



USAP News

United Seniors Association of Pittsburgh

www.usaofpittsburgh.org

Volume 6 Issue 2

SPRING ISSUE

April 2024



GOODBYE WINTER and WELCOME SPRING!

Seasons change! And so did the Executive Board and the various Committee Chairs at USAP. They have already met two times and are busy charting new activities for 2024, keeping the popular ones from the past and adding some new activities as well.

Arranging group travels has been very popular with the members. Trip to **Canadian Rocky Mountains** planned for July has been all organized and booked. A trip to **Vietnam, Cambodia and Thailand** is in the planning for Nov - Dec 2024 and further details will be forthcoming as plans get finalized.

For nature lovers and members of the **Garden Club**, the **Chrysanthemums project** led by Rajnikant Popat is about to receive the batch of rooted cuttings in May. They are meeting on Sunday April 7 to discuss and learn all about the Mums when they arrive. This will keep the group busy through Fall.

Regarding keeping the body fit and limber, what can be better than **exercise with dancing** (dubbed **dancercise**) to the music of old Bollywood songs. This is what Shakuntala Shinde, a trained dance teacher and singer, has recently started for the members. Participants love it as they all have fun while exercising and keeping healthy. They have met for the third time and plan to continue with the activity with more dance classes. You may see some of them dance on the stage on Diwali Dinner Musical Night on Saturday, October 26, 2024.

Also, look for the **Melody Makers Karaoke night**, a **Picnic** in the park in Summer, a nearby **Weekend Retreat** which have been so successful, to name a few.

The **Humanitarian Committee** has been keeping an eye on its role and its commitment to the needs of the growing membership. It needs your suggestions and feedback on the needs of members who need help. There is much more on these pages. Do write to us on the Readers Write page.

READERS WRITE

Valuable services are being provided by USAP. The Medical Advisory Council is a valuable resource for advice on selection of service providers and navigating through the medical system. The availability of volunteers to provide car rides will help those who are unable or uncomfortable with driving to USAP functions.

Khozem Mogri



A Big Thank You, USAP for supporting our project in Chimti Pahari, a remote village near Jamshedpur, India.

These are a backward tribe, on verge of becoming extinct. They have no roads, electricity, schools, or health facility. We learned that they lived on a small ration given by the government once a month. A girl from Jamshedpur who got married to a man from there, started a school for the children and needed some help. We gave her stationary and



a blackboard for her students. Now, we have provided them with a Solar Power House.



We are also trying to give the villagers a livelihood by providing the raw materials for making brooms, which we help to sell.

We have big plans for comprehensive

development of the village.



All this became possible with the financial support we received from some USAP members in 2023.

Dr. Amit Mukherjee

Awesome Newsletter. The article on Singing for Good Health and Well Being by Subash Ahuja was very informative. Kudos to Vasanti Majmudar and Navin Kadakia for compiling the Telephone Tree for members in case of need for rides.

Shakuntala Shinde

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

USAP TOTAL MEMBERSHIP
(AS OF MARCH 31, 2024)

TOTAL Members : 385

.....
Charter Members : 209

4 Year Members : 176

Annual Members : --

**WELCOME TO NEW
CHARTER (LIFE) MEMBERS**

Pranay & Jyoti Amin
Veena Bhide
Surendra Pancholi
Jethalal & Alka Rambhia
Ashok & Alka Shah

**WELCOMETO NEW/RENEWAL
4-YEARS MEMBERS**

Jayesh & Jagruti Desai
Sunil Desai
Satish & Madhu Duggal
Yogesh & Alka Jhaveri
Bhupendra & Niru Kamdar
Lalji & Chandrawati Mishra
Hasmukh & Saroj Patel
Sampath & Santhi Ramanavarapu
Milind & Madhura Ranade
Mahendra & Aruna Shah
Jashwant Sharma
Som & Vandana Sharma
KS & Premlata Venkataraman
Praful & Madhuri Vora
Shailesh & Kalpana Vora
Shiban & Nanna Warikoo

