pillars of an Ayurvedic treatment with different massages prescribed for various ailments.

For instance, 'Panchakarma' is a purifying and rejuvenation process that includes oil massage, herbal treatment, cleansing methods and diet control. Then there is 'Abhyangam' where a patient is thoroughly massaged with medicated oil followed by a herbal bath. This practice revitalises the body, reduces stress, exfoliates the skin, increases blood circulation and tones up the muscles - all at a go! And these are just some of the many massages Ayurveda has in store.

THE CHINESE WAY

The Traditional Chinese Medicine (TCM) has been an essential part of the Chinese lifestyle for over 3,000 years. It strives to strike a balance between ying and yang, because any imbalance between the two may manifest in an illness. TCM practitioners try to restore this balance before the illness grows into a disease.

After diagnosis, they treat the patient using a variety of techniques like acupuncture, mild exercises, dietary therapy, massages and also herbal

medicine. Acupuncture and herbal medicine are commonly prescribed for along with herbal concoctions. Sometimes a traditional massage called tui na may be administered, along with moderate body movements, like qi gong or tai qi that aid in healing specific pain areas of the body.



RELAX WITH JAMU

Another complementary therapy that prescribes massages is Jamu, which is often recommended to new mothers. A typical Jamu massage session utilises a combination of distinct styles: dry compression massage, thumb-walking, skin rolling, long oil strokes, percussion or wringing on specific body parts. Essential aromatic oils are slightly warmed and then gently, but generously, applied to relieve a patient's stress or strain.

It is intriguing that these age-old healing practices are much sought after today in countries outside the nations they originated from.

THE TRADITIONAL CHINESE MEDICINE (TCM) HAS BEEN AN ESSENTIAL PART OF THE CHINESE LIFESTYLE FOR OVER 3,000 YEARS. IT STRIVES TO STRIKE A BALANCE BETWEEN YING AND YANG, BECAUSE ANY IMBALANCE BETWEEN THE TWO MAY MANIFEST IN AN ILLNESS

Tonic Wine: Let's Drink to your Health

The word 'tonic' followed by 'wine' sounds ironic. But this actually does have some health benefits

There are those who need their daily dose of caffeine in the form of coffee, and there are those who enjoy their wine. Then there are those who would like to have the effects that both of these stimulants induce, together. Is this wishful thinking? Actually, it is not as outlandish as it sounds. This is where tonic wine makes a grand entry.



CHEERS TO A HEALTHY LIFE

Though the word 'tonic wine' leads one to believe it is an intoxicant, there is more to this drink than meets the eye. Over the centuries brewing companies have endeavoured to make this medicated wine that can be imbibed more for medicinal purposes than as an alcoholic stimulant. That is probably why those faithful to tonic wine call it a restorative, rather than an intoxicant.

One reason behind the veil of tonic wine is that it has around 12% to 15% alcohol content. In terms of nutrition values, tonic wine contains herbs and spices including peppermint leaves, gentian root, mugwort, angelica root, fennel seed, coriander seed, cardamom seeds or even cassia bark. Each of these ingredients is loaded with vitamins and minerals, for instance, Vitamin B complex that helps blood circulation.

Hearsay has it that in the 1920s, doctors in the UK prescribed it because of its

positive effects. The British Journal of Nursing in 1929 even stated that in anaemic and debilitated conditions, during convalescence, and in post-operation cases, some tonic wine may stimulate appetite, promote digestion, and mark improvement in nutrition. It is also said that in colonial Singapore, tonic wine was given to new mothers to improve their appetite and help them recover faster from the after-effects of giving birth.

A WINE FOR EVERY SEASON

Most tonic wines are sweet and taste like sherry. This is probably why it is preferred by people of all ages, especially elderly.

Although you might not easily find a tonic wine on the menu of a restaurant, those who drink it regularly swear by its medicinal properties. However, they do point out that it ought to be consumed in moderation and depending on body conditions. Because therapeutic benefits notwithstanding, this drink does pack a punch!



THOUGH THE WORD 'TONIC WINE' LEADS ONE TO BELIEVE IT IS AN INTOXICANT, THERE IS MORE TO THIS DRINK THAN MEETS THE EYE

Making the Most of Life

Learning something new is always fun. And the good thing about this is that there is no better time to pick up a new hobby or activity of interest

Ever heard of Olga Kotelko? In case you haven't, Olga is a spunky, great-grandmother who has won almost 700 gold medals and set 24 records in different sporting activities, including running, jumping and shot putting. And what makes her exceptional is that she started these sports when she was in her 70s!

