

**TODAY'S PROGRAM: November 9, 2013**

**Conference Coordinator: Dr. Bhavani Srinivasan**

**10:30 A.M. Registration, Reception & Breakfast:** Ms. Jaya Bahadkar, NIAASC Board Member and Mr. Satpal Malhotra, NIAASC Treasurer

**11:00 A.M. Welcome by Mr. Thambi Thalappillil, Chairman, Indian American Kerala Cultural and Civic Center**  
Welcome on behalf of NIAASC by Mr. P. Ramaswamy Mohan, NIAASC President.  
Brief Remarks and introduction of Conference Coordinator Dr. Bhavani Srinivasan by Mr. Rajeshwar Prasad, Executive Director, NIAASC

**Objectives of the Conference** enumerated by Conference Coordinator Dr Bhavani Srinivasan

**Introduction of Honoree:** India Community Center-Cupertino, CA representative Ms. Vimala Balan by Ms. Sampurna Jain, NIAASC Board Member. Plaque presented by Ms. Satya Malhotra, NIAASC Board Member

**Introduction of Speaker** Dr. Vasundhara Kalasapudi by Ms. Jaya Bahadkar, NIAASC Board Member

**Presentation by** Dr. Vasundhara Kalasapudi on Physical, Cultural and Emotional Issues of Seniors for Healthy Aging.

**Introduction of Honoree** Mr. H.R. Shah by Mr. Ram Gadhavi, Comments by Dr. Thomas Abraham. Plaque presented by Mr. EM Stephen, NIAASC Board Member

**Introduction of speaker** Veera Mookerjee PhD by Mr. M.K Ramasubramanian, NIAASC Board Member

**Presentation by** Dr. Veera Mookerjee on Resources Accessible by Seniors on Healthy Aging.

**Introduction of Honoree** Mr. C.P Shah by Dr. Bhanu Ivatury NIAASC Secretary. Plaque presented by Ms. Avinash Suri, NIAASC Board Member

**Introduction of Panelist** Mr. Will Stoner of AARP, New York by Dr. Gnanendra Sinha, NIAASC Board Member

A short speech by Mr. Stoner regarding AARP's relevant resources.

**12:30 P.M. Q and A with Panelists Mr. Will Stoner, Dr. Vasundhara Kalasapudi and Dr. Veera Mookerjee**

**Vote of Thanks** Mr. Satpal Malhotra

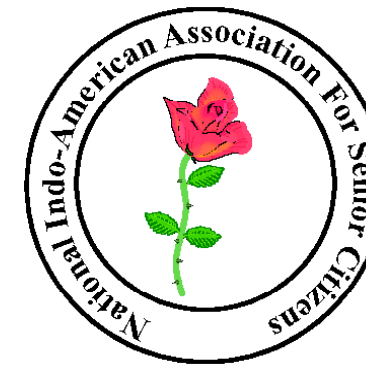
**1:15 P.M. Lunch Break** Coordinated by Ms. Sampurna Jain, NIAASC Board member

**2: 00 P.M. Annual Meeting:** NIAASC Progress Report by Mr. P. Ramaswamy Mohan, NIAASC President  
Nominating Committee Report by Dr. Samir K. Dutta, Nomination Committee Chair  
Financial Report by Mr. Satpal Malhotra, NIAASC Treasurer

**Diwali Greetings** by Ms. Tara Kotecha, NIAASC Board Member, Coordinated by Sampurna Jain

**Followed by NIAASC BOARD OF DIRECTORS MEETING**  
**Agenda: Welcome to new Board members and Election of 2013-14 NIAASC officers**

