



# SENIOR CITIZENS FORUM

(Registered under the Societies Registration Act, 1860)

163-L/3, P E C H Society, Karachi  
E-mail: [scfkhi@gmail.com](mailto:scfkhi@gmail.com) Phone: 0322-2777345

## News Letter - June 2009

### VISIT TO ARENA CLUB

The Arena Club is recently opened in posh locality of Karsaz, Karachi and caters the recreational needs of Karachites.



**President, Acting Secretary and Treasurer addressing the gathering**

It has been desire of our seniors to visit this family resort and enjoy the facilities provided here. The management of SCF was also planning to arrange a family get together for its members so that they can mutually introduce their young generation and also enjoy outing with their family members. The SCF usually arranges outing programs strictly for its members who had been suggesting to arrange a program where their family members / relatives can also participate.



**Participants enjoying Brunch**

Hence, this visit was made open for them and each member was allowed to bring

two family members (and a child below 5 years free).

Transport was simultaneously arranged from Bhojani Hall (Britto Road) and Mehfil-e-Murtaza (Society) at 10.30 a.m. on Sunday the 31st May 2009 to carry the participants to the club. Total number of participants was 170.

Upon reaching the club the members assembled in Raja Hall of the building complex. The proceedings commenced with recitation from Holy Quran by Mr. Shiraz Onali. Thereafter Mr. Haiderali Allibhai the president of SCF addressed the gathering. In his address he appreciated the interest shown by the members in taking active interest in the activities and outing programs of SCF. He said this organization is set up for the mutual benefit of seniors of our community and expected that same will be fully availed by them. He emphasized that the frequent get together will develop the fraternity and seniors will be happy to be in company with the people of their age group.

In his address to seniors, Mr. Saghir Abbas Bhojani announced the setting up of Seniors Day Care Centre in the vicinity of Soldier Bazaar. He said a property has been rented for exclusive setting up the day care centre

which will provide recreation facilities to lonely male and female seniors. He also

said that the Honorary Secretary Mr. Ali Raza Lakhani is at present in Canada and guides the management of SCF through internet and telephone communication. He has also conveyed Salaam to all seniors who are so dear and close to his heart. Mr. Bhojani also appreciated the cooperation and concession given by the management of Arena Club particularly its CEO Mr. Kalbe Abbas. A memento shield was given to him on this occasion.



**Qalb-e-Abbas receiving the shield**

Mr. Kalbe Abbas thanked the management of SCF. He also announced to give 30% discount for the club membership to the seniors of SCF. The participants were then invited to have delicious brunch specially arranged for them. They enjoyed 38 varieties of food served on buffet system in specious dining hall specially reserved for the seniors.

Each participant was given three passes to take part in any of numerous games offered by the club the most exciting of which was ice scating. Some participants enjoyed bowling while other participated in other different games offered at the club. At about 4.30 p.m. the participants left the venue after enjoying a day pass in enchanting atmosphere.

## ONE DISH PARTY



**Dishes displayed to Judges**

The female members of SCF arranged a One Dish Party at SCF Centre (Mehfil-e-Murtaza) on Wednesday the 27th May 2009 at 5 p.m. In all 18 ladies participated.

The dishes prepared by them were tasted and judged by the three judges Mrs.

Fatmabai Yousuf Ramji, Mrs. Rozmin Pandju and Miss Zohra Rajpar.



**Judges tasting the dishes**

They selected three best dishes presented by the participants on this occasion. All the three participants who cooked these dishes were awarded prize which was the book **FATIMA IS FATIMA** to

commemorate the death anniversary of Bibi Fatima (S A). The winners were Mrs. Fatimabai Carpetwala Razia Shiraz and Mrs. Gulshan Pirbhai. All the participants then enjoyed the food of one dish prepared by them.



**Happy moments of prize awarding**

## PROGRAMS FOR THE MONTH OF JUNE-2009

### PICNIC AT HAWKS BAY

A whole day picnic is arranged at Hawks Bay beach on Sunday the 28st June 2009. A hut is arranged at the beach by the courtesy of Mr. Shaukat Ali Jiwani, a member of Managing Sub-Committee. The bus will leave from Mehfil-e-

Murtaza at 9 a.m. and from Bhojani Hall at 9.30 a.m. The male and female members desiring to participate should collect their tickets from Mr. Mohamed Ali Patel (0300-8228288) or Mr. Yaseen Merchant (033-9275634) before 27th

June. The participation fee is Rs. 400 to cover the cost of transport, lunch, refreshments, cold drinks, tea and filtered water. Only first 60 members will be registered on first come first basis on advance payment of participation fee.