Olga Kotelko's story has a simple moral for all of us - it's never too late to learn something, if you have the passion for it.



Maybe you wanted to strum the guitar in your youth, but never found the time. Or you missed the opportunity to learn a foreign language. Does the photo of a gourmet meal tempt you to try it out in your kitchen? Whatever be your passion, don't wait to pursue it. Pick it up as a hobby, as many mature adults are now doing.

GOOD FOR YOUR HEALTH

Besides keeping you happily occupied, taking up new hobbies is good for your health as it helps build your brain's functional power. Every time you pick a hobby, you are teaching yourself a new set of skills, and your brain is sharpening its cognitive ability, helping in your overall wellbeing.

According to a study by researchers Catherine Y. Wan and Gottfried Schlaug, music can be an interactive treatment or intervention for neurological and developmental disorders, as well as those associated with normal ageing. In simple terms this means that music hones the brain biologically and neurologically, and guards you from memory and hearing losses. Since music also has a soothing effect, it helps reduce anxiety levels and boosts immunity.

While pursuing a hobby might be at the back of your mind, how do you turn it into a reality? Here are some simple steps that might propel you to put your thoughts in action:

1) THINK: You might want to go mountaineering, scuba diving and learn sculpting. But which of these will give you the maximum pleasure?

2) DRAW A PLAN: Once you have chosen your hobby, schedule it in your weekly routine.

3) SET GOALS: After identifying a hobby and working towards honing your skills in it, what next? Set a timeline when you want to be competent in that hobby without external supervision.

Every time you hesitate pursuing a hobby for some reason, ask yourself this question - "Would you regret not having invested a part of your time in learning that skill you really wanted to?" Your heart will give you the right answer - an answer that can open up endless and wondrous possibilities for you!

An Interview with Alin Yun: Fulfilling her Dream at 55

My first impression of Alin Yun is that of a graceful lady. Alin attributes her loveliness to dancing



71 year old Alin Yun belies her age. She is someone who is always up for challenges. A proof of this strength of character is that she acquainted herself with Chinese folk dance, at the age of 55, despite never having engaged in it before in her life.

The turning moment in her life came about in mid-1997, when country dance was quite popular. This dance form appealed to Alin, who preferred sedate performances with graceful movements, and she chose to devote herself to this folk dance without hesitation.

Three years later, life took another interesting turn for Alin. She plunged into another dance field – ballet.

IN PURSUIT OF HER DREAM - DANCING

Alin attends dance classes twice a week. During each session, she spends two hours practicing folk dance, and then follows it up with some ballet. She obtains unique experience from either.

Ballet requires firm feet movements and ceaseless twirling, which could hurt the shin bone. Despite this, Alin never once thought of giving it up. She always resumes her practice after a short break. Dancing is her dream, which she is determined to keep living, until she can't carry on any more.

BENEFITS TO MIND AND BODY

As her steps get more exquisite, Alin is invited to perform on various occasions. The most impressive one for her remains the one in Marina Bay two years ago in front of a large audience. Every time she performs, she feels a sense of satisfaction and acknowledgement.

Not only does dancing enrich her life, Alin believes it also recalibrates her mind and temperament. Long-term practice of ballet requires a good posture, which has helped her get rid of her stoop and relieved her of osteoporosis, a degenerating bone disease often found in older people. This explains her elegant and graceful manner whenever she talks or moves.

Alin has also increased her social circle through her passion for dancing. She has made a lot of friends at her dance class. "Dance class is a good place to make friends since we all share



the same interest and passion – that itself is a great starting point. Dancing creates positive energies and we feel happy. Together we learn the art of coordination and also appreciation" says Alin.

Though her age is advancing, Alin has no plans to hang up her dancing shoes. Instead, she wants to learn new things.

Alin's experience underlines the old saying, 'It's never too late to learn'. Indeed it is never too late to accomplish your dreams that can change your life. Are you ready to accomplish your dream?



