



USAP News

United Seniors Association of Pittsburgh

www.usaofpittsburgh.org

Volume 6 Issue 1

WINTER ISSUE

January 2024



USAP WISHES ALL OUR READERS
A VERY HAPPY, HEALTHY AND JOYOUS
NEW YEAR!

With the dawn of 2024, we embark upon our seventh year of our journey to serve the senior community in greater Pittsburgh area.

We have grown to now over 430 members. With such strong support, the Executive Board is encouraged to provide more services to our members.

In keeping with the mission statement *“to promote healthy aging through education, participation and social support, and to help fellow seniors in need”*, USAP has been successful in fulfilling these needs. Educational lectures from experts on topics of health and finances, yoga and dance classes, social support through picnics, weekend retreats and group travels, etc. all have made everyone a little happier and healthier.



The **Garden Club** this year is starting a new activity with growing and propagating Chrysanthemums, the perennial plant that not only will beautify your garden in Fall, but also keep you engaged in group learning the skills of gardening from experts and appreciating the beauty of nature.

The **Humanitarian committee** has organized a list of volunteers according to their zip codes, who are willing to help with car rides or carpooling, etc. for some members who need such help. Once this becomes established, this can expand further in providing help with doctor or hospital visits, or grocery shopping when needed. The committee will need feedback with suggestions of other kinds of help that it can provide. Only when need is expressed can help be provided, so please let us know.

The Newsletter always contains some valuable information that one may need to refer to later, as for example the “Volunteers Ready to Help” and the “Medical Advisory Council” in this issue. These are worth saving by having a printed copy or saving them on your computer. All back issues of the Newsletter are available on the USAP Website for easy reference.

The website serves to become a new member, renew your membership, signup for the USAP Newsletter, signing in to USAP events and check for the saved reference material.

READERS WRITE

We do appreciate and feel encouraged receiving your many positive comments. Because of the limited space, we apologize if we are not able to share everyone's feedback. We love your feedback. Please keep them coming! You can reach me at simabatra@gmail.com.

Seema Batra, Readers Write Column Editor

I thoroughly enjoyed the Newsletter. Great work - not only in producing the newsletter, but also running all the valuable programs. I wish I could find time to attend and help. However, if I/AHINSA can help with organizing the much-needed Humanitarian services, please let me know. Keep up the good work and thank you for your service.

Som Sharma

You keep raising the standard of the Newsletter with every edition!! Excellent Newsletter, capturing a plethora of activities, programs, and member involvement with feedback. This Newsletter ties everyone together as a synchronous team. I appreciate all the efforts you have put into this to make it happen.

Kiran Bakshi

USAP Newsletter was very informative and well written. Enjoyed thoroughly!

Vasanti Majmudar

The Newsletter is wonderful, informative, and covers all the topics. Thank you for your hard work and all the effort that goes into it. I have been a member for 5 years and a Charter member for 4 years. I enjoyed all the meetings as well as the 4 trips I took through USAP. I am proud to be a member of this Great Organization! Thank you USAP!!

Vaishali Patil

The USAP board including all committee members have worked relentlessly and against all odds in the beginning stages of the organization. Strong leadership from Chetan Patel, great newsletters and secretarial work from Dr. Subash Ahuja, and a great treasurer's job by Kiran Bakshi with complete transparency about the finances are commendable!

Girish Thakkar

Thank you USAP Board members for your tremendous service. You all have done an outstanding job! The whole Indian community benefits, thanks to your hard work and dedication.

PK Doshi

The team deserves lots of credit and respect. God Bless our USAP.

Vasvi Patel

Excellent newsletter. Very well-written, and informative, covering all activities. Lots of hard work by the team. Proud to be a member of this wonderful organization. Congratulations and keep it up.

Mananda Bhende

Very informative newsletter. The layout is very good.

Nirmal Kotwal

Your feedback is important to us. One feedback is equivalent to twenty-five.

