



USAP News

United Seniors Association of Pittsburgh

www.usaofpittsburgh.org

Volume 4 Issue 3

July 2022

With the sun shining and the weather warm and hot, it is Summer and welcome to the Summer edition of the USAP News! The weather makes you think of travel and those who have signed up for USAP vacation trips to the **NATIONAL PARKS** in September and **COSTA RICA** in December of 2022 may be getting impatient. The Tours and Travel committee, in fact, is planning for 2023 and looking into the **JAPAN** trip around April that was postponed due to the pandemic, and also to **EGYPT, JORDAN and ISRAEL** trip around October of 2023. We'll keep the fingers crossed, though, since the covid is still around us albeit very much subdued.



In the meantime, we are all excited about the short weekend domestic trip to **VRAJ** temple in eastern Pennsylvania planned towards the end of August this year. If you haven't been there before, there's no better opportunity to visit in the company of close friends. It is planned as a spiritual retreat, so there'll be lots to learn and you'll come back being better you than before. There are a very few slots left as the number is limited to the capacity of the luxury coach for travel and the comfortable lodging available at VRAJ. Do call in as soon as possible if you are interested.

From the perspective of the core value of USAP, the **Humanitarian Committee** is gaining grounds. There is much on its slate and it is encouraging to receive strong support from many members who offered their volunteer help. Planning for in-home care is much on the minds of many and the committee is looking into inviting experts in the field for more information. We should be hearing more from the committee as we move forward.

USAP continues to grow. We welcome new members and the many four year members who are opting to become life members (charter members). The strength of an organization lies in its membership and the ever growing membership in turn puts more demand upon the leadership to provide yet even more in terms of services. The USAP membership currently stands at over 335 whereas the USAP News gets delivered to over a thousand homes. Thus, there is lots of room to grow and the members themselves are reaching out to their close friends, extending the invitation to join and helping the membership grow.

As we have asked in the past as well, we welcome your feedback, your likes and dislikes and suggestions for USAP to make it even better.

WISHING OUR READERS A VERY HAPPY SUMMER

USAP TOTAL MEMBERSHIP

(AS OF JUNE 30, 2022)

TOTAL Members : 335

Charter Members : 82

4 Year Members : 243

Annual Members : 10

CHARTER (LIFE) MEMBERS

Veena Agarwal
Subash Ahuja
Suhendar & Surinder Ajmani
Kiran & Viharika Bakshi
Dharam & Shashi Batish
Devender & Pramila Batra
Ranjan & Meena Bhandari
Rajesh & Neelam Brahmbhatt
Vinod & Manju Chablani
Bharati Desai
Dilip & Kirtida Desai
Nainesh & Jayna Desai
Niranjan & Sudha Dixit
Amit & Sonali Ghosh
Suresh & Varsha Golakiya
Som & Sadhana Gupta
Ved & Alka Kaushik
Ravi Kolli
Ashok & Indra Kumar
Chetan & Leena Ladani
Juginder & Dolly Luthra
Vasanti Majmudar
Vasu & Durga Malepati
Dinesh & Manisha Mittal
Khozem & Rezwana Mogri
Bharat & Bina Monpara
Jadavbhai & Rambhaben Monpara
Pravin & Rekha Monpara
Deviyani Pandit
Kiran & Bharati Parikh

CHARTER (LIFE) MEMBERS

Chetan & Bakula Patel
Gauttam & Rita Patel
Minaxi Patel
Sudhir & Nilam Patel
Kiran Patil
Rajnikant & Bharati Papat
Hemal & Dipali Purohit
Ashok & Ranjana Sahai
Surendra & Hira Sethi
Brahma & Anita Sharma
Krishna Sharma
Adi & Jasmin Tamboli
Girish & Lina Thakar
Jamnadas & Kavita Thakkar
Vijay & Arati Warty

WARM WELCOME TO USAP

NEW 4-YEAR MEMBERS

Vilas & Vasanti Puranik
Deepak & Shobhita Kamath
Amarendra & Rachna Mishra
Rajendra & Sunita Nigam
Alka Rambhia
Pankaj & Kalpana Desai
Chandrakant & Kumud Patel

NEW ANNUAL MEMBERS

Geeta Goswami
Anil & Aruna Parikh

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

JOIN US AND BE A PART OF THE EXCITING COMMUNITY OF USAP

USAP: United Senior Association of Pittsburgh Active Since Dec 2017

Our Motto: How to keep our Community Happy & Healthy

Our Mission: Healthy Living Through Education, Participation & Social Support

Our Program Focus: Health, Finance, Music, Entertainment, Sports, Travel Tours & Motivational Talks for Self-Enhancement

Recent Program Events That Added Value to Our Community

31 Events in 2020 and 25 events in 2021 despite the Covid Pandemic.

2022: Personal Tax Planning, Saving & Management, Melody Makers Karaoke, Yoga, Health-Fitness, Advances in Treatment of Blocked Arteries of Heart, Nutrition – Plant-Based Eating, Family Card Evening, International Yoga Day, 8 Days National Park Tour (in Sep 2022) and 12 Days Costa Rica Tour (in Dec 2022), Vraj Weekend Retreat (in Aug 2022), Self-Motivation talk (on July 24)

We kindly request all our brothers and sisters, who are 50+, to please consider becoming USAP member and support us. Warm welcome to USAP Family.

