



# NEWSLETTER

Spring/Summer 2012



## NIAASC

### NATIONAL INDO-AMERICAN ASSOCIATION FOR SENIOR CITIZENS

**Mailing Address:** 7 Roberta Avenue, Farmingville, NY 11738 **Office:** 1824 Fairfax Street, Elmont, NY 11003

**Web site:** www.niaasc.org

**A Non-profit Tax-Exempt Organization ID 11-3473654**

**E-mail:** niaasc@aol.com

**Editors:** Satpal Malhotra, P. Ramaswamy Mohan & Rajeshwar Prasad

**BRIEF HISTORICAL PERSPECTIVE:** *The National Indo-American Association for Senior Citizens (NIAASC), initiated in 1998 and incorporated in early 1999, is a nonprofit 501C3 organization. Its mission is to serve seniors through information, referral and advocacy services. NIAASC has organized 23 conferences/workshops. Touching briefly on other activities between 2005 & 2011: 2005, In February NIAASC highlighted its mission, objectives and activities at a 3-day conference in Artesia, California. In May it presented a paper at the National Federation of Indian American Associations in New York; and in July it presented two papers at the North American Bengali Conference, also in New York. Both organizations celebrated their 25th anniversaries. At an event, organized by Commissioner Sharon Mullan of Nassau County Department of Senior Citizen Affairs, for the White House Conference on Aging held in December 2005 in Washington, NIAASC presented a paper at the Hofstra University in June. In 2006, Attended One-Day conference on May 12 by Asian Americans/Asian Research Institute (AAARI) at Baruch College; NIAASC assisted in Planning and spoke or moderated in two sessions: Health Related Issues and Senior Citizens, and Intergenerational Communication. Attended two-Day Conference at the United Nations on June 19 & 20, one session on Elder Abuse was led by NIAASC representative. Attended a two-Day Conference sponsored by the United Way of Central Jersey on SUCCESSFUL AGING on July 22 & 23 in Sayreville, New Jersey. In October it had a Keynote address on "How to Work Cooperatively Between Nonprofit and Public Sectors" by Commissioner Mullen. In 2007, we had Keynote Speech on "India's Contributions to World Civilizations" by Dr. S.N. Sridhar, Founder of India Studies Center at Stony Brook University. In 2008 & 2009, besides four conferences, NIAASC representative presented a paper on July 4, 2009 at the Maharashtra Convention in Philadelphia on Residential Options for Seniors, the other speaker was from Canada; and on August 22, NIAASC led a discussion group on Seniors at the 20th anniversary of Global Organization of People of Indian Origin (GOPIO), panelists were from United Kingdom, New Zealand, Middle East and USA. In 2010, attended two meetings at the Asian American Center of Queens College. The 20th conference was undertaken in collaboration with and at the Hindu Temple Society of North America, Flushing, New York. On June 11, 2011 it had its 21st conference on Housing Choices for Seniors. In October the 22nd conference was held along with the annual general body meeting wherein among other programs awards were given to three defined groups. On June 1, 2012, NIAASC had its 23rd conference on "Aging in Place." It collaborates with different senior programs and provides technical and logistic support as and when needed. NIAASC has collaborated in all Senior Luncheons sponsored by India Association of Long Island (IALI) that had its 18th Senior Luncheon on April 22, 2012. NIAASC has published its 10-year accomplishments and future plans and is available on the web site. It publishes a periodical Newsletter with helpful information to seniors. All newsletters and conferences are posted on its web site.*

#### CONFERENCE SPONSORS

##### INDIVIDUAL SPONSORS

Jaya Bahadkar	Samir K. Dutta	Kris Gopal	Bhanumathi Ivatury	Vasundhara Kalasapudi
Jyotsna Kalavar	Tara Kotecha	P. Ramaswamy Mohan	Radhika Mohan	Kuduvalli Omprakash
Ashwin Pandya	Rajeshwar Prasad	Prem Prasad	MK Ramasubramanian	Nirmala Ramasubramanian
Asha Samant	Arun Samant	Chandrakant Shah	Praful Shah	Avinash Suri

##### NON PROFIT ENTITIES:

Healthfirst      India Association of Long Island      India Home      Indo-American Senior Citizen Center of NY

##### FOR PROFIT CORPORATIONS:

H.J.Sims & Company (Mr. Dick Larkin)      &      New York Psychiatry and Cognitive Care

