

IAWW Seniors News

Vol. 9, No. 1

March 2017



Inside this issue:

How to Talk So Your Doctor will listen

Director's Corner

Upcoming Events

Articles on:

Legislative Day

Travel Essentials

Cyber Safety for seniors

10 Fun facts about aging

Other:

Donations

Humor

Profile – Uma Sehgal

Photos:

Shyam Oberoi

Editor:

Latha Nath

latha.nath@gmail.com

How to Talk So Your Doctor Will Listen

by Amy Paturel, AARP Bulletin, Jan./Feb. 2017

Be prepared for your next doctor's visit with these helpful tips.

If you've ever felt like your doctor isn't listening to you, it may be true. Studies have found that doctors let patients speak for only 23 seconds on average before cutting them off; in one University of South Carolina study, primary care patients were interrupted just 12 seconds after the physician entered the exam room.

When there's less doctor-patient dialogue, patients are not only more likely to leave the office frustrated, but they're also at greater risk of being misdiagnosed. Want to make up for the time crunch? Try these strategies to maximize your office visit and talk so your doctor will listen.

Make a human connection - Before you dive into your concerns, break the ice with a greeting or even a joke. "Doctors are people first, and we're much more receptive when a patient begins a conversation with a simple, 'How's your day going?'" explains Katie Neuendorf, M.D., medical director for the Center of Excellence in Health Care Communication at the Cleveland Clinic.

Stay on message - Most doctor visits last 13 to 16 minutes, according to Medscape's 2016 "Physician Compensation Report," so after your greeting, get to the point. "Oversharing information unrelated to your medical concerns takes time away from tailoring a treatment plan," Neuendorf says.

Tell the whole truth - You can't expect a doctor to listen to your complaints, or adequately resolve them, if you're not forthright. Tell your doctor about your fear of falling, substance abuse, sexual dysfunction or changes in sleep patterns.

Rehearse before you go - If you're uncomfortable discussing embarrassing topics, write a script and rehearse it in front of a mirror. Use words like incontinent, bowel movements and diarrhea so that when you're talking to the doctor, you'll be more comfortable saying them aloud.

Don't accept 'it's just aging' - If you have a symptom that has come on suddenly, keeps you up at night or interferes with your daily life, be specific about the changes you've noticed. "For example, you could say, 'I've always been on time for appointments, but lately I'm forgetting them entirely. Is there a test you can do to rule out a more serious cognitive issue?'" says Mary Jane Minkin, M.D., clinical professor in the Department of Obstetrics, Gynecology and Reproductive Sciences at Yale Medical School.

Contd. On Page 2

Director's Corner

Pran Wahi



Dear Readers,

In this first Quarterly Issue of Seniors newsletter, I want to take time to recognize the commitment and contribution of our dedicated volunteers serving the Seniors Program, almost all of them for many years. As you may know, every year one week in April is allocated to promote and show appreciation for volunteers. Established in 1974, Volunteer Recognition Week is about inspiring, recognizing, thanking and encouraging volunteers to continue to engage in their communities.

Every year, I also send a note of thanks to our volunteers during the Volunteer Recognition Week. However, because we publish the newsletter quarterly, I want to take this opportunity now to recognize our volunteers publically and encourage you to say a big THANK YOU! to them when you encounter them.

I express my deep gratitude for their commitment to IAWW Seniors program. I highly appreciate their generous gift of time, energy and expertise. Without their help and commitment none of the activities of the seniors program could be accomplished. In fact, there will not be any seniors program as we know it because it is run exclusively by volunteers, without any paid staff! These volunteers play a very big role in making a positive difference in the lives of seniors of our community. Volunteers, we could not do things we do without you!!!

How to Talk So Your Doctor Will Listen (Contd. From page 1)

Don't save questions for the end - Once your doctor is halfway out the door, he or she is already thinking about the next patient. Instead, come with a list of concerns and address them within the first few minutes of your visit, Minkin suggests.