Every Penny Counts

A penny in hand is worth much more, depending on who's handling it. Here are some easy tips to save your money and watch it grow

Just because you are out of the corporate rat race, there is no reason why you need to pinch your penny. Sure, living on a fixed income does call for some financial balancing act while spending money. But, with a little fore planning there is no reason why you should not go for that solitaire ring, or turn down the offer to join your friends for an African safari.

Here's how you can make money go that extra mile:

MAKE A BUDGET AND STICK TO IT

Write down your expenses daily. It's

a great practice to see if you are spending on frivolous items. And try to deposit any cash you save from your weekly budget in your bank account. For all you know, you might end up surprised with your savings at the end of the year.

AVOID IMPULSIVE SHOPPING

Once you track your expenses regularly you can also plan in advance to buy something you had your eye on for a while. Avoid impulsive shopping by asking yourself this question whenever you see an item in a shop's window, "Do I want it, or do I need it?"

If you need it, then go for it. But if you want it, return after a couple of days - for all you know, you might have changed your mind about making that purchase at all.

USE CREDIT CARDS WITH CAUTION

The more the credit cards, the more the temptation to use them and the more your expenses. Try to pay off your credit card bills within the payment due date to avoid being charged heavy interest rates. If possible, carry only cash when you go shopping - it will prevent reckless purchases.

GET LOYALTY CARDS

Many stores offer loyalty cards to keep customers coming back. If you frequent a particular outlet, get these

cards. The accumulated points can sometimes amount to a tidy sum. And loyalty card members also get some special discounts too.

COMPARE PRICES

Before you buy, research a little to check if you are getting the best deal. Check out discount coupons or vouchers that come in newspapers or magazines. Check online sites to compare prices. Visit various stores before buying expensive items, so that you get what you want at a more viable price.

One important thumb rule for saving is to shop wisely. So don't rush into making purchases, take your time, look around, ask questions, resist the temptation to overspend and then arrive at the right decision. Like the old saying goes, 'A penny saved, is a penny earned', and every penny earned could be well used to buy what you truly cherish.





Reinventing Retirement

Retirement need not be an age where people hang up their socks and pick up their knitting needles. Instead, this is the best period of their lives, when they can reinvent themselves without much bother

After years of waking up to the sound of the alarm clock going off, planning family schedules around workplace commitments, adjusting days off to take the spouse for a surprise lunch or the kids to a park – retirement can come as a welcome reprieve. But some retirees worry that after few days of kicking up their feet, they might go stir crazy – for lack of not doing anything!

Not anymore. Baby boomers are finding ways to use their retirement years to do those things that they either did not have the time for earlier, or could not manage to pack into their already-full lives.

TAKING UP A CAREER OF CHOICE

In their youth, people often plunge into a career that is lucrative and will give them the luxuries of life, even though it wasn't

soul-satisfying or the very thing they wanted to do in life. But post-retirement, people can launch into a new vocation, which might not necessarily be well-paying, but one which will bless them a feeling of satisfaction. For instance, they could be a mystery shopper for companies or start helping a local store balance their books of accounts.

Post-retirement, there are those who fan their entrepreneurial fire by starting their own business which offers them flexible hours, so that they do not have to adhere to a schedule.

SCHOOL BECKONS

A common regret that folks often have is not having taken up some educational course when they were younger. Maybe they wanted to learn a foreign language, or study the history of a particular era. But either they did not have the time for it or they wanted to build their financial stability early on in life.



Post-retirement with more time on their hands, these baby boomers can easily enrol themselves into courses at local colleges or universities, and on their own terms. And these need not be professional programmes for

years. It could be crash curriculum for a few weekend sessions or months. At this stage, it is not about bagging a certificate at the completion of the course. It is more to have the sense of contentment of fulfilling one's dream.



FITNESS MATTERS

Seniors are more health conscious and are aware of the benefits of exercising daily, in one way or the other.

Some prefer to take up memberships in clubs where they can swim, use the gym, play squash or cycle. Others prefer to just walk in the neighbourhood park. But ultimately they want to stay healthy and in shape, to enjoy the prime years of their lives.

It's nice to see so many people embrace the maxim that age is but a number. They are too busy enjoying themselves to bother counting it!



POSB ACTIVE Neighbour

Mr. Tan Yeow Hing, 59 years old

How would you describe your daily work in the POSB branch?