USAP TOTAL MEMBERSHIP

(AS OF DECEMBER 31, 2023)

TOTAL Members : 434

.....
Charter Members : 204

4 Year Members : 230

Annual Members : --

CHARTER (LIFE) MEMBERS

Veena Agarwal
Subash Ahuja
Suhendra & Surinder Ajmani
Surinder & Veena Aneja
Rajnikant & Premila Amin
Surinder & Veena Aneja
Manohar & Nilima Badlani
Kiran & Viharika Bakshi
Zarin Balaporia
Dharam & Shashi Batish
Devender & Pramila Batra
Madan & Seema Batra
Vijayakumar & Latha Bhagavatula
Ranjan & Meena Bhandari
Shailesh & Mananda Bhende
Veena Bhide
Rajesh & Neelam Brahmbhatt
Vinod & Manju Chablani
Bharati Desai
Dilip Desai
Nainesh & Jayna Desai
Niranjan & Sudha Dixit
Pratap & Madhu Doshi
Anant & Jyoti Gandhi
Nikhil & Bharati Gandhi
Vasant Germanwala
Narsinhbhai & Savita Ghelani
Amit & Sonali Ghosh
Girish & Deepa Godbole
Suresh & Varsha Golakiya

CHARTER (LIFE) MEMBERS

Sukhdev & Elisha Grover
Karan & Shashi Gupta
Ravindra Gupta
Som & Sadhana Gupta
Darshana Hathi
Ashok & Santosh Jain
Sushil & Sandhya Jain
Arun & Shobha Jatkar
Navin & Swati Kadakia
Ravi Kant & Bina Goel
Jagannath & Deepa Karambelkar
Neelam Katyal
Ved & Alka Kaushik
Umera Khatri
Ravi Kolli
Ashok & Indra Kumar
Suresh & Rani Kumar
Chetan & Leena Ladani
Sumant & Raj Lall
Juginder & Dolly Luthra
Suneel & Alka Maheshwari
Vasanti Majmudar
Vasu & Durga Malepati
Rajesh & Kamakshi Mankad
Harshad & Rekha Mehta
Rajesh & Meena Mehta
Vijay & Bhavna Mehta
Jayant & Lakshmi Mirani
Dinesh & Manisha Mittal
Khozem & Rezwana Mogri
Bharat & Bina Monpara
Jadavbhai & Rambhaben Monpara
Pravin & Rekha Monpara
Amit Mukherjee
Sumedha Nagpal
Deviyani Pandit
Kiran & Bharati Parikh
Mukul & Neelima Parikh
Chandubhai & Harshaben Patel **Cont**

CHARTER (LIFE) MEMBERS

Chetan & Bakula Patel
Gautam & Prachi Patel
Gauttam & Rita Patel
Kirit & Gita Patel
Kishor & Pushpa Patel
Manojkumar & Vasvi Patel
Minaxi Patel
Pravin & Hansa Patel
Pritesh & Jaimini Patel
Sudhir & Nilam Patel
Kiran Patil
Rajeev & Sangeeta Patil
Vaishali Patil
Jayashree Phanse
Achala Phatak
Rajnikant & Bharati Popat
Chandrakant & Harsha Pujara
Vilas & Vasanti Puranik
Hemal & Dipali Purohit
Subbarao & Uma Rambhala
Jethalal & Alka Rambhia
Ashok & Ranjana Sahai
Surendra & Hira Sethi
Bharat & Rashmi Shah
Sandip & Smita Shah
Shobhna Shah
Vijay & Arti Shah
Brahma & Anita Sharma
Brij & Usha Sharma
Krishna Sharma
Dilip & Shakuntala Shinde
Shyam & Durga Somani
Mohan & Jyoti Soneji
Raji Srinivas
Manohar & Meena Sukhwani
Dayal & Nita Sutaria
Shanti & Pramila Swarup
Adi & Jasmin Tamboli
Girish & Lina Thakar
Jamnadas & Kavita Thakkar

CHARTER (LIFE) MEMBERS

Chandrakant & Sagarika Tiwari
Ashok & Anju Trivedi
Durlabhji & Bharati Ukani
Saroj Wadhwa
Vijay & Arati Warty

4-YEAR MEMBERS

Pritam & Binu Advani
Sohini Advani
Kamlesh & Nishi Aggarwal
Krishan & Madhu Aggarwal
Devyani Asher
Vikram & Asha Asher
Saroj Bahl
Jagjit & Neelam Bajaj
Surinder & Jagdeep Bajwa
Shantha Balasubramaniam
Ravi & Raji Balu
Surendra & Prabha Bansal
Subhas & Chhaya Bole
Cyrus Cama
Farhad & Shahnaaz Cama
Ambaram & Kiran Chauhan
Mohan & Sudershan Chhabra
Prasad Dabbala
Nilufer Daruwala
Lily Aspi Dastur
Arunkumar & Lata Dave
Prabhjot & Sheena Deol
Anil & Manjula Desai
Pankaj & Kalpana Desai
Sunil Desai
Satishchandra & Varsha Dhagat
Visalam Dharmarajan
Satish Chander & Madhu Duggal
Ravish & Nisha Gandhi
Ashtosh & Wimi Ganjoo
Chandrasekhar & Saraswathi Golla
Gaurang & Savitri Gosai
Kamlesh & Smita Gosai
Usha Gowda

