



USAP News

United Seniors Association of Pittsburgh

www.usaofpittsburgh.org

Volume 7 Issue 2

SPRING ISSUE

April 2025

WELCOME SPRING 2025



Since we last welcomed Spring in 2024, we all have grown a year older and wiser. Those who have crossed their fiftieth birthday are now eligible to join USAP and start working for your many happy senior years that lie ahead of you.

We are delighted to mark a significant ten year milestone for USAP since its first inception in 2015. USAP was formally registered as a 501(c)3 tax exempt charitable organization with the State of Pennsylvania in 2017. From our humble beginnings, we have flourished into a vibrant organization, making this special event worthy of consideration for a commemoration in a befitting manner in the near future.

Meanwhile, the new Executive Board with the various Committee Chairpersons in place, is busy planning some exciting programs for 2025. Musical Night - Ek Shaam Sangeet Ke Naam on April 5 was a huge success with superb and melodious performance by all the singers. Now we have Bowling outing on April 15. We encourage you to attend this event. More details are provided in this issue.

Spring also heralds the continuation of the Mums project which was started by the Garden Club last year. This initiative aims to beautify our surroundings and bring a touch of nature's beauty in our decks and gardens.

Looking ahead, USAP is busy planning the popular group travel to Spain and Portugal in May, Ayurveda and Yoga, a weekend retreat which has now become an annual event, a Summer Picnic, a Gala Diwali Musical Dinner Night, among others.

As we welcome Spring, let us also celebrate the bonds we've built over the past decade.

Here's to a life well-lived, wisdom well-earned, many more years of shared experiences and cherished memories still to be made with USAP !

READERS WRITE



**GETTING OLD IS MANDATORY
FEELING OLD IS OPTIONAL**

**WRINKLES MEAN YOU LAUGHED
GREY HAIR MEANS YOU CARED
SCARS MEAN YOU LIVED**

**DON'T COUNT THE CANDLES
ENJOY THE GLOW**

**THE BEST WAY TO KEEP YOUNG IS TO
HANG OUT WITH PEOPLE OLDER THAN
YOU**

Khozem Mogri

Happy Hindu New Year Everybody

Hindu New Year is called differently in different parts of India.

Vaisakhi - in Punjab and UP and other northern States. It is supposed to coincide with the Spring Harvest time (around the Spring Equinox)

Cheti Chand - in Sindh

Ugadii - in the Southern States like Andhra Pradesh and Tamil Nadu.

Gudi Padvo - in Maharashtra.

The Gurjaratis, on the other hand, celebrate the New Year as the first day of the month of Kartik which occurs after Diwali (perhaps in honor of the victorious return of Ram from Lanka). This falls around the Fall Equinox.

Shailesh Kapadia

USPS Informed Delivery

Getting informed of important mail or package delivery ahead of time, I find it very helpful, especially when I am away on vacation, or even when I am not. If you notice an important item in your informed delivery preview but it does not arrive, you can act quickly to report missing mail. It helps prevent mail theft. If you haven't already done so, you can sign up on

<https://usps.com/id-email>

Shailesh Kapadia

In-Hospital Care

When a loved one is admitted in the hospital, it is crucial for a family member to arrange to stay with the patient. The nurses can become busy and may not be able to provide immediate assistance. Situations such as aspiration, choking, coughing, chest pain, allergic reactions, breathing problems, or falling off the bed, can be serious and could be prevented if help is rendered immediately.

You can become the eyes and ears for the patient and seek help when the patient could not.

You can become an active participant in the care and recovery process of your loved one.

