



# USAP News

United Seniors Association of Pittsburgh

[www.USAofpittsburgh.org](http://www.USAofpittsburgh.org)

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The **CORONAVIRUS** has turned out to be mightier than we all could have imagined. Dubbed as an invisible enemy of humanity, it has put the world on a standstill. To meet the social distancing requirement, all USAP meetings have been postponed to a later date. The last of the four-week **Yoga sessions** scheduled for March 15, 2020 by Bhavna Mehta and the **Health Camp** planned for April 25, 2020 had to be cancelled and will be rescheduled at a later date.



The last meeting, we had was on March 8, 2020 when Dr. Usha Karumudi gave us a talk on “**Coronavirus – what we needed to know and do**”. Hope you were able to attend.

Coronavirus has reminded us to practice good habits that may have been ignored in the past. Frequent handwashing, avoid touching your nose and eyes with unwashed hands, that is a common habit of many, and covering when you sneeze or cough, are the basic important preventive measures we can all easily put to practice.

**NAMASTE**, our traditional way of greeting has been on world news lately. Handshaking has been

frowned upon at all levels, from the President to the common man. **NAMASTE** form of greeting is not only spiritual and respectful, but also so very sanitary and safest in terms of zero risk of spreading the harmful pathogens. It is better than the alternate proposals of elbow shake or a knuckle bump.

Even though, preventive measures for coronavirus are being circulated in all forms of social media, including cartoons, animations and lyrical songs, it is important to remind here, once again the **President’s official Coronavirus Guidelines**:



1. If you feel sick – stay at home. Contact your doctor.
2. If your children are sick – keep them at home. Contact your doctor.
3. If someone in your household has tested positive for the coronavirus – keep entire family at home. Contact your doctor.
4. If you are an older person – stay at home and away from other people.
5. If you are a person with serious underlying health conditions – stay at home.

**AND THAT IS WHAT WE ALL ARE DOING – STAYING AT HOME AND SOCIAL DISTANCING!**

# USAP EXECUTIVE BOARD FOR 2020

## UNITED SENIORS ASSOCIATION OF PITTSBURGH EXECUTIVE BOARD

**President :** Chetan Patel                      **Vice President :** Dilip Desai  
**Secretary :** Subash Ahuja                      **Treasurer :** Kiran Bakshi

### USAP EXECUTIVE COMMITTEES

No.	Old Committee	New Committee	Committee Chair	Committee Members
1	Membership	Membership	Chetan Patel, Devayani Pandit	Vasu, Ladani, Kiran, Jamnadas, Arun Jatkar, Subash, Dilip Desai
2	Life & Finance	Life & Finance	Girish Thakar	Ladani, Arun
3	Health & Fitness	Health & Fitness Medical Council	Chetan Ladani	Subash, Brahma Sharma, Ved, Raj Papat, Vasu
4	Hobby & Sports	Sports	Sudhir P & Jayant M.	Dilip Desai, Nilam Patel
		Hobby: Karaoke, Drama	Dilip Desai	Subash Ahuja
5	Cultural, Social & Humanitarian	Cultural, Social Activities	Chetan Patel	Entire Board Members
		Humanitarian	Lakshmi Mirani	Subash, Chetan, Kiran Bakshi, Viharik Bakshi, Vasu, Arun, Sudhir
6	Tours & Travel	Tours & Travel	Kiran Bakshi	Dilip Desai, Chetan Patel
7	Social Media & Publication	Newsletter Publication	Subash Ahuja	Chetan, Dilip, Khozem, Arun
		USAP Website	Dilip D., Khozem M.	Chetan
		Event Flyer	Dilip Desai	
		Email Management	Chetan Patel	
8		Long Term Planning	Jamnadas Thakkar	Subash, Dilip, Ladani, Kiran, Chetan
9	PR & Liaison	PR & Liaison	Ved Kaushik	Devayani, Jamnadas, Arun, Kiran
10	By-Laws	By-Laws	Dilip Desai	Jamnadas
11	Event Admin	Event Admin	Viharika Bakshi	Jayant M., Sudhir & Nilam Patel, Kiran Bakshi, Khozem & Rezwan