Cont

4-YEAR MEMBERS

Vinod & Tripta Goyal
A Lakshmi Gundapuneedi
Mohinder & Anita Gupta
Satish Gupta
Yogendra Gupta
Deepak & Chitra Jagtani
Lalita Jaspal
Yogesh & Alka Jhaveri
Prem & Saroj Jindal
Rahul & Suniti Joshi
Usha Joshi
Deepak & Shobhitha Kamath
Bhupendra & Niru Kamdar
Jas & Anita Kansagra
Sailesh Kapadia
Harbans Singh & Prakash Kaur
Amar & Pratibha Khurana
Dilip & Rekha Kothari
Girish & Jyotsna Kothari
Deepak & Nirmal Kotwal
Prem & Ravijohar Kumar
Suman Laroia
Kanwal & Minnie Mahajan
Haresh & Prajna Malkani
Arundhati Rao Mandava
Anil Manocha
Bhalchandra & Damayanti Mehta
Rohit & Yogini Mehta
Sanjay & Amita Mehta
Usha Mehta
Vipin & Jayshree Mehta
Nitin Marchant
Ramanarao & Jyothi Mettu
Nageswara Rao Mikkilineni
Amarendra & Rachna Mishra
Arun & Shobha Mittal
Jashwant & Urmila Modi
M.H.Vamadeva & Jayasheela Murthy
Sunil Nagpal
Mohan & Jayanthi Nama
Rajendra & Sunita Nigam
Surendra & Vatsala Pancholi
Rashmikanth & Meena Pandit

4-YEAR MEMBERS

Pandu & Rama Tadikamalla
Anil & Aruna Parikh
Bakulesh & Damini Parikh
Alkesh & Rita Patel
Chandrakant & Kumud Patel
Girish & Hansa Patel
Harilal Patel
Hasmukh & Saroj Patel
Hiroo & Manju Patel
Kanta Patel
Mina Patel
Prakash Patel
Raman & Kapila Patel
Shashi & Madhavi Patel
Vinita Patel
Vinod Patel
Vinod & Bharati Patel
Sridhar & Vijaya Lakshmi Patnam
Padmanabha & Sasikala Prabhu
Mahalingiah Prasad
Pramila Ragoowansi
Veerendra & Malini Rao
Hira & Harbhajan Rohela
Mukesh & Anita Rustagi
Kutub & Azra Saifee
Harish Saluja
Ajit & Paulomi Shah
Ashok & Alka Shah
Jayanti & Bharati Shah
Mahendra & Aruna Shah
Mukesh & Parin Shah
Nayan & Meena Shah
Niranjana Shah
Pravin Shah
Priyesh Shah
Suresh & Meena Shah
Vinod & Amita Shah
Parminder & Jiwan Sharma
Som & Vandana Sharma
Tom Sharma
Leena Shete
Surya Shroff
Amar & Neeta Singh

Cont

4-YEAR MEMBERS

Asish Sinha
Virender & Monika Soi
Shailesh & Urvashi Surti
Chaitanya & Sheela Swarup
Subha Tayal
Divyesh Thakker & Tejal Shah
Rakesh & Sangita Thapar
Durlabh & Santosh Trivedi

4-YEAR MEMBERS

Pravin & Dina Vakharia
Abbey Vijlee
Prakash & Vishakha Vin
Praful & Madhuri Vora
Shailesh & Kalpana Vora
Shiban & Nanna Warikoo
Jashwant Sharma
K S & Premlata Venkataraman

Please upgrade your 4-Years Membership to Charter Membership

HAPPY BIRTHDAYS TO SPECIAL USAP MEMBERS

January: Sumedha Nagpal, Suhendra Ajmani, Kiran Bakshi, Arunkumar Dave, Yogesh Jhaveri, Deepa Karambelkar, Sasikala Prabhu, Sumant Lall, Vinod Shah, Bharat Shah, Sandip Shah, Pramila Swarup, Rezwan Mogri, Bharati Desai, Bhavna Mehta, Nitin Merchant, Vijay Warty, Veena Agarwal, Usha Sharma

