



USAP News

United Seniors Association of Pittsburgh

www.USAofpittsburgh.org

Volume 3 Issue 1

January 2021



It is that time of the year when we say Goodbye to the bygones and Welcome the new!

All our good wishes of yester year worked well for the many of us who survived the Covid-19 pandemic but did not for the unfortunate others who succumbed! With the COVID-19 vaccine at hand, the end of pandemic is near. USAP wishes our readers to stay safe and

healthy until at least you get the vaccine.

Covid-19 has shown us ways to be resilient, to adapt and to adjust. To comply with the requirement of physical distancing, all USAP activities were conducted virtually via ZOOM teleconferencing beginning of April 2020. In fact, USAP conducted a total of **31 exciting programs in 2020**, far more than in 2019. The Musical gala event in December, with famous Bollywood playback singers performing live from India for our Pittsburgh audience was immensely successful and received wide acclaim from our members. Our membership also was at its highest in 2020 with 260 total members (49 Charter, 170 Four-year and 41 Annual members). Many upgraded their memberships from Annual to Four-years. Our members have shown their support by way of their membership and we are encouraged by this to conduct even more and better programs in 2021. Upcoming programs for the first quarter of 2021 are highlighted in this issue.

The Annual General Body meeting was held in December 2020 and approved the proposed amendment to the Bylaws regarding the term of office for the officers. The Officers will be eligible to serve in the same office capacity for an additional one term (i.e., a total of six years) if need be, with the general body approval at time of elections.

We urge the 41 annual members of 2020 to upgrade their membership to a four-year membership (good up to 2023) by simply paying the difference of \$70. You will save yourselves repeated reminders next year. Besides, there's a saving of \$20 if you would act before the extended date of January 31st 2021.

USAP EXECUTIVE BOARD OFFICERS 2021

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

USAP EXECUTIVE BOARD MEMBERS 2021

Rajnikant Popat
Chetan Ladani
Girish Thakar
Devayani Pandit
Jamnadas Thakkar
Juginder Luthra
Ved Kaushik
Sudhir Patel
Kozem Mogri
Arun Jatkar
Bhavna Mehta
Sumedha Nagpal
Jayant Mirani
Vasu Malepati
Viharika Bakshi
Lakshmi Mirani

NEW 4-YEAR MEMBERS

1. Sukhdev & Elisha Grover
2. Vijay Mehta
3. Bharat & Bina Monpara
4. Vatsala Pancholi
5. Hasmukh & Saroj Patel
6. Priyesh Shah
7. Vijay & Arti Shah
8. Durlabh & Santosh Trivedi

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

USAP TOTAL MEMBERSHIP (AS OF DECEMBER 31, 2020)

Charter Members : 49
4 Year Members : 170
Annual Members : 41

UPGRADED ANNUAL TO 4-YEAR MEMBERSHIP

1. Kamlesh & Nishi Aggarwal
2. Mohan & Darshan Chhabra
3. Jagannath & Deepa Karambelkar
4. Naushad & Umera Khatri
5. Dilip & Rekha Kothari
6. Ravi Kant & Rashmi Goel
7. Anil Manocha
8. Bhavna Mehta
9. Kanta Patel
10. Promila Ragoowansi
11. Harish Saluja
12. Suresh & Meena Shah
13. Raji Srinivas
14. Neera (Subha) Tayal
15. Abbas Vijlee

MEMBERSHIP CATEGORIES

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.

An Annual member of 2020 can opt to become a 4-Year (up to 2023) member by paying the difference of \$70 before January 31, 2021.



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USAP Presents



Therapeutics of Asanas - Bhavna Mehta

1. Addressing joint pains with yoganasan therapeutics.
2. Increasing flexibility with asanas in the spine and back.
3. Replenish energy and reduce STRESS through yogic movement, breath work and relaxation.

As we know, Yog Shastra is an ocean of knowledge with numerous jewels in it. It has the power to bring transformations in body, mind and intellect. It allows us to experience joyfulness and awareness. However, the harsh reality of life is that, as we enter the golden years of our life,

- * Body aches and pains become part of our daily life.
- * The mind becomes agitated because of these pains.
- * Concentration becomes impossible.
- * Meditation is very difficult.

In short very few of us give the care and time we need to our body and mind to function properly. A short regular practice can go a long way to maintain health. As the ancient classic book says, Hatha Yog is the support for all other yoga practices.

