



# IAWW Seniors News

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## 10<sup>th</sup> Anniversary of the Senior Monthly Lunch Program

The IAWW Seniors Program, primarily a volunteer-based program, was started in 1997 as part of the India Association of Western Washington (IAWW). IAWW is a non-profit 501 (C) (3) organization. This is the only program in the State of Washington serving seniors from the Indian Subcontinent. Its participants are mostly retired but younger participants who have aging relatives and friends also participate in activities and events relevant to the seniors. The activities and events are open to Indians and non-Indians alike.

Its Mission is: "To provide and facilitate civic, recreational, cultural and educational services and opportunities for cultural integration to the elders of the community."

Since its inception in 1997, the Seniors Program has started several activities/events that are offered regularly every year. These include music/entertainment events, field trips, picnic/walk, health fair, as well as the monthly lunch program.

The monthly Lunch Program, launched in November 2001 at Redmond Senior Center (RSC) in Redmond, WA, is run entirely by volunteers. 2011 marked the 10<sup>th</sup> Anniversary of the program. This milestone was celebrated at the November lunch event. More than 120 people were in attendance to mark the occasion!

This program got its shaky start in 2001. A donor pledged "seed-money" to start a lunch program for seniors. The first hurdle was to find a place that would allow IAWW to host such an event. After visiting several senior centers in King County and being turned down by most, Redmond Senior Center (RSC), agreed to give the IAWW's lunch program a chance! The IAWW Seniors Program is grateful to the city of Redmond and RSC.

The lunch program began in a classroom with just 20 to 30 people in attendance. However, it gained popularity quickly and became a forum for seniors to get together in the Puget Sound Region. After a few months, RSC moved the program to their multipurpose room, the only room big enough to hold 80-100 people who started to attend the event on a regular basis. The program consists of two main parts – first half allotted to a vegetarian Indian cuisine lunch, the second half to presentation of entertainment or a talk by invited guests on a topic relevant to seniors.

For the first year and a half, the program was managed by seed-money funding alone, but soon, the lunch program started running out of funds. IAWW Seniors Program approached Aging & Disability Services (ADS) of Seattle and King County that supports aggregate lunch programs in Senior Centers.

**(Contd. On Page 5)**

**Director's Corner**  
**Pran Wahi**



Dear Readers,

This is the last issue of our Quarterly Newsletter for 2011 marking third year of its publication. The goal of the newsletter is to provide you with useful and practical information, entertaining articles, good humor, and tips for your general well being.

This year also marked the 10<sup>th</sup> Anniversary of our monthly lunch program which was started in November 2001. We celebrated the occasion at the November lunch along with Diwali. We take pride in having served our community well through this very successful program. We recognized Mayuri Restaurant, our caterer and Debi Avera, Kitchen Manager at Redmond Senior Center for their commitment and support to the program. This issue's feature article on Page 1 gives more details of this program.

We are continuously striving to improve current services and add new ones through collaboration and coalitions with other organizations. Significant achievements in 2011 were:

- Second year continuation of the contract with Asian Counseling and Referral Service (ACRS) to provide a wide array of information and assistance services to our senior community. Many of you used this service in 2010 and 2011. Contact Ankita Gupta at 206-805-8975 for inquiry and help.
- Since April, in partnership with Northshore Senior Center (NSC), we have been providing a door-to-door van ride to seniors living in Bellevue-Kirkland-Redmond area. The cost of the van service is shared by riders and the Seniors Program through a targeted donation by Remala foundation.

We participated in many joint events with other organizations for advocacy of our cause and access to new services. Significant among them were:

- Annual Legislative Day in Olympia with Asian Pacific Islander Coalition (APIC) in February
- Annual Asian Pacific Cultural Center (APCC) Fair in February
- Walk for Rice, a fund raiser event for ACRS to raise money for their Food Bank in June
- Joint event with Asian Pacific American Resource Network (APARN) to explain new Healthcare Reform Act and provide free health screenings in September
- Member of APIC Delegation for a meeting with Governor to discuss impact of budget cuts on Asian and Pacific Islander community, and ways to minimize the cuts in November

All these activities are worthwhile. However, in order to continue our operations we need more volunteers who can commit time, and more donors to fund these activities. Therefore, I need help from every one of you to strengthen the seniors program. Any help and suggestions are most welcome.

I am thankful to you for your participation and interest in the program, to all volunteers without whom the program cannot run, and to donors for their support and belief in our program. In 2012, we'll mark the 15<sup>th</sup> Anniversary of IAWW Seniors Program – a milestone to be proud of!

In closing, I wish you all a happy holiday season, and healthy and prosperous New Year!

