



# IAWW Seniors News

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## Information, Assistance & Referral Pran Wahi

In April 2010, IAWW Seniors Program started a new service to our community called "Information & Assistance" or I&A under a contract with Asian Counseling and Referral Service (ACRS), a leading organization providing a wide array of services to many Asian communities. A number of our seniors took advantage of this service for the first time in 2010. We hope many more will use the service in 2011.

The objective of I&A service is to support individuals and families in caring for themselves or their loved ones. Finding what you need when you need is not always easy. To help seniors of King County and their caregivers, I&A support helps clients navigate many agencies, and their services and resources. All communications with clients and their personal information are kept strictly confidential.



*ACRS Office Building*

We want to help our elders and adults with disabilities to lead independent and healthy lives. To that end, we strive to provide one stop Information and Assistance in the following areas:

- Assistance with medical or legal matters (i.e. Medicaid, Social Security)
- Housing
- Transportation
- Citizenship/naturalization process
- Legal Service
- Application for benefits or services
- Employment opportunities
- Nutrition assistance



Gurleen Gulati works with IAWW Seniors program as an I&A Specialist to assess your needs and provide assistance in getting the benefits you may qualify for. She works four days a week (Monday, Tuesday, Thursday and Friday) from 9 AM to 2 PM.

You can contact her on phone at 206-805-8975, via email at [iawwgurleen@hotmail.com](mailto:iawwgurleen@hotmail.com) or drop by her office located at 3639 Martin Luther King Jr. Way South, Seattle, WA 98144.

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



Dear Readers,

One of our objectives for the newsletter is to provide you with a range of relevant, thoughtful and reliable information you can use for planning your retirement years and your general wellbeing. We strive to compile the latest information from government and other sources that may impact your current benefits and services or provide opportunity for new ones.

The feature article in this issue "Information, Assistance and Referral" describes a new service that we launched in 2010 in collaboration with Asian Counseling & Referral Service (ACRS). It offers assistance and referrals for getting benefits you qualify for and improve your life style. I urge you to take advantage of this service offering.

I also want to draw your attention to the role of advocacy. It informs and educates legislative and other agencies about the issues and needs of our seniors, and brings in focus salient points and data before they make their decisions. We try to do this in collaboration with other senior service organizations to present a solid case for reforms or benefits. Two current examples are immigration reform and health care. A greater participation from our community is very essential. Numbers do count in such matters! We all should give it a serious thought.

If you have any comments or suggestions, please write to me at [jawwsenior@hotmail.com](mailto:jawwsenior@hotmail.com).

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**Information, Assistance & Referral**  
**(Contd. from Page 1)**

For each of the services mentioned on Page 1, our I&A specialist can help you with:

- Listen to your concerns
- Screen for a particular service eligibility
- Provide accurate and unbiased information\*
- Connect you with appropriate organization(s)
- Assist in filling an application form
- Contact agencies on your behalf if you need language interpretation
- Arrange home visits if necessary
- Follow up to make sure you received the information and/or service you needed

If you know someone who needs these services, please let them know so they can avail of these services.

\* We use official and reliable sources, such as ACRS, Senior Services, CMS and SSA to compile information.

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**Did You Know?**

By 2050 the minority population of the United States is expected to cross 50%. In the next 40 years, the population ratios are expected to change as follows:

<b>Race</b>	<b>From</b>	<b>To</b>
White	65%	46%
Black	12%	12%
Hispanic	16%	30%
Asian	4%	8%
Other	3%	4%

## **Top Ten Reasons to Drink Aloe Vera**

Article provided by Pushpakant Patel



**Body Building Block** - Amino acids are our body's building blocks. Eight which are essential and cannot be made by the body are found within the aloe plant! Drinking Aloe Vera Gel on a regular basis allows you to help maintain your health by replenishing your body naturally with these essential amino acids. An analysis of the Aloe Vera plant shows that it comes closer than any other known plant to the duplication of essential amino acids. Just think - all that, and in just 2 to 4 ounces a day...

**Anti-inflammatory Properties** - Aloe Vera Gel has 12 natural substances that have been shown to inhibit inflammation without side effects. Aloe may also support proper joint and muscle mobility.

**Daily Dose of Vitamins** - Aloe Vera Gel includes Vitamins A, B1, B2, B6, B12, C and E, Folic Acid and Niacin. The human body simply cannot store some of these vitamins; therefore we need to supplement them regularly through our diet. What better way than by drinking a daily dose of Aloe Vera Gel, while at the same time building the body's defense system naturally against oxidative stress?!