### SUFRA NIYAZ FOR LADIES

A Sufra of Imam Hassan (A.S) Niyaz is arranged for ladies by the female committee members of SCF at Mehfil-e-Murtaza on Monday the 22<sup>nd</sup> June 2009

at 5 p.m. The ladies desiring to participate should contact **1)** Mr. Masooma Electricwala (Phone 4536502), **2)** Shehnaz Patel (0333-

2164689), **3)** Noor Zehra (0300-2274140), or **4)** Nargis Abdullah (0323-2502002) for further details.

## SENIORS DAY CARE CENTRE

The SCF is in the process to avail a suitable premise for setting up and running Seniors Day Care Centre in Soldier Bazaar. By the grace of Allah the double storey house is to be rented from a Momin for the Centre. We are now in the process of placement of furniture and fixture and acquiring all facilities for the

seniors. We hope and pray that the arrangements shall soon be finalized and we shall be able to present this facility to seniors of our community. Rules and procedure for the use of day care centre are being formulated and applications will be invited from the seniors as soon as the plans are finalized. We solicit

feedback from the community in this respect and would like to know the information of seniors desiring to avail the facility of Seniors Day Care Centre. Please contact Mr. Saghir Abbas Bhojani (0333-2310705) in this respect.

## VISITING LONELY SENIORS BY SCF TEAM



**Delivering sewing machine to a female senior**

Visiting lonely seniors is one of prime activities of SCF. The male and female seniors who live in solitude usually remain depressed as they do not find any persons to talk. Such persons catch some chronic disease and the life becomes more miserable. It is also necessary to keep them busy particularly the female seniors. The members of SCF therefore came forward to get the sewing

machines to lonely ladies so that they remain busy and also earn something for their livelihood. A swing machine was recently donated to a senior lonely lady. It is hoped that the well to do people of our community will extend their cooperation for this noble work. Please contact Mrs. Shehnaz Mohamed Ali (0333-2164689) in this connection.

## OUTSTANDING DUES / FINAL MEMBERSHIP LIST

The honorary treasurer has finally requested all those members who have not paid their dues for the last consecutive two years (especially those who have not paid their annual subscription for the last few years) to clear their dues before 29th June 2009. Ultimately, the management will have no option but to strike off their names from

membership. Those who have already paid their annual subscription are most appreciated and honored and hope for their continued cooperation in future. The members are also advised in their own interest to check the particulars of their outstanding dues and correct their address and other particulars from the office during the office hours from our

manager, as the final computerized list of members will be displayed which will come into effect from 1st July 2009 and these members shall only receive free copy of monthly newsletter. Your cooperation in this respect will be highly being appreciated.

## OBITUARY

Following seniors of our community expired during the month of May, 2009. We request the readers to recite Sura-e-Fateha for the departed souls of these seniors.

DATE	NAME OF DECEASED	AGE	DATE	NAME OF DECEASED	AGE
1 <sup>st</sup> May	Razia D/o. Qurban Ali Siraji W/o. Noor Mohammad Alwani	75 Years	16 <sup>th</sup> May	Akber Ali S/o. Noor Mohammed Pirbhai	80 Years
6 <sup>th</sup> May	Khairunnisa Bai D/o. Mehar Ali Mechant	87 Years	20 <sup>th</sup> May	Fatima Bai D/o. Nazar Ali Ravjani W/o. Mohammad Ali Kikeryawala	78 Years
10 <sup>th</sup> May	Shoukat Hussain S/o. Mohammad Ali Mujani	59 Years	28 <sup>th</sup> May	Sher Bano D/o. Abraham Kaba Mulla W/o. Abdul Hussain Kaba Mulla	120 Years
14 <sup>th</sup> May	Amina Bai D/o. Ali Mohammad Namdar W/o. Hussain Ali Virani	68 Years			

## YOU CAN PREVENT FALLS

### The facts

- 1 in 3 seniors will experience a fall each year, and half of those more than once.
- 40% if seniors' falls result in hip fractures.
- 20% of injury-related deaths among seniors can be traced back to a fall.

- Seniors are injured at home more than any other location. The bathroom and stairs are particularly dangerous.

### Protect yourself

- Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news.
- The good news is that many injuries due to falls can be prevented. The first

step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduce vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

- You can prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Act on it!

