

NATIONAL INDO-AMERICAN ASSOCIATION FOR SENIOR CITIZENS INC.

Office: 1824 Fairfax Street, Elmont, NY 11003

Web site: www.niaasc.org

Mailing: 7 Roberta Avenue, Farmingville, NY 11738

E-mail: niaasc@aol.com

NIAASC HOLDS ITS 22ND CONFERENCE AND DISCUSSES SOCIAL SECURITY AND MEDICARE

in collaboration with

**Indian American Kerala Cultural and Civic Center, and
National Federation of Indian American Associations (NFIA)**

Despite the nor'easter storm with snow, wind and rain, over 50 people braved to attend the 22nd conference on Seniors by the National Indo-American Association for Senior Citizens (NIAASC) and the 12th General Body Meeting of NIAASC on October 29, 2011 at the Indian American Kerala Center in Elmont. The two key speakers: **Joseph Parmar** on Social Security and **Kelli Singleton** on Medicare kept the participants actively involved with their presentations and interactive discussion.

SPONSORS

CORPORATE SPONSOR

New York Psychiatry and Cognitive Care

NONPROFIT ORGANIZATION SPONSORS

India Association of Long Island (IALI)

India Home Inc.

Indo-American Senior Citizen Center of New York

Shanti Niketan, Tavares, Florida

INDIVIDUAL SPONSORS

Jaya Bahadkar RN

Satya Malhotra RN

Ashwin Pandya, MD

Nirmala Ramasubramanian

Arun Samant, MD

Samir K. Dutta, MD

Meena Modak

Prem Prasad DSW

Sukhvinder Ranu, MD

Asha Samant DDS

Vasundhara Kalasapudi, MD

P. Ramaswamy Mohan

Rajeshwar Prasad

Chandrakant Shah

Satpal Malhotra

Radhika Mohan

MK Ramasubramanian

Srinivasa Rao, MD

Praful Shah

SPEAKERS:

KELLI SINGLETON: Account Manager with the Centers for Medicare & Medicaid Services (CMS), Division of Medicare Health Plans Operations.

Rajeshwar Prasad introduced Kelli Singleton and appreciated her efforts to be available on a Saturday and braving the storm as well. In her capacity as Account Manager in the CMS, Singleton handles the Medicare operations of two of the largest Medicare Advantage (Part C) and Prescription Drug (Part D) contracts in the New York region. By working closely with the Senior Compliance Managers of these plans on a daily basis, she ensures that required services are provided to Medicare beneficiaries in a timely and accurate manner according to federal regulations. She has been employed with CMS for 12 years in a variety of executive positions and is very knowledgeable about the Medicare program (Parts A through D). She enjoys helping people, sharing her expertise and often represents CMS at external meetings, conferences, and trainings. In her spare time, Ms. Singleton serves her community as the President of the Cambria Heights Civic Association (CHCA), one of the oldest and most active civic associations in the nation. In

addition to her civic involvement, she is also a Board Member of the Alpha Phi Alpha Senior Center's Board of Directors as well as a Board Member of the Friends Group of the Queens Public Library. She is happily married to Michael D. Singleton and received a Bachelor of Business Administration Degree from York College, CUNY and a Master of Public Administration degree from the Robert F. Wagner School of Public Service, New York University.

JOSEPH PARMAR:

Chandubhai Patel introduced Joseph Parmar who was not only a speaker but an honoree also.

Mr. Joseph Parmar who lives in Woodbridge, New Jersey is the most sought out speaker on issues of seniors. After arriving in USA in 1983, he has been recognized by various entities in New Jersey and elsewhere: He has received Honor as a Deputy Sheriff in Hudson County, NJ. (Served for 4 years); received Honor as Senior of the year (Hudson County). Mr. Parmar arranged over 50 Seminars for senior citizen benefits. He is responsible for constructing Hudson County Senior Citizens building; has rendered service as Notary Public Service for 15 years. Mr. Parmar has been regularly publishing very useful information in Gujarati magazine [Gujarat Darpan] for seniors; published a book "Social Darpan" in Gujarati. Mr. Parmar was a key person to organize American Christians News Magazine. He has been responsible to establish FIASCNA (Federation of Indo American Senior Citizens of North America). Mr. Parmar also surprised the audience with a beautiful song.