We will explore the scientific - therapeutic side of the poses.



Bhavna Mehta, ERYT-500, AHC

Bhavna has studied yoga in India and USA. She has been sharing her experience in both Ayurveda and Yoga with her students for more than 20 years. Her teaching reflects the great living tradition of the Himalayan Institute. She has taught many workshops, seminars, and classes on yoga philosophy, asana practice, meditation, Ayurvedic lifestyle, nutrition, and healthy cooking.

**Sunday, January 17 & 31,
February 7 at 10:00 am**



**ID: 412 333 4444
Meeting PW: USAP**

Chetan Patel 412-908-1711
Subash Ahuja 412-216-8135
Bhavna Mehta 412-443-0959
Raj Popat 724-366-0867

Dilip Desai 412-916-2473
Chetan Ladani 412-221-4837
Kiran Bakshi 412-841-2718
Ved Kaushik 724-816-9818

USAP and ICC are inviting you to
Celebrate India's Republic Day



USAofPittsburgh.org



Indiacommunitycenter.com

Karaoke Event

Sunday, January 24, 2021, 3:00pm

Participants please give your names and the name of the song (to avoid song duplications) by Monday, January 17, 2021 to Subash ji or Bhavnaji or Juginderji

Subash Ahuja (412) 216-8135

subash.ahuja@gmail.com

Bhavna Mehta (412) 443-0959

ebhavna@hotmail.com

Juginder Luthra (304) 794-6336

dolgin1968@gmail.com

Rules:

- ◆ Live singing only (no recorded songs)
- ◆ Song : under 5 minutes
- ◆ Limited to 20 participants
- ◆ USAP Members will get first priority



This is a FREE event for all

Happy Republic Day

3:00pm, Sunday
January 24, 2021



Meeting ID : 412 333 4444
Meeting PW: USAP

For More Information Contact . . .

Chetan Patel

412-908-1711

Krishna Sharma

412-928-2880

Nitin Merchant

412-260-1001

Sumedha Nagpal

412-600-7489

Kiran Bakshi

412-841-2718

Ved Kaushik

724-816-9818

COVID-19 VACCINE LIKELY WILL END THE PANDEMIC

By Usha Karumudi, M.D. (Infectious Disease Specialist)



The U.S. is among the countries that have begun vaccinating people against Covid-19 virus that has so far infected more than 18 million people in the United States, killed more than 330,000 Americans and more than 1.7 million people globally. Two vaccines (from Pfizer-BioNTech and Moderna), have received an emergency use authorization (EUA) from the FDA and are now being distributed in the U.S.

Much of the information regarding these two vaccines is known to many, thanks to the daily news and the social media. Nonetheless, it is worth repeating some information pertinent to the seniors.

Both vaccines require a two-dose regimen and have been found to be highly effective (around 95%) at preventing COVID-19 in clinical trial participants. Side effects are minor and temporary and are in line with side effects from other vaccines. If you have experienced severe allergic reactions to other vaccines, however, you may consider abstaining from getting the vaccine as per CDC recommendation.

It is unclear whether someone who has been vaccinated can still become sick with COVID-19 and how long will the immunity last. Early evidence suggests natural immunity from COVID-19 may not last very long. Because of this, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

Experts recommend waiting 90 days to get the vaccine if you have received monoclonal antibody or convalescent plasma.

Experts at CDC recommend continuing wearing mask and social distancing even after you get the COVID vaccine. There is lack of data regarding whether a vaccinated individual could potentially be an asymptomatic carrier and continue to spread the virus.

To keep up with the latest information on Covid-19 vaccine and to be alerted about the timetable of its administration to the seniors when it becomes available, it is recommended to have a “**COVID Alert PA**” app installed on your smartphone.

For more information regarding COVID or vaccines please refer to [cdc.gov](https://www.cdc.gov).