### NIAASC 23rd Conference: AGING IN PLACE

The National Indo-American Association for Senior Citizens Inc. (NIAASC) held its 23rd conference on seniors in collaboration with Indian American Kerala Cultural and Civic Center, on June 1, 2012 at the World Fair Marina and Banquet Hall in Flushing, New York. The conference subject was "Aging in Place" and the keynote speaker was Mr. Edward O'Connor, Chairman, Long Island Chapter of National Aging in Place Council (NAIPC). The presentation was followed by three distinguished panelists who covered three important components of the main subject i.e. De-Cluttering and Improvement to Home; ID Theft, Home Environment and Security; and Financial Components of Aging in Place from the Indian American Perspective. Respective panelists were Diane Landau, Robert Cuccaro (both from NAIPC) and Dr. Bhanu Ivatury a trained social worker in Texas. There was lot of interactive discussion and the audience of 125 people found the presentations very practical from the perspective of seniors as most of them wish to stay in their homes by such improvement to make the home elder-friendly.

## NIAASC 23rd Conference: AGING IN PLACE

Conference Pictures courtesy of Chhotalal Mehta: cklalita@gmail.com



Thambi Thalappillil  
welcoming  
on behalf  
of Kerala Center



Rajeshwar Prasad  
welcoming on  
behalf of NIAASC



NIAASC Secy. P R Mohan introducing panelists:  
L to R, Robert Cuccaro, Edward O'Connor, Diane Landau,  
Bhanu Ivatury, moderator Ashwin Pandya



EM Stephen introducing  
Edward O'Connor (R),  
Keynote Speaker

The conference included a beautiful cultural program by seniors from Gitanjali Group of Long Island, solo and chorus songs, and Dandia Dance by India Home participants. The cultural program was coordinated by Avinash Suri and Sampurna Jain and facilitated by Jaya Bahadkar, all NIAASC Board members.

Mr. Rajeshwar Prasad, President and cofounder of NIAASC, in welcoming the participants, speakers and sponsors brought to the attention of all that the Indian American seniors all over USA are getting more aware about their issues and organizing themselves to undertake various programs. He added about a dozen senior programs are being undertaken in the New York metro area. He also underscored the importance of such conferences and the follow-up resulting in concrete project. He gave the example of Shanti Niketan in Tavares, Florida, the only retirement complex for Indian Americans. He stated that NIAASC had organized three conferences on Housing Choices for Seniors and invited Mr. Iggy Ignatius in 2006, now CEO of Shanti Niketan, who had shown interest in the subject. Though NIAASC did not play any direct role but provided the first forum to Mr. Ignatius which encouraged him to proceed with the project. The 54- condo complex was completed in 2010-11, and sold fast despite the downward real estate market. Mr. Ignatius is now developing the second phase with some 108 condos in the same community.

Comment by Dr. Bhanu Ivatury, NIAASC Board Member and a very active social worker in Texas:

“I anticipated the function to be good but never expected the same to be so very well organized, professional, productive yet very friendly, interactive and enjoyable. Our speakers as well as our sponsors did a good job of presenting their information, I loved meeting all the (NIAASC) Board members, volunteers and many participants.”





## NIAASC 23rd Conference: AGING IN PLACE



Chorus by Gitanjali Group of Long Island led by MK Rama: Others L to R: Chandra Ganeshkumar, Meena Mani(Leader), Sudha Potti, Rama, Nirmala Rama, Radhika Mohan, Radha Iyer, Bhavani Srinivasan.



Dandia dance in progress



INDIA HOME members at the NIAASC conference, Vasundhara sitting third from right

Mr. MK Ramasubramanian, Program Coordinator of the conference, provided ample opportunity to participants, speakers and sponsors to actively participate and accomplishing very effectively all within the allotted time. Mr. Satpal Malhotra, NIAASC Treasurer, along with Satya Malhotra sponsored the breakfast for all. Dr. Vasundhara Kalasapudi,

NIAASC Vice President, and founder of India Home, spoke and undertook various tasks for the benefit of participants. Dr. Ashwin Pandya, NIAASC Vice President, who lives at Shanti Niketan, moderated the panel discussion. A formal welcome was also proposed by Mr. Thambi Thalapillil, President of Indian American Kerala Center which had collaborated with NIAASC in undertaking this conference. Mr. E M Stephen, NIAASC Executive Director, introduced the main speaker, and Mr. P. Ramaswamy Mohan, NIAASC Secretary, introduced the panelists.