Explain what you can afford - Most doctors don't have a clue about patients' out-of-pocket costs. Some aren't even sure which procedures, prescriptions and lab tests are covered by insurance or Medicare. "But that doesn't mean they're not willing to work with you to lower costs," Neuendorf says. If you can't afford a prescription, ask your doctor for an alternative, or ask him or her to help you prioritize your medications, so you know which ones you can skip and which ones are nonnegotiable.

Have that end-of-life discussion - Talk to your family about what you want done when you are near death, and make sure your doctor is aware of those wishes. "Writing it down as part of an advance directive isn't enough," says David Grube, M.D., medical director of the nonprofit Compassion and Choices in Denver. "Make sure there's a document in your medical chart that spells out exactly what you want. With smartphone technology, you can even take 90 seconds and film an advance directive in your physician's office." For help with managing end-of-life care, go to compassionandchoices.org/eolc-tools.

"Don't go it alone - Bringing a loved one or family member to your medical visits can help ensure that the doctor listens to you and answers your questions. Your loved one can take notes, remind you about issues you wanted to discuss and help you remember doctors' instructions after the visit is over.

Don't be afraid to make a switch - If your doctor rushes through visits, doesn't address your questions or fails to listen to you without interrupting, look for a new physician. "There's no shame in finding someone who's a better fit," Grube says.

Upcoming Events for 2017

Events	Dates	Location
Monthly Lunch	11:30AM – 1:30PM 2 nd Thursday every month	Redmond Senior Center 8703 160 th Ave. NE, Redmond, WA 98052
Weekly Programming for Seniors	10AM – 2PM Every Thursday	North Bellevue Community Center 4063 148 th Ave. NE, Bellevue, WA 98007
Field Trip	April 26, 2017	Whale Watching Trip
Health Fair	June 10, 2017	Eastside Baha'i Center 16007 NE 8 th St., Bellevue, WA 98008
Family Picnic	July 2017	TBD
Senior Music Talent show	October/November 2017	TBD

Cyber Safety for seniors

Editorial provided by Brian Maroney, Right at Home, Inc.

According to the FBI's Scams & Safety, seniors are highly targeted by scammers of all kinds because they are widely expected to have a nest egg saved up, own their own house, and have excellent credit. Because children in the 1930s, '40s and '50s were taught to be polite and trusting, scammers also expect older generations to be easier targets. Many scammers think seniors are even easier targets online because they did not grow up with today's technology like younger generations did, and therefore scammers don't think they will be as savvy about Internet safety and risks.

Seniors are also less likely to report scams. They either do not know who to report a scam to or they are simply embarrassed. Whatever the reason, this tendency also puts seniors at higher risk.

The best way to protect your loved one from scammers is to educate him or her about what to look for:

Scams Using the Name of Well-Known Companies -These emails claim to represent a well-known company, like Microsoft, and may even look very much like the company by using company identifiers such as logos. These emails will make some sort of claim as a precursor to asking for personal information, such as your logon password.

Scams That Say You Have Won a Lottery -These emails will tell you that you have won a lottery, even though you did not enter one. They may try to align with a well-known company to try to look credible. Again, these emails will make a claim to try to get personal information from you—such as that they need your bank account number to deposit your winnings.

Scams That Pretend To Be Security Software -Also known as "scareware," rogue security software claims to be effective security software, but does not actually protect the computer. Often, the software actually causes false security alerts—or worse, will lead you to make fraudulent transactions to gain personal information or take your money.

Seniors, like all Internet users, will also benefit from general computer security practices such as using antivirus software, setting up a firewall, and never opening emails from unknown addresses or following links to unknown sites. The Department of Homeland Security's National Cyber Security Awareness Month website offers even more information about computer safety basics, www.dhs.gov/files/programs/gc_1158611596104.shtm.

"Make sure your loved one knows that if they are scammed, they can come to you for help without fear of being judged," said Brian Maroney, president of Right at Home in Linwood, NJ. "Many seniors do not report fraud because they worry that their friends and family may think they are no longer able to look after themselves." To report a scam, contact the FBI, www.fbi.gov/contact-us/field, or submit a report online through the Internet Crime Complaint Center, www.ic3.gov/default.aspx.

