



USAP News

United Seniors Association of Pittsburgh

www.usaofpittsburgh.org

Volume 7 Issue 1

WINTER ISSUE

January 2025



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

Welcome Winter but Spring is not far away! During the winter, the health professionals have certain advisories to heed, especially for the seniors.

FLU vaccine! Because Flu is more severe in seniors and can lead to complications like pneumonia. Seniors should consider the high dose flu vaccine, which is designed specifically for adults aged 65+. It is recommended annually, ideally before the flu season starts (October-November).

COVID-19 Vaccine and Boosters! Keep up with the latest booster recommendations, especially as new variants emerge.

RSV (Respiratory Syncytial Virus) Vaccine! RSV can cause severe respiratory illness in seniors, particularly those with chronic conditions. It is approved for adults aged 60 and older.

On another note, travelling has been very popular among senior population. Reading Navin Kadakia's narrative of their recent trip to Thailand, Cambodia and Vietnam attests to the fun they had as a group. The next trip is planned for Spain-Portugal in May of 2025. These trips have sold very fast. Fortunately for some, a few seats have become available because of change of plans among few people. If interested in joining the group, you may contact Kiran Bakshi at 412-841-2718 as soon as possible.

A Garden Divine



Shilpa Agarwal's article, ***A Garden Divine***, that appeared in the October issue of USAP News, viewed the garden totally from a

spiritual viewpoint. We appreciate the flowers for their physical beauty, but she described them as a form of Bhoomi Devi, with each flower having its own vibratory essence.

The article crossed my mind again when I was reading ***One Habit A Day*** written by Ashdin Doctor. In his article ***Garden Your Mind***, he writes we should attend to our mental garden as well by getting rid of the weeds i.e. the negative thoughts, for they steal the nutrition that the positive thoughts need to grow. Then, sow the right kind of seeds which are likened to the ideas and intentions we have. We have to plant the right seeds that will give us the fruits we want later in life.

Truly, there is so much to learn from mother nature.

Subash Ahuja

Taking care of Mums in winter



cheer that these unique plants gave us with their profuse and vibrant flowers.

It is winter now and hope people are taking good care of them over the winter.

I thank Dr. Popat for the instructions he provided for the winter. I am sharing here the instructions given to us for the benefit of everyone.

Most of us may have two situations.

Mums that are grown in pots. And those planted in the ground.

- A. For the potted plants, the best way to guarantee their growth in 2025 is cut off all the dead branches but retain 6 inches of original growth. Bring them indoors, in the garage or shed. Water them once every two weeks, just to keep the soil moist. DO NOT make the roots soggy. When spring arrives and you notice new growth appearing and there is no frost in the forecast, plant them out near the walls of your house where it is warmer.
- B. In ground plants
This is tricky if you have superficial root growth. To protect the plant, the best defense is mulch. Spread 3" to 4" of mulch around the plants in approximately 18" radius or 3 ft diameter circle. Cut off old branches but leave 6 to 8 inches of old branches. You may use the cut foliage as mulch too.

And pray everyday that majority of them survive the winter, or pray that we have a mild winter. Good luck.

Abbey Vijlee

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

USAP TOTAL MEMBERSHIP

(AS OF DECEMBER 31, 2024)

TOTAL Members : 415

.....
Charter Members : 221

4 Year Members : 191

Annual Members : 3

CHARTER (LIFE) MEMBERS

Veena Agarwal
Rajendra & Shashi Aggarwal
Subash Ahuja
Suhendra & Surinder Ajmani
Pranay & Jyoti Amin
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

CHARTER (LIFE) MEMBERS

Suresh & Varsha Golakiya
Sukhdev & Elisha Grover
Vasanth Guntur
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 & Rezwan Mogri
Bharat & Bina Monpara
Jadavbhai & Rambhaben Monpara
Pravin & Rekha Monpara
Amit Mukherjee
Sumedha Nagpal
Surendra Pancholi
Deviyani Pandit

Cont ...