India Association of Long Island well represented at conference

## AGING IN PLACE CONFERENCE:

### COMPREHENSIVE RESOURCES

#### National Aging in Place Council

Web site: [www.NAIPC.org](http://www.NAIPC.org), 202-939-1770

#### National Association of Home Builders

Web site: [www.nahb.org/CAPInfo](http://www.nahb.org/CAPInfo), 800-368-5242

#### Eldercare Locator

Web site: [www.ElderCare.gov](http://www.ElderCare.gov), 800-677-1116

#### National Resource Center on Supportive Housing and Home Modifications

Web site: [homemods.org](http://homemods.org), 213-740-1364

#### Center for Universal Design, North Carolina State University

Web site: [www.design.ncsu.edu/cud](http://www.design.ncsu.edu/cud), 800-647-6777

#### Center for Inclusive Design and Environmental Access

Web site: [www.ap.buffalo.edu/idea](http://www.ap.buffalo.edu/idea), 716-829.3485 x329

#### National Association of Professional Geriatric Care Managers

Web site: [www.caremanager.org](http://www.caremanager.org), 520-881-8008

### INTERESTING AND INFORMATIVE NEWS BRIEFS

#### **JOHN A. HARTFORD FOUNDATION PUBLIC POLL: "HOW DOES IT FEEL? THE OLDER ADULT HEALTH CARE EXPERIENCE"**

According to this survey, a large majority of Americans over 65 years of age face significant and troubling gaps in their primary care. Seven important medical services including an annual medication review, a falls risk assessment and history, depression screening, referral to community based health resources, discussion of their ability to perform routine daily tasks without help etc. are essential for healthy aging. The survey found that only 7 % of older adults surveyed received all seven services. Fifty two percent reported receiving none or only one of those services and a whopping 76 % received fewer than half.

#### **WORKING MOTHERS JUGGLE EVEN MORE WITH AGING PARENTS:**

The results of a survey by Working Mothers Media highlights the growing number of women serving as a primary caregiver for a family member with dementia posing increasing demands on women to balance career, parenthood and care giving. More than half of caregivers had to adjust their work schedules to accommodate care giving and 39 % passed up a promotion. Fifty five percent of these types of caregivers are not saving for their own retirement. Sixty five percent of the care givers have not had a vacation in the past year. Therefore, not surprisingly, 49% of the care givers feel overwhelmed. The Alzheimer's Association provides information, support and resources to care givers in need in its Alzheimer's Dementia Caregiver Center.

#### **QUALITY OF LIFE OF ASIAN INDIAN OLDER ADULTS WHO IMMIGRATED TO THE UNITED STATES TO REUNITE WITH THEIR ADULT CHILDREN**

By Anita Jhunjhunwala Mukherjee January 2012

#### ABSTRACT

This study focused on Indian Americans who immigrated to the United States to reunite with their adult children. Reflecting the diversity of India, the participants (109 seniors 60 years or older) represented four religions, more than 10 Indian states, and 12 native languages. Hindi emerged as the most common language. The study hypothesis that AI (Asian Indian) seniors will experience a loss of autonomy after immigration was supported. Specifically, their self-reported mastery is low; they are financially dependent on their children or the government; they perceive a language barrier that limits their access to services; their access to transport is lower, and their finances in the U.S. is worse than India both before relocation and now. Further, they were less isolated, and their social support in India was better than that in the U.S. The hypothesis that AI seniors who are U.S. citizens (n = 53) will have higher QoL compared to those who are permanent residents (n = 56), was also supported: citizens had a higher QoL score for psychological and environment domains, better finance, better self-reported English proficiency, and lower isolation. The findings did not support the hypothesis that the prevalence of depression and anxiety among AI seniors will be higher than the general U.S. population: the prevalence among participants was similar but not higher.



## HEALTH TIPS OF THE MONTH:

**\*\* You can walk away with Dementia:** Study finds that walking six miles a week has brain benefits. Dodging dementia may be as simple as slipping on a pair of walking shoes and heading out the door. A study from the University of Pittsburgh found that walking about six miles a week seems to protect from brain shrinkage, which in turn may slow the progress of dementia related continued decline.