Juginder Luthra

USAP TOTAL MEMBERSHIP

(AS OF MARCH 31, 2025)

TOTAL Members : 392

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Charter Members : 221

4 Year Members : 171

Annual Members : --

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

WELCOME TO NEW 4-YEAR MEMBERS

Sanjay & Kirti Gulati
Ajay & Ranjana Katiyar
Sanjay & Amita Mehta
Padma Melachuri
Bharat & Rasila Rana
Girija & Rajagopal Thiruvadammarudur

**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 close
to 400 members.**

HAPPY BIRTHDAY WISHES TO OUR 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, Rajeev Patil, Savita Ghelani

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, Anand Yedla

June: Bharat Monpara, Dayal Sutaria, Kirtida Desai, Gauttam Patel, Ambaram Chauhan, Shashi Batish, Ranjan Bhandari, Subash Ahuja, Suresh Golakiya, 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, Yogendra Gupta, Monika Soi, Neelam Bajaj, Hiroo Patel



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

PLEASE MARK YOUR CALANDER
USAP ANNUAL GRAND GALA DIWALI DINNER
ON SATURDAY, OCTOBER 11
AT INDIAN COMMUNITY CENTER (ICC)
MORE INFORMATION WILL FOLLOW



USAP

BOWLING EVENT

Spend a relaxed afternoon by joining USAP friends for some food, fun and Bowling on Tuesday



**TUESDAY,
APRIL 15,
2025 AT
1:00 PM**



Mount Lebanon Bowling Lanes

1601 Washington Road, Pittsburgh, PA 15228 (412-854-0600)

Bowling Cost : \$12.99 / Person including shoes & 2 hours of bowling

RSVP: By Friday, Apr 11, 2025 (to book the bowling spots)

Various food items are available by purchase

Contact:

Sudhir Patel 412-580-5450
Bhavna Mehta 412-443-0959
Chetan Ladani 412-519-9024

Chetan Patel 412-908-1711
Kiran Bakshi 412-841-2718
Khozem Mogri 724-494-6888

Superb Singers of Ek Shaam Sangeet Ke Naam Musical Event



UPCOMING EXCITING AND ENCHANTING USAP 14 DAY SPAIN AND PORTUGAL TOUR IN MAY

By Kiran Bakshi



The highlighted tour of the enchanting Spain and Portugal is kicking off on May 6 with 28 participants covering historic and beautiful sightseeing across these two beautiful countries.

Tour comprises of picturesque destinations that include Barcelona, Madrid, Granada, Malaga, Cordoba, Sevilla in Spain and Porto, Sintra, Cascais and Lisbon in Portugal.

Exquisite places like Sagrada Familia, Park Guell, Casa Mila and Montserrat in Barcelona, Royal Palace and Prado Museum in Madrid, Alhambra in Granada, Royal Palace in Sevilla, the beautiful Birthplace of Picasso in Malaga,

and the monuments and palaces in Portugal highlight this 14-day tour, along with Flamenco show and river cruises to enhance the experience of our participants.

As before, we look forward to having yet another fun-filled international tour designed by USAP for their members.





STROKE – PREVENTION IS BETTER THAN TREATMENT

By Subash Ahuja, MD

USAP had arranged a talk by Dr. Ashis Tayal, a vascular neurologist and director of Neuro Care Network for Wellstar Health System in Georgia, on a very important health topic of **Stroke**, which has the ability to maim before it kills. Seniors are particularly vulnerable because of several underlying health issues like high blood pressure, diabetes, etc. For the benefit of those who may have missed the talk, this article has summarized the salient important points to remember.

Understanding Stroke: Causes, Symptoms, and the F A S T Response

A stroke occurs when blood flow to the brain is interrupted, depriving brain cells of oxygen and causing them to die within minutes. Strokes can have severe and lasting effects, but quick recognition and treatment can greatly improve outcomes.

TYPES OF STROKE

1. **Ischemic Stroke** – Caused by a blocked artery, often due to a blood clot or plaque buildup. This is the most common type.
2. **Hemorrhagic Stroke** – Caused by a ruptured blood vessel, leading to bleeding in the brain. This is often associated with high blood pressure or aneurysms.
3. **Transient Ischemic Attack (TIA)** – Sometimes called a “mini-stroke,” this is a temporary blockage that resolves on its own but serves as a warning sign for a future stroke.

COMMON SYMPTOMS



Recognizing stroke symptoms early is crucial.

The acronym **F A S T** can help:

- **F** – Face drooping (Does one side of the face droop when the person smiles?)
- **A** – Arm weakness (Can the person raise both arms, or does one drift downward?)
- **S** – Speech difficulty (Is speech slurred or strange?)
- **T** – Time to call emergency services immediately.

Other possible symptoms include sudden confusion, dizziness, vision problems, and severe headaches.