NIAASC BOARD OF DIRECTORS 2013: OFFICERS: President: P. Ramaswamy Mohan ([mohans49@yahoo.com](mailto:mohans49@yahoo.com)); Vice Presidents: Ashwin Pandya, MD ([Apandya880@hotmail.com](mailto:Apandya880@hotmail.com)) and Vasundhara Kalasapudi MD ([vkalasapudi@gmail.com](mailto:vkalasapudi@gmail.com)), Secretary: Bhanu Ivatury, PhD ([Scindri2001@yahoo.com](mailto:Scindri2001@yahoo.com)), Treasurer: Satpal Malhotra, ([paul\\_malhotra@yahoo.com](mailto:paul_malhotra@yahoo.com)), Executive Director: Rajeshwar Prasad ([prasadraj@aol.com](mailto:prasadraj@aol.com))  
BOARD MEMBERS: Jaya Bahadkar RN, Samir K. Dutta, MD, Sampurna Jain, Jyotsna Kalavar PhD, Tara Kotecha, Satya Malhotra RN, M. K Ramasubramanian, Asha Samant DDS, Chandrakant Shah, Gnanendra Sinha PhD, Bhavani Srinivasan, MD, EM Stephen and Avinash Suri



**NATIONAL INDO-AMERICAN ASSOCIATION FOR SENIOR CITIZENS, INC.**

in collaboration with  
**INDIAN AMERICAN KERALA CULTURAL AND CIVIC CENTER**

**PRESENTS**  
**26th Conference on Seniors**  
&  
**14th Annual General Body Meeting**

**ON SATURDAY NOVEMBER 9, 2013**

**CONFERENCE SUBJECT: HEALTHY AGING**

**SPEAKERS and SUBJECTS:**

**Vasundhara Kalasapudi, MD:** Physical, Cultural and Emotional Issues of Seniors for Healthy Aging  
**Veera Mookerjee PhD:** Resources Accessible by Seniors for Healthy Aging  
**Mr. Will Stoner, Associate State Director, AARP** will join the speakers' panel in the Q and A session

**SPONSORS**

**FOR PROFIT CORPORATION:**  
**New York Psychiatry and Cognitive Care**

**MAJOR NONPROFIT ORGANIZATION: AARP, New York**

**NONPROFIT ORGANIZATIONS:**

**India Association of Long Island**  
**India Home Inc.**  
**Indian American Kerala Center**  
**ShantiNiketan, Florida**

**INDIVIDUAL SPONSORS**

Jaya Bahadkar, Samir Dutta, Bhanu Ivatury, Sampurna Jain, Vasundhara Kalasapudi, Tara Kotecha, Kishore Kuncham, Satpal Malhotra, Satya Malhotra, Meena Modak, Radhika Mohan, P. Ramaswamy Mohan, Ashwin Pandya, Prem Prasad, Rajeshwar Prasad, Nirmala Ramasubramanian, M.K. Ramasubramanian, Krish Rudra, Arun Samant, Asha Samant, Chandrakant Shah, Gnanendra Sinha, Bhavani Srinivasan, Avinash Suri

**National Indo-American Association for Senior Citizens Inc.**

**A 501C3 Not For Profit Tax Exempt Organization**

Web site: [www.niaasc.org](http://www.niaasc.org) E-mail: [niaasc@aol.com](mailto:niaasc@aol.com) EIN: 11-3473654

Office: 1824 Fairfax Street, Elmont, NY 11003

Mailing Address: 7 Roberta Avenue, Farmingville, NY 11738

## **SPEAKERS AND PANELISTS:**

**Dr. Vasundhara Kalasapudi, MD:** Dr Kalasapudi currently serves as a Vice President of NIAASC. She is the Founder & President of India Home Inc., a senior center serving Indian Seniors and currently providing services at four locations in Queens and Long Island, New York. She has been recognized for her professional and community work by various agencies including NIAASC and Council of Senior Centers & Services of NY. She is a practicing Psychiatrist. Dr. Kalasapudi has held senior positions in several hospitals. Currently she is working as a psychiatrist serving individuals with Mental Retardation and Developmental Disabilities at Brooklyn Developmental Center. She holds an MBBS Degree from Andhra Medical College, India

**Dr. Veera Mookerjee, PhD:** Dr. Mookerjee is the Director of Family Support and Education in South Asian Council for Social Services (SACSS). She oversees the Senior Self-help Support Group Program focusing on mental health and psycho-social well being of South Asian Seniors. She is administrative supervisor to SACSS's Preventive Service program which includes training and supervision of a Case Planner and a Case Aide ensuring that monthly service contacts are made in a timely manner. She supervises the Education program that is English and computer classes. Veera is involved in recruiting and training volunteers/interns as instructors and for outreach. Veera has a PhD in Social Work from Yeshiva University and she is fluent in Bengali, Hindi and Urdu.