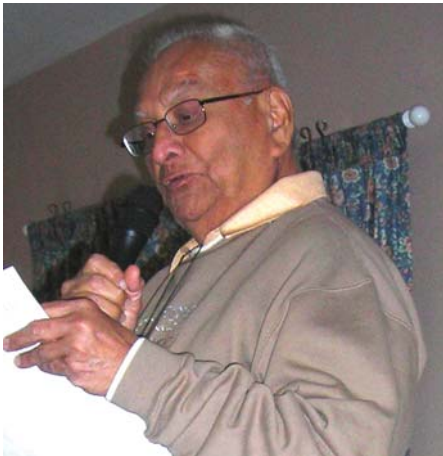


**\*\*Get Moving:** Regular physical activity has physical, mental, and emotional benefits. All people, men and women, children, older adults, need to get regular physical activity. It is recommended that all adults get at least 30 minutes of moderate-intensity physical activity on most days of the week. Examples of moderate-intensity activity include brisk walking, cycling, or dancing.

*Taken from MAFS(Chicago) April/May 2012 newsletter*

## SOME SENIOR PROGRAMS IN NEW YORK METRO:

There are about 12 programs in the NY metro area and almost the same number in New Jersey for Indo-American Seniors: Below is a glimpse of two of these programs.



Jayntibhai Shah at the LIGCS Sr. Program



IALI Sr. Lunch 4/22: L to R Dr. Sukhvinder Ranu (IALI President) Satya Malhotra (NIAASC Board member), Dr. Bhavani Srinivasan (IALI Past President), Rekha Valliappan (IALI Secretary), Rajeshwar Prasad (NIAASC President), Nishi Behl (IALI Senior Forum Chair), Ved Behl, Brij Gulati (Senior Forum Co-Chair)



Long Island Gujarati Cultural Society (on February 19, 2012)



IALI Senior Luncheon April 22, 2012 at Bukhara in Hicksville—NIAASC collaborated

## MISSION AND OBJECTIVES of NIAASC:

Mission of the National Indo-American Association for Senior Citizens (NIAASC) is to serve as the leading national information, referral and advocacy organization committed to the wellbeing and quality of life of Indo-Americans in their senior years. The objectives include: creating awareness of Indo-American senior issues and needs; providing information on issues and services; advocacy at the local, state and national levels on seniors' issues; forging collaborations with public and private service providers; providing advisory support to Indian community, business and professional groups in developing senior programs and services; educating the public through workshops, conferences and seminars to address senior issues; and working with Indian and other groups to collect and store information regarding senior issues and problems.

## INSPIRATIONAL QUOTES:

Life is an opportunity, benefit from it. Life is beauty, admire it. Life is bliss, taste it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Life is an adventure, dare it. Life is luck, make it. Life is too precious, do not destroy it. Life is life, fight for it.

**MOTHER TERESA**

---

Kofi Annan, former UN Secretary-General said, "Trees grow stronger over the years, rivers widen. Likewise, with age, human beings gain immeasurable depth and breadth of experience and wisdom. That is why older people should be not only respected and revered; they should be utilized as the rich resource to society that they are."

**SENT BY DR. JYOTSNA KALAVAR, NIAASC BOARD MEMBER**

---

Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life.

**RALPH WALDO EMERSON**

**NIAASC 2012 BOARD OF DIRECTORS: OFFICERS: President: Rajeshwar Prasad (prasadraj@aol.com) Vice Presidents: Ashwin Pandya MD (Apandya880@hotmail.com) and Vasundhara Kalasapudi MD (vkalasapudi@gmail.com), Secretary: P. Ramaswamy Mohan (mohans49@yahoo.com) Treasurer: Satpal Malhotra, (paul\_malhotra@yahoo.com). Executive Director: E. M. Stephen (estephen@gmail.com)**

**MEMBERS: Jaya Bahadkar RN, Samir K. Dutta, MD, Bhanumathi Ivatury Ph.D., Sampurna Jain, Jyotsna Kalavar Ph.D., Tara Kotecha, Satya Malhotra RN, M. K Ramasubramanian, Asha Samant DDS, Chandrakant Shah, and Avinash Suri.**

## Membership Benefits with NIAASC

Membership is open to all Indo-Americans, agencies and organizations which subscribe to the objectives of the NIAASC. Members will benefit through:

- \* A periodical newsletter on pertinent issues for seniors;
- \* Information about services identified earlier;
- \* Referral to service provider agencies in their communities;
- \* Advocacy on behalf of seniors;
- \* Job opportunity alerts for seniors;
- \* Workshops, seminars and conferences to address issues affecting seniors.