MANAGEMENT OF HEARING LOSS FOR SENIORS

By Brandon Levine Au.D. CCC-A

According to the World Health Organization (WHO), around 466 million people are affected by some form of hearing loss worldwide. This statistic is of particular importance to the older population as nearly one third of individuals over the age of 65 have some form of hearing loss, with that number increasing to 50% after the age of 75. With the prevalence of hearing loss in seniors, it is important to receive the appropriate information and treatment regarding an individual's specific loss. Hearing loss can occur due to a variety of factors. These factors most often include wax impaction, hereditary components, noise exposure, and the aging process. Common signs of hearing loss can include:

- Asking people to repeat themselves
- Consistently needing the volume of the TV/Radio to be increased
- Difficulty hearing while in background noise
- Reporting that speech sounds are muffled
- Missing parts of a conversation

While hearing loss is typically a gradual process, it can lead to many deficits over time. Individuals with untreated hearing loss may experience increased communication difficulty with friends and loved ones, social isolation, anxiety, and depression. Proper hearing is vital for maintaining good relationships, understanding medical advice, and keeping good cognitive health.

If you believe that you or a loved one may be experiencing a hearing loss, it is important to seek a medical professional for proper diagnosis and treatment of hearing loss. After alerting the possibility of hearing loss to your PCP, he/she may refer you to an otolaryngologist and/or an audiologist for an evaluation of the ears and hearing. Following your evaluation with these specialists, some form of amplification may be recommended. Different forms of amplification may include assistive devices, personal sound amplification products (PSAPs), hearing aids, or in the most severe cases, cochlear implants.

While hearing aids are the most common solution for individuals with hearing loss, depending on the severity of the loss PSAPs or assistive devices may be appropriate as well. PSAPs are devices that can be purchased over the counter at most pharmacies and may be labeled as "hearing aids" however, they are considered more amplifiers than a traditional hearing aid. A PSAP uses linear amplification to amplify sounds across the frequency range at the same intensity. This mode of amplification differs from a hearing aid which is programmed at varying intensities across the frequency range depending on the patient's specific hearing loss. PSAPs can be a good solution for individuals with a mild hearing loss. There are also many assistive devices that can help individuals with hearing loss. These devices include remote microphones that provide a direct signal from a microphone to a headset, Bluetooth headphones for TV use, FM or infrared loops used at large lecture halls or places of worship, and closed captioning services for both TV and phone.

HEAR FOR THE NEW YEAR!



Golla ENT

*ENT and Audiology Services Available
Including Diagnostic Hearing Evaluations,
Hearing Aid Fittings and Repairs*

(412) 963-1537

107 Gamma Dr. Suite #110
Pittsburgh, PA 15238

2001 Lincoln Way Suite #330
White Oak, PA 15131

www.gollaent.com

In most cases of hearing loss, hearing aids will be the recommended solution. Hearing aids come in all different shapes and sizes. Severity, aesthetics, technology, and patient dexterity capabilities all go into the decision-making process when picking a style of hearing aid. Technology level in a hearing aid corresponds to the number of automatic features available in the device, as well as increased programming capabilities for the audiologist fitting the device. Some features that are available in hearing aids include noise reduction, rechargeability, Bluetooth connectivity to both apple and android devices, and GPS tracking of the hearing aids. What may work for some, may not work for others, and it will be up to you and your audiologist to determine what level of technology is best for your listening needs.

It was a pleasure getting to speak with the members of the United Senior Association of Pittsburgh, and if any members would like any additional information on hearing loss and hearing aids, feel free to visit our

website at Gollaent.com or call our office at (412) 963-1537. I can also be reached by email at brandon@gollaent.com. Thank you again for the opportunity to speak with all of you!

Congratulations to Special People with Special Birthdays

Vasu Malepati – December 25 (Christmas Day)

Sumedha Nagpal, Usha Sharma and Suhendar Ajmani – January 1 (New Year's Day)

Bharati S. Desai and Brij Sharma – 75th Birthday (December 2020)



ESTATE PLANNING 101 (Part 2)

**By Goldblum Sablowsky, LLC
Estate Planning Attorney**

(Editor's note: Part 1 of Estate Planning 101 was published in USAP News, December 2020. Mr. Goldblum Sablowsky was a speaker on financial planning at a USAP meeting in 2019 (before the Covid era). Please note that this is for informational purpose only and not to be construed as endorsement by the Board of USAP. Please contact a financial advisor of your choice for personal needs.)

WHAT DOCUMENTS SHOULD BE A PART OF A BASIC ESTATE PLAN? AND WHAT DO THESE DOCUMENTS DO?

Each person's individual estate plan can, and should, be unique to suit their specific needs. However, there are certain documents that are typically included in what might be considered a "basic estate plan." Such documents include the Last Will and Testament, Living Will, and Power of Attorney.