February: Meena Bhandari, Vinod Chablani, Som Gupta, Mohan Chabra, Saroj Bahl, Madhu Doshi, Jyotsna Kothari, Anil Manocha, Parin Shah, Gita Patel, Kiran Parikh, Haresh Malkani

March: Viharika Bakshi, Amit Ghosh, Arun Jatkar, Hira Rohela, Shobhna Shah, Alkesh Patel, Vinod Patel, Prachi Patel, Subbarao Rambhala, Madhu Aggarwal, Sunil Desai, Ashok Shah, Abbey Vijlee, Madhuri Vora, Subha Tayal



A befitting quote for the occasion:

" LET YOUR AGE GET OLDER, BUT NOT YOUR HEART "

United Seniors Association of Pittsburgh is a tax-exempt charitable organization.

Your support goes a long way in supporting free lunches and expanding our services to the senior citizens.

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USAP News is published quarterly by United Seniors Association of Pittsburgh to keep its members and subscribers informed and connected. Your comments and suggestions are welcome to improve the dialogue.

Editors:

Subash Ahuja, Chetan Patel

ANNUAL GENERAL BODY MEETING ON 12/10/2023



More than fifty members signed up to attend the meeting. Chetan Patel in his President's report gave a summary of the many events that USAP had organized in 2023. USAP membership stands at a record 433 with 232 four-year members and 201 Charter members. Many four-year members opted to become Charter members before the end of December 2023.

Bhavna Mehta in her capacity as Vice President, and Wimi Ganjoo reported on the summer picnic that their team had organized, and also the weekend trip to Deep Creek Lake. Subash Ahuja as Secretary and editor of the USAP Newsletter reported on the many meetings that took place for the events to be successful and the many positive comments received from the readers of the Newsletter. Kiran Bakshi, Treasurer, updated the membership with the financial standing of the organization, and as Chair of the Tours and Travel, about the successful trip to Japan and S. Korea and updated the members regarding the refund status of the travel to Egypt, Israel and Jordan because of the cancellation. Vasanti Majmudar, Chair of the Humanitarian Committee summarized the plans for 2024. Rajnikant Popat, Chair of the Garden Club introduced a new activity of growing hardy Chrysanthemums and how to order them from a specialty nursery as a group for delivery in Spring of 2024.

The Nomination Committee (Chetan Ladani, Chairman, Sudhir Patel and Shakuntala Shinde) submitted their slate of officers for 2024-2025.



PRESIDENT:
VICE PRESIDENT:
SECRETARY:
TREASURER:

CHETAN PATEL
BHAVNA MEHTA
SUBASH AHUJA
KIRAN BAKSHI

And a Birthday Cake honored the birthdays of our cherished seniors born in the last quarter of 2023, amidst the many good wishes and singing for the birthday boys and girls. Shown in the picture is Dr. Rajnikant Popat cutting the cake on behalf of the other members.

VOLUNTEERS READY TO HELP – TELEPHONE TREE

Vasanti Majmudar and Navin Kadakia

The following is a list of USAP volunteers listed by the Zip Codes of their residence. If you need help with a car ride or carpooling in attending a USAP function, please call any of the names listed below according to your zip codes. Please note we are in the formative stages of this important activity and the list will continue to change. If you can help and would like your name added to the list, or if you have any comments or suggestions for the Humanitarian Committee, please feel free to contact any of the members on the Committee.

(To Volunteers: If you are unable to provide help and want your name removed, please let us know.)

ZIP CODE	CITY	CONTACT NAME	PHONE NUMBER
15017	Bridgeville	Navin Kadakia Sudhir Patel	(412) 302 5495 (412) 225 7713
15022	Gibsonia	Ved Kaushik	(724) 816 9818
15057	McDonald	Priyesh Shah	(412) 220 2217
15090	Wexford	Sailesh Kapadia Dilip Shinde	(724) 935 7505 (412) 559 9293
15101	Allison Park	Dilip Kothari Shanti Swarup	(724) 612 4070 (412) 303 3667
15102	Bethel Park	Bhavna Mehta Shyam Somani	(412) 443 0959 (412) 833 2089
15108	Coraopolis, Moon Twp	Bhupendra Kamdar Girish Thakar Vinod Patel	(724) 622 7318 (412) 901 0039 (412) 818 9397
15116	Glenshaw	Jayant Mirani	(617) 910 8558
15136	McKees Rocks	Dilip Desai Abbas Vijlee	(412) 916 2473 (412) 519 5323
15142	Presto	Pritam Advani	(412) 427 8726
15143	Sewickley	Nikhil Gandhi Manojkumar Patel	(412) 215 0689 (412) 716 4565
15146	Monroeville	Kiran Bakshi Arun Jatkar	(412) 841 2718 (412) 596 5851