Sometimes, the customers could be confused due to unfamiliarity or language barriers. I would try to understand what kind of help they need and instruct them clearly, and direct them to the right places.

My main objective is to help them complete their tasks and help them save time. I will also explain the workings and structure of the bank to those who are interested.

After some time, they learnt to do the bank transactions on their own and a few of them even became friends with me over time. We would share about our lives when we see each other in the neighbourhood.

How does this job enrich your silver years?

I have formed friendships with some of the customers, and that is one of my most treasured accomplishments.

Another great source of satisfaction comes from helping the customers

understand how the bank functions, as they will then be more empathetic.

What advice would you give to your peers to join the POSB ACTIVE Neighbour?

Take time to make small contributions to society. Helping others will bring you lasting joy. Simply putting in a minimum of 4 hours twice weekly makes your post-retirement days more fulfilling - at least you are not just pursuing wealth or enjoyment, but remain connected with the community.

Become a POSB ACTIVE Neighbour!

The following criteria applies:

- Aged 45 years and above
- Bilingual in English and Mandarin
- Enjoy meeting people from all walks of life
- Familiar with POSB Self-Service Machines (ATMs, Cash Deposit Machines)
- Able to work at least 2X per week

If you are interested, please email:
booninnloh@dbs.com | justinheng@dbs.com

Please state your personal particulars, highest qualification and previous profession

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* for local purchases made with MasterCard
- Shopping, travel, healthcare and dining privileges from POSB and C3A
- EZ-Link function for transport and retail
- No annual fee

*Terms & conditions apply





Helping Self by Helping Others

Senior volunteerism is gaining ground amongst baby boomers. Rather than sit back and watch the world go by, they would rather be active participants in activities that benefit their fellow peers, while staying happily occupied in the bargain.

Till a few years ago, Madam Cheow Chin Wang, 62 years old, did not know how to use a computer without the help of her husband or children. In 2007, she decided that she needed to be independent and signed up to learn computer lessons with RSVP

Singapore - The Organisation of Senior Volunteers. A year later, Madam Cheow could not only navigate her way around computers and internet, she decided to teach computer courses from Basic Computer to Microsoft Powerpoint at RSVP Singapore.



And for her volunteerism efforts and her keenness to learn and teach others, Madam Cheow was awarded the 'Volunteer of the Year 2013' award at the annual RSVP Volunteer Appreciation Nite 2013 recently.