**Daily Dose of Minerals** - Some of the minerals found in Aloe Vera include calcium, sodium, iron, potassium, chromium, magnesium, manganese, copper, and zinc. What a powerful storehouse! We all know that adding foods to our diets with naturally occurring vitamins and minerals is recommended for overall health. Drinking Aloe Vera Gel is a natural and healthful way to replenish the body's supply.

**Collagen and Elastin Repair** - Aloe Vera can add a rich supply of building materials to produce and maintain healthy skin. The skin replenishes itself every 21 to 28 days. Using the nutritional building blocks of Aloe Vera, the skin can utilize these nutrients daily to help combat the effects of aging! A daily dose of Aloe Vera Gel can be just what your skin is thirsting for. Aloe Vera is extremely healthful for your mouth and gums. Take that to your next dentist appointment!

**Regulates Weight and Energy Levels** - Aloe Vera Gel naturally, and with regular use, allows the body to cleanse the digestive system. Our diets include many unwanted substances which can cause lethargy and exhaustion. Taken regularly, Aloe Vera Gel ensures a greater feeling of well being, allowing energy levels to increase and helping to maintain a healthy body weight.

**Immune Support and Function** - Aloe Vera provides natural support for the immune system. Since the immune system works around the clock protecting the body, Aloe Vera, with its natural immune enhancers, gives the body a continual arsenal from which to draw. Drinking 2 to 4 ounces of Aloe Vera Gel regularly may give your immune system the helping hand it needs.

**Aids in Healthy Digestion** - A healthy digestive tract ensures that nutrients from the foods we eat are absorbed into the blood stream. Aloe Vera has natural, detoxifying abilities. Drinking Aloe Vera Gel regularly may improve bowel regularity and increase protein absorption, while at the same time decrease unfriendly bacteria and yeast - all done naturally! Aloe Vera has also demonstrated its ability to assist in soothing heartburn and other types of digestive upset.

**Provides Rapid Soothing** - Aloe Vera enhances fibroblast function. Fibroblasts are those remarkable little cells responsible for collagen formation. They also assist in the soothing of minor burns, cuts, scrapes and skin irritants.

**Dental Health and Hygiene** - Aloe Vera is extremely healthful for your mouth and gums. Take that to your next dentist appointment! As you can see from these 10 great reasons, taken daily - either alone or mixed with Pomesteen Power - Aloe Vera Gel is one of the best nutritional supplements available!

**Upcoming Events for 2011**

<b>Events</b>	<b>Dates</b>	<b>Location</b>
<b>Monthly Lunch</b>	Every 2 <sup>nd</sup> Thursday	<b>Redmond Senior Center</b> 8703 160 <sup>th</sup> Ave. NE, Redmond, WA 98052
<b>1<sup>st</sup> Field Trip</b>	April 13, 2011	<b>Washington State Capitol and Executive Mansion</b> 416 Sid Snyder Avenue SW, Olympia, WA 98504
<b>Spring Concert</b>	May 7, 2011	<b>Eastside Bahai Center</b> 16007 NE 8 <sup>th</sup> St., Bellevue, WA 98008
<b>Health Fair</b>	June 11, 2011	<b>Eastside Bahai Center</b> 16007 NE 8 <sup>th</sup> St., Bellevue, WA 98008
<b>Annual Picnic &amp; Walk</b>	July 16, 2011	<b>Lid Park</b> 7200 SE 22nd Street Mercer Island, WA 98040
<b>Seniors Music Program</b>	Sept/Oct 2011	<b>TBD</b>

**Applying for a Visa to India for US Citizens**

**Santosh Wahi**

Not really a monstrous ordeal!! In fact if we follow their instructions and fulfill their requirements, it is a smooth process. I say so because I just got my Visa. Having heard all kinds of stories of delays in processing and needing this and that and then needing still more documents etc., I was anticipating trouble, mainly because I do not have my last cancelled Indian passport.

You have to file a very simple form: "**Declaration of Renunciation of Citizenship of India on Acquisition of Citizenship of another Country**".

Next is the Visa form. You can fill it on-line COMPLETELY and send all the required documents as stated, not to assume anything. They want a separate proof of everything. The "**India Visa Checklist**" that comes with the application is very helpful. Do follow every check point including how to send fee money – if they say by money order that's what they mean.

I mailed my applications and a pre-stamped self-addressed priority envelop by priority mail to TRAVISIA, and got a tracking number from the post office with which I could track the journey of my passport. TRAVISIA is an outsource organization that Consulate of India in San Francisco uses for processing applications.

Above all, the TRAVISIA people were very helpful. if I had any doubt I would email my question to them and they were very prompt in responding. That was very comforting, almost like someone holding your hand through the process. They also keep you informed of the progress of the application and visa. I have nothing but praise for TRAVISIA for their professionalism.