HONOREES:

The six-hour program included the annual general body (GB) meeting of NIAASC also where in three awardees were recognized: **Neeta Jain** as a Community Leader; **Joseph Parmar** as one associated actively with Indian American senior program; and an ongoing senior program at the **Hindu Center** initiated four years back by **Drs. Rajani and Shivlal Goyal**. NIAASC has chosen these three categories since it started the recognition process in 2003.

ELDER SOCIAL GROUP OF HINDU CENTER: An Ongoing Senior Program

Avinash Suri, NIAASC Board member, introduced the program and its co-founders: Drs. Rajani and Shivlal Goyal. She also touched upon the aspects of philanthropy efforts by both of them in the past to help the community: seniors, students and others.

The theme of the program is "HAIL" for the Elders "Healthy & independent living for the elders." The program is inter-generational in nature and any one who has physical, emotional, financial & social difficulty can be part of the group. The program is free of charge, @ no cost to Hindu center, except providing space. Initiated in November 2007 by Drs. Rajani & Shivlal Goyal, the Group meets once a month first Sunday 4pm-6pm. The program has been running successfully & smoothly for the past 4 years & is appreciated by the community very much. Attendees are encouraged to give their opinion/thought how to improve the group. Activities undertaken include but not limited to prayer; recognition of new members/attendee in every meeting; reality orientation ; recognition of important Indian ,American & international days/events of month; religious days of the month; recognition of Birthdays and important event/days of life of any member; lectures on issue such as medical problems, financial/health planning, social topics, Entitlements programs; yoga/stretching/pain relief technique; cultural program : songs, *bhajans*, jokes, poetry. All followed by light Refreshments/Tea, juice/etc, and information for the next month session. The entire program is supported and coordinated by Drs. Shivlal & Rajani Goyals with the help of many other volunteers. Nominal donation collected during the session is given to the Hindu Center solely for helping & providing space to hold the program.

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.

Dr. NEETA JAIN: Community Leader

Sampurna Jain, NIAASC Board member, introduced the honoree and also provided some of her community contributions other than listed here.

Dr. Neeta Jain is Doctorate in Psychology from India, She currently practicing privately in Queens, New York. She is a vice president of Jain Center of America (JCA) NY, and coordinates religious, cultural and social events for the center. Provides JCA events' coverage from all different media people. Has organized TV live and recorded shows by Jain monks and scholars Sponsor during Pratistha Mahotsav 2005 and other events. Dr. Jain is also actively involved in political field. She is a member of American Psychologist Association, New York State Psychologist Association., and Nav Nirvan Foundation Inc. She has volunteered clinically

and dealt with cases of domestic violence, thereby personally saving couple of families from breaking apart. Working on a project to establish a center for study and practice of non-violence and peace at United Nations International School.

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.

JOSEPH PARMAR: Directly active with ongoing Indo-American Senior Programs: Covered under Speakers

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.

New NIAASC Board Members:

The General Body members approved tow new members to serve for a period of three years on the NIAASC Board of Directors: **Dr. Bhanumathi Ivatury** from Texas, a social worker by discipline, and **Dr. Jyotsna Kalavar**, professor at the Penn State University.

Dr. Bhanumathi Ivatury from Texas:

Dr. Bhanumathi Ivatury, Bhanu as her friends and family affectionately call her, moved with her husband to New York in 1978 and later to Texas in 1982. She is a trained Social Worker since 1957 and a licensed Social Worker in Texas since 1982 with clinical, supervisory and administrative experience in several fields of social work including Health, Mental Health, Child Welfare, Family Courts, International Adoption, Domestic Violence, HIV, Geriatric services and Dialysis services. Dr. Ivatury held several positions in various social service and health agencies including Manhattan Psychiatric Center, Parkland hospital, Dallas County Family court services, the Arc of Dallas, Dallas County Child welfare and Dialysis Centers. She works with all age groups, using several appropriate modalities. Bhanu volunteers extensively with Indian Community thru Indian associations locally and nationally such as India Association of North Texas (IANT), Telugu Association of North Texas (TANTEX) and Telugu Association of North America (TANA). She is known to many troubled families as a selfless volunteer who goes out of her way to help them resolve their problems thru excellent mediation and counseling skills. Whether it is work or volunteer service, Bhanu gives her full attention and energy. Bhanu has uncanny ability to encourage the issues to practical resolutions. To enable the assimilation and integration to the Indian community within the larger community, she brings her unique understanding and experience to bridge the gap between the eastern traditions and western reality and offers solutions to complex challenges. Her passion is 'to help people to help themselves'. Her dream is to see the people of Indian origin to be successful and happy in USA without abusing this country's generosity.

