

# Seniorgiri

## Introduction

So maybe, you are going to be , just became one or are already a veteran Senior.

Whatever you were in your Junior life , now suddenly you are a part of graying brigade and probably at a loss as what is expected of you, and what to do with suddenly available abundant time .

Most of us look forward to retirement , but are completely bewildered by the resultant

- Loss of Status
- Loss of job
- Loss of Income
- Abundant free time
- Many Biological aging Factors
  - Change of sleep Pattern
  - Chang in food habits – many older people like spicier food, as their taste buds get weaker.
  - Forgetfulness
  - Age or lifestyle related diseases – BP, Diabetes, which are still manageable with medication , diet and change in lifestyle.
  - Other people seem to do things faster
  - You seem to have more aches and pains
- Feeling of isolation , loneliness and sometimes uselessness, even, in spite of and mostly because of while living with of the family.
- You are suddenly supposed to become spiritual, and Spartan in habits.
- The most insulting part for the “new” seniors is when the people of (supposedly) their own age call them “Uncle “ or “Aunty” .

Most people enjoy the novelty for some time and then become very Bored and disenchanted.

A lot of them become very difficult to live with ! We all know these crotchety, grumpy, gloomy, preachy “elders” whose only claim to grace is their age. They have forgotten their own reckless youth and are preaching the younger ones how to behave. ( Of course, WE are not one of them ! )

And there are also those who are looked with real affection , because they are good companions, and good conversationalists ( Just listen without interruptions, questions or advises).

Whatever the status of a senior, the Feeling of Uselessness, and isolation is very real and can lead to severe depression.

Look at this period as a new opportunity to try or do everything you wanted but could not achieve before. Cook, Dance, Sing , Write, Paint, Sculpt, Learn new art, craft or game. You only have to please yourself ! YOU ARE NOT A USELESS ENTITY ! This is the time to have the time of your life ! This is the Golden Era for wish fulfillment! Do not be scared of ridicule when you go for unconventional pursuits. Instead of being ashamed, laugh at yourself before anyone has a chance to . You will find people defending you !

Here I am ignoring my own advise and giving you some !

- Give your time generously, but be sparing with Advise.
- Join any suitable NGO , or club if socially inclined. If rather antisocial, you can do work for others on the internet, or engage in solitary activities.
- Keep a Routine, but do not get tied to the clock ! Make time for daily duties to others , but also keep a “ME” time to pursue what you want to do.
- If you feel that your interests are not shared by anyone, not to worry. No one is obliged to understand or share your passions. But it does not mean that you are alone in the whole universe.
- Our generation is very lucky that we are in the times of Internet. Go and surf, and you will find hundreds of people from all over the world who share your dreams. With Internet now Geographical boundaries have become obsolete . For any subject just search with any keyword and you will see hundreds of sites, and groups, most groups have free registration.

**Just a word of caution, the Internet is also becoming a place of hoaxes. To be safe,**

- **Keep a separate email account, and do not reveal your real identity at the first go.**
- **Do not pay any money to anyone without first checking the authenticity.**
- **The cyberspace is littered with Free sites. Unfortunately they also dispense spyware and viruses. So you must have a good Antivirus, Anti spyware, and Firewall. Even these are available free from some good sites.**

**Some Free programs that I am using personally:**

- **Good Free Anti Virus – AVG, Avast**
- **McAfee Site Advisor is an excellent program to keep on your Browser. It warns you when you are about to enter a dangerous site.**
- **There are many free anti Spyware programs for personal use. Spybot, and spyware terminator are two such.**
- **PCTools Firewall .**
- **CCleaner – to keep the computer clean by deleting unnecessary data.**

**All these can be downloaded from Cnet or Download.com**  
<http://www.download.com/>

*They have a vast database of programs- Free, shareware, and for outright buying. Before downloading please check Reader's Ratings , they are a good help for deciding.*

Here I have collected a list of resources for those hunting to do something with their lives . An occupied mind is the best antidote to loneliness. And when you are happy inside you also radiate happiness outside.

**One Very good site for Hobbies, and Activities is About.com . it covers a really wide range of subjects, and has a variety of free lessons, and newsletters . Apart from free lessons, projects etc. it also gives useful tips on how to start and manage a business.**

<http://www.about.com/>

<http://www.about.com/hobbies/>

You can find all sort of online lessons, both in text and graphics and some also on videos. Some of these activities can also help you in starting a second career, or at least earn some pocket money, besides keeping you mentally agile and young .

I have given a few URLs of only less known topics. Main known ones literally have thousands of sites.

## **Activities and hobbies**

### **Performing Arts**

#### **Music**

If you have the gift, enjoy by learning or teaching .

Vocal

Classical

Devotional

Light

Instrumental

## Dance

A very enjoyable activity, keeps you fit also. Look for classes in own locality.

