



NEWSLETTER

NIAASC

NATIONAL INDO-AMERICAN ASSOCIATION FOR SENIOR CITIZENS

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Summer-2007 Newsletter

Editors: MK Ramasubramanian & Rajeshwar Prasad

NIAASC lost an energetic Board member and former treasurer:

ROMESH TEWARI passed away in March 2007. A number of the NIAASC Board Members attended his funeral on March 17 and paid homage for his community services. He was predeceased by his wife, Saroj, in 1994 and is survived by his son, Vivek. Romesh joined NIAASC at its inception in 1999 and provided valuable professional leadership during its infancy and continued as its Board member till his death. He came to the United States in 1971 and lived in Elizabeth/Old Bridge in New Jersey. He was the most gracious host and person as he hosted a number of NIAASC Board meetings at his house. He was principal auditor for the State of New Jersey Controller's Office for 25 years before his retirement in 1993. He received a Legislative Honor upon his retirement by the State and General Assembly of New Jersey State. He was a history and practical ethics professor at Rutgers University. He volunteered for Interfaith Hospice Care, and Rosehill Retirement Home in New Jersey.



BRIEF HISTORICAL PERSPECTIVE OF NIAASC: The National Indo-American Association for Senior Citizens (NIAASC), incorporated early 1999, is a nonprofit 501C3 organization. Its mission is to serve seniors through information, referral and advocacy services. Touching briefly activities in recent years: **2005:** In February NIAASC highlighted its mission, objectives and activities at a conference in Artesia, California. In May it presented a paper at the National Federation of Indian Associations in New York; and in July it presented two papers at the North American Bengali Conference also in New York. Both organizations celebrated their 25th anniversaries. At an event, organized by the Commissioner Sharon Mullan of 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 in June at the Hofstra University. **2006:** It organized Eleventh Workshop, "OVERSEAS CITIZENSHIP OF INDIA" addressed by India's Consul P.S. Sasi Kumar on June 11; attended a Two-Day Conference at the United Nations on "E-TECHNOLOGY CHALLENGE AND OPPORTUNITIES: EMPOWERING GRAYING SOCIETY" on June 19 & 20, one session on Elder Abuse led by NIAASC representative; Attended One-Day conference on May 12 by ASIAN AMERICANS/ ASIAN RESEARCH INSTITUTE (AAARI) at BARUCH COLLEGE where NIAASC assisted in planning and spoke or moderated in two sessions: Health Related Issues and Senior Citizens, and Intergenerational Communication. Attended two-Day Conference sponsored by the United Way of Central Jersey on SUCCESSFUL AGING on July 22 & 23, 2006 in Sayreville, New Jersey. In October it had its 12th conference on Financial Planning and Management for Seniors addressed by Dervinder Singh Esq., and How to Work Cooperatively Between Nonprofit and Public Sectors by Dr. Sharon Mullan. The thirteenth conference was held on April 29, 2007 and this issue covers details.

Board of Directors 2007:

OFFICERS: **President:** Ashwin Pandya MD (Apandya880@hotmail.com), **Vice Presidents:** M.K Ramasubramanian, (mkram38@hotmail.com) and Samir K Dutta MD, (samirkdutta@yahoo.com) **Secretary:** Satpal Malhotra, (paul_malhotra@yahoo.com), **Treasurer:** Chandubhai Patel (cbpatel75@gmail.com), **Executive Director:** Rajeshwar Prasad (prasadrj@aol.com)

MEMBERS: Sushila Gidwani-Buschi Ph.D., Sampurna Jain, Annie Koshi Ph.D., Tara Kotecha, Ardaman Singh Madan, Satya Malhotra RN, Meena Modak, P. Ramaswamy Mohan, Asha Samant DDS, Ashok Satkalmi Ph.D., Suprabhat Sengupta, Chandrakant Shah, E. M. Stephen, and Avinash Suri

SPONSORS FOR THIS ISSUE OF NEWSLETTER: Dr. Ashwin Pandya, Mr. MK Ramasubramanian, Mr. Chandrakant Shah, Mr. Ardaman Singh Madan, Mr. Rajeshwar Prasad, Ms. Meena Modak, Dr. Asha Samant, Mr. Satpal Malhotra

SAVE THE DATE: SATURDAY OCTOBER 27, 2007 FOR THE NIAASC ANNUAL GENERAL BODY MEETING AND FULL DAY CONFERENCE.

