

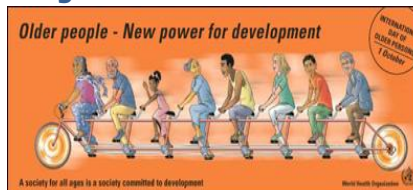


Insight

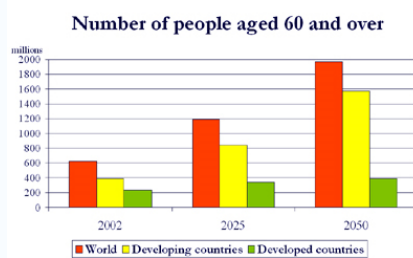
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October 1 – Special Day for the Old



A demographic revolution is underway throughout the world. Today, world-wide, there are around 600 million persons aged 60 years and over; this total will double by 2025 and will reach virtually two billion by 2050 - the vast majority of them in the developing world.



In our fast ageing world, older people will increasingly play a critical role - through volunteer work, transmitting experience and knowledge, helping their families with caring responsibilities and increasing their participation in the paid labor force.

Already now, older persons make major contributions to society. For instance, throughout Africa – and elsewhere - millions of adult AIDS patients are cared for at home by their parents. On their death, orphaned children left behind (currently, 14 million under the age of 15 in African countries alone) are mainly looked after by their grandparents.

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New Ambassador Designate to Riyadh



Sri Lankan government has nominated Ahmed Afel Jawad as the new Ambassador to the Kingdom, according to the island's Deputy Foreign Minister, Hussein Bhaila.

"The Foreign Ministry has nominated its Director General Economic Affairs Ahamed Afel Jawad as country's ambassador in Saudi Arabia to the High Post Committee of the Parliament for formal approval," Bhaila said. He added that the ministry is trying to send the new envoy to Riyadh before the forthcoming Haj season.

The deputy minister said that a substantial number of Muslims perform Haj every year and the presence of an ambassador will facilitate the smooth flow of pilgrimage operations to and from Colombo.

Last year, around 6,000 pilgrims from Colombo performed Haj and this year the Colombo government has requested for an increased quota of pilgrims. The Haj operations are mainly handled by the Sri Lanka Consulate in Jeddah under the supervision of the ambassador stationed in Riyadh.

Jawad succeeds Abdul Ageed Mohamed Marleen who died in his sleep on June 23 when he went to attend the meeting of the Indian Ocean Rim - Association for Regional Cooperation at the Movenpick Hotel in Sanaa. During the interim period, Sabrullah Khan has taken over the mission as its charge d' affairs. ctd on page 4



New Ambassador ...

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He joined the Foreign Service in 1988 as Deputy Chief of Protocol and subsequently served in countries such as Stockholm, Paris and Beijing as third secretary, first secretary and minister respectively.

In 2004, Jawad became the island's Ambassador in Oslo and in 2007, he became the Director General of Economic Affairs at the Foreign Ministry.

During his career, he had participated in the Presidential delegation to Rome and China. He had also carried the country's flag as special envoy of the foreign minister to countries such as Denmark, Estonia, Finland and Latvia.

An Old boy of D.S.Senanayake College Colombo, Jawad has excelled in his curricular and extra-curricular activities before he graduated at the University of Sri Lanka.

He is the son of late MFA .Jawad, who was the nephew and private Secretary of the late Sir Razick Fareed, an acclaimed leader of the Sri Lankan Moors as well as a senior politician, social worker, and legislator.

Caring ...

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Eighty percent of those living alone are women and nearly half of people aged 85 or older live alone. Older women, the very old, and minority elderly, have, on average, the lowest incomes among the older population which severely limits their ability to purchase the health care, goods, services, and housing options which could help them to remain independent. There are agencies that supply aid to these people.

Taking care of the elderly is not easy. Emotional issues, buried for decades come to the fore and are tested. Money, inheritance, is often a generating factor in the relationship. In most cases there is a love behind the pain, which may never be shown, or may be spoke about before the person crosses over. Learning to say, "I love you" or "Forgive me", is very important to the souls involved.

Many people force themselves to be care takers, relieved when the experience is over, but knowing it is why they are here, or, that there is just no one else to do it.

Care taking the elderly is difficult and depressing much of the time. Watching someone die is not easy, especially if you love them. We all have our limitations.

Sometimes caretaking a senior means living in their home, which is paid for, combined with the benefits, allow the care taker to remove themselves from the pressure and responsibilities of the work place. When the person crosses over, and the money is gone, or given away to the government, all sorts of new issues must be dealt with by the care taker, finances, or feeling others have taken money that should have been theirs after years of care taking.

Many care takers have not created a family of their own, so life becomes meaningless. Many are lost and alone never finding themselves as they wander through life. They may have jobs, friends, and an interest or two, but they are lost once the karma is over. They wonder why they are here. Often they turn to metaphysical studies to help bring deeper meaning to their lives. Things become boring and they get depressed. Many 'leave' early to rejoin the person who died.

Let us, as responsible citizens of the world do our very best for the elderly who are in our care and give them an ending to their long years in peace and contentment.

May God Bless our elderly!

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Oct 1 – Day for the Old . . . ctd

It is not only in developing countries that older persons' role in development is critical. In Spain for example, caring for dependent and sick individuals (of all ages) is mostly done by older people (particularly older women); the average number of minutes per day spent in providing such care increases exponentially with the age of the carer: 201 minutes if the carer is in the age group 65-74 and 318 minutes if aged 75-84 - compared to only 50 minutes if the carer is in the age group 30-49 (Durán H, Fundación BBVA, 2002).