The most frequently recognized estate planning document tends to be the Last Will and Testament. Often referred to simply as "the Will," this document primarily concerns the property that you own, and to whom you would like this property to be distributed upon your passing. In a Will, you will appoint a representative known as your Executor to carry out the wishes discussed within the document. You will also appoint which friends, family members, associates, and organizations that you would like to be beneficiaries under your Will, thus designating each of these parties to receive one or more gifts from the contents of your estate. Your Last Will and Testament grants you broad discretion to make your intentions known and distribute the assets that you have accumulated during your lifetime in any way that you see fit. Parents often choose to include guardianship provisions, whereby they appoint one or more trusted individuals to assume the roll as guardians for their children in the event of an unexpected death. You can provide specific dollar amounts or percentages from your estate that you would like beneficiaries to receive, or you can set an amount aside to be used for the care of a family member or a beloved pet. Your Last Will and Testament is a personalized document that represents your final opportunity to provide for those who are important to you.

Another common estate planning document is the Living Will. Also referred to as a Healthcare Directive or Advance Directive, a Living Will allows you to make your own decisions regarding the life support measures and medical procedures that you do or do not want to receive in the event of an emergency. Practically speaking, Living Wills can be valuable tools that prevent families from splintering into factions when a loved one needs medical care but is unable to communicate their wishes. State laws and other estate planning mechanisms can sometimes assist with these decisions, but a simple document that plainly states "In the event of X, I would like to receive Y" can be a true blessing for families to rely on during difficult situations.

Another standard document in the estate planning repertoire is the Power of Attorney, or POA.

Using a Power of Attorney, you can authorize a trusted representative to act on your behalf regarding personal and financial matters. By granting Power of Attorney status to such a representative, they will be able to sign important documents at your direction when you are available and in your best interest when you are not. Powers of Attorney can come in several distinct varieties, depending on the types of affairs that you would like your representative to be able to manage and the degree of decision-making capacity that you would like your representative to possess. Highly customizable and freely revocable, granting Power of Attorney status to a trusted representative can make managing your estate significantly more efficient and less burdensome for yourself as well as your loved ones.

While the Last Willing and Testament, Living Will, and Power of Attorney are generally viewed as the core foundation for many estate plans, other documents can be added to ensure that your plan accomplishes its goals precisely as intended. You may also wish to ask an estate planning professional if adding a Healthcare Power of Attorney, Living Trust, Statement of Interment, or associated documents would help you to plan for the future.

WHAT KIND OF LIFE EVENTS REQUIRE AN UPDATE TO MY ESTATE PLAN?

It is important to keep in mind that your Will is a dynamic document that is affected by many different things – family circumstances, federal tax laws, the laws of the state in which you reside, to name just a few. Although there is no hard and fast rule that governs how often you should update your Will, it is probably a good idea to get into the habit of reviewing it at least annually to make sure that it still reflects your wishes. Additionally, there are some events that call for a quick look at your Will and perhaps a phone call to your estate planning attorney. These events include the birth of a child, moving to or acquiring real property in another state, the death of any individual named in your Will (whether a beneficiary, executor, or trustee), or a substantial change in your financial situation. The federal estate tax should also be taken into consideration. If you suspect that your estate might be subject to that tax, then it is important to stay on top of developments in this area as well and to update your Will as necessary.

Furthermore, keeping your Will updated is only one part of what you need to do. It is also necessary to make sure that the ownership of your assets and the beneficiary designations on your life insurance policies and retirement plans are coordinated with your Will and other portions of your estate plan.

Part 3, final version, to be continued in next issue ...

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, Dilip Desai,
Khozem Mogri

TRUTH ABOUT FOODS WITH HIGH ORAC SCORES

By Khozem Mogri

Eating healthy is making right food choices. Foods are generally measured by their contents, namely - Carbohydrate, Protein, Fats, Calories, Fiber, Salt, Sugar, Minerals and Antioxidants. While most of the above contents are easily understandable, there is limited understanding of the term “Anti-Oxidants”.

Oxidation is a chemical reaction that can produce “free radicals” that are unstable atoms or molecules generated during normal metabolism. “Free radicals” can strip electrons from other molecules, causing chain reactions that may damage cells of living organisms. Cumulative damage of this sort probably accounts for many of the degenerative changes of aging and for a lot of age-related diseases.