Please upgrade your 4-Years Membership to Charter Membership

HAPPY BIRTHDAYS TO SPECIAL USAP MEMBERS

April: Saroj Patel, Bharati Gandhi, Zarin Balaporia, Krishna Sharma, Sonali Ghosh, Alka Patel, Nainesh Desai, Pravin Monpara, Girish Kothari, Pushpa Patel, Santosh Jain, Devender Batra, Cyrus Cama, Suneel Maheshwari, Shashi Patel

May: Jayanti Shah, Bharati Patel, Bhupendra Kamdar, Nilam Patel, Lakshmi Mirani, Alka Shah, Shakuntala Shinde, Alka Maheshwari, Elisha Grover, Krishan Aggarwal, Nikhil Gandhi, Nisha Gandhi, Usha Gowda, Jayshree Mahta, Dipali Purohit, Saroj Wadhwa

June: Bharat Monpara, Dayal Sutaria, Kirtida Desai, Gauttam Patel, Shashi Batish, Ranjan Bhandari, Subash Ahuja, Yogendra Gupta, Khozem Mogri, Tripta Goyal, Umera Khatri, Madhu Doshi, Alka Jhaveri, Prasad Mahalingiah, Mukesh Shah, Asha Asher, Uma Rambhala, Madhu Duggal, Ashok Jain, Veena Aneja, Praful Vora, Raji Srinivas, Chaitanya Swarup



A befitting quote for the occasion:

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



United Seniors Association of Pittsburgh

www.USAofpittsburgh.org

USAP Executive Board 2024

President : Chetan Patel **Vice-President :** Bhavna Mehta

Secretary : Subash Ahuja **Treasurer :** Kiran Bakshi

Executive Board Members:

Chetan Ladani

Sudhir Patel

Ved Kaushik

Vasanti Majmudar

Khozem Mogri

Rajnikant Popat

Viharika Bakshi

Suhendar Ajmani

Shakuntala Shinde

Amit Ghosh

USAP Executive Board Committee Chairs 2024

Membership : Chetan Patel

Tours & Travel : Kiran Bakshi

Newsletters : Subash Ahuja

Humanitarian : Vasanti Majmudar

By-Laws : Suhendar Ajmani

Event Admin : Khozem and Amit

Health & Fitness:

Hobby & Sports :

Yoga & Ayurveda: Bhavna Mehta

Outdoor : Sudhir Patel

Health & Nutrition : Ved Kaushik

Indoor : Chetan Ladani

Weekend Retreat & Picnic : Viharika Bakshi, Bhavna Mehta

Dancing : Shakuntala Shinde **Gardening :** Rajnikant Popat

Long Term Planning : Chetan Ladani **Finance :** Subash Ahuja

Social Media, Web site, Email, Event Flyer : Chetan Patel

Karaoke & Entertainment : Bhavna Mehta



USAP Presents

HOW TO DO BEST GARDENDING

Chrysanthemums (MUMS) symbolize happiness, long life and joy!



We are very pleased to have **Dr Rajnikant Popat** to talk on Landscaping and Mums to educate ourselves before they arrive. He will try to answer all your questions.

We have Mums orders placed for 20 members. If you would still like to join the group, we can still accommodate a few more late comers.

Rooted cuttings are very delicate and require an initial period of pot planting and adaptation to changing weather temperature, light levels, watering, etc. Therefore, along with rooted cuttings, participants will also receive equal numbers of appropriate size pots and blank nametags around May 15, 2024.

Mums can beautify your entryways and foundations with pot or ground plantings. These are perennials and if properly taken care of, will be a delight to see them bloom every fall without much work. We have ordered all major colors including light and dark pink, yellow, purple, red, brown white and bicolor.



We will get many tips to convert our yard into beautiful plantation

SUNDAY, APRIL 7, 2024 AT 10:00 am

Indian Community Center, 205 Mary St, Carnegie, PA

Admission: Free RSVP: By Friday, April 5, 2024

Masala Tea and delicious lunch will be served

RSVP is strongly recommended, for proper food arrangement.