CHARTER (LIFE) MEMBERS

Tadikamalla & Rama Pandu
Kiran & Bharati Parikh
Mukul & Neelima Parikh
Chandubhai & Harshaben Patel
Chetan & Bakula Patel
Gautam & Prachi Patel
Gauttam & Rita Patel
Hiroo & Manju Patel
Kirit & Gita Patel
Kishor & Pushpa Patel
Manoj & Kundanbala 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
Sampath & Santhi Ramanavarapu
Subbarao & Uma Rambhala
Jethalal & Alka Rambhia
Ashok & Ranjana Sahai
Surendra & Hira Sethi
Ashok & Alka Shah
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

CHARTER (LIFE) MEMBERS

Jyoti Soneji
Raji Srinivas
Manohar & Meena Sukhwani
Dayal & Nita Sutaria
Shanti & Pramila Swarup
Adi & Jasmin Tamboli
Girish & Lina Thakar
Jamnadas & Kavita Thakkar
Chandrakant & Sagarika Tiwari
Ashok & Anju Trivedi
Durlabhji & Bharati Ukani
Saroj Wadhwa
Vijay & Arati Warty
Prabhanand & Ramani Yedla

4-YEAR MEMBERS

Pritam & Binu Advani
Sohini Advani
Krishan & Madhu Aggarwal
Subash & Anita Arora
Devyani Asher
Vikram & Asha Asher
Saroj Bahl
Jagjit & Neelam Bajaj
Surinder & Jagdeep Bajwa
Surendra & Prabha Bansal
Subhas & Chhaya Bole
Farhad & Shahnaaz Cama
Ambaram & Kiran Chauhan
Prasad Dabbala
Nilufer Daruwala
Arunkumar & Lata Dave
Prabhjot & Sheena Deol
Jayesh & Jagruti Desai
Pankaj & Kalpana Desai
Sunil Desai
Satishchandra & Varsha Dhagat
Visalam Dharmarajan
Satish Chander & Madhu Duggal
Ravish & Nisha Gandhi

Cont

4-YEAR MEMBERS

Ashtosh & Wimi Ganjoo
Chandrasekhar & Saraswathi Golla
Kamlesh & Smita Gosai
Arathi Gowda
Usha Gowda
Vinod & Tripta Goyal
A Lakshmi Gundapuneedi
Mohinder & Anita Gupta
Deepak & Chitra Jagtani
Yogesh & Alka Jhaveri
Prem & Saroj Jindal
Rahul & Suniti Joshi
Deepak & Shobhitha Kamath
Bhupendra & Niru Kamdar
Sailesh Kapadia
Ajay Niranjan & Ranjana Katiyar
Amar & Pratibha Khurana
Girish & Jyotsna Kothari
Deepak & Nirmal Kotwal
Prem & Ravijohar Kumar
Suman Laroia
Bhattarahally & Indira Linganna
Kanwal & Minnie Mahajan
Haresh & Prajna Malkani
Arundhati Rao Mandava
Anil Manocha
Rohit & Yogini Mehta
Sanjay & Amita Mehta
Vipin & Jayshree Mehta
Ramanarao & Jyothi Mettu
Nageswara Rao Mikkilineni
Amarendra & Rachna Mishra
Lalji & Chandrawati Mishra
Arun & Shobha Mittal
Mehul & Vyoma Modi
M.H.Vamadeva & Jayasheela Murthy
Sunil Nagpal
Mohan & Jayanthi Nama
Rajendra & Sunita Nigam
Rashmikant & Meena Pandit
Anil & Aruna Parikh
Bakulesh & Damini Parikh
Alkesh & Rita Patel