"If you follow some general rules and guidelines...you will find the Internet a non-scary, fun, and enchanting place to visit."

Travel Essentials

By Shyam Oberoi

I have been traveling to countries all over the world. Over a period of time, I felt the need of a CHECK LIST of travel essentials so as to facilitate me in efficient planning before I hit the road. I developed a list for my personal use. The following is a modified version that I consider might be useful to travelers. Though you might not need all the items listed here, it can serve as a reasonable check list for your individual needs depending on your trip duration, places to visit, weather conditions and planned activities. There may be some items required to meet your personal needs that may not appear here. I hope this check list is useful to you. BON VOYAGE.

Clothing	Toiletries	Health Needs	Travel Documents
Shirts	Towels	Medication	Passport And A Copy
Pants/Trousers	Shampoo	Bandage	Visa And A Copy
Shorts	Conditioner	Antiseptic Cream	Tickets
Sweaters	Shaving Needs	Deet With Insect Repellant	Vouchers
Coats/Jackets	Hair Needs	Knee Caps	Driver Licence
Suits, Ties And Belts	Dental/Oral Hygiene Needs	Medicines For Diarrhea, Constipation, Nausea	Guide Books
Mufflers, Caps And Gloves	Body Lotion	Tylenol, Ibopropene	Maps
Sleep Wear	Perfume	Tums	Health Insurance Card
Under Garments	De-Odorizer	Rehydration Salt	Aarp Card
Formal, Walking, Hiking Shoes	Toilet Paper, Tissue	Water Chlorinator	"America The Beautiful Card" For National Parks
Sandals	Sanitation Needs	Brief Medical History, Allergies To Specific Medicines	Emergency Contacts
Socks	Bath Soap	Brief Health History	
Swimming Trunks	Hand Sanitizer	Other Specific Health Needs	

Money	Electronics	Misc.	Misc.
Cash	Phone	Ear Plugs	Back Pack/Day Pack
Credit Cards	Camera, Memory Cards	Umbrella	Water Bottle
Debit Cards	Phone And Camera Chargers, Batteries	Laundry Soap	Eye Glasses/Lenses Incl. Spare, Cleaner For Glasses/Lenses, Sun Glasses
Traveler Checks	Wrist Watch	Shoe Polish And Brush	Flash Light
Money Belt	Alarm Clock	Cleaning Rag	Journal, Note Pad, Pen, Pencil
Wallet/Purse	Head Phones	Tsa Locks	W, Eye Cover
	Binoculars	Ziplock Bags	Reading Material
		Sewing Kit	
		Neck Pillow	Snacks

Legislative Day

By Shyam Oberoi

"APIC (Asian & Pacific Islander Coalition) and ACRS (Asian Counseling and Referral Service) organized a Rally in Olympia on Legislative Day, February 23, 2017. The purpose for the Coalition member organizations was to meet the Governor and Legislatures from various districts to make them aware of the needs and concerns of these communities.

Around 2000 Participants from all over Washington State including 38 participants from Indian Community joined the Rally.

Participation of Indian community was organized by IAWW Senior Group with assistance from ACRS and IAWW Community Program. Dr. Lakshmi Gaur, Secretary IAWW represented Indian community during the meeting with the Governor.

About 20 participants from Indian Community met with the legislator from Bellevue and expressed concerns about projected changes in Immigration and Medicare/Medicaid laws."



Donations to the IAWW Seniors Program (January to March 2017)

IAWW Seniors Program gratefully recognizes all the donors in our community who have contributed in the first quarter of 2017 (January - March). Your financial support is crucial to the success of the program.