Contact for more information:

Chetan Patel 412-908-1711
Bhavna Mehta 412-443-0959
Ravi Kant 412-722-9096

Rajnikant Popat 724-366-0867
Subash Ahuja 412-216-8135
Vasanti Majmudar 412-855-5072

USAP TOUR OF THE CANADIAN ROCKIES & BRITISH COLUMBIA

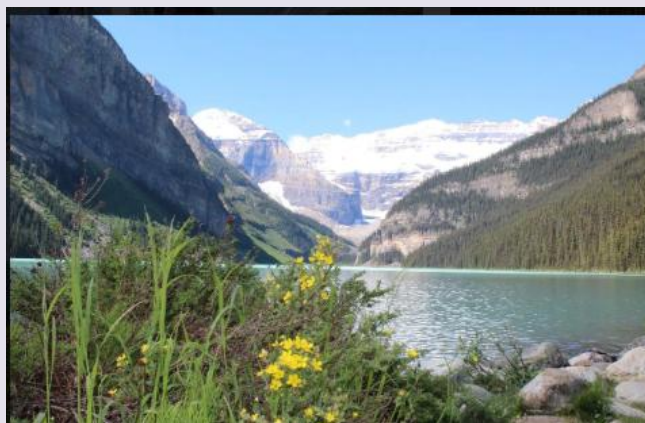
July 18 – 27, 2024

USAP continues to organize exquisite international tours every year for the benefit and enjoyment of our members. We are indeed very excited about a recently announced tour of the Magnificent Canadian Rockies and British Columbia.

The all-inclusive 9 nights/10 day tour starts from Calgary and includes Banff National Park, Lake Louise, Columbia Icefield, Jasper National Park, Mt. Robson, Kamloops, Mt. Whistler, Vancouver and Victoria.



One group is scheduled, starting July 18-27, 2024. This is a Nature's Highlight Tour that includes snowcapped Glacier Mountains Peaks, deep blue lakes (including boat cruise) and the magnificent sites of Vancouver and Victoria's Butchart Gardens. Total of 30 USAP Members are indeed ready for a treat !!



USAP TOUR OF THE THAILAND, COMBODIA & VIETNAM

November - December, 2024

USAP is organizing another exciting tour to Thailand, Cambodia and Vietnam **for 16nights/17 days during November – December 2024** in two groups. The tour will start from Bangkok and end at Hanoi. The best part of joining this tour is that you will get an opportunity to visit our home country India. You can directly fly from Hanoi to India, celebrate Christmas, New Year, Kite flying in India before coming back to USA.

Group 1: Starting from Bangkok on 21st November – 7th December

Group 2: Starting from Bangkok on 25th November – 11th December

Destination	Duration of Stay	Group – 1	Group – 2	Hotels
Bangkok	3 nights	21-24 November	25-28 November	Marriot Marquis (Deluxe)
Phnom Penh	1 night	24-25 November	28-29 November	The Palace Gate (Deluxe)
Siem Reap	2 nights	25-27 November	29 Nov– 01 December	Sokha Angkor (Deluxe City)
Ho Chi Minh	2 nights	27-29 November	01-03 December	New World (Deluxe)
Hoi An	2 nights	29 Nov– 01 December	03-05 December	Palm Garden Resort (Sup Garden)
Hue	2 nights	01-03 December	05-07 December	Silk Path Hue (standard)
Ha Noi	2 nights	03-05 December	07-09 December	Pan Pacific (Deluxe)
Ha Long Bay	1 night	05-06 December	09-10 December	Indochine Lan Ha Cruise
Ha Noi	1 night	06-07 December	10-11 December	Pan Pacific (Deluxe)

We will be staying in all Four/Five stars hotels.

We will share the final detailed tour itinerary and price for tour in next one week time and then starts the bookings. Meantime, you will decide in which group you like to join.