**NATIONAL INDO-AMERICAN ASSOCIATION FOR SENIOR CITIZENS INC.
THE ANNUAL FINANCIAL STATEMENT OF RECEIPTS AND EXPENDITURES FOR THE FISCAL YEAR
ENDED AS OF MARCH 31, 2007 (FY 2007)**

During the fiscal year 2006-2007 total receipts were \$3,094.00 and total expenditures were \$3,536.00. This leaves a deficit of (\$442.00) for the fiscal year. With the balance as of March 31, 2006, the total funds available @ 3/31/07 were \$3,094.00

Total membership of NIAASC as of March 31, 2007 was 112

RECEIPTS:

MEMBERSHIP:

Regular	\$70.00	
Life	\$500.00	
		\$ 570.00

DONATIONS:

Newsletter	\$750.00	
Regular	\$250.00	
		\$1,000.00

COLLABORATIONS/SPONSORSHIPS

FOR CONFERENCES \$1,205.00

REGISTRATION FOR CONFERENCES \$ 315.00

INTEREST (assumed for a year) \$ 4.00

TOTAL RECEIPTS: **\$3,094.00**

EXPENDITURES

POSTAGE, STATIONERY \$ 536.00

ANNUAL MEMBERSHIP(KERALA CENTER) \$ 500.00

NEWSLETTER/BROCHURE \$ 800.00

FOOD/RENT FOR CONFERENCES \$1,058.00

ADVERTISEMENT/FUND RAISING/ SPONSORSHIP \$ 00.00

CONFERENCES (including Tel. Conf. For meeting) \$ 190.00

PLAQUES \$ 284.00

PUBLICATIONS (AAA directory) \$ 68.00

MISCELLANEOUS (BREAST CANCER DONATION IN MEMORY OF LATE ANJALI PANDYA) \$ 100.00

TOTAL EXPENDITURE: **\$3,536.00**

DEFICIT **(\$442.00)**

Ending March 31, 2007 CASH BALANCE IN BANK **\$3,094.00**

Full Day Conference on April 29, 2007

ISSUES OF SINGLE SENIORS: FOCUS ON BEREAVEMENT SUPPORT SYSTEM and RETIREMENT HOUSING FOR SENIORS OF INDIAN ORIGIN

The National Indo-American Association for Senior Citizens (NIAASC) had its 13th Conference on Sunday, April 29, 2007 at the Vaishnav Community Center in New Hyde Park, Long Island. It was undertaken in collaboration with Indo-American Senior Citizen Center of New York and the Indian American Kerala Cultural and Civic Center. About 75 participants attended this full-day conference and the interaction on both the above issues evidenced the success and satisfaction of all participants.

Before formal presentations commenced participants observed one-minute silence in memory of **Virginia Tech's** 32 innocent victims, including two Indians, who were shot dead by a student who committed suicide, and **Romesh Tewari**, NIAASC Board member and former Treasurer, who died on March 13, 2007.

Besides presentations on the above two issues, the event also included brief presentations from both collaborators: **Chandubhai Patel** from Indo-American Senior Citizen Center of New York, and **EM Stephen**, Founder and Executive Director and **Jose Chumar**, President of Indian American Kerala Cultural and Civic Center. Comments were also made about other ongoing senior programs: **Nirmala Ramasubramanian** from Hindu Temple Society of North America, **Chandrakant Shah** from Jain Temple, **Chan Jamoona** from United Hindu Cultural Council Senior Center, **Avinash Suri** from India Association of Long Island, **Ardaman Singh Madan** from Guru Gobind Singh Senior Center.