Dr. Jyotsna (Josi) Kalavar from Pennsylvania:

Dr. Kalavar is Associate Professor of Human Development & Family Studies at Penn State New Kensington; completed her doctoral degree at the University of Maryland College Park, and then spent two years as a National Institute on Aging (NIA) post-doctorate at the University of Michigan, Ann Arbor. Dr. Kalavar's primary research interest is in the area of diverse experiences of aging. To this effect, she has had the opportunity to study homebound seniors, immigrant seniors, and seniors residing in long-term care institutions. To address some of the above topics, she received external funding over \$100, 000, including support from NIA. As a Fulbright Research Scholar, Dr. Kalavar spent her sabbatical year (2004-2005) in the urban locales of south India examining the experiences of seniors living in pay and stay homes. At Penn State, she has collaborated on research projects with colleagues in New Zealand, United Kingdom, and India. Currently, she is engaged in a project studying various issues pertaining to the Maasai people of Tanzania. She has recently submitted a grant application to NIA to study the experience of transnational support and care between middle-aged offspring in USA and elderly parents in India.

Dr. Kalavar has presented her work at several international locations including China, Japan, South Korea, Germany, England, New Zealand, India, and Finland. Dr. Kalavar is involved with a number of social and religious institutions and has been a speaker at two conferences of NIAASC.

PRESENTATIONS:

In his presentation on Social Security, Mr. Parmar, a community activist on issues of seniors in New Jersey, outlined the entire process of getting SS benefits and how it can be maximized. He covered how Social Security interacts in the Medicare insurance for elderly and disabled people. In her presentation on Medicare Ms. Singleton, Account Manager at the Centers of Medicare and Medicaid Services took the participants through Medicare Parts A, B, C and D. She elaborated on eligibility, copayments and coinsurance. She also informed what is covered under Medicare and what not viz. Medicare does not cover long term care, and coverage outside USA with exceptions in emergency.

PROCEEDINGS AND DIWALI CELEBRATION:

The conference was coordinated by **Mr. MK Ramasubramanian**, former NIAASC President. It was undertaken in collaboration with National Federation of Indian American Associations (NFIA) and the Indian American Kerala Cultural and Civic Center. NFIA President, **Lal Motwani**, and Kerala Center President **Thambi Thalapillil** welcomed the participants along with the NIAASC President, **Rajeshwar Prasad**.

The conference and annual meeting ended with **Diwali Greetings**, coordinated by **Sampurna Jain** and all participants enjoyed receiving a package of sweets as part of celebrations. **Tara Kotecha**, NIAASC Board member, extended Diwali greetings to all participants and wished them happy New Year as well. Volunteers from India Home Inc, Indo-American Senior Citizen Center of New York provided big support in food arrangements. **P. Ramaswamy Mohan** proposed a vote of thanks; **Satpal Malhotra** presented the financial report for the year 2011. The registration was managed by Mr. Malhotra and **Jaya Bahadkar**. India Home volunteers, **Joel, Rachit and Sujatha**, provided a superb service in facilitating the power point presentation by providing necessary equipment and setting up the entire process for the speaker, and also facilitating transportation. They had been briefed by **Dr. Vasundhara Kalasapudi**, NIAASC Vice President and India Home Founder, beforehand as she could not attend the conference.

GLIMPSE OF CONFERENCE THROUGH PICTURES



Thambi Thalapillil welcoming on behalf of Kerala Center



Lal Motwani welcoming on behalf of NFIA



Rajeshwar Prasad welcoming on behalf of NIAASC



Joseph Parmar speaking



Kelli Singleton speaking



Joseph Parmar speaking: others Samir Dutta R. Prasad & Lal Motwani



A section of the audience in the conference



Satpal Malhotra and Jaya Bahadkar at the registration desk



Satya Malhotra giving plaque to Mr. Parmar: others L to R MK Rama, Chandubhai Patel, Chandrakant Shah, and Rajeshwar Prasad



Sampurna Jain (left) introducing Honoree Neeta Jain (Right). In the center Tara Kotecha; Rama on right



Avinash Suri introducing honoree Dr. Rajani Goyal and Dr. Shival Goyal on her left, honorees as founder of senior program at the Hindu Center. Others: Satpal Malhotra, Jaya Bahadkar & MK Rama



Honorees & Speakers with NIAASC Board & Some participants



Chandubhai Patel introducing Joseph Parmar