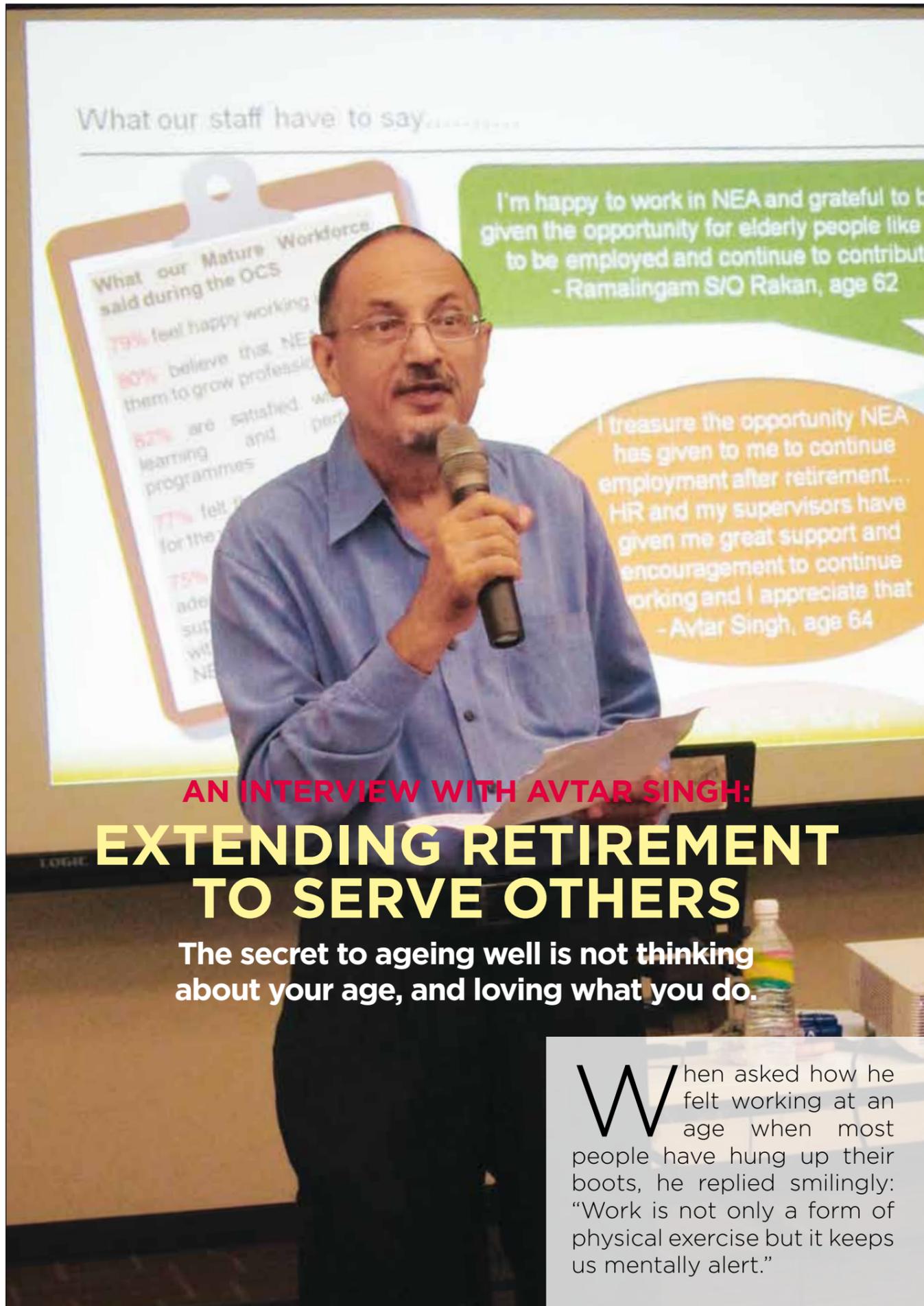
A WELCOME TREND

The last biennial survey from the National Volunteer & Philanthropy Centre (NVPC) shows a significant increase in senior volunteerism amongst the 55 to 64 age group, up from 8 percent in 2004 to a double-digit 22 percent in 2010. For the 65 and above group, the numbers swelled from 4 percent to 10 percent from 2004 to 2006, and hovered at around 10 percent in the following years. Impressive, isn't it?

Most NGOs are also keen to embrace senior volunteers because they bring

with them years of experience in handling all kinds of situations. Having been parents themselves, they can help with children and young adults alike. With their professional experience, they can mentor the younger generation when it comes to matters of the job and sometimes also in matters of the heart. Since senior volunteers also have more time on their hands, they can spend more time in helping the society.

Volunteering allows the seniors to help others in learning new skills and improve their life. The senior volunteers also get the pleasure of doing something good for the society at large - something that can be highly motivating. What's more, they can get to meet new people, improve their social interactions, and forge friendships. What more can one ask for?



**AN INTERVIEW WITH AVTAR SINGH:
EXTENDING RETIREMENT
TO SERVE OTHERS**

The secret to ageing well is not thinking about your age, and loving what you do.

When asked how he felt working at an age when most people have hung up their boots, he replied smilingly: "Work is not only a form of physical exercise but it keeps us mentally alert."

What our staff have to say.....

I'm happy to work in NEA and grateful to be given the opportunity for elderly people like me to be employed and continue to contribute.
- Ramalingam S/O Rakan, age 62

I treasure the opportunity NEA has given to me to continue employment after retirement... HR and my supervisors have given me great support and encouragement to continue working and I appreciate that.
- Avtar Singh, age 64

Indeed Mr. Singh goes about his work with energy and passion like his much younger colleagues. Avtar Singh, 65, is currently in his third year of re-employment as a Manager under the Department of Public Cleanliness at National Environment Agency (NEA).

Mr Singh is an active senior who is young at heart. He keeps himself fit by exercising regularly or playing with his grandchildren at the park. His active lifestyle allows him to handle the rigours of field work.

In his daily work, he, along with his team, go to central parts of Singapore to ensure infrastructure of land agencies are well maintained for efficient cleaning, quality control checks of the performance of service providers to ensure compliance and working with service providers and in-house NEA cleaners to improve work processes and standards.