Usha Foods provided vegetarian buffet lunch, and the Vaishnav Temple Senior program recognized all senior programs and guest speakers with a symbolic bouquet of flowers. NIAASC Secretary, **Satpal Malhotra**, proposed a Vote of Thanks. The event was covered by ITV and the reporter interviewed about half a dozen community leaders including guest speakers during and after the conference. The channel 57 TV also covered the event.

We acknowledge with gratitude that all the following pictures were provided by Natwarlal Bodiwala



Afternoon Session »
(L to R)
Moderator P. Ramaswamy Mohan, Guest Speaker Iggy Ignatius, and Dr. Samir K. Dutta (NIAASC VP)



Morning Session ^
Moderator Dr. Ashwin Pandya, NIAASC President (standing), others L to R: Guest Speakers Patricia Walsh Perez and Rose V. Bruy, and MK Ramasubramanian (NIAASC VP)



Felicitations of Community leaders by NIAASC leaders: L to R Jose Chumar, (President of Kerala Center), Rajeshwar Prasad (NIAASC Executive Director), E.M.Stephen (Founder and Executive Director of Kerala Center), Chandubhai Patel (NIAASC Treasurer & coordinator of Senior Program at Vaishnav Temple), and Dr. Ashwin Pandya



Sections of Audience



Sections of Audience

ISSUES OF SINGLE SENIORS: FOCUS ON BEREAVEMENT SUPPORT SYSTEM

Patricia Walsh Perez and Rose V. Bruy spoke on “Issues of Single Seniors with Focus on Bereavement Support System” with handout packages and visual presentations. Speeches were very well received, and invited an intensive and emotional interaction with participants. Ms. Perez handed out a detailed resource directory of bereavement services that included General Sources, Hospital-based Groups, Special Focus Groups, and County-based Bereavement Support Groups. Ms. Perez identified differences between Grief, Mourning and Bereavement and elaborated on practical reactions to loss. She continued “Grief is the natural response to letting go of someone we love very much.” Common reactions to grief are emotional, physical and behavioral. Emotional reactions may include many facets such as sadness, guilt, despair, anger, bitterness; physical reactions may include deep sighing, decrease in activity, sleep disturbances, neglect of self, increased blood pressure; and behavioral reactions could include crying, seeking solitude, seeking forgiveness, searching for what was lost, detachment from surroundings. She indicated that grief is expressed differently by each individual, and mourning is impacted by social, cultural, religious background of each individual. Ms. Bruy, complementing the presentation of Ms. Perez, related a story from the publication “Old Pig” where a grandmother and granddaughter explaining to one another what was happening on ‘Living and Loving as well as Giving and Taking’ The picture presentation covered the entire cycle: Beginning, Living and Ending. Participants, many of them having gone through their personal losses, admired both the presentations and asked specific questions. The speakers handled interactive portion, which at times was very emotional, in a very professional manner with a great solace to all.

A number of resources were identified, notable at the national levels were: AARP 202- 434-2260 – Widowed Persons Service; American Cancer Service, information, guidance, referrals 800-ACS-2345; Association for Death Education and Counseling (ADEC) 860-586-7503 – calls for referrals to counselors nationwide who specialize in bereavement counseling; Center for Sibling Loss 312-769-0185; National Mental Health Association 800-969-6642, also 703-684-7722; Theos Foundation 412-471-7779 – Self help group for the widowed and their families. At the local level there are numerous groups: general services, religious institutions, and hospital-based. There are not for profit entities too such as The Visiting Nurse Service and Hospice of Suffolk Inc.