Antioxidant levels in foods are measured by a test called ORAC (Oxygen Radical Absorbance Capacity). It is a measure of the ability of a food or any other substance to quench oxygen free radicals. The ORAC test was developed at the National Institute on Aging (NIA), an arm of the National Institutes of Health. It assigns a score or value to a long list of fruits, vegetables, and spices. As you might expect, high scores were awarded to brightly colored fruits and vegetables including blueberries and raspberries, some types of apples, and beans. Because no physiological proof existed in humans in support of the free-radical theory or that ORAC provided information relevant to biological antioxidant potential, it was withdrawn in 2012.

If you like, you can choose your foods based on the ORAC scale, but it is only part of the picture in a healthy diet. While healthy foods tend to have high ORAC scores, simply having high scores in a lab does not necessarily indicate high antioxidant activity in the body. My top choices of foods with high ORAC scores include:

- **Green vegetables** (which contain lutein and zeaxanthin, carotenoid antioxidants that can protect aging eyes from developing cataracts and macular degeneration) such as Collards, Kale
- **Cruciferous vegetables** (contain antioxidants and other phytonutrients that reduce cancer risk) such as Cabbage, Brussels sprouts
- **Orange/yellow fruits and vegetables** (rich in carotenoids that protect the immune system) such as Carrots, Mangoes, Apricots
- **Red pigmented fruits** (contain [lycopene](#), a powerful antioxidant that helps fight heart disease and some types of cancer, particularly prostate cancer) such as Tomatoes, Watermelon
- **Blue/purple fruits and vegetables** (these hues come from anthocyanins, phytochemicals that protect against carcinogens and may help prevent heart disease) such as Blueberries, Purple grapes

Green and white tea, dark chocolate and red wine also are very high in antioxidant activity. Following websites provide interesting reading materials on this subject:

- ORAC: Scoring Antioxidants? – Dr. Andrew Weil
<https://www.drweil.com/vitamins-supplements-herbs/vitamins/orac-scoring-antioxidants/>
- Food ORAC scores - USDA
https://en.wikipedia.org/wiki/Oxygen_radical_absorbance_capacity

GRAND GALA MUSICAL CONCERT LIVE FROM INDIA

By Chetan Patel

On behalf of my committee, a big thank you from the depth of my heart to our friends, members, sponsors, fans, and everyone for attending our event on December 5th evening and for your ungrudging moral support in making the **USAP Retro Diwali Bash** function a grand success. We hope you enjoyed the experience. All the three singers – Kaushik Deshpande, Pranita Deshpande and Ankita Bramhe as well as the entire musical group were superb and gave us an evening so sweet and memorable.

We received many appreciative comments from you both during and after the program. One of the best comments received from you is – **“This was probably the best concert we have watched. Your choice and their performance without a glitch was phenomenal. Thank you and your entire team”**.

I like to acknowledge and thank all the sponsors for their generous support in bringing this wonderful musical concert to all of us. My Special thanks to **EBY-BROWN Company** for being grand sponsor of the event. Thanks Gary Gloeckl (VP –Eby-Brown) for your support as always. And special thanks to the USAP executive board members and friends for their sponsorship and making the event possible.

Krishna Sharma
Chetan & Bakula Patel
Kiran & Viharika Bakshi
Dilip & Kirtida Desai
Gauttam & Rita Patel
Pravin & Rekha Monpara
Vijay & Arti Shah
Devayani Pandit
Nainesh & Jayna Desai
Jamnadas & Kavita Thakkar
Nick & Manisha Patel
Jayant & Lakshmi Mirani

Rajnikant & Bharati Popat
Subash Ahuja
Chetan & Leena Ladani
Girish & Lina Thakar
Ved & Alka Kaushik
Sudhir & Nilam Patel
Khozem & Rezwan Mogri
Juginder & Dolly Luthra
Bharat & Bina Monpara
Arun & Shobha Jatkar
Vijay & Aarti Warty

CONGRATULATIONS

FARHAD CAMA, Ph.D. JOINS THE RETIRED SENIORS CLUB

Farhad Cama retired on December 31st from Covestro LLC as Principal Scientist after a service of more than 46 years with Mobay/Miles/Bayer/Covestro. Farhad came to the United States in 1967 to pursue graduate studies after getting his B.Tech. degree in Chemical Engineering from IIT Madras. He joined Mobay Corporation in 1974 after completing his Ph.D. in Chemical Engineering (Polymer Physics). He is now looking forward to starting and enjoying a new chapter in his life. After the pandemic is over, he wants to travel more and spend quality time with family and friends, particularly with his granddaughter and future grandchildren.





