



USAP News

United Seniors Association of Pittsburgh

www.USAofpittsburgh.org

Volume 2 Issue 1

January 2020



As we bid farewell to 2019, we welcome 2020 in all its glory. **USAP** wishes our members and readers a very Happy and Healthy 2020, and a year full of exciting and enriching activities.

Reflecting upon 2019, it was a busy year for USAP with regular monthly programs that covered all aspects of healthy aging, physical & spiritual fitness, financial management, sport activities and also international travels, one trip to China and two trips to

Southern Africa; and the Grand Gala Musical evening with Bollywood singers.

The large attendance at the Annual General Body Meeting held in December 2019, is a testament to the strong support members have for USAP.

USAP partnered with local organizations in several community events, including the India Republic Day celebration in January, organized jointly by many community organizations and the 150th birthday celebrations of Gandhi ji in October, organized by AHINSA.

Sadly, we lost a strong supporter of USAP in 2019. Mr. Om Sharma, beloved husband of Krishna Sharma, who passed away on November 1, 2019. USAP wishes the bereaved family deepest condolences and prayers for peace for the departed soul.

Some members have suggested holding all USAP programs in daylight hours as it is difficult driving in dark for some. Also, to provide elevator services for those with difficulty with the stairs and to consider cruise vacations and short trips within the US. All these issues will be considered, some are easy to implement, while others can be addressed when USAP achieves a better financial footing. Your comments and suggestions are always welcome and will be addressed and implemented as much as possible.

**Remember, being happy doesn't mean you have it all.
It simply means you're thankful for all you have.**

CHARTER MEMBERS, 2019

1. Ahuja, Subash
2. Bakshi, Kiran & Viharika
3. Bhandari, Ranjan & Meena
4. Desai, Dilip & Kirtida
5. Desai, Nainesh & Jayna
6. Kaushik, Ved & Alka
7. Kumar, Ashok & Indra
8. Ladani, Chetan & Lina
9. Luthra, Juginder & Dolly
10. Majmudar, Vasanti
11. Malepati, Vasu
12. Mogri, Khozem & Rezwan
13. Monpara, Pravin & Rekha
14. Pandit, Devayani
15. Parikh, Kiran & Bharati
16. Patel, Chetan & Bakula
17. Patel, Gauttam & Rita
18. Patel, Mina
19. Popat, Rajnikant & Bharati
20. Sahai, Ashok & Ranjana
21. Sharma, Brahma & Anita
22. Tamboli, Adi & Jasmin
23. Thakar, Girish & Lina

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

NEW OFFICERS FOR 2020-2021

The following officers were elected at the General Body meeting held in December 2019.

President: CHETAN PATEL
Vice President: DILIP DESAI
Secretary: SUBASH AHUJA
Treasurer: KIRAN BAKSHI

The Committee Chairs will be appointed at the Executive Board Meeting in January 2020.

MEMBERSHIP CATEGORIES FOR 2020

The following membership categories were approved at the General Body meeting held in December 2019.

1. Annual Member (\$30 per person, applicable on a calendar year basis (January to December).
2. Four-year member (\$100 per person, applicable on a calendar year basis (January to December).
3. Charter Member (Lifetime Membership; \$500 per person).

A Four-year member can opt to become a Charter member any time during the four-year period by paying the difference of \$400.

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, Dilip Desai,
Khozem Mogri

LIFE IS THE MOST DIFFICULT EXAM

Many people fail because they try to copy others, not realizing that everyone has a different question

JAPAN TOUR 2020 (WITH SEOUL & JEJU ISLAND)

APRIL 1 – APRIL 15, 2020 (14 DAY TRIP)

TOTAL APPROXIMATE COST: \$5,775 PER PERSON (INCLUDES ALL AIRFARE, ATTRACTIONS, MEALS AND ACCOMMODATIONS.) BASED ON GROUP SIZE OF 30 INDIVIDUALS.

PLEASE NOTE THE TRIP WAS AN IMMEDIATE SELL OUT IN ONE DAY. PEOPLE RESPONDED WITH THEIR CONFIRMATIONS THE VERY SAME DAY AN EMAIL NOTIFICATION WAS SENT TO THOSE WHO HAD PLACED THEIR NAMES ON THE “INTERESTED” LIST.

There is good news for those who could not register in time for Group One.

A Group Two to Japan, with the same itinerary and cost savings (and most likely only a few days apart) is now underway. Please call any one of the following members to confirm your reservations, and for any questions. Business class travelers also need to confirm early to get group rates.