About guest speakers:

Patricia Walsh Perez

Patricia Walsh Perez is an Advanced Practice Registered Nurse, Board Certified in Adult Psychiatric/Mental Health Nursing. She has a private practice in East Setauket, which consists primarily of individuals and families in need of counseling for issues of complicated bereavement and trauma. Ms. Perez has established the bereavement program for the Visiting Nurse Service and Hospice of Suffolk. She has been the bereavement consultant for various agencies over the past twenty years, providing specialized workshops, community workshops and professional training. Ms. Perez is a Diplomate with the American Academy of Experts in Traumatic Stress and holds Certification in Bereavement Trauma and Traumatic Stress Management. Ms. Perez was the co-founder and past-president of the Long Island Chapter of the Association of Death and Education Counseling.

Rose V. Bruy

Rose Bruy is a Guidance Counselor with the New York City Department of Education 75 Guidance Counselor, Special Education and Service since 1980; and for the last about two years also serving as a professional member for Service Delivery. Ms. Bruy holding MS in Guidance Counseling and another Master in Psychology from New York University has major responsibilities in her present positions including Assessment and Diagnosis of Crisis Situations, Interaction and Synopsis through professional collaboration, Network and Referral when indicated. Ms. Bruy has also Grief Counseling Certification from Brooklyn College and also holds professional accreditation as licensed Mental Health Counselor, licensed Guidance Counselor, New York City, as well as Certified Guidance Counselor from New York State. Ms. Bruy is affiliated with National Board of Certified Counselors, and Association of Death Educators and Counselors.

RETIREMENT HOUSING FOR SENIORS OF INDIAN ORIGIN:

The afternoon session addressed by **Mr. Iggy Ignatius MBA** from Lansing, Michigan was on “**Retirement Housing for Seniors of Indian Origin**”. He was joined by his wife, Shanti. It was their first formal presentation in their pursuit to seek input from seniors and different organizations throughout USA. Their vision is to build “**Bharat Vilas**” in a complex of some 25 acres where retirees could rent or own a condo. The complex will have 8 Vilas in a circle around a Club House with swimming pool and other community facilities in the center. Symbolically it will be like a pizza with eight slices. Each Vila or segment could accommodate 10 residents with three double bedrooms and four single bedrooms. The radial roads from the Vilas will have 80 condos that will be more like independent living. There will be maid services in each Vila and condo owners could also take advantage of this service. The focus is on Active Adult Community. There is also a possibility that some units could be occupied by other ethnic groups. Iggy also elaborated on legal, zoning, fair housing laws and other implications which will be considered during the development process. During his input-gathering tour Ignatius will be specifically asking participants to give their suggestions on the following major components; each component having several subcomponents:

Is there a Need? Where is the Need? What kind of Housing? What kind of Food?
Who should be allowed to Join? At what Cost?

His power point presentation was followed by a video where he showed how the Vila look like from outside and inside and how the complex would look like from an aerial point? Based on preliminary estimate Ignatius predicted that a resident could rent in a Vila for \$750.00 to \$1,000.00 per month that will include rent, food, maid services, utilities and maintenance. The condos will be based on specific need basis. During the question/answer session participants expressed general satisfaction with the project and they also provided some useful suggestions. Ignatius distributed a booklet on “Bharat Vilas” and was pleased with the response. He said it was the beginning!

It is expected that the first Bharat Vilas may open its doors in Atlantic City, New Jersey in 2008. There is also a plan to expand the project to California, Illinois and other places with a high concentration of Indians. Each segment is estimated to cost about \$3 million, with the total project cost with eight segments to be around \$25 million. The capital needed is being funded by a limited partnership specifically formed for this project.

For further information visit
<http://www.BharatVilas.com>
or e-mail to info@BharatVilas.com.
The website provides details
of the entire project along with
downloadable sections of the live
presentation made at the
NIAASC in New York on
April 29, 2007.