**Mr. Will Stoner, AARP Associate State Director,** is responsible for the organization's "Livable Communities" agenda in New York State, which includes housing, mobility, and coordination of services. Will has been working closely with community partners from across the state to assess the challenges that older New Yorkers are facing in safely navigating their streets and to develop strategies to ensure that residents of all ages and abilities can remain living at home and in their communities. Will's expertise is in community engagement, organizing, and advocacy. In 2002, he moved to Long Island and began working for the American Cancer Society. He is most proud of the work for age friendly communities that lead to the law in Suffolk and Westchester Counties requiring that affordable housing be built with Inclusive Design Standards and local level complete streets' policies in towns across the island and a statewide Complete Streets law. His career began in western New York where he worked for an environmental lobby organization. He is a graduate of Canisius College and has a Master's Degree from Stony Brook University. He lives in Mount Sinai, is married and has two children, William 8 and Paisley 4.

## **HONOREES:**

**Ongoing Indo- American Senior Citizen Program: Cupertino Senior Program** of India Community Center (ICC), Milpitas, California

ICC is one of the largest Indian not for profit organizations, with more than 1,900 active members, including about 300 seniors in multiple locations, serving the San Francisco /Bay Area for the past 10 years. ICC provides social, cultural, recreational and community services to children, youth, adults and seniors. Cupertino Senior program is one of the two senior programs of ICC. The Cupertino senior program with an average attendance of 75-125 members is a very vibrant program that meets the many needs of seniors to maintain physical, spiritual and emotional health. Their planned and at random programs include yoga, book club as well as discussions on spirituality, current events and other matters of interest to the Seniors. They meet every Monday, Wednesday and Friday from 10:45 AM - 1:00PM. Many seniors take turns in volunteering to find appropriate speakers and arrange interesting events. After the program, they enjoy a catered vegetarian lunch for a nominal charge. They are now planning to expand their programs to include computer classes, Bridge group, knitting classes and also some (fun) dance classes.

**Previous Honorees:** Indo-American Senior Citizen Center of New York; Indo-American Council of Seniors of Edison, NJ; Jain Center of America Senior Program, NY; India Association of Long Island Senior Program; United Hindu Cultural Council Senior Center, NY; Metropolitan Asian Family Services in Greater Chicago, MILAN cofounded by Herricks Indo US Community Inc.; Elder Social Group of Hindu Center and the Senior Program of The Hindu Temple of North America.

## **Community Leader: Mr. H.R. Shah**

Mr. H R Shah is a founding member of GOPIO as well as Past President and Trustee of the Federation of Indian American Associations (FIA), a member of the Board of Advisors of the Ellis Island-National Ethnic Coalition of Organizations (NECO). As the Chairman and Trustee of Bharatiya Vidya Bhavan (USA), the world famous institute of Indian culture, education, music and the arts, he has worked for uplifting the life of Indians via education. He also actively supports the Queens Child Guidance Center of New York, and a director and supporter of Gift of Life, a US-based international humanitarian group that is dedicated to top quality health care and the general wellbeing of