Article no. 2
January 2021

If your iPhone won't turn on, or iPhone screen is frozen

By Dilip Desai



If your device has a frozen screen, doesn't respond when you touch it, or becomes stuck when you turn it on, you might need to force restart your device. A force restart won't erase the content on your device. You can force restart your device even if the screen is black or the buttons aren't responding. First you will need to know what kind of iPhone you have. Follow these steps:

How to tell what iPhone model you have:

The quickest and easiest way to tell what iPhone you have is to access the Settings app:

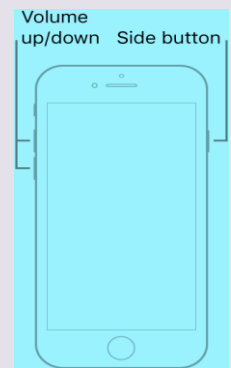
On your iPhone, open the Settings app.

- ✓ Tap General > About.
- ✓ Look for the Model Name



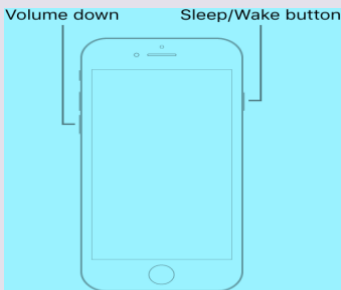
Force restart iPhone X, iPhone XS, iPhone XR, iPhone 11, or iPhone 12

Press and quickly release the volume up button, press and quickly release the volume down button, then press and hold the side button. When the Apple logo appears, release the button.



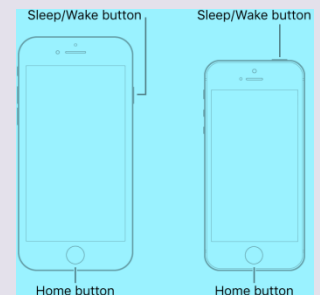
Force restart iPhone 8 or iPhone SE (2nd generation)

Press and quickly release the volume up button, press and quickly release the volume down button, then press and hold the side button. When the Apple logo appears, release the button.



Force restart iPhone 7

Press and hold both the volume down button and the Sleep/Wake button at the same time. When the Apple Logo appears, release both buttons.



Force restart iPhone 6s or iPhone SE (1st generation)

Press and hold both the Sleep/Wake button and the Home button at the same time. When the Apple logo appears, release both buttons.

Recipes from Krishna's Kitchen

Traditional Rajasthani Mangodi (Moong Wadi)



Ingredients

200 g Mung Dal Wadi
4 Tbsp Vegetable Oil
3 Whole Red Chilies
1 tsp Cumin Seeds
1/2 tsp Hing
2 tsp Coriander powder
1 tsp Turmeric
1 tsp Kashmiri Mirchi Powder
2 cups Yogurt
4 cups water
1 Tbsp Butter (Optional)
1/2 tsp Garam Masala
Salt to taste

Tip:
Be patient with each step for best results. Next time, we will learn how to make our own fresh wadi.

By Krishna Sharma

Preparation

Break Wadi into small pieces
Sift wadi into 2 bowls to separate pieces and powder.
In a separate bowl, whisk yogurt to make smooth blend.
In a bowl add, Kashmiri Chili powder, and turmeric with 3 Tbsp water to make slurry.
Heat 2 Tbsp oil in pan.
Roast large pieces on medium heat until brown and then add powder, stir, and remove from heat, and set aside in bowl.
Add 2 Tbsp oil to pan, use medium heat.
Add whole chilies and cumin seed and stir.
Once cumin seeds are roasted, add Hing.
Stir and add slurry.
Keep stirring until oil begins to separate.
Start adding whisked yogurt in small quantities while stirring until all the yogurt has been added.
Continue stirring until oil separates.
Add water and salt and bring to a boil.
Turn heat to medium and add roasted Wadi and cover and cook for 10-15 minutes until Wadi has softened.
Add butter and garam masala.
Serve with rice or roti or by itself as a meal.