Main House

Bharat Vilas
A Retirement Community
for Seniors from India

Iggy Ignatius MBA: Graduated with BE from Birla Institute of Technology & Science and MBA, from Urbana, Champaign, USA. After graduating in 1982, Mr. Ignatius joined as a consultant in New York with a small consulting firm, and worked with companies like Time, American Express, Citibank etc. He dabbled in real estate, buying and selling properties in the New Jersey area. Three years later in 1988, he and his family decided to move to India to set up a business on their own. In 1989 they formed IGGI Resorts International and started building resorts all over South India, expanding into North India. Besides Sterling Resorts and Dalmia Resorts, they were one of the pioneers of the Time Sharing industry in India. Later they entered into the field of building rest areas with Motels under the IGGI Motels banner and both the companies were traded in the Madras and Bombay Stock Exchanges. In 1996 during the Asian Financial crisis in India, they lost all their investments. The family moved back to the US and started their career from scratch. Iggy worked for General Motors as a consultant for 3 years, and then they started WEBPAK, a software development company in Michigan. About two years back, they decided to follow their long time dream of building retirement homes for Indians as a non-profit organization.

HELPFUL INFORMATION & NEWS:

1. Travel Plans and Health Insurance outside USA: (adapted from Newsday. March 3, 2007)

What happens if you get sick in a foreign country? Medicare does not reimburse medical costs outside United States. The same holds true with many private insurance plans. The State Department has a Web site (www.travel.state.gov/travel/tips/health/health_1185.html) that is worth reviewing before your foreign trip. The site provides tips for health issues while traveling abroad, and also includes a list of companies that will write you a temporary health insurance policy to cover you while abroad. You can also visit www.insuremytrip.com. This is a Web site that partners with several companies that write health insurance policies for international travelers.

2. Be on Guard Against These Seven SCAMS: (adapted from Newsday article by Saul Friedman 6/23/07)

Recognizing that more and more older Americans are yearning to learn to use computers and get online, AARP has issued a new brochure warning of “the seven deadly scams” victimizing computer users

- Internet auctions that offer goods or money that never arrive.
- “Phishing,” e-mail that tricks consumers to update or validate their accounts.
- Foreign money offers.
- Sweepstakes.
- Phony charity collections.
- Foreign lotteries.
- Work-at-home schemes offering great pay for little work.

For more information from AARP, call 888-687-2277 or go to www.aarp.org

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NIAASC New Members

Life:

Ramesh Shah
Chandrakant Jain
PR Mohan
Sampurna Jain
Rita Batheja
Janaki Narasimhan

Annual:

Indravaradhan Shah
Erica Dhar
Ardaman Singh Madan
Bishan Bakhru
Suleh Malkani
Prakash Bhatia

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NIAASC was represented by **Meena Modak and Chandrakant Shah** at the Annual Award Gala of Queens College on June 21, 2007. It was initiated by **Professor Madhulika Khandelwal**, Director, Asian/American Center, Queens College in New York

Concept of India Homes Inc. as presented by Dr. Vasudharan (founder).

Efforts are well underway to establish a Center for Seniors of Indian Origin. The India Home Inc., a not for profit organization, based in Roslyn Heights, New York, is venturing with the Goal “To make a difference in the quality of life for Senior Citizens and people with specific needs by providing quality care in a culturally sensitive, Indian, environment.” The focus will be to provide social, educational, and medical programs for seniors to keep them healthy, active and able to enjoy their golden years. The web site is: www.indiahome.org and E-mail is indiahomeusa@gmail.com

Senior Luncheon of IALI in collaboration with NIAASC:

NIAASC collaborated with India Association of Long Island (IALI) in planning and implementation of its eleventh senior luncheon on May 20, 2007 in Huntington. The key presentation was on Health Issues Related to Aging, by Dr. Sunil Mehra, a highly accomplished health care professional. In the afternoon after lunch a presentation and demonstration on Spirituality and Meditation by Rajiv Kohli from Science of Spirituality got all the participants involved actively. NIAASC has collaborated with all the previous senior luncheons of IALI since December 2000.