Indian Classical

Western classical – ball room

Folk

Modern

## Drama

There are many Drama enthusiasts, and maybe you can have your own group.

## Other Activities and Hobbies

### Reading

**General** – According to your interest. Join a Library if nearby, or start a book exchange club, where you exchange read books, so you do not have to buy books all the time. If no such facility exist, the Raddiwala is a good option to buy old books and periodicals at a fraction of price, and resell them again. I have bought 1 year old Reader's Digest for 5 Rs. instead of 40. Paperbacks are also available much cheaper.

### **Getting degrees**

If you hanker to upgrade yourself in terms of Degrees, there are many Institutes and Universities where you can apply. If you do not want or cannot attend physical classes, there are many Distance Education, Correspondence and Online Courses.

### **Correspondence and online courses**

There are multitude of correspondence courses. Certificates, Diplomas and Degrees all can be had online. You can get addresses from Educational sites for the institutes which have no web presence. Homeopathy, languages, Astrology, Computers and indeed all kinds of courses are available.

**Distance learning** is not always **Online Education**, While all online degree programs can be termed as distance learning courses, it is difficult to call distance-learning courses as online courses.

Distance Education is done via actual lessons received by post, or now by Internet.

Online education is education training only by the Internet to students.

Online education encompasses various degrees and courses. Through online education, one can opt for many online degrees or online courses from various

online universities that provide this facility.

## **Some links :**

### **LatitudeU**

It is an open training community where any person or organization can learn, teach or share knowledge for free or fee. <http://www.latitudeu.com/>

#### **Some courses from here**

##### **Stock market**

This FREE course will answer the questions: What is stock market trading? How to do it for success?...

##### **Foolosophy**

If you can develop your sense of humor and learn to laugh at yourself daily, I guarantee you will feel like the most successful person on Earth.

### **Distance Education Courses in India**

<http://www.indiaedu.com/distance-learning/india/index.html>

There are, at present 11 open universities and 54 distance learning institutes in India.

You can see the list and links here.

## **Writing**

If you are fond of writing, there are a number of fields to be considered.

### **Freelance Writing**

Following is a very good site . Introducing the concept and how to go about it. Also covers Niche Writing -for Children, Sports, Cooking, Home, Entertainment etc.

[http://freelancewrite.about.com/od/basicsoffreelancing/An\\_Introduction\\_to\\_the\\_Basics\\_of\\_Freelance\\_Writing.htm](http://freelancewrite.about.com/od/basicsoffreelancing/An_Introduction_to_the_Basics_of_Freelance_Writing.htm)

### **Translations**

If you are good in two or more languages , you might consider translating, and Interpreting. See the following sites :

**India Education** <http://www.indiaeducation.info/careercenter/Translators/Saviodsilva> - This site offers translations in all languages, and also looks for translators. <http://www.saviodsilva.net/travel.htm>

#### **Online Class in translation / interpretation**

<http://abouttranslation.blogspot.com/2006/09/foundations-of-translation-lesson-1.html>

**lexicool.com**

Is primarily a directory of "all" the online bilingual and multilingual dictionaries and glossaries freely available on the Internet. It is a resource intended for translators, linguists, language students and all those interested in foreign languages.<http://www.lexicool.com/>

**Anukriti** – a site for translations a site of Sahitya academy  
<http://www.anukriti.net/>

## **Technical Writing**

It is technical information in simple terms so anyone can understand it. Technical writers work in a variety of industries including computers, manufacturing, software, engineering, medicine, military and biotechnology

**Online Learning .com** provides a paid Certificate course online.

[http://www.online-learning.com/course\\_ptw\\_desc.html](http://www.online-learning.com/course_ptw_desc.html)

**Doc Symmetry.com** is an excellent site for free courses and advise.

<http://www.docsymmetry.com/technical-writing-courses.html>

**Society for Technical Communication.** (International Organization).

<http://www.stc.org/membership/join01.asp>

**Technical writers of India** - an association of tech. writers

<http://twin-india.org/portal/>

## **Transcripts**

To transcribe means to listen to an audio recording and to write accurately what is said. It is NOT translation, but writing exactly what is spoken.

General, Medical and Legal transcriptions are needed almost daily.

### **What you need:**

- A Windows PC with at least the following configurations:  
Pentium IV, 256 MB SDRAM, 20 GB hard disk, 52X CDROM drive,
- Sound card with amplifier,
- Internet access.
- Stereo headphones
- 56.6 kbps external modem, or broadband connection .
- Foot pedals - .they are used to start , rewind and stop the voice tape using the foot, so hands are free for typing. They can be connected to the CPU by either USB or Serial ports. They are available from \$ 75 -80. Here are two sites for them.  
<http://www.nch.com.au/hardware/pedals.html>  
<http://www.tricomonline.com/footpedal.htm>

- UPS
- Licensed software – word processor, English dictionary, medical dictionary, drugs dictionary, medical spellchecker, equipment glossary, abbreviation dictionary, etc.