Such contributions to development can only be ensured if older persons enjoy adequate levels of health, for which appropriate policies need to be in place. In line with the Madrid International Plan of Action, the World Health Organization launched in 2002 a document "Active Ageing - A Policy Framework", outlining its approaches and perspectives for healthy ageing throughout the life course.

"Ageing is a development issue. Healthy older persons are a resource for their families, their communities and the economy."

WHO Brasilia declaration on healthy ageing, 1996.

Sri Lanka Statistics

Total pop: 19,207,000

Gross National Income per capita (PPP international): \$ 3,730

Life expectancy at birth m/f (years): 69/76

Healthy life expectancy at birth m/f (years, 2003): 59/64

Probability of dying under five (per 1 000 live births): 13

Probability of dying between 15 and 60 years m/f (per 1 000 pop): 234/95

Total expenditure on health per capita (Intl \$, 2006): \$ 213

Total expenditure on health as % of GDP (2006): 4.2

Figures are for 2006 unless indicated.

Source: [World Health Statistics 2008](#)

Caring for the Elderly



Life is often about being taken care of in childhood, or being a caretaker for others. The lessons are sometimes about nurturing, love and compassion.

No one wants to live with, and take care of an old person who is ill and generally difficult deal with due to physical and emotional problems, that often require more care than they can provide. It is hard to see someone you love slip away. With the aid of a good home care provider, the burden is eased, yet some of these people leave a lot to be desired.

Not everyone is a caretaker. Some can take care of children, but not the people with special needs and illnesses, at any age. Others have no problem caring for an older person with whom they feel a soul connection.

For some the journey is about taking care of others, family, friends, at work, eventually causing them to burn out and wonder, "Who is going to take care of me when I get old." Many never leave home, and wonder when their life will begin, not realizing they are here to act as parental caretakers.

As we known, in the present age and time, most people live longer and healthier lives as compared to the past generations. Each year advancements in science and technology, better health care combining western medicine with holistic healing, greater awareness of how to care for ourselves physically and emotionally, are all part of the process that increases the life expectancy of humans. The Internet is an important tool to that end.

Sometimes senior citizens are able to live normal lives and care for themselves, but as most people age, they need care takers at some point. Lack of a caretaker is a serious problem for older people who have chronic conditions and limitations on their ability to care for themselves and their homes. Their problems are often compounded by increased medical costs due to poor health and the need for more supportive services. Unfortunately, those who are most vulnerable are also most likely to live alone and to have limited incomes.

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Back to School



It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school.

The First Day

Most teachers kick off the school year by introducing themselves and talking about all the stuff you'll be doing that year. Some teachers give students a chance to tell something about themselves to the rest of the class.

When teachers do the talking on the first day, they often discuss classroom rules so you'll know what's allowed and what's not. Pay close attention so you'll know if you need to raise your hand to ask a question and what the rules are about visiting the restroom.

You might already know many students in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move and you'll be glad you did and so will your new friend!

Moving to Middle School

Seventh grade often signals a move to middle school or junior high, where you'll find lockers and maybe a homeroom. This is just what it sounds like - a classroom you'll go to each morning, kind of like your home in the school. In middle school, you might move from classroom to classroom for each subject. Your teachers know that this is a big change from elementary school and will help you adjust.

Most teachers let you pick your own seat on the first day, but by the second or third morning, they'll have mapped out a seating plan. It's a good idea to write down where your seat is in your notebook so you don't forget.

Seeing friends you haven't seen in a while can make the first day a good one. You also can make the day feel special by wearing an outfit you like. Maybe you got a great T-shirt on vacation, or your new sneakers put a spring in your step. If you wear a uniform, you might wear a favorite watch or piece of jewelry to show your personal style.

It can make you feel good to be prepared and have all the supplies you need. Some schools distribute supply lists before the year begins, so you can come stocked up on pencils, folders, and whatever else you'll be needing. Once you've covered the basics, you might tuck an extra dollar or two in your backpack for an emergency (like forgetting your lunch money). Or maybe you'd like to bring along a book or magazine to read while you're on the bus.

Whatever you put in your backpack, make sure you pack it the night before. This prevents the morning panic when you can't find your homework or lunch box. Speaking of [lunch](#), that's something else that can help you feel good at school - whether it's the first day or the 100th day. Pack it the night before if you don't like what's on the menu at the cafeteria. Try to include a variety of foods in your packed lunch, especially fruits and vegetables.

Get Oriented

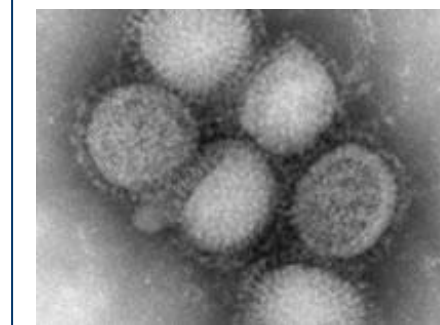
The first day of school is your first chance to find your way around a new school, or learn the pathways to new classes in your old school. It's a lot to learn in one day, so don't be surprised if you need a reminder or two.

It might help to write a few notes to yourself, so you'll remember the important stuff, like your locker combination and that lunch starts at 11:43, not 12:10. Before you know it, your fingers will fly as you open your locker and you won't have to check your notes to know what time lunch starts!

A few tips for a great start to school:-

- Get enough sleep
- Eat a healthy breakfast
- Do your homework on time
- Ask your teacher what you don't understand
- Get help from Mum and Dad
- Try your very best

H1N1 Flu and You



2009-H1N1-(swineflu)

2009 H1N1 (sometimes called "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. The virus spreads from person-to-person. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.

"swineflu"?

This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America.

Signs/Symptoms

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever.

Everyday Precautions:

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick with flu-like illness, stay home for at least 24 hours except if you need to get medical care or for other necessities.

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.