MISSION AND OBJECTIVES of NIAASC:

Mission of the National Indo-American Association for Senior Citizens (NIAASC) is to serve as the leading national information, referral and advocacy organization committed to the wellbeing and quality of life of Indo-Americans in their senior years. The objectives include: creating awareness of Indo-American senior issues and needs; providing information on issues and services; advocacy at the local, state and national levels on seniors' issues; forging collaborations with public and private service providers; providing advisory support to Indian community, business and professional groups in developing senior programs and services; educating the public through workshops, conferences and seminars to address senior issues; and working with Indian and other groups to collect and store information regarding senior issues and problems.

Membership Benefits with NIAASC

Membership is open to all Indo-Americans, agencies and organizations which subscribe to the objectives of the NIAASC. Members will benefit through:

- * A periodical newsletter on pertinent issues for seniors;
- * Information about services identified earlier;
- * Referral to service provider agencies in their communities;
- * Advocacy on behalf of seniors;
- * Job opportunity alerts for seniors;
- * Workshops, seminars and conferences to address issues affecting seniors.

NATIONAL INDO-AMERICAN ASSOCIATION FOR SENIOR CITIZENS Inc. MEMBERSHIP/DONATION APPLICATION

Renewal _____ New Membership _____ (please check one)

Name:..... Telephone ()

Address:..... zip.....

Fax # () E-mail.....

Sex: Male:.... Female:.... **Age:** 50 years & older:.... Under 50 years:.... **Marital Status:** Married Single ...
If Single: Never Married ... Widowed ... Divorced ..

Please check one: Individual membership..... Organization membership.....

Please check one under category and one under membership fees:

Categories

Membership Fees

Regular member (50 years and over): \$10.00 per year\$40.00 for 5 years..... \$100.00 for Life
Members under 50 years (nonvoting): \$10.00 per year.....\$40.00 for 5 years..... \$100.00 for Life
Not-for-profit organization.....\$100.00 per year..... \$400.00 for 5 years.....
Other agencies/institutions.....\$100.00 per year..... \$400.00 for 5 years.....

I,....., have read the objectives of the Association and I shall subscribe to them:

I am interested in volunteering my services to NIAASC _____ Signature: _____

Any additional donation will be highly appreciated: Please check the donation amount:
\$50.00.....\$100.00.....\$200.00.....\$250.00.....Other(Please specify).....

Please make check payable to National Indo-American Association for Senior Citizens or NIAASC and mail to:
7 Roberta Avenue, Farmingville NY 11738

EDITORIAL:

Success of any program is determined by how it is impacting on its members or clients? In the last ten years Indian community has spearheaded various programs for seniors of Indian origin in USA. They address general and specific needs of seniors that may be social, economic, family-related, cultural or they may be addressing broad but essential issues of housing for seniors, health insurance and Entitlement programs.

In its previous newsletter NIAASC focused on the NEED of interaction among senior programs and also as to how NIAASC can be instrumental in spreading the message of these programs. In this editorial we are specifically urging you, the readers, and others undertaking senior programs in their communities to be part of a bigger family. That will help us all to raise our concerns and put our issues on the forefront in a united manner at the national level. NIAASC being information, referral and advocacy organization can play a significant role with your cooperation and understanding. In order for NIAASC to accomplish this noble and necessary task we need the following information:

Name of your program or organization.

Duration of your senior program.

How often and when your activities take place for seniors viz once a week?

What are your normal activities?

How many seniors join activities?

Are your senior activities specific to a particular region and conducted in the regional language?

Contact information: E-mail address & Telephone number of contact person

Just a few years back India Abroad had listed senior programs in different states in USA when it initiated the column "Sixty Plus." Since then there have been many new programs. As a service to the seniors and their families, NIAASC can be a catalyst in bringing your message to other programs and attempt to create a sense of belonging to one another. It can be done with your cooperation.

Please send your input and information to NIAASC@AOL.COM or mail to NIAASC
at 7 Roberta Avenue, Farmingville, NY 11738

National Indo-American Association
For Senior Citizens (NIAASC)
7 Roberta Avenue, Farmingville, NY 11738

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