## **Healthy Aging, Happy Aging**

**Source: By Diana Rodriguez**

Getting older involves change, both negative and positive, but you can enjoy aging if you understand what's going on with your body and take steps to maintain your health.

Many different things happen to your body as you age. Your skin, bones, and even brain may start to behave differently. Don't let the changes that come with old age catch you by surprise.

Here are some of the common ones:

- **Your bones.** Bones can become thinner and more brittle in old age, especially in women, sometimes resulting in the fragile bone condition called osteoporosis. Thinning bones and decreasing bone mass can put you at risk for falls that can easily result in broken bones. Be sure to talk with your physician about what you can do to prevent osteoporosis and falls.
- **Your heart.** While a healthy diet and regular exercise can keep your heart healthy, it may become slightly enlarged, your heart rate may lower, and the walls of the heart may thicken.
- **Your brain and nervous system.** Getting older can cause changes in your reflexes and even your senses. While dementia is not a normal consequence of old age, it is common for people to experience some slight forgetfulness as they get older. Cells in the brain and nerves can be damaged by the formation of plaques and tangles, abnormalities that could eventually lead to dementia.
- **Your digestive system.** As you age, your digestive tract becomes more firm and rigid, and doesn't contract as often. This change can lead to problems such as constipation, stomach pain, and feelings of nausea; a better diet can help.
- **Your senses.** You may notice that your vision and hearing aren't quite as sharp as they once were. You may start to lose your sense of taste — flavors may not seem as distinct to you. Your senses of smell and touch may also weaken. Your body is taking longer to react and needs more to stimulate it.
- **Your teeth.** The tough enamel that protects your teeth from decay can start to wear away over the years, leaving you susceptible to cavities. Gum disease is also a concern for older adults. Good dental hygiene can protect your teeth and gums. Dry mouth, which is a common side effect of many medications that seniors take, may also be a problem.
- **Your skin.** With old age, your skin loses its elasticity and may start to sag and wrinkle. However, the more you protected your skin from sun damage and smoking when you were younger, the better your skin will look as you get older. Start protecting your skin now to prevent further damage, as well as skin cancer.

Many bodily changes are a natural part of aging, but they don't have to slow you down. What's more, there's a lot you can do to protect your body and keep it as healthy as possible.

### **7 Key Steps to Healthy Aging**

While maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older.

Here are some healthy aging tips that are good advice at any stage of life:

- Stay physically active with regular exercise.
- Stay socially active with friends and family and within your community.
- Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
- Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Take all medications as directed by your doctor.
- Limit alcohol consumption and cut out smoking.
- Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health *and* happiness.

**2011 Pictures from the various senior programs**

The IAWW Seniors have participated in several events throughout the year. Below are some of the photographs from the various events. We have also posted all the pictures taken in the various events on our website at: <http://www.iaww.org/seniorprogramphotpgallery.aspx>

**Monthly Lunch – 2<sup>nd</sup> Thursday of the Month**



**Spring concert – May 2011**



**Health Fair – June 2011**



**Annual Picnic/Walk – July 2011**



## Upcoming Events for 2012

Events	Dates	Location
Monthly Lunch	Every 2 <sup>nd</sup> Thursday	<b>Redmond Senior Center</b> 8703 160 <sup>th</sup> Ave. NE, Redmond, WA 98052
Field Trip	April 2012	<b>TBD</b>
Spring Concert	May 2012	<b>TBD</b>
Health Fair	June 9, 2012	<b>Eastside Bahai Center</b> 16007 NE 8 <sup>th</sup> St., Bellevue, WA 98008
Annual Picnic & Walk	July 2012	<b>TBD</b>
15 <sup>th</sup> Anniversary of Seniors' Program Celebration	August 2012	<b>TBD</b>

## 10<sup>th</sup> Anniversary of the Senior Monthly Lunch Program (Contd. from Page 1)

After observing the program, ADS was convinced it would be a good investment for them to support a minority group. So, they granted funding for the lunch program and Redmond Senior Center agreed to provide their facility. Since 2003, the monthly lunch program has been running as a 3-way partnership between ADS, RSC and IAWW Seniors Program. And the program has continued to grow in popularity and attendance. The lunch program was recognized by the Mayor of the City of Redmond in May 2008 for its service to seniors of the community.

Another important partner in the success of the monthly lunch program has been Mayuri Restaurant. They, under contract, have been catering a vegetarian lunch every month since 2003. Both restaurant owners, Ramesh Bachala and Chandra Bhaskara, along with their staff have been very supportive of the program. They have been recognized by the Seniors Program for their commitment and good service. Chandra Bhaskara said, "We are very motivated to help the seniors and feel part of the community – serving seniors make us feel like we are serving our parents and elders."