.....

### NATIONAL INDO-AMERICAN ASSOCIATION FOR SENIOR CITIZENS Inc. MEMBERSHIP / DONATION APPLICATION

Renewal \_\_\_\_\_ New Membership \_\_\_\_\_ (please check one)

Name:..... Telephone (        ) .....

Address:..... zip.....

Fax # (        ) ..... E-mail.....

**Sex:** Male:.... Female:....      **Age:** 50 years & older:.... Under 50 years:....      **Marital Status:** Married .... Single ...  
**If Single:** Never Married ... Widowed ... Divorced ..

Please check one:    Individual membership.....      Organization membership.....

*Please check one under category and one under membership fees:*

Categories	Membership Fees
Regular member (50 years and over):	\$10.00 per year .....\$40.00 for 5 years..... \$100.00 for Life ....
Member under 50 years (nonvoting):	\$10.00 per year.....\$40.00 for 5 years..... \$100.00 for Life ....
Not-for-profit organization.....	\$100.00 per year..... \$400.00 for 5 years.....
Other agencies/institutions.....	\$100.00 per year..... \$400.00 for 5 years.....

I,....., have read the objectives of the Association and I shall subscribe to them:

I am interested in volunteering my services to NIAASC ----- Signature: -----

Any additional donation will be highly appreciated: Please check the donation amount:

\$50.00.....\$100.00.....\$200.00.....\$250.00.....Other (Please specify).....

Please make check payable to National Indo-American Association for Senior Citizens or NIAASC and mail to:  
7 Roberta Avenue, Farmingville NY 11738

## EDITORIAL

Children leaving home is an inevitable fact of life. To some parents, it happens when they are barely in their forties as the children go away to live in their college dorms. Once this happens, life as the parents knew it until then changes-- permanently. The first overwhelming feeling most parents feel when their children “develop wings and fly away” is the sudden hollowness in the stomach that the children are no longer dependent on the parents for their day to day needs and the feeling of irrelevance creeps in to the hearts. When the grown children, perhaps with their own children, visit the aging parents/grandparents there is a burst of activity in the household. Things are temporarily back to what they used to be which fills and the heart feels complete and full. The family is united and together at last even if it is for a short while. And then when the children and grand children leave, the sense of loneliness is back and it remains until the seniors get back to their routine. Realizing that it is the parents’ duty to help only when the children need it, is the key to the understanding. The children need their parents less and less as they grow older. Actually, their sense of responsibility develops to a point they feel they have to make sure their parents are doing well and the roles are then reversed. Luckily, technology can be of big help. Whether it is the landline or cell phone, webcam or Facetime, the children and their families are back into the parents’ lives through these gadgets. Still, it is wise to remember that the children have their own lives and their own priorities and the parents should not intrude. This the seniors can do with more confidence if their own lives are enriched with healthy habits such as reading, going for walks, vacations, community service etc. In short, it means living life in every way with a detached but helpful attitude, while enjoying the fruits of one’s labor with a thankful heart.

---

National Indo-American Association  
For Senior Citizens (NIAASC)  
7 Roberta Avenue, Farmingville, NY 11738

### Inside the Newsletter:

#### NIAASC CONFERENCE: AGING IN PLACE

Sponsors: Individuals, Nonprofit & For Profit  
Inspirational Quotes  
Results of Three Studies/Surveys  
Indo-American Senior Programs in NY  
Health Tips  
Historical Perspective  
2012 NIAASC Board  
NIAASC Membership Application



### Spring Summer 2012 Newsletter

*NIAASC urges all readers to send pertinent information related to senior activities in their areas; We also request if you can send information about any Indo-American senior programs you are familiar with; it will be helpful if you let us know name of the contact person, E-mail address and telephone number so that we can establish contact for our database. You may send information to [niaasc@aol.com](mailto:niaasc@aol.com). We also urge you to forward this newsletter if you get it by E-mail to your friends and others who may be interested.*