Places to be visited:

THAILAND

- Bangkok

CAMBODIA

- Phnom Penh, Siem Reap,

VIETNAM

- Saigon (Ho Chi Minh), My Tho, Hoi An, Danang, Hue, Hanoi, Ha Long Bay

DANCING SENIORS

By Shakuntala Shinde

When you see young people dancing, it is not a big deal because this is an activity of the young. But when you see seniors dancing, it is big news because they are doing what the young normally do, and that is a way to stay young and age in a healthy and fun way.



USAP started this activity for the seniors in 2023 and has brought many members to come on stage and limber their joints. We already had the first dance session this year and was a big success. There was good attendance despite the weather being cold and many were away from Pittsburgh enjoying warmer weathers. Those who attended had a blast dancing to my impromptu choreography with evergreen Bollywood songs of the 60s and 70s.

Members related to the songs of their era and enjoyed the rhythmic movements and overall exercises their bodies performed. It definitely released some happy hormones during the lunch time that followed.

By popular demand another session was held on March 31. I am glad USAP started this new venture in 2023, with not only entertainment in mind, but also physical and mental well-being so very important in senior years.



I am thankful for the opportunity to serve the community with this pleasurable activity.



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

CARDIOLOGISTS:

BRAHMA SHARMA, MD
412-708-9128

CHETAN LADANI, MD
412-519-9024

COLORECTAL SURGEON:

VED KAUSHIK, MD
724-816-9818

ENT SURGEON:

VASU MALEPATI, MD
724-344-3301

INFECTIOUS DISEASES:

USHA KARUMUDI, MD
412-874-2423

NEUROLOGIST:

KIRAN PATIL, MD

914-316-0643

OB GYN:

RAJNIKANT POPAT, MD
724-366-0867

OPHTHALMOLOGIST:

JUGINDER LUTHRA, MD
304-794-6336

PSYCHIATRIST:

RAVI KOLLI, MD

412-498-5098

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.

USAP TAX ID # 82-3787994

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

SOCIAL FAMILY GATHERING WITH CARD EVENING

The Indoor Committee Chair Chetan Ladani organized the first **Family Gathering Card Evening of 2024** on Friday, March 29 at ICC. Over thirty people attended, made new friends, got animated and noisy at times, there were plenty of snacks, delicious food, and unlimited drinks. Everyone had great time and enjoyed the Friday evening very much.





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- Medicare Supplement Plans
- Part D Rx Plans
- Review Donut Hole/Coverage Gap
- Individual (ACA-Affordable Care Act) Plans
- Travel medical insurance for international trips

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

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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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- High Efficient Furnace & Water Heater
- Air Handlers & Heat Pumps
- Ductless Mini-Splits
- Whole Home Humidifiers, Dehumidifiers, & Thermostats
- New Construction Homes
- Custom Duct Work
- Maintenance, Service, & Repairs
- Air Quality Products

Recipes from Krishna's Kitchen

Puran Poli (A sweet Maharashtran Cuisine)

Ingredients

1 cup chana dal ;	½ tsp ghee
3 cup water;	1 cup jaggery
1 tsp ghee;	½ tsp cardamom powder
	for outer covering
2 cup wheat flour;	¼ tsp salt
2 tbsp oil;	Water for kneading
Maida for dusting;	Ghee for roasting