**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, Dilip Desai,  
 Khozem Mogri

## CHARTER MEMBERS, 2020

1. Veena Agarwal
2. Kiran Patil
3. Brahma & Anita Sharma
4. Jamnadas Thakkar

## USAP MEMBERSHIP 2020

Charter Members	:	45
4 Year Members	:	75
Annual Members	:	36

## FOUR-YEAR MEMBERS 2020

1. Surinder & Veena Aneja
2. Zarin Balaporia
3. Shailesh & Mananda Bhende
4. Farhad & Shahnaz Cama
5. Prasad Dabbala
6. Arun & Lata Dave
7. Sunil Desai
8. Pratap & Madhu Doshi
9. Satish & Madhu Duggal
10. Nikhil & Bharati Gandhi
11. Vasant & Manjula Germanwala
12. Amit & Sonali Ghosh
13. Gaurang & Savitri Gosai
14. Vinod & Tripta Goyal
15. Som & Sadhana Gupta
16. Arun & Shobha Jatkar
17. Yogesh & Alka Jhaveri
18. Navin & Swati Kadakia
19. Sailesh Kapadia
20. Neelam Katyal
21. Girish & Jyotsna Kothari
22. Sumant & Raj Lall
23. Sunnel & Alka Maheshwari
24. Durga Malepati
25. Harshad & Rekha Mehta
26. Jayant & Lakshmi Mirani
27. Jashwant & Urmila Modi
28. Girish Patel
29. Hiroo & Manju Patel
30. Kirit & Gita Patel
31. Kishor & pushpa Patel
32. Sudhir & Neelam Patel
33. Vaishali Patil
34. Sridhar & Vijayalakshmi Patnam
35. Chandrakant & Harsha Pujara

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- 41 Manohar & Meena Sukhwani
- 42 Durlabhji & Bharati Ukani
- 43 Praful & Madhuri Vora

## 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 MEDICAL ADVISORY COUNCIL

The following physician specialists who are USAP members, Board certified in their respective specialties, some who are retired and some still in active practice, have kindly agreed to volunteer on the USAP Medical Advisory Council. They are willing to help, advise 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.

**CHETAN LADANI, MD – CARDIOLOGIST**

412-519-9024

**BRHAMA SHARMA, MD – CARDIOLOGIST**

412-708-9128

**JUGINDER LUTHRA, MD – OPHTHALMOLOGIST**

304-794-6336

**VED KAUSHIK, MD – COLORECTAL SURGEON**

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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

**KIRAN PATIL, MD – NEUROLOGIST**

914-316-0643

**ADI TAMBOLI, MD – ALLERGY**

412-997-7007

**USHA KARUMUDI, MD – INFECTIOUS DISEASES**

412-874-2423

## ANITA ASTORINO KULIK

State Representative  
45<sup>th</sup> Legislative District



She gave us a surprise visit at the USAP Meeting on Coronavirus – What We Need to Know and Do on March 8. She was impressed with the information provided by Dr. Usha Karumudi, the Infectious Disease specialist. She shared her personal story associated with the Indian Community Center. It used to be a church where her parents of Italian descent got married and where she was baptized when she was young. She was very pleased the center was being taken care of nicely and that it was serving such a nice purpose for the Indian community.

As a State Representative she offered her help in any legislative matters pertaining to the State. USAP honored her with a bouquet of flowers. She and her husband enjoyed the masala tea and the Indian lunch.

## YOGA SESSION



This is the group picture taken at the end of first Yoga session by Bhavna Mehta on February 16, 2020. Bhavna Mehta, a professional certified yoga instructor had structured four consecutive weekly sessions, much appreciated by the attendees, and provided a perfect fit in the winter months.

Below right Dr. Brahma Sharma honoring our guest speaker Dr. Usha Karumudi.



**Scott R. Lindstrom, CLU, ChFC**  
**Halley-Dodson Insurance Advisors**  
e-mail: [slindstrom@halley-dodson.com](mailto:slindstrom@halley-dodson.com)

**Associate: Nayan Shah**

Featured speaker at USAP in 2018  
123 Shafer Road  
Moon Township, PA 15108  
Phone: 412-390-7576  
Fax: 412-269-9444

- Medicare
- Advantage Plans
- Supplement Plans
- Part D Rx Plans
- We can help you review options
- Should you enroll in Medicare?
- Your Part B premium may be higher (income based)
- Make sure your doctors and medications are covered
- Dental, Vision, Hearing & Silver Sneakers options
- Independent Broker representing the most competitive plans





## Hidden Epidemic Among South Asians

### CALL TO ACTION

By Brahma Sharma, M.D. (Cardiologist)

While we are all gripped with COVID-19, there is another epidemic of CVD (cardiovascular disease) which is silently taking toll on us. We all know someone who has had heart attack, or worse, died from it. It is about time we embark on a nationwide campaign of education and awareness of heart disease involving south Asian community. We all know Prevention is the best intervention, so there is need for a short check list of actionable items as a road map for all of us and our next generation.