BIRTHDAYS & ANNIVERSARIES

BALWANT & VIDYA DIXIT CELEBRATE THEIR 51ST WEDDING ANNIVERSARY

(Editor's note: Birthdays and anniversaries become special events in senior years and should be especially celebrated. Please let USAP know of your birthday and anniversary dates by writing to usaofpittsburgh@gmail.com and USAP News will share these happy moments with friends and fellow senior members.



Dr. Balwant Dixit, 88 and Vidya Dixit, 78, were married in Pune on December 26, 1969 and share their joy of celebrating their 51st wedding anniversary with the readers of USAP News. Balwant, due to his father's untimely death in 1950, quit his pre-med education and became a custom tailor instead (1952-1962) to support his family. He went back to college later and completed two BS and two MS degrees, conducted research in Ayurvedic/Indigenous medicines for 6 years as research assistant/fellow at the Department of Pharmacology, Baroda

Medical College. He came to the United States as an International Fellow, completed his Ph.D. (Pharmacology, 1965) and served in various academic positions at the University of Pittsburgh including Assistant Professor (1965), Professor and Chairperson (1973), and Interim Dean (1976). He retired in 1983. He founded the Center for the Performing Arts of India at the University of Pittsburgh through which he was able to present many concerts and workshops in Indian Classical Music in USA and Canada. They have two sons, Sunil, and Sanjay and one grandson (Milind). His hobbies and special interests are Indian and International cuisine, and he shares with us one of his favorite vegetarian dishes.

Boiled Potato Rassa

Ingredients:

- 1.5 lbs. white large potatoes (Russet or large yellow or Yukon gold).
- 100-120 Gms. of red ripe finely chopped tomatoes.
- 1 ½ Tbs. vegetable oil + 1 ½ Tbs. unsalted butter.
- 2-3 Thai small hot chilies, sliced lengthwise.
- 2-3 Tbs. chopped cilantro leaves (garnish).
- 1 ½ tsp. salt (adjust to taste).
- 200-250 ml. hot water.

For tempering: (1) 1 ½ tsp. Cumin seeds
(2) ½ tsp. turmeric powder
(3) ¼ to ½ tsp. cayenne pepper.

Method: (1) Score potatoes 1/8 inch around the smaller circumference. Cut lengthwise in half. Boil for 15-18 minutes. Put the boiled potatoes in cold water for 2-3 minutes. Peel and break them with the hand into small uneven pieces.

(2) In a nonstick skillet, on the medium high heat, put the vegetable oil and butter. Swirl around so the oil and the butter are mixed well.

(3) Add cumin seeds, turmeric, and green chilies. Mix and add the cayenne pepper. (4) Add potatoes and mix thoroughly so that the potatoes are evenly coated with the oil and spices. Add salt and 250 ml. of hot water. Mix for a couple of minutes. Add chopped tomatoes and salt. Mix, cover and cook on low heat for 10-12 minutes. Garnish with chopped cilantro leaves.

Serve with fresh phulkas or pooris.

Readers Write

NEED FOR INDIAN FOOD SERVICE TO SENIORS

By Usha Pearce
ushapearce@yahoo.com



We are the first Indian Generation seniors who have permanently settled and retired in greater Pittsburgh. We have raised and educated our children and are now enjoying the gift and affection of our grandchildren.

With age, however, some of us are living alone and have experienced the need of some help in different aspects of our lives. One such need is that of hot cooked Indian meals, as these senior citizens are unable to help themselves.

The local churches and other communities have sought the help of programs and services provided by the city to assist their aging population, such as Meals on Wheels, Access Rides, and other discounted services.

We are happy USAP is helping the senior citizens of our community in many ways. I request that they should also look into providing similar services to the people in need in our community, especially, one daily hot meal of Indian food to those who are living alone and bedridden and have limitations due to health reasons.

We are fortunate to have Indian restaurants in many neighborhoods of Pittsburgh, and planning with them to provide simple tasty, healthy, and hot vegetarian meals daily should not be difficult to arrange. This service has an added business advantage too!

We have many well educated, retired and capable senior citizens in our community. And every organization has a humanitarian committee. If we can undertake this noble Humanitarian project, we will be leaving behind a legacy to the next generation. Since our children are busy with their career pursuits and their personal lives, they will be grateful if we seniors can get this service started and going!

If there is interest in this project in our community, I will be glad to serve on a committee to discuss this further and help in implementing this project.