4-YEAR MEMBERS

Chandrakant & Kumud Patel
Girish & Hansa Patel
Hasmukh & Saroj Patel
Hiroo & Manju Patel
Mina Patel
Shashi & Madhavi Patel
Vinita Patel
Vinod & Bharati Patel
Anupree Perlmutter
Padmanabha & Sasikala Prabhu
Mahalingiah Prasad
Milind & Madhura Ranade
Veerendra & Malini Rao
Mujumdar Ratnakar
Mukesh & Anita Rustagi
Kutub & Azra Saifee
Harish Saluja
Ajit & Paulomi Shah
Mahendra & Aruna Shah
Mukesh & Parin Shah
Nayan & Meena Shah
Niranjana Shah
Priyesh Shah
Suresh & Meena Shah
Jashwant Sharma
Parminder & Jiwan Sharma
Som & Vandana Sharma
Tom Sharma
Surya Shroff
Amar & Neeta Singh
Datar Singh
Asish Sinha
Virender & Monika Soi
Kohanapani Subramanyam & Chandra
Shailesh & Urvashi Surti
Chaitanya & Sheela Swarup
Subha Tayal
Divyesh Thakker & Tejal Shah
Rakesh & Sangita Thapar
K S Ventataraman & Premlata
Abbey Vijlee
Prakash & Vishaka Vin
Praful & Madhuri Vora

Cont

4-YEAR MEMBERS

Shailesh & Kalpana Vora
Shiban & Nanna Warikoo

ANNUAL MEMBERS

Jennifer Alloo
Dipa Makim
Vijayanthi Ravindran

Please upgrade your 4-Years Membership to Charter Membership
We sincerely appreciate your support to make USAP one of the fastest growing organization of Pittsburgh and boost the membership to more than 400 members.

HAPPY BIRTHDAY WISHES TO OUR SPECIAL USAP MEMBERS

January: Suhendra Ajmani, Sumedha Nagpal, 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, Pravin Patel, Abbey Vijlee, Madhuri Vora, Subha Tayal, Sangeeta Patil, Madhu Aggarwal



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.

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



USAP Presents

STROKE

Prevention Is Better Than Treatment

Stroke is a critical health concern for seniors, often leading to long-term disability or death. As age increases, so does the risk due to factors like high blood pressure, heart disease, and diabetes. Quick recognition and treatment are crucial to minimize brain damage and improve recovery outcomes. Symptoms such as sudden weakness, speech difficulties, or vision changes require immediate medical attention. USAP is pleased to invite Dr Ashis Tayal, a vascular neurologist specialized in the treatment of Stroke.



Dr. Ashis Tayal is a vascular neurologist who currently serves as Director of the Neuro Care Network for Wellstar Health System overseeing the development of telestroke, teleneurology and post-acute stroke throughout Georgia.

Dr. Tayal completed a fellowship in vascular neurology at the UPMC Stroke Institute and served as the Cerebrovascular Center Director for the Allegheny Health Network. He also completed a Master in Medical Management from the Carnegie Mellon University, Heinz College of Information Systems and Public Policy.

Dr. Tayal is skilled in Stroke Care Model development, clinical transformation efforts, bundled payments, electronic health record optimization, post-acute stroke care and telehealth. Dr. Tayal has served as site principal investigator on multiple NIH funded stroke intervention and prevention trials.

SUNDAY, FEBRUARY 16, 2025 AT 10:00 am

Indian Community Center, 205 Mary St, Carnegie, PA

Admission: Free RSVP: By Thursday, February 13, 2025

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

Kiran Bakshi 412-841-2718

Subash Ahuja 412-216-8135

Bhavna Mehta 412-443-0959

Shakuntala Shinde 412-215-0814

Suhendar Ajmani 412-607-3284

THAILAND, CAMBODIA, AND VIETNAM VACATION 2024

By Navin Kadakia

USAP organized a memorable 16-night, 17-day vacation for its members, divided into two groups. Group 1, consisting of 16 participants, gathered in Bangkok, Thailand, on November 21. While we started as acquaintances and friends, within days, we became a close-knit USAP family.

Our journey began in **Thailand**, exploring Bangkok and Ayutthaya (named after Ayodhya). Thailand, a predominantly Buddhist country, reflects significant Hindu influences. Bangkok's vibrant energy and heavy traffic stood out.



We visited the Golden Buddha,

Marble Buddha, and the world's largest Reclining Buddha. A night cruise on the Chao Phraya River offered breathtaking views, Indian cuisine, and Bollywood dancing. In Ayutthaya, highlights included Buddha's head entwined in a Bodhitree root and the grand royal monastery.