children everywhere. He has firmly believed in the development of premium healthcare in India, becoming a founding director of the Krishna Heart Institute, a charitable institute, in Ahmedabad, Gujarat. Mr. Shah has been a long-time supporter of the American Association of Physicians of Indian Origin (AAPI). Through his channel, TV ASIA, he actively promotes health-related activities of AAPI and its membership. With TV Asia, Mr. Shah is the first NRI to run a 24/7 TV station in North America. Mr. Shah is director of the Indian American Center for Political Awareness. The organization sponsors an internship program where young Indian Americans work for Congressmen and Senators on Capitol Hill. They also serve with the White House and State Governors. Mr. Shah is the first NRI to own a chain store business anywhere in the world. A turnaround expert, he became prominent for rescuing Krauszer's Food Stores, New Jersey's largest chain having over 400 outlets. He took over the firm in 1991 and through his entrepreneurial skills gave the stores renewed statewide recognition. That acquisition saved over a thousand jobs. He also put hundreds of people from ethnic communities in the convenience store business, making them owners.

**Previous Honorees:** Dr. Uma Mysorekar-NY, Dr. Thomas Abraham- CT, Animesh Goenka-NY, Dr. S.N. Sridhar- NY, Mala Desai, NY, Sudha Acharya, NY. Ashok Vyas- NY, Dr. Neeta Jain, NY, and Mr. Ram Gadhavi, NJ.

## **Person Involved with an Ongoing Indo-American Senior Program: Mr. Chandulal P. Shah**

Mr. Chandulal Shah left India to Kenya at the age of 24 and lived there for nearly 42 years and migrated to USA in 2000. While in Kenya, after a 2 year employment started Garment manufacturing factory - retail and whole sale employing over 170 people. In Kenya he volunteered at Shah community as well as at Vish Oshwal Boarding, Nairobi in various capacities including Joint Secretary, General Secretary, Treasurer, and President for over 15 years. Since his arrival in the USA, he has been instrumental in starting the DFW Senior Citizen Samaj and he is the President since 2010. He also volunteers at the Hindu Temple there on a regular basis. DFW Senior Citizen Samaj is a not-for-profit organization and is now a very active association with a registered membership of approximately 950 senior citizens. The general activities before Samaj are 4 dinners a year, 2 tours and/or 2 picnics and participation in Health Fair of Hindu Temple. Dinners are free as they find sponsors, and are always accompanied with cultural, spiritual and health presentations.

**Previous Honorees:** Late Purushottam Karra- NJ, Sunil Uppal,-NY, Ardaman Singh Madan-NY, Raj Razdan- Atlanta, GA, Praful Shah- NY, Chan Jamoona-NY, Harikrishna Majmundar- CA, Dr. Vasundhara Kalasapudi-NY, Rajnikant Shah, NY., Joseph Parmar, NJ and Bhalchandra T. Dave, CT

## **About NIAASC:**

The National Indo American Association for Senior Citizens (NIAASC), initiated in 1998 with the active support of Global Organization of People of Indian Origin (GOPIO) and incorporated in early 1999, is a nonprofit 501C3 organization. Its mission is to serve seniors through information, referral and advocacy services. So far NIAASC has organized 25 conferences/workshops and its 26th conference on Healthy Aging is being held today, November 9, 2013. In 2005, NIAASC had highlighted its mission, objectives and activities at a 3-day conference in Artesia, California; presented paper at the National Federation of Indian American Associations in New York; two papers at the North American Bengali Conference, also in New York; and at an event, organized by the 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 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 of Nassau County. In 2007, we had a 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. In 2011 it had two conferences: Housing Choices and Social Security & Medicare. In June 2012 it had its 23rd conference on the issue of "Aging in Place." The 24th conference on Care Giving for Seniors was held on October 28th, 2012. NIAASC attended a 3-day convention in Chicago on October 12-14, 2012 wherein one session was devoted on the issues of seniors led by NIAASC with four panelists from Chicago. In 2013 NIAASC had its 25th conference on June 15 on Affordable Care Act. NIAASC also collaborates with different senior programs and provides technical and logistic support as and when needed. NIAASC has published its 10-year accomplishments and future plans. It publishes a periodical Newsletter with helpful information to seniors. All newsletters and conferences are posted on its web site.