### **Working from home**

The system here works on two models. In some companies, which offer 'work-from-home' opportunities transcriptionists can opt to work out of home once they have reached the required level of proficiency.

In the second model, the person willing to work from home pays the company a non-refundable deposit in the range of Rs.10, 000 or so. The company then installs a whole suite of licensed software in his/her home PC. The deposit is collected to cover the software costs and to establish the transcriptionist's commitment levels.

There are courses in Medical Transcription. Many institutes offer courses in it.

### **India education**

[http://www.indiaeducation.info/careercenter/medical\\_transcription/](http://www.indiaeducation.info/careercenter/medical_transcription/)

### **Medikareonline**

They have online course <http://www.medi-kareonline.com/index.html>

### **Medical Trnscription.com**

Has search facility for services, also free online courses

<http://www.medical-transcription1.com/>

### **E course page :**

<http://www.medicaltranscription1.com/DisplayCountyDetail.aspx?id=203&provider=6226&type=profile>

## **Painting**

Sketches, Water colour, Oils, Silk and Fabric, Batik

If you love art, then these are for you. Even if you have never painted before you can always try , plenty of free lessons available on the net.

Maybe you can do a Desktop Publishing and learn to use magical graphic programs . There are many free courses available on the net. You can make your own Greeting cards!

**Watercolor Painting** <http://www.watercolorpainting.com/>

**Simply painting** <http://www.simplypainting.com/>

**Desktop publishing** <http://desktoppub.about.com/>

**Free Art Lessons** <http://www.1art.com/tips.htm>

**Knowledge Hound** <http://www.knowledgehound.com/topics/painting.htm>

## Home Crafts

Knitting, Crochet, Sewing, Embroidery, Quilting, Weaving, Basket making, Doll Making etc. These are traditional crafts , mostly associated with women, but now men too are getting liberated and trying their hands in them.

Thousands of sites with patterns, and instructions. A few free ones are :

**All Crafts** <http://www.allcrafts.net/>

**Craft Town** <http://www.crafttown.com/>

**All Free Craft** <http://www.allfreecrafts.com/>

**Free Patterns** <http://www.freepatterns.com/>

## Candle making

This is a very satisfying Creative activity. Now Kits are available, as well as waxes and dyes. Make lovely gifts.

<http://candleandsoap.about.com/>

<http://www.candletech.com/>

<http://www.pioneerthinking.com/candles.html>

## Soap making

Now it is easy to make natural soaps.

<http://www.simplesoapmaking.com/>

<http://www.teachsoap.com/>

<http://www.eaudrey.com/>

## Beadwork

Making Jewellery and Sundry articles with different kinds of beads.

<http://www.beadage.net/>

<http://home.flash.net/~mjtafoya/home.htm>

<http://beadwork.about.com/>

<http://www.bead-patterns.com/>

## Woodworking

It can be a really satisfying hobby, but needs Strength and stamina. You will also have to invest in a variety of tools.

Making small projects or even furniture - You can be as daring as you please.

[http://woodworking.about.com/od/gettingstarted/Getting\\_Started\\_in\\_Woodworking.htm](http://woodworking.about.com/od/gettingstarted/Getting_Started_in_Woodworking.htm)

<http://www.woodworking.com/>

<http://www.woodworking.org/>

## Photography

It is an expensive hobby, but with new digital cameras is getting affordable in the sense that though the camera is expensive, recurring expenses of reels and developing charges are not there. With phone cameras is even more easy.



Free photography Course <http://photographycourse.net/>  
School of Photography <http://www.schoolofphotography.com/InFocus.html>

## Scrap booking

A **scrapbook** is essentially a decorated and labeled photo album. You can be as creative with your photos and writing as you wish. This is a good way to use your photos. There can be physical and virtual scrapbooks.

<http://www.scrapbooking101.net/>  
<http://www.myarticlepub.com/Article/Scrapbooking--The-Newest-Hobby/7335>

## Rubberstamping

Rubber stamping is quite simply the process of transferring and replicating an image. Using a variety of **inks** and other mediums, the image on the stamp can be transferred onto a huge range of objects, transforming the ordinary into something special.

<http://rubberstamping.about.com/>

## Pottery

There are many artists giving lessons in this and ceramics. As it is a practical activity, you should scout around your area.

## Cooking

For both sexes an enjoyable and almost Tatkal activity. There are many sites with all sort of cuisines for culinary adventures. All our major chefs have their own sites, plus all home sites have a cookery corner. You can find at least 5 version for any dish !