Next, we flew to **Cambodia**, marveling at the Hindu mythological art at Bangkok Airport. Cambodia's highlights included Phnom Penh's Royal Palace and Silver Pagoda, with its 5,000 silver tiles and golden

Buddha. In Siem Reap, we explored Angkor Wat, a 12th-century Hindu architectural masterpiece later adopted by Buddhists. The temple walls depict scenes from the Maha- bharata and



Ramayana, leaving us with profound admiration. We also visited Tonle Sap Lake's floating village.

Vietnam was our next destination, starting in Ho Chi Minh City (Saigon). We visited the Vietnam War Museum and Chu Chi Tunnels, experiencing the historical significance of the Vietnam War. The Mariamman Hindu Temple, a floating market, and the Coconut Monk

Temple added cultural richness. In Danang, we explored the My Son Sanctuary, a complex of



ancient Hindu temples built by the Champa dynasty.

A cable car ride to Ba Na Hills and a walk on the Golden Bridge were awe-inspiring. Hanoi, our final stop, featured an overnight cruise and a thrilling visit to a train station café, where trains passed just a few feet away.

Throughout the trip,

we enjoyed diverse cultures and cuisines, though vegetarian options were limited. Tropical fruits like sitafal and passion fruit were a treat. Language barriers in Thailand and Cambodia were challenging but added to the adventure. Our bus rides, filled with prayers, laughter, and camaraderie, created unforgettable memories. Shopping, bargaining, and cultural exchanges enriched our journey. Thanks to USAP's meticulous planning, this was truly a vacation to cherish.



UNIVERSAL PRAYER FOR PEACE : A BEACON OF HOPE & UNITY

By Dilip Desai

Mahatma Gandhi once emphasized the significance of prayer, stating that it is the very soul and essence of religion. He believed that prayer should be at the core of every person's life, serving as a powerful means of connection with the divine. In Hinduism, prayer is an integral component of the religious practice. It is a means to invoke a spiritual connection with a deity or God through deliberate communication. Worship in Hinduism often takes the form of chanting mantras, which are sacred sounds or phrases. It is believed that for prayers to be effective, they must be genuine and sincere. The Vedas, a collection of ancient scriptures, contain numerous mantras and hymns used for prayer. One of the most famous mantras originating from the Hindu Upanishads has emerged as the "Universal Prayer for Peace." This mantra has gained recognition and admiration across cultures for its profound message and its call for universal harmony.

ॐ असतो मा सद्गमय ।
तमसो मा ज्योततगमय ।
मर्त्यो योमागममर्त्यं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥

*Lead me from death to life,
from falsehood to truth; lead
me from despair to hope,
from fear to trust; lead me
from hate to love, from war to
peace. Let peace fill our heart,
our world, our universe.*

Om Asato Maa SadGamaya |
Tamaso Maa JyotirGamaya |
Mrtyor-Maa Amrtam Gamaya |
Om Shaantih Shaantih
Shaantih ||

The "Universal Prayer for Peace" is a simple yet profound prayer that resonates with people worldwide. It calls for a transformation from negativity to positivity, from despair to hope, and from fear to trust. It encapsulates the human desire to replace hatred and conflict with love and peace. The prayer seeks not only individual peace but also peace on a global and cosmic scale.

Lead me from death to life, from falsehood to truth; This line underscores the human aspiration for enlightenment and truth. It represents a journey from ignorance and suffering to wisdom and truth, where individuals seek the light of knowledge to guide them.

Lead me from despair to hope, from fear to trust; These words acknowledge that life's challenges often lead to despair, where hope appears distant. The prayer encourages individuals to overcome despair with hope and to replace fear with trust, placing faith in their resilience.

Lead me from hate to love, from war to peace; These lines emphasize the universal yearning for love and peace. The prayer calls for a transformation from the darkness of hatred and conflict to the warmth of love and serenity, inviting people to embrace love and peaceful coexistence.