I hope your journey through this process, when you need to use it, will be as smooth!

**Quotes**

When two enemies fight, it's *eye for an eye*. When two egotists fight, it's *I for an I*.

A short walk with a friend can take you a long way in life.

A society grows great when people plant trees under whose shade they will never sit -- Greek proverb

## **Donations to the IAWW Seniors Program**

IAWW Seniors Program gratefully acknowledges and recognizes individual donors in our community who have contributed in 2010 and 2011 YTD. Your financial support is crucial to the success of this program.

### **2011 YTD**

#### **Donations collected from the Monthly Lunch Program in 2011:**

**\$25 each** – Gunwant Basi, Surinder Bath, Satish Chawla, Shubh Chawla, Saroja Gopalakrishnan, Sat Jaidka, Mohinder Singh Panwar, B A Prasad, Pal Raju, Eswara Subramanian, Chhabilbhai Thakkar, Pushpa Thakkar, Gopalakrishna Venkit

**\$50 each** – Jag Hajari, Sarala Hajari, R Mahalingam, Pat Mallik, Sharwan Mallik, Narayan Nayak, Saguna Nayak, Anil Patel, Asha Patel, K V Ramanathan, Raji Ramanathan, Uma Sehgal

#### **Donation for Overall Seniors Program:**

**\$500** – Mahalingam R

**\$100** – Chandra and Anita Prasad

### **2010 Donations:**

**\$5,000** – Anonymous

**\$1,000** – Mani Charitable Foundation, Usha & Suryam Varanasi

**\$500** – Suresh Chokshi

**\$250 +** - Ravi & Sarika Agrawal, R Mahalingam, Ravi & Yamini Shastri, Shirin & Noorali Velji

**\$100 +** - Jag & Sarala Hajari, Latha & Satyajit Nath, Vandita Samavedi, Jay & Sudha Surati, T R Vishwanathan, Jyotsana Walia

**Under \$100** –Laxmi Choudhary, Dexter Day, Asha Desai, Ramesh Gangolli, Gopalakrishna Venkit, Lois Irwin, Satish Jain, Prakash Limaye, Sharwan Mallick, Tripta Mehra, Narayan & Saguna Nayak, Nikki Pahwa, Smita Pailoor, Rao Parameshwaran, Anil & Asha Patel, Pushpakant Patel, B A Prasad, Champa Ramakrishna, K V Ramanathan, Parvathi Rao, Pushpa Saxena, Chabbilbhai Thakkar, Ale Villarreal, Meera Wagle

### **Senior Transportation**

**\$1,500** Remala foundation

**\$323** Individual cash donations

Thank you all for your generous contributions. We look forward to your continued support to the seniors program.

### **CAPAA Event Pictures**

Below are some pictures taken of the board meeting of CAPAA (Commission on Asian Affairs) that India Association of Western Washington (IAWW) hosted in November 2010 at the Vedic Cultural Center in Sammamish.



**Humor**

The only Toyota not on the re-call list...



**The Senility Prayer:** "God, grant me the senility to forget the people I never liked, the good fortune to run into the ones I do, and the eyesight to tell the difference."

One day the zookeeper notices that the orangutan was reading two books – the Bible and Darwin's "On the Origin of Species". In surprise he asked the ape, "Why are you reading these two books?" Well, said the orangutan, "I just wanted to know if I was my brother's keeper or my keeper's brother."

Elders used to say that life has come a full cycle. How true it is can be seen from the following facts.

- Age 04 - Success is not peeing in your pants
- Age 06 - Success is finding your way home from school
- Age 12 - Success is having friends
- Age 18 - Success is having a driver's license
- Age 20 - Success is having a Girlfriend
- Age 35 - Success is having a job
- Age 45 - Success is having money
- Age 55 - Success is having job
- Age 60 - Success is having a girlfriend
- Age 65 - Success is keeping a driver's license
- Age 70 - Success is having friends
- Age 75 - Success is finding your way home from anywhere
- At Age 80 - Success is not peeing in your pants.

A couple came upon a wishing well. The husband leaned over, made a wish and threw in a penny. The wife decided to make a wish too. But she leaned over too much, fell into the well, and drowned. The husband was stunned for a while but then smiled and said "It really works!"

**Senior Bumper Stickers**



Why do most Indian women request God for the same husband in the next life?

Because efforts taken to train him in this life should not go waste!

A man received a letter from some kidnappers. The letter said, "If you don't promise to send us \$100,000, we promise you we will kidnap your wife."