South Asians constitute 1-2% of U.S population and about 25% of world population, yet account for 60% of global cardiovascular burden. It has been generally recognized that South Asians as an ethnic group are at highest risk for cardio-metabolic disorders. American Heart Association has finally recognized that fact and issued guidelines last November 2019 urging physicians to consider ethnicity when determining cardiovascular risk, as conventional risk prediction models underestimate our risk.

While there is consensus about higher cardiovascular risk, there is no consensus about any “smoking gun”. Most experts think south Asian cardiometabolic epidemic to be due to visceral obesity-mediated insulin resistance, but genetic/epigenetic and inflammation also play a role. When it strikes, it does a decade earlier, and many a times, first manifestation could be sudden death. The nature of this atherosclerosis is also unique in that it is diffuse and progresses rapidly in relatively smaller coronary caliber vessels making them less amenable to percutaneous or surgical intervention.

If we are serious about bending this curve too, then we all need to fight this menace at multiple levels. First, we need a massive campaign of awareness in our community. Second, there is dire need for early testing of our phenotype which makes us more susceptible to cardiometabolic disease through community outreach programs, such as UPMC’s. Third, we need to educate people about the proper value of newer imaging tests like coronary calcium score (coronary CTA) to detect this subclinical atherosclerosis before we develop symptoms. Fourth, we need to adopt a comprehensive lifestyle which includes among others, plant-based diet, yoga, meditation, and exercise which will protect us from other chronic illnesses. Fifth, we need to participate in ongoing long-term studies for south Asians like “MASALA” (Mediators of atherosclerosis in South Asians living in America) study. Finally, we need to make sure every south Asian household has at least one family member trained with the skill of “Hands only CPR” to rescue their loved ones in crucial first few minutes before help arrives. This could make a difference between life and death.

I realize it is an ambitious idea but necessary and it will need the support of the entire community to succeed. Most of us have our own personal physician but are still not able to take care of ourselves in an optimal way. We need to encourage everyone, especially those who are underinsured or undertreated or have not had any preventive cardiac care given to them, for whatever reason. We all need to act now.

To paraphrase JFK, “If not us, who? If not now, when?”

## SHRI OM PRAKASH BHANDARI HAS BECOME A CENTENARIAN!

By Ravi Kant



Shri Om Prakash Bhandari celebrated his 100<sup>th</sup> Birthday on February 8, 2020 in the company of his family and close friends, and loved the pomp and gala that went with that. His wife, Swaran Bhandari is a nonagenarian and is following his steps closely. She is 97. They recently celebrated their 73<sup>rd</sup> wedding anniversary. They are both healthy, independent and stay active.

He was born on January 31<sup>st</sup>, 1920 in Barnala, a small town in Punjab. He always loved music and used to sing in temples. He had to abandon it as it was not thought of as a good profession. Then he pursued higher education while continuing to engage in singing and

playing music.

He earned BSc degree from Christian College in Lahore in 1940. Following that he joined Indian Military service. Then he went on to attain his MSc degree (Tech) from Banaras Hindu University in 1947. He joined Himachal Pradesh Civil Service in 1953 and served there in various roles till his retirement in 1980 as Secretary – Joint Director.

They are blessed with three children, all physicians, and six grandchildren, all physicians as well. They enjoy their six great grandchildren.

He leads a very active lifestyle, doing exercise, yoga and meditation every day. He enjoys watching TV and follows local and world news. He and his wife have lived in Pittsburgh for the last 33 years with their son Ranjan and daughter-in-law Meena. Ranjan and Meena are very active socially in the tristate area, and this helps them to be socially active as well. He is soft spoken, has a radiant smile, and is very sharp cognitively. He enjoys the company of friends and has an active social life. He loves to sing Bhajans.