Last but not least, IAWW Seniors Program is grateful to all the volunteers whose dedicated efforts and commitment make this monthly senior lunch program runs so smoothly!

## Donations to the IAWW Seniors Program

IAWW Seniors Program gratefully recognizes all the donors in our community who have contributed in the 3<sup>rd</sup> quarter of 2011 (September - November). Their financial support is crucial to the success of the program.

### Monthly Lunch Program:

**\$25 each** - Agashe, Malti; Kumar, Santosh; Mendiratta, Madan; Mendiratta Manju; Saxena, Pushpa

### Seniors Program:

**\$2,000+** - Wagmare, Dilip and Shanbhag, Darshana

**\$100+** - Nath, Latha and Satyajit; Surati, Sudha and Jay

**Under 100** - Desai, Asha and Arun; Goel, Tek and Swarn; Trivedi, Raksha and Vandan

### Senior Transportation - Targeted Fund:

**\$1,500** - Remala Foundation for Year 2012

**Humor**

A man was fleeing down the hall of a hospital just before his operation. A nurse asked what the matter was.

He said, "I heard the doctor's nurse say, it is a very simple operation, don't worry, I'm sure it will be all right."

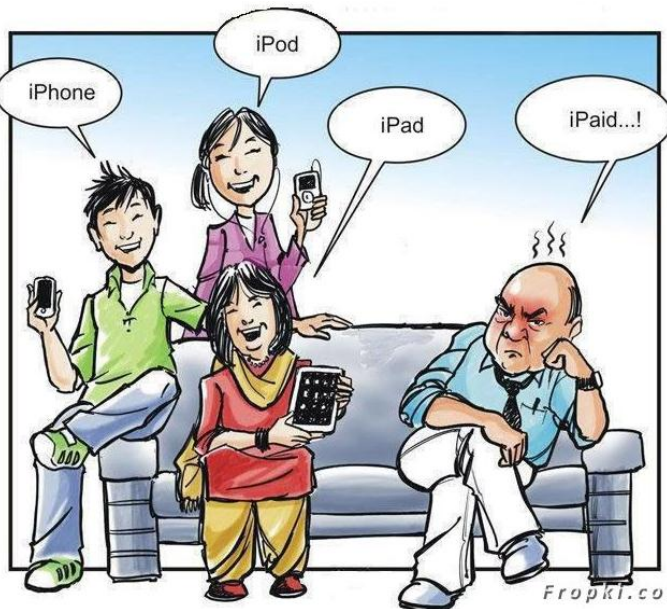
The other nurse said, "She was just trying to comfort you, what's so frightening about that?"

The man said, "She was not talking to me. She was talking to the doctor."

A minister new to a town to preach a sermon wanted to mail a letter. He asked a young boy where the post office was.

When the boy told him, the minister thanked him and invited the boy to come to his sermon that evening to hear about the way to get to Heaven.

The boy said, "No, You don't even know your way to post office, how will you know to get to heaven?"



**If you can't afford a doctor, go to an airport - you'll get a free x-ray and a breast exam, and; if you mention Al Qaeda, you'll get a free colonoscopy.**



**Let's modernise the jails with AC, TV, phone and net. Don't know when we might end up there!**

An older, tired-looking dog wandered into my yard. I could tell from his collar and well-fed belly that he had a home and was well taken care of. He calmly came over to me, I gave him a few pats on his head. He then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep. An hour later, he went to the door, and I let him out. The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued off and on for several weeks.

Curious, I pinned a note to his collar: 'I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.'

The next day the dog arrived for his nap, with a different note pinned to his collar:

'He lives in a home, with my non stop chatting and nagging wife, he's trying to catch up on his sleep.

Can I come with him tomorrow? Thanks...

## **Volunteer Profile**



**Name: Bharati Khandekar**

**Family:**

**Husband: Mohan Khandekar**

**1<sup>st</sup> Daughter: Pooja Khandekar**

**2<sup>nd</sup> Daughter: Anuja Khandekar**

Bharati came to this country over 30 years ago. She holds a bachelors degree in Economics from University of Pune. She is an accomplished athlete, who represented the State of Maharashtra nationally in softball, ball badminton and ladies cricket while attending college. She was recognized as Best Fast-Pitch pitcher in Softball by the President of India. She received several awards and medals at the national level.

After marriage to Mohan and moving to Seattle, Bharati started her Banking career in Peoples National Bank (Now called U S National Bank) where she worked for over 21 years in various positions. She joined Peoples Bank Softball team and played in several "Inter- bank" tournaments going on to help her team win the King County Championship.