To ensure cleanliness issues are resolved, he has to coordinate and acts as a mentor to his junior team members to manage ground and operational issues.

Mr Singh, who shows absolutely no signs of slowing down. He is a happy man doing what he loves best - maintaining public cleanliness and making a clean Singapore. He is perfect example of someone who will remain healthy and energetic by just pursuing what he loves most.

Ms Gloria Chin, NEA's Director of Human Resources Division, said "We value the contributions of all our employees, regardless of age. Senior employees with their rich life experiences add diversity to how issues and challenges

are viewed and addressed. Hence, there is really no limit to what our staff can achieve as long as he or she is capable of doing the job."

MR SINGH IS AN ACTIVE SENIOR WHO IS YOUNG AT HEART. HE KEEPS HIMSELF FIT BY EXERCISING REGULARLY OR PLAYING WITH HIS GRANDCHILDREN AT THE PARK. HIS ACTIVE LIFESTYLE ALLOWS HIM TO HANDLE THE RIGOURS OF FIELD WORK



Sudoku Solution from Page 5

4	9	8	2	7	1	3	6	5
7	5	1	8	6	3	4	2	9
2	6	3	4	9	5	8	7	1
3	1	7	9	8	4	2	5	6
6	2	9	3	5	7	1	8	4
8	4	5	6	1	2	9	3	7
9	8	4	7	2	6	5	1	3
5	7	2	1	3	9	6	4	8
1	3	6	5	4	8	7	9	2



Games People Play

Make friends in the process, age notwithstanding.

Video games are no longer the prerogative of youngsters. In fact, more mature adults now enjoy controlling their joysticks, gaming consoles or using their fingers dexterously on their digital gadgets while enjoying another video game.

MORE THAN FUN

A reason people like video games is because they can do things virtually

that they might not be able to do physically in real life. That is what Dr Andy Przybylski of the Essex University has found in his research, where he studied several video game players. He said that “the attraction to playing video games and what makes them fun is that it gives people the chance to think about a role they would ideally like to take and then get a chance to play that role.”

This could be why baby boomers have taken to video games with gusto. They can identify with the dynamic, surrealistic characters and enjoy imbibing their qualities, if only for the duration of the game.

Several mature adults also find video games a great way to pass their time, post-retirement. And while playing online, they can easily end up making friends.

It is also a great way to bond with the younger generation of their family. After all, what could be cooler than having a grandpa who can match your playing skills?

GAMING IS GOOD

A recent study by scientists at the University of California showed that older adults improved cognitive controls such as multitasking and the ability to sustain attention by playing certain video games. In fact, they found that some video games can even produce long-lasting improvements in certain conditions such as attention-deficit disorder and depression.

According to another study from the University of Iowa, which surveyed 681 adults aged 50 and older, playing brain-teasers a few hours weekly can also slow the natural ageing process. Respondents who played 10 hours of a specially designed video game were able to stall the natural decline of different cognitive skills – by up to seven years, in some cases. The reason



is simple – whenever you force your brain to work harder at anything new, your cerebral matter get some much-needed exercise, strengthening them.

A RECENT STUDY BY SCIENTISTS AT THE UNIVERSITY OF CALIFORNIA SHOWED THAT OLDER ADULTS IMPROVED COGNITIVE CONTROLS SUCH AS MULTITASKING AND THE ABILITY TO SUSTAIN ATTENTION BY PLAYING CERTAIN VIDEO GAMES





Don't Trip Over Your Digital Footprint

When it comes to the online world, it's better to be safe than sorry

Remember that stranger who likes your Facebook posts often? He might look harmless, but for all you know, there could be a phisher, spammer or hacker lurking behind that smiling display photo!

The online world is a beautiful and dangerous world. Moreover, everyone is prone to online dangers like identity theft, loss of personal data or even financial fraud, especially mature adults. While this generation has readily embraced social media and online interactions, they are often ignorant about the pitfalls hidden within.

USER CAUTION ADVISED

Recently, AVG Technologies conducted a survey amongst 1,300 American baby boomers and found that majority of them use digital gadgets like mobile phones, tablets and computers often. But, they don't pay enough attention to safeguarding their digital footprint.