RISK FACTORS

Several factors increase stroke risk, including:

- **Medical Conditions:** High blood pressure, diabetes, heart disease, high cholesterol
- **Lifestyle Factors:** Smoking, excessive alcohol use, poor diet, lack of exercise
- **Uncontrollable Factors:** Age, family history, previous stroke or TIA

PREVENTION AND TREATMENT

- **Prevention:** Healthy lifestyle changes such as maintaining a balanced diet, exercising, managing blood pressure, and avoiding smoking can reduce stroke risk.
- **Emergency Treatment:** Clot-busting drugs (for ischemic strokes), surgery, or other medical interventions may be necessary.
- **Recovery: Rehabilitation** may include physical therapy, speech therapy, and lifestyle changes.

Acting quickly can save a life. If you suspect a stroke, call emergency services immediately.

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

VASCULAR NEUROLOGIST

ASHIS TAYAL, MD - 412-605-4418

HOMEOPATH

GIRIJA RAJAGOPAL - 412-499-2841



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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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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

Recipes from Krishna's Kitchen

Aloo Palak: Potato Spinach



Ingredients

- 1 Bunch of spinach
- 2 medium potatoes
- 8 cloves of garlic
- 1 large red onion
- 1 tsp cumin whole
- 1/2 tsp chili powder
- 1/2 tsp turmeric
- 1 tsp salt
- 1 Tbsp lemon juice
- 1Tbsp cooking oil

*Tip:
it can be eaten
on slice of
bread or as a
open sandwich
by adding your
choice of
meat or
cheese.*

By Krishna Sharma

Preparation

- Heat 1 Tbsp oil in a pan
- After heating, add cumin and roast for a few minutes
- Add chopped garlic, potato, and onion
- Cook for 5 to 7 minutes until everything is a little roasted
- Add chopped spinach and all the spices
- Mix everything and cover for 2 minutes
- Cook uncovered until potatoes are done
- Do not overcook them
- Remove from heat and add lemon juice

Ready to eat with parathas or rotis.



FESTIVAL OF NATIONS

By Juginder Luthra

(United States is truly United Nations with immigrants from all over the world making United States their adopted land. And immigrants are finding ways to show their gratitude and earn the respect of the community by sharing their culture, dance, music and food. Here Juginder Luthra, a resident of Weirton, and his team of other nations describe how the recently held Festival of Nations in Weirton was received and highly acclaimed in the local media. Editor)



After a Covid gap of five years, Weirton Area Museum revived the Festival of Nations on March 22, 2025. About eighteen hundred people enjoyed a special day in Weirton, West Virginia. They experienced the Melting pot in action, traveled the world without a passport, witnessed Unity in Diversity as they merged into one America. Fifteen Nationalities and groups provided music and dances on the stage, ethnic foods and display tables.

Weirton used to have Festival of Nations from 1934 through 1944. After a gap of 65 years, the Festival was

revived from 2009 to 2019. As chairman of the Festival committee all these years, I find that we can amalgamate into the mainstream and erase the artificial boundary lines of ethnicity at local level. The language of music, dance and foods is unifying and universal.

People witnessed dances from China, Greece, India, Italy, Israel, Germany, and Philippines. They heard music from India - in Hindi, Italy - in Italian, music from Europe, Scotland and our own new homeland - the USA. People got to taste the foods of Africa, Greece, Italy, India, and Russia.

City of Weirton, local business, media and individuals find immense value in the Festival. They provide financial and in-kind support in abundance. I am lucky to have Dolly's help and sixteen enthusiastic, hard-working members of the Festival committee.

In the opening remarks, Mayor Dean Harris reflected on his family's journey, "**Today we celebrate those nationalities and their many contributions to Weirton and the Ohio Valley. Being born and raised in Weirton, from a young age I learned to appreciate the diversity of our community.**"

The Editorial in Weirton Daily Times summed up the value of the Festival thus, "**There is no**

one single culture that has built our Ohio Valley, or, for that matter, our nation."

As first-generation immigrants, we find immense joy in making a small positive impact at the grass root level. I encourage each one of us to pick up any small or large cause where we can make a difference in our local community.