Chetan Patel: 412-908-1711
Kiran Bakshi: 412-841-2718
Dilip Desai: 412-916-2473

Highlights of the Land of Rising Sun JAPAN with Seoul and Jeju Island Tour:

Tokyo – Hakone – Nagoya – Shizuoka –
Miyajima – Hiroshima – Kyoto – Kobe
Nara – Osaka – Jeju Island – Seoul

Itinerary

Days 1-3 TOKYO
Day 4: HAKONE
Day 5: SHIZUOKA
Day 6: NAGOYA
Day 7: HIROSHIMA
Days 8-10 OSAKA
Day 11: JEJU ISLAND (S. KOREA)
Days 12-13: SEOUL (S. KOREA)
Day 14: DEPART FROM SEOUL TO PITTSBURGH



THE RED EYE

by
Juginder Luthra, MD
Ophthalmologist

There are many reasons for a red eye, some serious requiring immediate doctor visit, antibiotic treatment, and some that may be safely ignored. The following is just a guide, but if in doubt, please consult your ophthalmologist for treatment.

1. **SUB-CONJUNCTIVAL HEMORRHAGE** (bleeding beneath the conjunctiva)



Conjunctiva is a lining over the white part of our eyes. From injury but mostly spontaneously a blood vessel may break leaking blood under that lining. Generally bleeding stops quickly but leaves a red area over the eye. It is NO DIFFERENT than a bruise. It looks bright red, on the eyeball.

This causes panic but it is harmless. It is flat, painless red patch about which you don't even know till someone else points to you or you look in the mirror. Do not worry about it. Do not see a doctor. It will go away on its own in a few days, just like the bruises.

If it's extensive, you should go to an eye doctor, not Med Express. This may happen if we are on blood thinners. It can endanger the cornea, the front window to the eye. It will need frequent use of an antibiotic cream, looks scary but it resolved without causing any harm.

2. **PINK EYE (aka CONJUNCTIVITIS)**



A very common infection of eye caused by a virus. One or both eyes get red, feel gritty, accompanied by whitish drainage and it is PAINLESS

It can be highly contagious and spreads through hand to eye contact. Frequent hand washing, not sharing hand or bath towels, pillow covers, getting tears on hands and then shaking hands or touching doorknobs are some ways it spreads. Keep child from school as it may spread. It does not spread by just sitting across. In 7 to 10 days it clears up. Non-emergency visit to eye doctor is good. If the drainage is yellow, purulent, it needs antibiotic drops or ointment. Therefore, see an eye doctor soon or sometimes they just call it in without a visit.

3. IRITIS

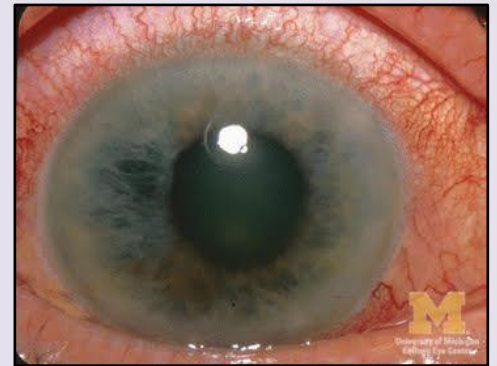


It's the inflammation of the iris, the colored part of the eye that surrounds the pupil. It can happen for multiple reasons. The eye is **PAINFUL, SENSITIVE TO LIGHT, and TENDER TO TOUCH.** The Pupil gets smaller than the uninvolved eye. There is no foreign body feeling, but there is watery drainage. **See an eye doctor same day. They will prescribe drops, may run some tests to find the cause. Usually it clears up but may recur.**

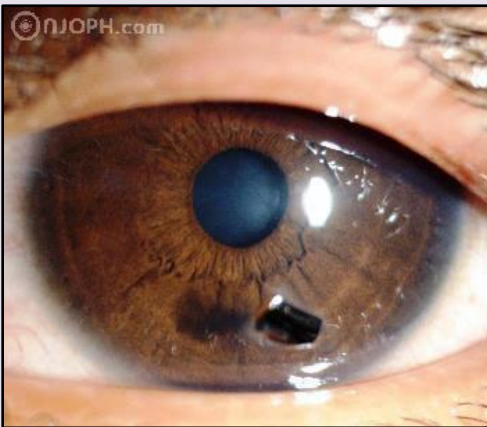
4. ACUTE GLAUCOMA

These days it has become rare because the eye doctors can diagnose it by a simple eye exam and can prevent it by a safe laser procedure. But if it does happen, the eye is very red, severely painful, the pupil is larger than uninvolved eye and vision is very blurred.