Monthly Lunch Program:

\$25 Each or More - Aggarwal, Madan Lal; Aggarwal, Satya; Amlekar, Anu; Amlekar, Pat; Balasubramanian, Aruna; Bassi, Gunwant; Chokshi, Suresh; Gopalakrishnan, Saroja; Gopalakrishnan, Venkitachalam; Iyer, Parameswaran; Iyer, Vijaya P; Kapoor, Tarang; Kapoor, Vijay; Kumar, Santosh; Mallik, Pat; Mallik, Sharwan; Parameswaran, Brinda; Patel, Anil; Patel, Asha; Ramanathan, K V; Ramanathan, Raji; Rao, Parvathi; Saxena, Pushpa; Sehgal, Uma; Surati, Jay; Surati, Sudha; Velji, Noorali; Velji, Shirin; Vishwanathan, Bala

Seniors Program:

\$10,000 - Shanbhag, Darshana & Wagle, Dilip
\$2,500 - Raman Family Foundation
\$500 - Dr. Angolkar, Padamaraj V
\$200+ - Agashe, Makrand & Lalita Gaur; Velji, Noorali & Shirin
\$100+ - Surati, Jay & Sudha; Thakkar, Vishal

Humor

A little boy was in a bus eating a chocolate, then he took another one and then another...
A man next to him said, "Do you know that too much of it will damage your teeth??"
The boy replied, "My grandfather lived for 132 years"
The man asked, "Was it because of eating chocolate?"
The boy replied, No, he was always minding his own business!

My wife told me the car wasn't running well because there was water in the carburetor.
I asked where the car was. She told me, "In the lake."

She has an electric blender, electric toaster and electric bread maker.
She said "There are too many gadgets, and no place to sit down!" So I bought her an electric chair.

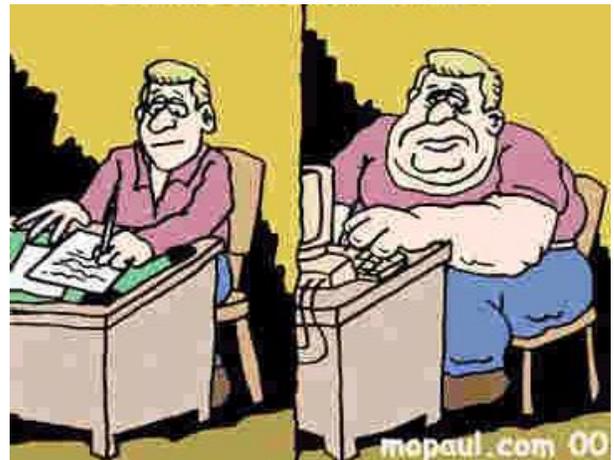
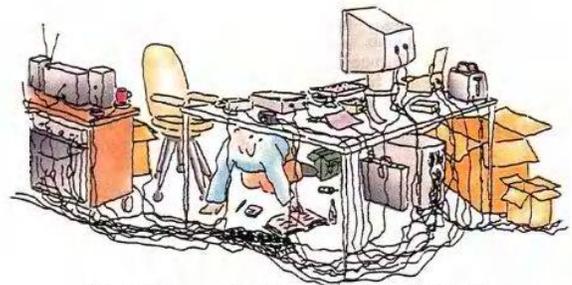
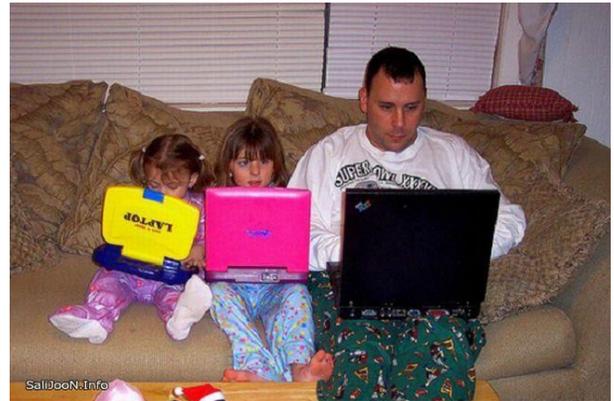
Once a man asked God...
Why don't you fulfill my wishes if you are everywhere?
God replied... I am like WiFi my child. I am available everywhere but you need to connect with me with the right password.. which is FAITH.

Q: Why is it so hot in a stadium after a football game?
A: Because all the fans are gone.