15220	Greentree; Scott twp	Vasant Germanwala Khozem Mogri	(412) 327 4070 (724)494 6888
15237	Ross twp; McCandless, Franklin Park	Kiran Parikh	(412) 364 2308
15238	Fox Chapel	Subash Ahuja Vasanti Majmudar Manohar Badlani	(412) 216 8135 (412) 855 5072 (412) 414 1793
15241	Upper St Clair	Chetan Ladani Chetan Patel	(412) 519 9024 (412) 908 1711
15317	Canonsburg, McMurray	Vasu Malepati Kishor Patel	(724) 344 3301 ((412) 400 9793
15367	Venetia	Suresh Golakiya	(724) 466 2858
15401	Uniontown	Kishor Joshi	(724) 322 0311
15601	Greensburg	Jayanti Shah	(724) 366 5592
15632	Export	Mohan Nama Chandrakant Pujara	(412) 965 4273 (425) 0753 6409
15668	Murrysville	Madan Batra Pratap Doshi	(724) 681 6789 (412) 915 6996
16066	Cranberry Twp	Alkesh Patel	(412) 537 1057

(Humanitarian Committee Members: Vasanti Majmudar, Navin Kadakia, Chetan Ladani, Dilip Desai, Devayani Pandit, Subash Ahuja, Chetan Patel)

USAP MEDICAL ADVISORY COUNCIL

The following physician specialists have kindly agreed to provide any help or guidance to USAP members. They are Board certified in their respective specialties. Please know that such help is advisory only. The physician shall not be held liable in any manner for offering such guidance.

ALLERGIST:

ADI TAMBOLI, MD
412-997-7007

ENT SURGEON:

VASU MALEPATI, MD
724-344-3301

OB GYN:

RAJNIKANT POPAT, MD
724-366-0867

CARDIOLOGISTS:

BRAHMA SHARMA, MD
412-708-9128

INFECTIOUS DISEASES:

USHA KARUMUDI, MD
412-874-2423

OPHTHALMOLOGIST:

JUGINDER LUTHRA, MD
304-794-6336

CHETAN LADANI, MD

412-519-9024

NEUROLOGIST:

KIRAN PATIL, MD

PSYCHIATRIST:

RAVI KOLLI, MD

COLORECTAL SURGEON:

VED KAUSHIK, MD
724-816-9818

914-316-0643

412-498-5098

SINGING FOR GOOD HEALTH AND WELL BEING

By Subash Ahuja



We have many singers in our age group, who sing very well and enjoy participating in the local karaoke musical evenings arranged by friend groups. “*Singing relieves my stress and tension*” is a common remark that singers have made. It is very true, and research has shown that singing lowers cortisol levels and releases endorphins and oxytocin from the brain. These are hormones known to lower anxiety, enhance feeling of happiness, trust and bonding. A joint Yale and Harvard study and other studies have shown that singing can lower blood pressure, improve brain health, reduce dementia risk and improve symptoms of depression.

Singing increases vagal tone. Vagus nerve is the longest nerve in the body that connects the brain to various organs including the lungs, the heart, the digestive system, and also connects to the vocal cords and the back of the throat. Singing increases the vagal tone and studies have shown that a good vagal tone influences breathing, heart rate, and digestion, and thus, good for overall health and well-being.

Singing strengthens the immune system. Studies have shown that immediately after singing, there is a boost of the protein immunoglobulin A, an antibody known to benefit the immune function of mucous membranes. People with high levels of stress and depression have weaker immune systems.

Singing helps with pain. In studies on people suffering from chronic pain, it has been shown that the pain symptoms are alleviated not just immediately afterward but for up to 6 months later. The studies have also shown that singing could have a real impact on the amount of pain relief medication used by participants.

There are many other benefits of singing.