He is the first centenarian of Indian origin in Pittsburgh area as far as we know of. We are blessed to have him amongst us. They have proved the old saying that '*the more birthdays you celebrate, the longer you live!*'

USAP wishes OM Prakash ji Heartiest Congratulations and many happy returns, and all support towards becoming a Supercentenarian.

*The oldest person ever whose age has been independently verified is Jeanne Calment (1875–1997) of France, who lived to the age of 122 years, 164 days. The oldest verified man ever is Jiroemon Kimura (1897–2013) of Japan, who lived to the age of 116 years, 54 days.*

## AYURVEDIC APPROACH TO HEALTHY AGING



## NINE SELF-CARE STRATEGIES FOR SPRING

By Dr. Lina Thakar, Ayurveda Doctor

[www.AyurvedaInstituteUSA.com](http://www.AyurvedaInstituteUSA.com)

**M**aintaining health and well-being requires self-care practices. Especially when it comes to season change, our body requires more support. In Ayurveda, season change is called 'Ritu Sandhi' and special practices are required during this time for smooth transitioning to the next season. Selfcare practices applied with awareness result in reducing and prevention of seasonal health challenges.

SPRING is upon us. Here are nine Ayurvedic recommendations to protect health.

1. Early to bed and early to rise.  
Ayurveda recommends 10 pm bedtime and 5-6 am wake-up time.
2. Ginger tea in the morning.  
It helps release mucus which we often experience as we transition into Spring.
3. Light breakfast.  
Lunch should be the main meal of the day. Prefer warm meals.
4. Early dinner and it should be light.
5. Exercise.  
Spring is the best time to add more exercise. Going for a walk is good for body, mind and soul.
6. Do not sleep in the day. And avoid snacking.
7. Reduce dairy products. If you drink milk, Ayurveda recommends warm milk.
8. Steam inhalation to avoid spring allergies.
9. Detox practices and Panchakarma.  
These are recommended especially in beginning of Spring and Fall when seasons shift from cold to warm and warm to cold. These practices are generally done under the guidance of Ayurvedic doctor as everyone's health is different as per their age and unique constitution.

This simple lifestyle program can go a long way to protect your health, maintain strength, and when you add spiritual practices, you will experience whole new level of joy and vitality.

Specific tips to prevent coronavirus.

- apply Eucalyptus oil drops on handkerchief, car seats and pillows. The strong smell is not only good for lung health but also keeps viruses away.
- steam inhalation (plain water or add a drop of eucalyptus oil)
- strengthen your immune systems. Amla in any form is helpful, 1/2 tsp powder or with chavanprash jam 2 tsp.

(\* do not use Eucalyptus essential oil; it is very strong. Only regular form is advised)

*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.*

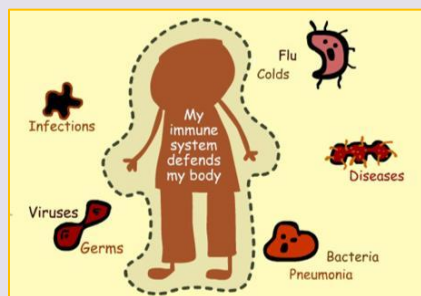


## STRENGTHENING IMMUNITY

An Ayurvedic and Yogic View

By Bhavna Mehta

Yoga instructor and Ayurvedic health practitioner



The world is in a state of panic due to the coronavirus pandemic. Social distancing is bringing stress and loneliness; and news from around the world is bringing fear and uncertainty. But not everybody is being affected the same way. Neither is the way everybody is acting, reacting, or responding to this difficult situation. Why is this so? There are two powerful and important things that we need to consider.

1. **A strong immunity**
2. **Our ability to cope with stress**

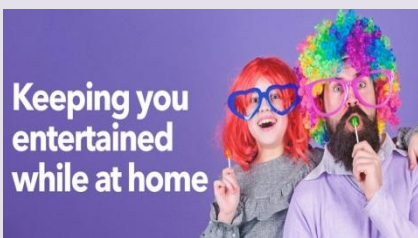
Our immune system is our body's army. It's a line of defense against foreign invaders (like viruses) and toxic substances. When we are stressed, frustrated, resentful, and impatient, our immune system is weakened and unable to attack the invading viruses and foreign objects.

How can we boost our immunity?