By Krishna Sharma

Preparation

1. in a large bowl soak 1 cup chana dal for 1 hour and the drain the water and transfer it to the cooker
2. Add ½ tsp ghee and 3 cups water and pressure cook for 3 whistles on medium heat.
3. Drain the dal and transfer dal to a large pan
4. Add 1½ cup jaggery and mix well. Once the jaggery melts, start to mash the dal until the dal turns into a smooth paste.
5. Continue cooking until the mixture thickens and it holds shape
6. Add 1 tsp ghee and ½ tsp cardamom powder and cook for 1 minute, or until the mixture starts to separate. If the mixture is undercooked, the stuffing will be sticky and will be difficult to make into a ball.
7. Transfer to a plate and let cool. Make sure not to overcook, or the stuffing turns hard.
8. Grease hands with ghee and make ball-sized stuffing and keep aside.
9. In a large bowl mix 2 cup wheat flour, ¼ tsp salt, and 2 tbsp oil. Add water as required in batches and start to knead the dough until it is smooth and soft.
10. Grease the dough with 2 tsp oil, cover and rest for at least 1 hour.
11. After 1 hour, punch and knead the dough again and pinch a ball sized dough and make a smooth ball. Place a ball sized prepared dal to stuff inside by pulling the dough without having any pleats. Now seal the dough without any cracks. Dust the ball with maida and flatten slightly.
12. Roll gently and as thin as possible, without putting much pressure and make sure the dal stuffing is distributed evenly
13. Cook the puran poli on a hot tawa on medium flame. Flip over once the base is half cooked and spread ghee on both sides and cook well.
14. Puff the puran poli, making sure to cook uniformly.
15. Enjoy puran poli with ghee or milk.



HUMANITARIAN ACTIVITIES UPDATE

By Vasanti Majmudar

Some members had expressed the need for help with carpooling or sharing rides in coming to USAP events. We are grateful to many volunteers who helped in forming a telephone tree with leaders in different zip codes in the Pittsburgh area. The humanitarian committee is there to help but we need to know from the members the kind of help that is needed. We would appreciate your suggestions and comments.

Humanitarian Committee activities can be quite broad in providing services related to general good health, social and financial well-being, etc. The many activities being provided by USAP serve that purpose well.

Regarding general good health, we are arranging two health-related topics in April that we hope would benefit the members.

1. **EYE RELATED PROBLEMS** by Dr. Juginder Luthra.

April 21, Sunday, 10 am at ICC.

Dr. Luthra is a board-certified practicing ophthalmologist who will address common eye-related problems, diseases and how to go about seeking help with treatment and surgery, and preventive actions we can take where applicable.

He is on the **USAP Medical Council** to answer questions of concern that members may have. In fact, many members have used his services and are grateful to him for his help.

There are medical specialists in other specialties on the USAP Medical Council who offer similar help. USAP is grateful to these volunteer doctors who have offered their expertise to help at no cost to the members.

2. **MEDICAL PANEL DISCUSSION** by various Medical Specialists.

April 28, Sunday, 10 am at ICC

This will be a good opportunity to **Ask the Doctor** of any health-related concern one may have, be it personal or of general nature. To respect one's privacy concerns, you may send in your questions ahead of time.

3. **WILL and ESTATE PLANNING DOCUMENTS**

I am in touch with an attorney who is an expert in this field and reasonably priced.

We also need to address making medical decisions in advance, like **Living Will** and **Durable Power of Attorney**.

To learn from other organizations dealing with aging problems, I am working with **Mr. Girish Mehta, founder of Boston based ICC (Indian Circle of Caring)** which has about 5500 members spread over 18 states. We are considering inviting Mr. Mehta to Pittsburgh to talk to us about the successes of his organization.

Please write to us with your comments and suggestion.

CHRYSANTHEMUM LOVERS

By Rajnikant Popat



Chrysanthemums (MUMS) symbolize happiness, long life and joy!

Those who have placed their order, Chrysanthemums are on their way.

Landscaping typically evolves over a period of time. Growing Chrysanthemums is a fun hobby

for nature lovers. Mums are a very colorful component of landscaping, especially because their grand finale blooms coincide with the cool weather of early fall, when the leaves of the trees and shrubs are changing their colors, and most other annuals are past their bloom for the year.

Mums can beautify your entryways and foundations with pot or ground plantings. These are perennials and if properly taken care of, will be a delight to see them bloom every fall without much work. We have ordered all major colors including light and dark pink, yellow, purple, red, brown white and bicolor.



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