- ✦ Singing is a mindful activity. So much is going on in your body and mind when you sing that when you are singing you are fully focused on it. This allows you to ‘turn off’ your stream of consciousness and live completely in the moment, distracting your mind from negative thoughts, focusing on the sound, the action, the breathing, the feeling and the pleasure of song.
- ✦ Group singing synchronizes the heart beats of those singing together.
- ✦ Singing exercises major muscle groups in the upper body, helping to improve the cardiovascular and respiratory systems, thus increasing the blood oxygen.

With the many benefits of singing, would you not like to take up this hobby of singing? And if you would not, when would you? If you are interested, USAP can help you get started and involved in this happy and healthy new activity.



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- Individual (ACA-Affordable Care Act) Plans
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We can help with

- Making sure your doctors are covered
- Verifying your prescriptions are covered
- Reviewing your group/employer coverage vs. getting your own plan
- Helping with PA Health Exchange (Pennie)
- Seeing if you qualify for premium credits (lower premiums)
- Explaining access to doctors (Network Options)

Scott partners with Nayan Shah to help USAP members



Protect Your Family - Make A Plan Today



HEALTH INSURANCE ADVISORS

Scott R. Lindstrom helps people obtain the lowest insurance. He is an independent broker working with many different insurance companies.

He offers a variety of quality life options for you to choose from!

Contact Us For Your Life Insurance Needs:

Scott R. Lindstrom, CLU, ChFC
Halley-Dodson Insurance Advisors
123 Shafer Road Moon Township, PA 15108
Phone: 412-390-7576
Fax: 412-269-9444
E-mail: slindstrom@halley-dodson.com

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- Custom Duct Work
- Maintenance, Service, & Repairs
- Air Quality Products

Easy Fried Cauliflower Appetizer

Recipes from Krishna's Kitchen



Ingredients

- 1 head cauliflower, cut into florets
- 2 to 3 cloves garlic, peeled and chopped
- 1 tablespoon lemon juice (about half a lemon)
- ½ teaspoon turmeric
- 1 teaspoon paprika
- ½ teaspoon cumin seeds
- 1 Tablespoon Extra Virgin Olive Oil
- Coarse salt
- Freshly ground black pepper

By Krishna Sharma

Preparation

1. Mix all the ingredients except lemon in a bowl with cauliflower florets
2. Spread them in the air fryer on a sheet
3. Roast 25 minutes at 425 deg F
4. Remove from heat and add to a bowl and toss well with lemon juice
5. Serve hot!

Tip:

This can be used as an appetizer or a side dish



GARDEN CLUB NEWS

MAKING CHRYSANTHEMUMS BLOOM

A NEW ACTIVITY FOR 2024

By Rajnikant Popat (Chairman of Garden Club)



The Garden Club was formed in 2022 for those who enjoyed the natural beauty of nature and took interest in gardening. With Veena Agarwal as Vice Chairman, Vasanti Majmudar and few others, we had planned to exchange various interesting plants with one another as an activity to excite interest and friendship among our members.

While that is still in the planning, we proposed at the Annual General Body Meeting in December 2023, a new activity of growing beautiful and colorful chrysanthemums. I am in touch with several specialty nurseries through which we can order rooted cuttings of different varieties of chrysanthemums that will beautify your gardens all Fall in 2024 and beyond. We are starting with a small group of interested people (Manoj Verma, Vasanti Majmudar, Ravi Kant, Rajnikant Popat, Santosh Jain, Dilip Desai, Chetan Patel, Usha Sharma, Prabir Mullick for Hindu Jain Temple and Subash Ahuja). We plan to have educational sessions along the way and will be learning how to nurture these beauties and to propagate them further and exchange the different species with one another. The cost of \$40 for a variety of mums with different colors and different bloom periods, is minimal. **If you are interested and would like to join this experimental fun activity, you can contact me for guidance.**

CHRYSANTHEMUMS are perennial plants that grow and multiply in succeeding years as long as the grower protects the superficially spreading subsurface root system of the plant with adequate mulching in late fall (early November in our area). The life cycle of Mums begins with Early Growth Phase in Spring, progresses to Bud & Bloom Phase in either early or late September (depending on the species) or Early October and then progresses to Resting Phase in November.



As of today, we are exploring suppliers of the cuttings. Once cuttings are ordered and paid for in advance, we anticipate receiving them in March or early April.

We plan to communicate or meet before or soon after we receive the rooted cuttings and discuss various steps in potting, pinching, and care during various stages of growth in order to maximize on buds and blooms of our Mums!!

Rajnikant Popat (724-366-0867)