This is where Yoga and Ayurveda can play profound roles. Some key takeaways are:

- Research shows that when we fill our heart with gratitude and forgiveness (yoga's essence), the immune system is up-regulated (increases immunoglobulins).
- Mindful meditation practice strengthens the prefrontal cortex, which enhances cognitive function and helps improve immune function.
- The asana part of yogic practice has the power to promote balance and bolster our system.
- Pranayama, special breathing exercises, has the power to stimulate the vagus nerve, calm the nervous system, reduce mental stress, and bring emotional balance.
- As per Ayurveda if the body is filled with toxins (known as AMA) then infections will flourish. However, if the digestive fire is strong, and the elimination system is functioning properly, this makes our body less susceptible to diseases.
- Use warm spices like ginger, cinnamon, and clove in foods to boost the immune function.
- Eat freshly cooked meals that are seasonal and nourishing to maintain a healthy body.
- Avoid sugar, especially cold sugary drinks (excess sugar in the body is an insult to immunity)
- A good night's sleep is Ayurveda's pillar of health
- Use herbs like Amalaki, and Ashwagandha to help build immunity against diseases
- Take sun baths for better mood and for vitamin D production.
- Massages help with blood circulation.

The ancient wisdom of Ayurveda and the mainstream allopathic medicine complement one another. But we can benefit only if we put this wisdom into practice.



## Social Distancing Ideas for How to Stay Safe

~ Dilip Desai

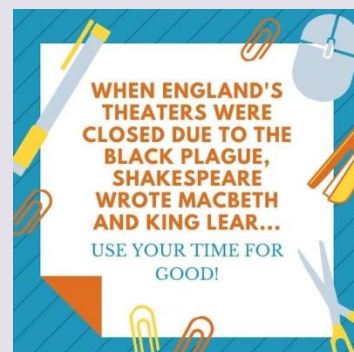
People all over the world are staying put to fight the spread of the coronavirus. Social distancing is driving some people a little crazy. Most people think about what they can't do in social distancing. This is the BEST time to be learning online or enjoying the great outdoors in a virtual environment. In this article I'm going to be talking about some of the things you CAN do during social isolation.

1. **Take a Free Course:** There are tons of free webinars you can choose from: Here are some suggestions including Free Online Ivy League Classes. Coursera is an education platform that partners with top universities and organizations worldwide, to offer courses online for anyone to take, for free.

- **EdX:** <https://www.edx.org> Access 2500+ Online Courses from 140 Institutions.
- **Udemy:** <https://www.udemy.com/> has free courses as well. Search their library of free courses.

2. **Stream concerts:** Classical music organizations live-streaming, or that have made their concert archives available online

- **The Metropolitan Opera –** Visit: [metopera.org](http://metopera.org)
- **London Symphony Orchestra –** Visit: [lso.co.uk](http://lso.co.uk)
- **London Philharmonic Orchestra –** Visit: [www.lpo.org.uk](http://www.lpo.org.uk)
- **Vienna State Opera –** Visit: [wiener-staatsoper.at](http://wiener-staatsoper.at)
- **London Mozart Players –** Visit: [londonmozartplayers.com](http://londonmozartplayers.com)
- **New York Philharmonic –** Visit: [facebook.com](http://facebook.com)
- **Lincoln Center –** Visit: [aboutlincolncenter.org](http://aboutlincolncenter.org)
- **Sydney Opera House –** Visit: [sydneyoperahouse.com](http://sydneyoperahouse.com)



3. **Enjoy Health & Fitness Videos**

<https://ymca360.org/on-demand#/>

<https://tools.silversneakers.com/>

Available at no cost for adults 65+ on participating Medicare Plans.

4. **Visit These Famous Museums from Your Couch** <https://artsandculture.google.com/partner>

5. **Virtual Zoo Visit**

<https://zoo.sandiegozoo.org/live-cams>

<https://www.georgiaaquarium.org/webcam/ocean-voyager/>

6. **Review Google Earth** <https://www.google.com/earth/>

**Google Earth** allows you to travel the world through a virtual globe and view satellite imagery, maps, terrain, 3D buildings, and much more. It lets you fly anywhere on Earth to view satellite imagery, maps, terrain, 3D buildings, the ocean and even galaxies in outer space.

7. **Visit America's National Parks** <http://g.co/earth/nationalparks>

America's national parks are breathtaking natural wonders. Using its cutting-edge satellite imagery, it allows users to take guided tours of 31 endless destinations.