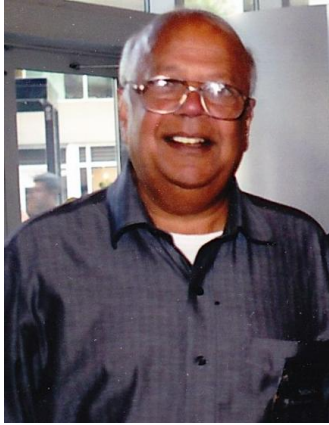
The poor man wrote back, "I am afraid I can't keep my promise but I hope you will keep yours."

When a man opens the door of his car for his wife, you can be sure of one thing: either the car is new or the wife is.

Wife to Husband: No matter what I say, you never say that I am right.

Husband to Wife: Yes, you are right.

**Volunteer Profile - In Memorium**



**Name: Satish Jain**

**Wife: Rhe**

**Daughter & Son-in-law: Kamala & Paul**

**Son & Daughter-in-law: Raj & Kelley**

**Grandchildren: Asher, Noah and Lucie**

Satish Jain, who had been a key participant and volunteer of the IAWW Seniors Program, suddenly passed away on February 10, 2011 of a massive heart attack. He was vacationing with his entire family in Hawaii when this tragic incident occurred.

He came to this country to do his graduate studies in the 1960s, joined Boeing Company where he worked for more than 35 years in Sales & Marketing, and retired in 2002. Satish had a keen interest in outdoor activities – regularly played tennis, hiked during summer months with friends, and enjoyed cross-country skiing during winter. He loved to go to baseball and football games or watch sports on TV. His interest in Indian music and dance brought him to many a performance hosted by various local organizations. Because of his nature of work at Boeing, he travelled to many parts of the world which he enjoyed immensely. His love for good food had him join a “Gourmet Group” on Mercer Island that made visits to different restaurants on a regular basis, but he loved Indian cuisine the most.

After his retirement, he started volunteering and was one of the first volunteers to participate in the IAWW Seniors Program. He volunteered regularly for the monthly lunch program and the annual senior health fair. For both the lunch program and the health fair, he was a regular participant and volunteered with setup and cleanup before and after the events. He not only attended all the senior music programs and annual walk/picnic events but he was also part of the core volunteer group which meets bimonthly to plan and chart the course of the seniors program. Seniors Program has lost a good friend and supporter.

Satish is survived by his wife, his daughter and son, daughter-in-law, son-in-law and three grandchildren.

Satish Jain will be sorely missed by his family and friends. All our thoughts and prayers are with his family during this sad period. May his soul rest in peace!

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**Terms of Contribution**

We will gladly consider articles, poems, humor, and items of special interest for publication in this Newsletter. The subject matter should be in good taste and must appeal to our general readership. Materials submitted for consideration will not be returned unless a prior agreement is made.

Please send any articles to the editor at **nath\_latha@yahoo.com**

**Now that I am a Little Older**

**Dr. Chuck Wischman**

My smiling and laughter lightens others' days;  
My love of life gives hope to those following;  
My playing and not needing to win gives my younger friends a new direction of sports;  
My appreciating and not needing to win lends essence to sharing;  
Noting most of us have more than we ever use inspires me to leave enough for all **Now that I am a little older.**

The simple joy of children resonates in my heart.  
Perhaps I am returning to their level;  
The needless harming of any animal or the thought of wars makes me cringe. Could it be my own death is nearer;  
I see so much I want to do and so little time. I become more interested in how I spend that time;  
Locomotion causes lubrication so movement is better than rest.  
Tolerating and moving through pain is a definite gain to me **now that I am a little older.**

Love and appreciation comes easier as there is shared history;  
Old loves are soft memories that are part of the fabric of my life and are not to be forgotten;  
Present loves are much easier with more living.  
The trials and tribulations are regulated to trivia in relation to the fullness of living they provide;  
Creativity comes more readily as it has a lifetime of material to build on;  
All days are great days as long as I am on this top side of the grass **now that I am a little older.**

I give advice only when asked and preferably on the third request. It's better just to listen;  
I can relax easier and have more fun as I know I am not getting out of this alive;  
Maintaining my health, fitness and economic independence is a gift to myself and my loved ones;  
I am writing more just for the fun of writing.  
Besides, I agree with the author;  
I appreciate even more the magic of friends of all ages; I laugh at myself more often and feel very blessed **now that I am a little older.**

**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:**

**Dr. Pran Wahi**

**Phone: (206) 805-8976**

**E-mail: [iawwsenior@hotmail.com](mailto:iawwsenior@hotmail.com)**

**Website: [www.iaww.org](http://www.iaww.org)**