Bharati is one of the founding members of Seattle Maharashtra Mandal, a non-profit Organization, where she has served as an Executive Board Member numerous times. Bharati was actively involved in the efforts to organize the Brihan Maharashtra Mandal convention in Seattle in 2007, and served as the Chairperson of the Registration Committee, which was attended by over 2,600 people from all over the world.

Bharati has been an integral part of Ragamala, a non-profit cultural organization, for a long time and has been serving as a Board Member since 2010.

Bharati's older daughter, Pooja, is a UW graduate. After working on her Masters Degree from Los Angeles, she joined Microsoft for nearly seven years and currently works for Nordstrom Corporate office as an Internet Producer. Bharati's younger daughter, Anuja, also a UW graduate, works with the City of Seattle as a Youth Programs Coordinator; she previously worked as a News Assistant with KIRO TV.

Bharati's husband, Mohan Khandekar, Ragamala's President for past four years, works as a "Senior Architect" with City of Seattle and enjoys volunteering for IAWW Seniors Program.

Bharati attended North Seattle Community College to enhance her computer information skills to change her career from banking. She is presently employed by Northshore School District. She is actively involved with the local union and was elected as Vice President for the last three years. She chairs their safety Committee this year.

One of Bharati's close friends, Mrs. Nandini Limaye, invited Bharati to attend Seniors Program meeting in her house and that is when Bharati started her IAWW journey. This was about six years ago. Bharati has met so many wonderful dedicated volunteers and made several new friends in this journey. Bharati enjoys being a big part in annual health fair. She has been coordinating their Spring Music Program for the past two years and tries to help with Senior's field trips when she can.

Bharati volunteers for "Hopelink" once a week, and took active part in "Turkey Trot" walk in November in Kirkland Marina. Bharati has been active volunteer with Seniors Events in Hindu Temple in Bothell.

Bharati has been involved in various cultural, social, professional and volunteer activities from an early age. Her father was a philanthropist in Pune, India, where one of the main streets bears his name. She enjoys meeting new people, cooking various types of food and hosting friends and family at her house.

Her favorite quote: "We make a living by what we get, but we make a life by what we give"

## Senior Texting codes

The kids have their codes for texting (BFF, WTF, etc.) Finally, there are senior texting codes as well.

ATD	At the Doctor's	BFF	Best Friends Funeral
BTW	Bring the Wheelchair	BYOT	Bring Your Own Teeth
CBM	Covered by Medicare	CUATSC	See You at the Senior Center
DWI	Driving While Incontinent	FWIW	Forgot Where I Was
FYI	Found Your Insulin	FWBB	Friend with Beta Blockers
GHA	Got Heartburn Again	GGPBL	Gotta Go, Pacemaker Battery Low
HGBM	Had Good Bowel Movement	IMHO	Is My Hearing-Aid On?
LOL	Living on Lipitor	LMDO	Laughing My Dentures Out
LWO	Lawrence Welk's On	OMMR	On My Massage Recliner
TTYL	Talk to You Louder	OMSG	Oh My! Sorry, Gas
WTP	Where's the Prunes	WAITT	Who Am I Talking To?
WWNO	Walker Wheels Need Oil	WTFA	Wet the Furniture Again

## A new book of poems – Authored by Saroja Gopalakrishnan



One of the IAWW Senior members, Saroja Gopalakrishnan, has written a book on poems titled "CALLING ALL TEENS - Book of Poems".

The author believes that it is imperative that teens, being the backbone of a nation, grow up into adults of good values. They have to be hugged, loved and led along the right path of living through ethical guidance by parents, grandparents and teachers.

The author has made every effort to make the poems interesting and enjoyable to the readers through features like happiness, friendship, respect for nature, humor as in 'Down the Drain', value of music as in 'Music All Around Us' and 'Music Unites Us'.

This eBook has been published by Amazon.com/kindle direct publishing and can be purchased on-line from [Amazon.com/books](http://Amazon.com/books) at \$3.99 each. Those who do not have kindle can download it free of charge.

## About IAWW Seniors Program

The IAWW Seniors Program, a non-profit organization was started in 1997 as part of the India Association of Western Washington (IAWW). This is the only program serving the Asian Indian seniors in the State of Washington. Its participants are retired, or of retirement age (or younger who have aging relatives and friends), and are interested in the activities and events relevant to the seniors.

Our Mission is: "To provide and facilitate civic, recreational, cultural and educational services and opportunities for cultural integration to the elders of the community."

**To learn more about the program, to participate, to volunteer or to donate,**

**Please contact:**

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