8. **Tour the Great Wall of China** <https://www.thechinaguide.com/destination/great-wall-of-china>

9. **Get yourself to Mars:** NASA partnered with Google to offer a tour of a 3D replica of the Martian

surface recorded by the Curiosity rover. <https://accessmars.withgoogle.com/>



## Video Chat Apps that turn Social Distancing into Distant Socializing

~ Dilip Desai

The variations of social distancing have taken many people by surprise; making video calls a new necessity for distant socializing. Here are a few ways people are using it, whether it's for a coffee meeting, a family get-together, Happy Hour with friends, Bridge card game parties, Karaoke groups, Kitty Party or Music, Dancing & Yoga classes. Below short list is for individuals looking for a free solution to easily connect with others. Most apps is free and cross-platform.

### [Skype \(iOS, Android, Mac, Windows, Linux, web\)](#)

Skype has been around for a long time, and it's mobile version is solid and it supports big groups with no real time limit, for free. As long as you focus on just the video calls, it's great.

### [Zoom \(iOS, Android, Mac, Windows\)](#)

Zoom is one of the most popular business and personal video conference apps out there due to its reliability, solid web integration and other features. It's not really made for personal calls — there are ways more bells and whistles than you need — but its free plan works just fine for them. Unfortunately, there's a 40-minute, 30 people limit for group calls, which you'll hit faster than you think, and everyone will have to hang up and start again.

### [FB Messenger \(iOS, Android, Mac, Windows\)](#)

Messenger is a popular app for good reason — it works well for pretty much every kind of digital communication you might want to do with your friends. It supports up to eight people in free video calls with no duration limit. Of course, it's a Facebook product, meaning you'll need a FB account there — not something everyone is into.

### [WhatsApp Messenger \(iOS, Android, Mac, Windows, web\)](#)

Think of WhatsApp as FB Messenger's sibling. With a focus on privacy, WhatsApp is popular around the world if you don't mind a four-person limit.

### [Google Duo or Hangouts \(iOS, Android, web\)](#)

Duo is one of Google's later messaging products, and meant to be sort of the consumer version of Hangouts, which is being split into Chat and Meet, but still exists on its own.

### [Honorable mentions: FaceTime, Instagram](#)

FaceTime is great, but it's not cross-platform, considerably limiting its usefulness. But if your friends do happen to have Apple products, it's a great, simple option for up to 30 people. Instagram has video calling built into direct messages, which is nice for quick calls.



## USAP VOLUNTEERS

By Subash Ahuja

In keeping with the USAP Mission statement, ***to provide a forum that would encourage able seniors to help fellow seniors in need***, this article is to honor those amongst us who are already serving this noble deed in their own way.



It's in giving that we receive, and one may give in many ways, in kind or deed, based on what one is blessed with, be it talent, knowledge, time, good health or money. Helping a fellow human being is a giving act. And giving is a kingly act, a godly act. Happy are those who are in a capacity to give than to take.

Chitragupta, the God of Justice, may be figurative, but there is truth in that it is our actions that decide the heaven or hell for us, in this life or beyond.

We are happy to know there are quite a few people, mostly women among us, who have been providing volunteer services on their own, serving at various facilities in town.

**Dr. Raj Lall**, a retired Psychiatrist, is one of them. Along with her husband Sumant Lall, they lead a fun-filled, healthy and fulfilling life that includes daily exercise, healthy cooking, and staying connected with friends and family. They love travelling and have visited sixty-one countries so far. Yet, one of her favorite activities is volunteering. She takes some of her friends along with her when she goes volunteering.

She has provided the following three locations she volunteers at, on different days of the week.

Global Links: Collects surplus medical equipment. We sort and pack the items as needed by countries in Latin America. Web: [globallinks.org](http://globallinks.org)

East End Cooperative Ministry Services: Provides food pantry and dining, housing services and behavioral health support and children and youth services. We work in the food pantry. (412) 361-5549.

Easter Seals Of Western and Central PA: Provides adult day services to disabled. We support the care givers by engaging the participants in activities and field trips. (412) 826-4939.

Raj Lall can be reached at 412-389-2170 if anyone would want to know more about the kind of help these services need.

We would request other volunteers also to share their experiences that would be inspirational to those who would love to help but do not know how to get started.

Chitragupta would be happy see you do that!