Q: What did one eye say to the other?
A: Don't look now, but something between us smells!



What Computers have done to us



Volunteer Profile



Name: Uma Sehgal

Husband: Late Dr. Suren Sehgal

1st Son: Ajai Sehgal

Wife: Jackie Sehgal

Grandchildren: Jamie, Jilian and Julia

2nd Son: Neel Sehgal

Wife: Diane Sehgal

Grandchildren: Ryan and Hannah

Uma Sehgal came to North America in 1962 with her husband. They settled down in Canada for around 20 years where Dr. Suren Sehgal did medical research. Uma Sehgal has two sons, Ajai and Neel, who are married to very loving and caring ladies and 5 grandchildren.

In 1983, Uma along with her family moved to America. Dr. Suren Sehgal joined Princeton, NJ for medical research purposes. Uma Sehgal moved to Seattle in 1999. Since then, she has been Seattle based.

She worked as a teacher in a Co-op school in Montreal, Canada for some time. Once they moved to Princeton, NJ, she worked as a Real Estate Agent for 17 years.

Uma joined IAWW Seniors Program in 2000 and started volunteering for the organization the same year. She has helped with field trips, monthly lunches and health fairs as well. She has been hosting the core volunteer meetings in her residence and has been a wonderful host.

Uma mentions that working as a volunteer with IAWW Seniors group has given her a good reason to go on with her life after the loss of her best friend and partner in life of 41 years. Volunteering has given her a sense of purpose, the opportunity to do something for others without expecting anything back. She believes that by helping others she is helping herself. The seniors program has given her enormous benefits – An active social life, encouragement from friends to stay healthy and increased her levels of happiness.

Mrs. Sehgal used to work with the Navigator program via the Chinese Information Services to help the Indian Seniors as a Social worker. She has since retired from this position.

She has varied interests outside the IAWW Senior Program. She is a creative cook and likes to make wonderful dishes. Uma is also musically inclined. She learnt to play Sitar in the past.

Uma's motto is "Serve our community". She believes that the purpose of IAWW Volunteers is to serve our community and when we do things together we truly achieve the best results. Teamwork strengthens our community.

Uma is a core part of our volunteer group. We value her effort, commitment, and counsel to enhance the activities of the seniors program.

Quotes:

He who gives the blow forgets; he who bears the bruise remembers. - Haitian Proverb

The big guy does what he wants; the little guy does what he can. - Haitian Proverb

10 Fun Facts about Aging

Moves for Seniors (www.movesforseniors.com)

1. Let's start off simple. Since 1960, life expectancy has increased by three and a half years.
2. Your creative capacity doesn't shrivel away in the slightest. Take philosopher Emmanuel Kant for example. He published what are arguable some of his greatest works between ages 60 and 80.
3. It's never too late to start a successful business, either. Did you know that Harlan David Sanders – better known by the familiar moniker Colonel Sanders – founded Kuntucky Fried Chicken at the age of 65.
4. On top of that, as of 2009, there are at least 6.5 million elderly citizens ages 65 or over working labor jobs. That number is projected to reach 11.1 million by 2018.
5. That might be the right way to go, considering working past retirement can help you achieve longevity.
6. Really though, the key to longevity is in your lifestyle. This report argues that only 30% of the characteristics associated with aging are determined by genetics. The other 70% is determined by the way you choose to live your life.
7. So choose to be happy! Actually, a 2008 Gallup poll showed that more people report feeling happier as they get older than vice versa. Specifically, this starts happening after age 50. So, this shouldn't be too much of a challenge.
8. Now for some real fun. Studies show that as you age, your body sweats less.
9. And so much for getting soft! Researchers have suggested that the older you get, the more competitive you become.
10. Finally, it's not all about exercise. What you're doing right now is actually healthy for you. This study shows that exercise in combination with computer use can prevent memory loss.

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

"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) 805-8955

India Association of Western Washington (Seniors Program)

3639 Martin Luther King Jr. Way S,

Seattle, WA 98144

E-mail:

iawwsenior@hotmail.com

Website:

www.iaww.org