"Some attackers view baby boomers as being deficient in online safety skills," said JR Smith, CEO of AVG Technologies. "The opportunity to take advantage of them



is on the rise. Therefore, it's important these people familiarise themselves with how to minimise the risk of fraud."

A simple case in point is online banking, which is convenient and saves time. Few users take basic precautions like checking their online banking statements to ensure there are not any fraudulent transactions. Some do not even log off from their banking accounts after completing transactions or clear the cache of their browsers.

HELP'S AT HAND

But all is not as dismal as it sounds. Since mobile devices are extremely popular amongst the mature population, they are advised to follow some simple steps as a precautionary measure:

- 1 Start by installing a reliable antivirus programme on your device.
- 2 Use a password on your mobile phone if you use your mobile phone or tablet for online transactions, or to check your social media profiles.
- 3 Never reveal passwords to your email, banking or social media accounts to anyone, nor write it down somewhere.
- 4 Change passwords regularly, keeping them as random as possible and include some special characters within.



5 Take a backup of your data on an external hard drive or store them on cloud services.

6 Use known, reliable and security-enabled WiFi networks to access your digital accounts, including emails.

You don't need to be a tech-savvy, digital native to figure your way around the digital landscape. Just follow these basic steps and enjoy the ease and convenience of the online world.

CLEARING YOUR BROWSER'S CACHE DATA



Whenever you browse online, some data is saved on the browser – irrespective of whether it is Google Chrome, Mozilla Firefox, Apple Safari or Internet Explorer. This data includes the sites you have visited, your download history and any forms you have saved. Clear your browser's cache regularly to delete all or just some of these data. Here is how you can do it, though the steps may vary slightly from one browser to another:

- ▶ Click the menu on the browser toolbar and select 'Tools'.
- ▶ Select 'Clear browsing data'.
- ▶ You might get a dialog box with checkboxes to select the information you want to remove.
- ▶ Choose the data you would like to delete.
- ▶ Click 'Clear browsing data'.



AN INTERVIEW WITH SO TEE SIONG: THE WORLD AT YOUR FINGERTIPS

Intergenerational bonding can be through the use of technology. Mr. So Tee Siong, 71, did it by pressing a few keys. How about you?

A decade ago, Mr. So Tee Siong decided he needed to use a computer to place daily orders for his clients. From taking an hour to fill out the feedback form, he slowly figured his way around using other features of his Apple iPad Mini – largely because of his curiosity about them and his willingness to learn about something new.

Mr. So, now 71 years old, is grateful that he put in some effort at understanding technology a decade ago. He can now communicate with

his children and grandchildren in Britain and Australia daily. Everyday Mr. So excitedly fires up his computer to check his e-mail and read his children's mails; sometimes, he comments on his grandson's photos on Facebook. Each time Mr. So sees his family's photos or read their mails, he sends up a prayer thankful that even though he's miles away from them, he is still connected to their lives – thanks to modern technology.

And it is not just his family life that has been enriched because of technology. Mr. So's life has also got a fillip with

technology. Now at his convenience, every time he wants to read the news he can see it unfold right before his eyes whenever he wants through his computer or iPad. He can browse through books on the internet and download those that he likes, with just a few clicks on his gadgets.

LIFELONG LEARNING HIS WAY IN TECH WORLD

Learning to navigate his way on the internet and around digital gadgets was not always easy for Mr. So. However, he didn't give up, whenever he was stumped by some function on his computer. He would head to the library to find answers to his questions. Or he would compile a list of his questions and then discuss them with his grandsons whenever they were around.

“My grandsons like to teach me, because I learn quickly. Sometimes, we share many new things together. For example, I learned how to install the Windows 8 operating system on my computer. And then I would share its features with grandson, and he would ask me something about its qualities so that he could decide whether he wanted to install the OS on his machine or not,” says Mr. So proudly.

Having discovered how technology has improved his life, Mr. So has been helping his wife to learn it as well. He enrolled her in basic computer classes and at home, he shows to her how she can download games, songs as well as Hong Kong



and Taiwanese TV series. Since his wife loves to grow her own vegetables at home, Mr. So has even taught her how to click photos on her mobile phone and share them with their daughter in Britain with WhatsApp.

In fact, the convenience that technology brings has altered many aspects of Mr. So's life.

