

NATIONAL INDO-AMERICAN ASSOCIATION FOR SENIOR CITIZENS Inc.

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NIAASC HOLDS ITS 24TH CONFERENCE ON CARE GIVING FOR SENIORS & 13TH ANNUAL MEETING ON OCTOBER 28, 2012

The National Indo-American Association for Senior Citizens (NIAASC) held its **13th Annual Meeting and 24th Conference on Seniors** on October 28, 2012 at the Kerala Center in Elmont. The annual meeting was followed by an organizational meeting of its Board of Directors (BOD). Among national and international community leaders the conference was attended by Dr. Thomas Abraham, founder of Global Organization of People of Indian Origin (GOPIO), and Mr. Lal Motwani President of National Federation of Indian American Associations (NFIA). The conference was sponsored by 21 individuals, seven not for profit organizations and two for profit/major sponsors:

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MK Ramasubramanian, Nirmala Ramasubramanian Chandrakant Shah, Praful Shah,
E M Stephen,, Avinash Suri, Binod Verma DDS



Thomas Abraham speaking on behalf of GOPIO



Mr. Lal Motwani speaking on behalf of NFIA

Actions by the NIAASC Board of Directors:

Election of 2013 Officers: **NIAASC elects P Ramaswamy Mohan as its new president**

The Board of Directors elected **Mr. P. Ramaswamy Mohan** as NIAASC President. Mohan, who has been serving as Secretary for the last two years, has also been a member of the Board of Trustees of The Hindu Temple Society of North America. The Board reelected the Vice Presidents: **Dr. Ashwin Pandya** and **Dr. Vasundhara Kalasapudi**, and treasurer **Mr. Satpal Malhotra**. The current President, **Mr. Rajeshwar Prasad** was selected to serve as Executive Director of the association. Term of all officers commences January 1, 2013. Decision to elect Secretary will be made by the new Board in January 2013.

24th Conference on Seniors **“CARE GIVING FOR SENIORS”** was the subject of the 24th conference on seniors. The topic was discussed into four working groups composed of 17-20 members of the audience.



Alpa Pandya leading one of the four working groups



Dr. Gnanendra Sinha (sitting in the center) leading another working group



Another group session



Dr. Ashok Satkalmi, former Clinical Director, Transitional Services for New York Inc., presenting his group report

The title of each group and its leader were as follows:

*Care giving needs and types of Primary Care givers by **Gnanendra Sinha Ph.D.**,
Nutrition and other Caregiver Aids by **Ms. Nirmala Ramasubramanian**,
Caregiver Psychology, Training and Habits by **Dr. Ashok Satkalmi**, and
Legal aspects of Care Giving by **Ms. Alpa Pandya Esq.***

Each group had 17 to 20 participants and they thoroughly examined the subject and had its own Q and A within the respective groups. After the group discussions, each of the Group Leaders addressed the entire audience and shared the highlights of their group discussions.

The Overview of the subject and the format was given by the conference coordinator, **P. Ramaswamy Mohan** who is also the Secretary of the Board of NIAASC. He highlighted among other things that as people live longer, Caregiving becomes a very relevant issue for families. In fact, one out of five adults now in America act as unpaid caregivers and spend about 20 hours a week on caregiving which is over and above their normal work week hours.

Dr. Gnanendra Sinha representing Group 1 outlined the continuum of Caregiving that is homecare, assisted living, nursing home, hospital care and finally possibly hospice. He also touched briefly on the financial challenges associated with Caregiving.

Ms. Nirmala Ramasubramanian as Group leader for Group 2 emphasized the need for good communication between the caregiver and other family members and the care receiver, obstacles to meet nutritional needs such as a stubborn care receiver, financial constraints, care receiver's disability etc. She also touched briefly on certain mechanical aids that can greatly assist both the Caregiver and the Care receiver.

Dr. Ashok Satkalmi represented Group 3 and stated that asking for help is a must for the Family Caregiver. He said that Family Caregiving is the lynchpin of the healthcare system as it helps keep the health care cost lower. He emphasized that it is important that the Caregiver understands his/her role, ask for help, take care of their own welfare, have a positive attitude and use the network of help from family, friends and other outside agencies.

Ms. Alpa Pandya as Group Leader addressed issues relating to healthcare proxy, living will, durable power of attorney and other important documents that relate to end of life wishes of the care receiver.

NIAASC also distributed a **Resource Handout on Care Giving** to all participants that provides comprehensive information, and consists close to 40 pages of helpful information for seniors in Q and A format and their families. Information from Internet was collected for this handout by P Ramaswamy

Mohan. It will soon be available at the NIAASC web site: www.niaasc.org. **An information Booklet** published by Emblem Health with the title Care for the Family Caregiver-- A Place to Start.

ANNUAL GENERAL BODY MEETING: At its 13th annual meeting, these actions were taken:

1. NIAASC selected three HONOREES in three categories:

Community Leader: Mr. Ram Gadhavi

Ram Gadhavi with a Master degree in Mechanical Engineering and MBA was very active in community affairs in the NY/NJ area; actively involved with the National Federation of Indian Associations and equally involved with the Global Organization of People of Indian Origin (GOPIO). Currently, Mr. Gadhavi is the President of the Gujarati Literary Academy of North America



Sampurna Jain introducing Ram Gadhavi:

L to R Thomas Abraham, P Ramaswamy Mohan, Gopalan Nair, Ram, Bhanu Gadhavi, Satya Malhotra & Rajeshwar Prasad

Ongoing Indo- American Senior Citizen Program: Senior Program of The Hindu Temple Society of North America, operating since 2003 with three days a week from 10:00 A.M. to 3:00 P.M.



Avinash Suri reading plaque for Hindu Temple



Nirmala Ramasubramanian of Hindu Temple Senior Group with plaque, with her group members and some NIAASC Board members

Person Involved with an ongoing Indo-American Senior Program: Bhalchandra Dave



Bhalchandra Dave (with plaque) in center and his family with some NIAASC Board members.

Bhalchandra T. Dave active in Connecticut Senior Indian Group (CSIG): Popularly called " Bhalbhai" by Indian friends and B.T. by American friends, Bhalchandra Dave has received many citations and awards for accomplishments @ UNIROYAL. Active at Southington Senior Center as well as **Connecticut Senior Indian Group (CSIG)**.



Sections of audience: Right Kamlamotihar introducing a poetry book developed by India Home Inc.

2. Nominees for the Board of Directors

Two new members were elected to serve on the NIAASC Board of Directors: **Gnanendra Sinha Ph.D.** is a multiple gold medalist winner in his academic pursuits as he received degrees and diplomas in Masters in Social Work, Personnel Management and IR, Labor Laws and Practice. His term will expire December 31, 2013; **Bhavani Srinivisan, MD** has served in many professional and community groups, including as President of American Association of Physicians of Indian Origin,(AAPI), and President of India Association of Long Island. Her tem

expires December 31, 2015. The four Board members whose term expires December 31, 2012 were re-elected to serve for the next three years as Board members: they are **Mr. Rajeshwar Prasad, Dr. Ashwin Pandya, Mr. E M. Stephen and Ms. Tara Kotecha.**

3. Financial Report:

Mr. Satpal Malhotra submitted the annual financial report for the period April 1, 2011 to March 31, 2012. The report had earlier been published in the NIAASC newsletter as well. The report was accepted by the general body.

The whole day event concluded with DIWALI GREETINGS coordinated by Tara Kotecha with the help of Avinash Suri, Sampurna Jain and Chandrakant Shah