Let peace fill our heart, our world, our universe: The prayer concludes with a heartfelt plea for peace to pervade not only individual hearts but also the entire world and the vast cosmos. It recognizes that true peace is a collective aspiration that can heal the world's wounds and resonate throughout the universe. In its succinctness, the "Universal Prayer for Peace" encapsulates the essence of human longing for a better world, one that is free from falsehood, fear, hatred, and war and filled with truth, hope, love, and peace. It unites people from diverse backgrounds and beliefs in a shared desire for peace. This prayer is an inspiration to individuals and nations alike, urging them to work tirelessly for a more peaceful and harmonious world where the spirit of unity and understanding prevails. In times of turmoil and uncertainty, this prayer stands as a beacon of hope and a reminder of the universal aspiration for peace.

USAP MEDICAL ADVISORY COUNCIL

Please save the following reference list of physician specialists who have offered to provide advice and guidance to USAP members. Please know that such help is advisory only and should not be construed as treatment. The physician shall not be held liable in any manner whatsoever 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

MANOJ PATEL, MD
412-716-4565

PSYCHIATRIST:

RAVI KOLLI, MD
412-498-5098



We Offer

- Medicare Advantage Plans
- 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

HD HALLEY DODSON
INSURANCE ADVISORS
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

HELPS FIND THE LOWEST COST INSURANCE

Red Garlic Chutney

From Krishna's Kitchen



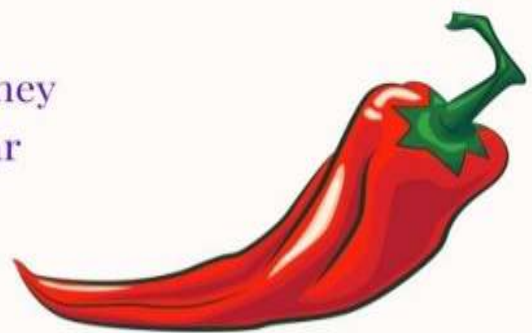
INGREDIENTS

- | | |
|--------------------------|------------------------|
| 1 Cup Garlic Peeled | 1 Cup Red Hot Peppers |
| 1 tsp Cumin seeds | 2 tsp Salt |
| 1 tsp Red Cayenne pepper | 1 tsp Coriander powder |
| 1 tsp Lemon juice | |



DIRECTIONS

1. Wash and cut peppers in small pieces
2. Mix all the ingredients except lemon juice
3. Place everything in the blender
4. Grind until it starts to look like chutney
5. Transfer the mixture into a mason jar
6. Add in lemon juice
7. Stir well
8. Close the jar tightly
9. Place in refrigerator



Can be use as a bread spread or as a chutney

HUMANITARIAN COMMITTEE

ADOPT A SENIOR CITIZEN

By Shakuntala Shinde



The concept of “Adopt a Senior Citizen” builds on the idea of parents adopting college students to provide guidance and support. In this initiative, able-bodied seniors or volunteers “adopt” senior citizens in their neighborhood, who are in need, offering companionship and practical help with activities such as doctor visits, grocery shopping, or errands.

This program addresses the growing issue of isolation among elderly individuals. For the recipient seniors, the benefits are profound. Regular visits and assistance reduce loneliness and foster a sense of belonging, while stimulating mental and emotional well-being. These interactions can rekindle joy, provide emotional stability, and improve overall health by connecting seniors to their communities.

For the volunteers, the experience is equally rewarding. Assisting others cultivates understanding, empathy, and patience. It enhances communication skills and fosters a deeper sense of purpose and social responsibility. Volunteers find themselves forming meaningful relationships and gaining life lessons from the wisdom and stories of the seniors they help.

There may be some liability issues, however, that may need to be addressed. Programs should provide training to volunteers to minimize risks.

HOW IT WORKS

Volunteers are paired with seniors either based on shared interests or geographical location for convenience. Adopters spend quality time with their matched senior engaging in conversations, activities, or outings. Volunteers offer emotional support, listening ears, and friendship.

Online platforms or mobile apps could streamline the process, allowing seniors or their families to request assistance and connect with willing volunteers.

“Adopt a Senior Citizen” fosters an interdependent community where compassion thrives. By bridging the gap between active and dependent seniors, we can create a supportive environment where everyone benefits.

We need to discuss this further with the help of willing volunteers.