Headache, nausea and vomiting may occur. The cause is sudden increase in pressure inside the eye. It requires emergency visit to an eye doctor or emergency room. It requires urgent care to reduce the pressure in the eye followed by a laser procedure called Iridotomy.



5. FOREIGN BODY IN THE EYE



A foreign body, generally a piece of metal caused while grinding or working under a car, or wood dust from sawing. Cause redness, and foreign body feeling on blinking. You should see an eye doctor who can safely remove it in the office after numbing the eye with drops. Wear protective glasses while grinding or any activity where small objects may land in the eye.

6. CORNEAL ULCERS

These generally happen to those wear contact lenses. Avoid going to sleep with lenses still in the eye. Avoid extended wear contact lenses and follow the protocol for proper cleaning. Most small ulcers clear up in a few days with frequent use of antibiotics. Sometimes they are large with pus like drainage. They need seen ASAP and will require multiple drops.

There are many other causes to a red eye, but that will take beyond the limits of a Newsletter up explain. Hope this helps.

If you have any questions, please feel free to call me at (304)794-6336 (Dr. Juginder Luthra).

USAP MEDICAL ADVISORY COUNCIL

We have several physician specialists who are USAP members, some who are retired and some still in active practice. They are Board certified in their various specialties. Some have enlightened us practical advice at some of the monthly programs. They have kindly agreed volunteer on the USAP Medical Advisory Council and willing to help, advice and guide any USAP member who may have any health issue and need such help. Please know that such help should not be construed as treatment and the physician shall not be held responsible for offering such guidance. The member shall seek treatment from his/her personal physician.

USAP MEDICAL ADVISORY COUNCIL

CHETAN LADANI, MD – CARDIOLOGIST

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BRHAMA SHARMA, MD – CARDIOLOGIST

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JUGINDER LUTHRA, MD – OPHTHALMOLOGIST

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USHA SHARMA, MD – ENDOCRINOLOGIST

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RAJNIKANT POPAT, MD – OB GYN

724-366-0867

VASU MALEPATI, MD – ENT SURGEON

724-344-3301

SENIOR HUMOR



yes Doctor, I love my retirement, love my old age! I stopped using hair dye, ordered my toupee, had cataract surgery, bypass surgery, denture set, put sent, total knee replaced, prescriptions refilled, wearing knee pads, always using a walking cane.

Mahendra Shah is a professional cartoonist of international fame. He is a keen observer of human nature, especially the behavior of the Indian diaspora. His insight and sharp wit are evident in his many cartoons. He has over 2,000 cartoons to his credit, has published books on cartoons, and his cartoons have been featured in many publications both in the US and abroad. He has offered to humor the seniors with his cartoons in the Senior Humor column on regular basis.

Yoga for Health

by

Bhavna Mehta

Yoga instructor and Ayurvedic health practitioner

Health benefits of yoga are now known to us for many centuries. We as Indians do not need any proof. The basic spiritual truth does not change but the form and teaching changes with time. That means it is high time that we look at this auspicious knowledge with a new scientific lens so new generations can understand it better.

Numerous new scientific studies are proving that the whole science is based on very precise knowledge of human body, mind, and emotions. Its goal is to reach to one's highest potential. Its proper and regular study will show us the path first, and then allow us to walk on that path to maximize our potential for lasting vitality.

If we look at only physical benefits here, still they are unique. We have a very remarkable amazing body. It always strives for health. Every part of the body has the aim to restore health, but an overused, undernourished, under stimulated, and fatigued body/mind cannot bring the vitality back. Yogic practice of Postures, breath work, relaxation, and meditation can:

* tone muscles

* increase circulation

* reduce stress

* improve joints

* calm nervous system

* bring balance

And the list goes on.

In the upcoming series of yoga classes, we will focus on:

1. Yoga for heart, brain, spine, low back etc. Our brain is a master computer, and the spine is the central axis, and the heart is the lifeline.
2. A full scientific research-based explanation of how certain poses work on certain parts of body.
3. How a particular practice can purify and nourish our internal system and how it can bring balance to life.

There are doctors, scientists, healers, nutritionists, therapist, yogis, gurus, and many other people who can guide us to improve our life, BUT

Only WE can help ourselves by practicing what they are preaching.