He pays his fixed bills such as the utility and telephone by online bank transfer. Whenever he has to plan his travels, he does all his bookings online – be it hotels, airline tickets or train tickets – besides getting information about the local weather conditions, best places to eat, tourist attractions, etc. All this research made his recent trip to Ireland with his wife a very hassle-free and romantic affair!

**THANKS TO
TECHNOLOGY, HE CAN
NOW COMMUNICATE
WITH HIS CHILDREN
AND GRANDCHILDREN
IN BRITAIN AND
AUSTRALIA DAILY**



More seniors adopt new technology for reading and leisure



Take a walk into any public library these days and you will be greeted by a common sight - seniors tapping away on their tablets and smartphones alongside those who are reading physical books. Seniors who embrace new technology use them to enrich their lives. Technology helps them to stay connected to the world, socialise, perform e-transactions and, more often than not, keeps them entertained.

In a bid to promote the love of reading and life-long learning, Singapore Public Libraries launched the "Time Of Your Life" suite of services targeted at seniors aged 50 and above in November 2012. As part of this suite of services, seniors can sign up for computer courses to learn various IT skills like Facebook and photo-editing for a small fee.

Mr. Chia Tang Heng, 55, has attended several of these courses. "The libraries are very advanced now. To prepare for a family trip to Thailand, I managed to use an online database to learn Basic Thai!" He said. Mr. Chia also enjoys a greater variety

of reading materials nowadays such as overseas Chinese newspapers and other health information via the library electronic databases at <http://eresources.nlb.gov.sg>.

Seniors like Mr. Chia can now access more than 3 million e-books provided by the libraries or enjoy free internet surfing for 1 hour daily at the multimedia stations in the libraries. These "Silver Infocomm Hotspots" are available to seniors who sign up as online members. Seniors can also bring their personal electronic devices to surf the internet using the free Wireless@SG network available at all libraries.

MORE THAN JUST TECHNOLOGY

For those who still prefer the printed book, they can pick up a copy of the reading kit that contains reading recommendations on a wide range of topics covering fiction and non-fiction titles. Apart from reading, libraries also organise many programmes such as guided library visits for community groups, health talks and workshops on topics such as photography, retirement finance or traditional art forms.

This article is brought to you by the National Library Board. Obtain a copy of the monthly Go-Library magazine at any public library or visit <http://golibrary.nlb.gov.sg/> for more information on current library programmes.



PARTICIPATE & WIN!

We hope you have enjoyed reading the articles on Active Ageing 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 shopping 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 31 May 2014.
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 via email by 7 June 2014.
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 Singapore PR Others

MEMBERS / PARTICIPANTS OF:

U Live Fei Yue YAH RSVP WINGS SACE NVPC

PA, AAC Others: _____

ADDRESS Street

Block Unit # - Postal Code

Council for Third Age will contact you regarding events, discounts, announcements and any other updates on active living for seniors. Yes No

She is...



... Skyping her loved ones overseas



... reading a digital newspaper



... paying her bills online



... arranging her travel online



... keeping in touch with friends on Facebook

... connected. Are you?

Council for Third Age plays a catalytic role in promoting active ageing, and works with and through partners to reach out to seniors to stay connected to society through various programmes and activities.

Log on to www.c3a.org.sg and find out how technology can engage, assist, stimulate, empower, entertain and connect you!



Download C3A Mobile App:



Key Partners:



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



ACTIVITIES

Check out available activities in our calendar. It includes transportation tips to help you get to the activity that you decide to join.



DEALS

Exclusive treats await you in our Deals section. Enjoy special rates for seniors in a wide range of products and services including restaurants, health products and attraction places.



OUR PARTNERS

A list of contacts range from community services, government agencies, health services to legal services catering to seniors' diverse needs.



NEWS

Keep yourself updated on the latest in the Singapore scene.



VIDEOS

From gardening ideas to tips on things that matter, our video section is a must-see for you!



LEARNING

Featuring lifestyle reads and educational articles that will tingle your senses. From healthy food recipes to information about investments and technology, this section is chock full of interesting goodies for your mind.



SCHEMES

There are many schemes that suit your needs in the society. Check out the page and find out more!



FREE



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

To discover information and activities to help you lead an exciting life and stay connected to society, visit www.c3a.org.sg