### **Precautions at your home**

#### **Bathroom**

- Ensure that you have non-slip surface in the tub and shower.
- Install grab bars by the toilet and bath to help to help you sit and stand. Make sure they are well anchored.
- Use a raised toilet seat and a bath seat in the shower if you need them.
- Wipe up moisture or spills immediately.

#### **Living room and bedroom**

- Reduce clutter! Get rid of loose wires and cords as well as any other obstacles.
- Consider a cordless phone to avoid rushing to answer.

- Have good lighting throughout the house and install night lights.
- Make sure the path is clear between the bedroom and bathroom.
- Scatter mats are tripping hazards. Get rid of them or make sure they are non-slip.
- Move slowly out of your bed or chair.
- Getting up suddenly can make you dizzy.

#### **Kitchen**

- Store kitchen supplies and pots and pans in easy-to-reach locations.
- Store heavy items in lower cupboards.
- Use a stable step stool with a safety rail for reaching high places.
- Always wipe up any spills immediately to prevent slipping.
- If you use floor wax, use the non-skid kind.
- Ask for help with tasks that you feel you can't do safely.

#### **Stairs**

- Make sure your stairs are well lit.
- Have solid handrails on both sides of the stairway.

- Remove your reading glasses when you go up or down the stairs.

### **Keep Fit**

- Engage in physical activity every day.
- Walk at least one kilometer daily.
- Consult your doctor to show you physiotherapy exercises if necessary.
- Get your hearing and vision tested periodically.

### **Use safe aids**

- Don't be ashamed of using walking stick or trolley if you cannot walk normally.
- Use other safety devices such as anti-skid shoe-soles, hip protector etc.

### **In case you fall down...**

- Attempt to fall on buttocks to prevent more serious injuries.
- Don't rush to get up. Make sure that you are not injured before getting up and calling others to help you get up.
- Don't let the fear of falling again prevent you from being active because inactivity is greater risk of falling down.

## **HADITH (NARRATIONS) OF FATIMA (S.A)**

Fatimah (S.A.) said: 'My father the Messenger of Allah (sawa) entered when I had gone to bed to sleep, and said: O Fatimah! Do not go to sleep before doing four things: reciting the whole of the Qur'an, making the Prophets your mediators (with Allah), making the believers satisfied with you and performing the pilgrimage and visit (hajj and 'umrah to Makkah). Then he started praying! So, I stayed in bed until he finished the prayer and said: O Messenger of Allah! You ordered me to do four things which I could not do in this hour! The Messenger of Allah smiled and said: If you recite the Tauheed chapter (al-Ikhlâs surah) three times it is as if you have recited the whole of the Qur'an; and if you recite prayers (salutation) to me and the prophets before me then we shall be your mediators in the Day of Judgment; and if you pray that Allah forgive the believers (say istighfar) they shall be satisfied with you; and if you say: Subhan Allah

(praise be to Allah) and al-Hamdu Lillah (gratitude to Allah) and La Ilaha Illa Allah (there is no God but Allah) and Allahu Akbar (God is greatest) as if you have performed the pilgrimage and visit.'

Al-Qundoozi narrated, in Yenabee' al-Mawaddah, that Fatimah (S.A.) said: 'I heard my father the Messenger of Allah (sawa), in his death illness saying, and the room full with his companions' [i.e. he did not say it in whisper or secretly, but aloud in front of his companions]: O people! I am about to die and I am submitting this speech to you to fulfil my duty towards you - I am leaving for you the book of my Lord the Great the Almighty and my progeny. Then he took the hand of Ali (as) and said: This is Ali with the Qur'an and the Qur'an with Ali shall never separate until they arrive to me at the basin, (and) I shall ask you how you have succeeded me in dealing with them?'

In Kanz al-Fawa'id, Fatimah (S.A.) narrated that the Prophet (sawa) said: 'Gabriel informed me that the two angels (appointed to count the deeds) of Ali did not register any sin for Ali since they accompanied him.' This was what distinguished Ali (as) from the rest of the companions of the Messenger (sawa) and this was what made Fatimah (SA) defend Ali's right, not because he was her cousin and husband, but because he was the infallible in whom the two angels could not find any sin or bad deed.

In another narration, Fatimah (S.A.) brought al-Hasan and al-Husain (as) to the Messenger of Allah (sawa) in his final illness, and said: 'O Messenger of Allah! You have not bequeathed these two anything!' He replied: 'As for al-Hasan, he has my presence and my mastership; as for al-Husain, he has my courage and generosity.'

[Source: Fatimah Al-Ma'sumah by Sayyid Muhammad Husayn Fadhlullah]