PLEASE CALENDAR THE FOLLOWING YOGA SESSION DATES AT ICC, WITH BHAVNA MEHTA

SUNDAY, FEBRUARY 16, 2020

SUNDAY, FEBRUARY 23, 2020

SUNDAY, MARCH 1, 2020

SUNDAY, MARCH 8, 2020

AYURVEDIC APPROACH TO HEALTHY AGING

by

Dr. Lina Thakar, Ayurveda Doctor

www.AyurvedaInstituteUSA.com

Health is a balanced state of body, mind and soul. Hence, Ayurveda always emphasizes physical, mental, emotional and spiritual balance. My articles offer healing recommendations to address all these layers, not just physical health. Here are 3 tips that I highly recommend implementing in your lifestyle, no matter what stage or age you are.

TIP ONE



To promote healthy digestion and mental calmness especially after age 50, it is important that you **shift from raw and cold foods to cooked and warm foods**, as they are easy on digestion. Instead of putting outward attention to nutrients in the food, Ayurveda recommends shifting attention to the status of digestion. Soft and warm meals are easy on digestion. Please include in your meal plans soups, porridge and stews 3 times a week. Applying this simple tip, you will notice significant improvement in health by feeling better, sleeping better and experiencing calmer mind. Also, you will notice gases and bloating issues are prevented or healed.

TIP TWO



Emotional health is very important for overall health. **Apply and rub one teaspoon of lukewarm coconut oil to your feet 3 to 5 times a week before bedtime.** Feet oil massage significantly reduces daily stress, and promotes restful sleep, balanced digestion, mental and emotional healing.

TIP THREE



A very important lifestyle practice at bedtime is to include half cup of warm milk (or almond milk if you avoid dairy). This is significantly soothing remedy to the nervous system, mental or emotional struggles and helps on many levels in nurturing and nourishing body, mind and soul.

Dr. Lina Thakar is an Ayurveda Doctor, Holistic Health Mentor, International Speaker and best-selling Author, and contributes regularly to USAP News.

Ayurveda is an age-old traditional medicine of India. With its wholistic approach to wellness, it has valuable contributions to make towards healthy aging.

Disclaimer - The information shared here is not to diagnose, cure or treat disease or it is not evaluated by the FDA. The article is for information only. Ayurveda is not a licensed medicine program in the USA. Dr (Vaidya) Lina is NOT a medical doctor. Dr. (Vaidya) Lina does not practice medicine.

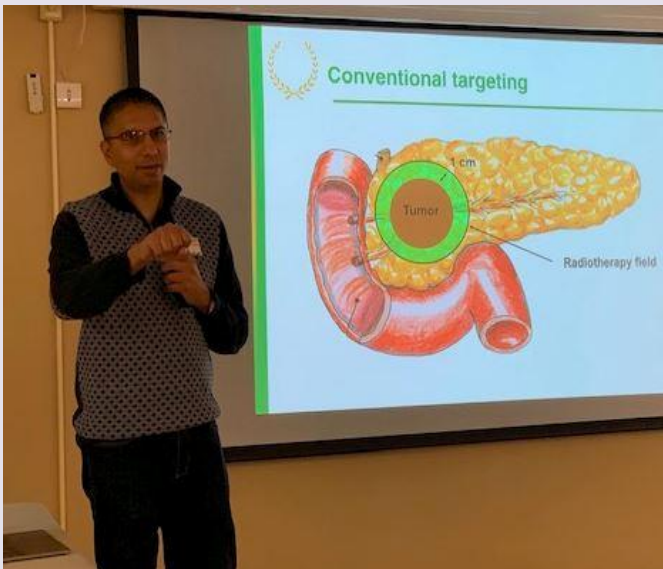
Ayurveda is an age-old traditional medicine of India. With its wholistic approach to wellness, it has valuable contributions to make towards healthy aging.

Sweet Memories of Year 2019



Yoga Sessions & International Yoga Day Celebration

India Republic Day



Colon Cancer Screening – Dr. Shyam Thakkar

Huge Audience

Sweet Memories of Year 2019



Melodious singers of USAP Karaoke Group



Movie outing – “Remember Amnesia”



Long Term Care Planning - Goldblum



Birthday / Anniversary Celebration



South Africa & China Tour Participants with Hitesh Desai

Sweet Memories of Year 2019



Dr. Kiran Patil
Neurological problems



Sanjay Lodha
Personal Finance Management



Dr. Chetan Ladani



Dr. Subash Ahuja



Grand Gala Annual Gathering Dinner with Bollywood Musical Group from India