Annual Membership - \$30 per person,

4-Years (2022 thru 2025) Membership - \$100 per person, and

Charter Membership - \$500 per person for lifetime.

You can become USAP member **online by clicking the following link**

<https://www.unitedseniorsassociationofpittsburgh.org/index.php/membership/become-a-member> or write a check Payable to “USAP” and send to following address:

Kiran Bakshi, USAP Treasurer - 1031 Harvard Rd, Monroeville, PA 15146

Happy Birthdays to Special USAP Members

July: Vasu Malepati, Arun Mittal, Mina Patel, Nitin Merchant, Aruna Parikh, Niru Kamdar, Lata Dave, Vinod Goyal

August: Ravi Kolli, Bina Monpara, Yogini Mehta, Vasanti Majmudar, Usha Joshi, Girish Thakar, Farhad Cama, Sandhya Jain, Bina Goel, Bhalchandra & Damayanti Mehta, Harshad Mehta, Pramila Ragoowansi, Shailesh Surti

September: Prakash Patel, Amita Mehta, Vinod Patel, Neelam Brahmhatt, Bharati Parikh, Ved Kaushik, Raman Patel, Raj Lall, Chetan Patel, Mehendra Shah, Jayna Desai, Prabha Bansal, Jayant Mirani, Kishor Patel, Shobha Mittal, Jashwant Modi, Gautam Patel, Sudhir Patel, Shashi Gupta, Lalita Jaspal, Kavita Thakkar





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USAP Presents

Weekend Retreat August 26 to 28 at Vraj

Let's get out from our stressful life and join USAP's fun-filled Retreat. Gain some new experience and recharge your life.



Retreat includes

- Visit to Siddhachalam Jain Temple
- Visit to BAPS Swaminarayan Temple
- Dinner at Rasoi Restaurant, NJ
- Sat & Sun Retreat at Vraj
- Visit to Hershey Park Chocolate Factory



- * Travelling in Luxury Coach
- * Friday and Saturday night at Vraj
- * Retreat includes Breakfast, Lunch & Dinner
- * Various retreat group activities like
 - Morning walk, Yoga & Meditation
 - Entertainment games & other activities
 - Sharing of special informative talks



Friday, August 26 to Sunday, August 28

**Admission : \$250 per person (4 participants share a room)
\$300 per person (2 participants share a room
based on the availability)**

Booking on First Come First Serve Basis (Max 50 participants)

Don't wait. Book your seat before it gets sold out

Please contact for booking & more information:

Chetan Patel	412-908-1711	Bhavna Mehta	412-443-0959
Sumedha Nagpal	412-600-7489	Kiran Bakshi	412-841-2718
Nilam Patel	412-225-7713	Subash Ahuja	412-216-8135

USAP/UPMC COMMUNITY HEALTH CAMP

By Brahma Sharma, MD

Date: October 16, 2022 Time 10 am - 12 noon



Heart disease is the leading cause of death world-wide. Indians (South Asians) residing in the US or in India are at the highest risk for heart attack and sudden cardiac arrest. The best way to prevent these unnatural and premature deaths is early detection of the narrowing the heart blood vessels (coronary atherosclerosis) but there is also dire need of at least one family member in a household to be trained in simple Home CPR for prompt resuscitation of the heart before it arrests.

Given our genes, environment, diet, stress in our sedentary life, we tend to develop a metabolic syndrome that includes abdominal obesity, prediabetes/diabetes, high blood pressure, high lipids, etc. These, over time cause progressive atherosclerosis in blood vessels of the heart, the brain and the legs, resulting in heart attacks, strokes and gangrene with potential fatal outcomes.

Keeping this in mind, USAP and ICC are planning a Health Camp in collaboration with the UPMC Outreach Program (Coach program). The purpose of this Health Camp is to raise awareness of these basics and provide opportunity for screening and education. This is for education only and not intended to substitute your personal care physician who is solely responsible for your personal medical care.

During this camp we plan to conduct basic screening which will include weight/height (BMI), fasting blood sugar, cholesterol, blood pressure and possibly PFT (breathing tests) and DEXA scan for bone mineral density. In addition, we plan to provide personalized counselling and conduct few group sessions about these common conditions.

If time permits we will also have demonstrations of Home CPR and use of AED (Automated External Defibrillator) which when used by a spouse or a bystander in early crucial minutes after heart arrest, could be a life saver.

So please plan to participate and benefit from this voluntary community health awareness camp. We are grateful to UPMC for reaching out to our community and help improve our community wellbeing. This is open to all but will be on first come first serve basis . For further questions you may contact Dr Brahma Sharma (412-708-9128), Dr Vasanti Majmudar (412-855-5072) or Dr Subash Ahuja (412-216-8135).

PLANT-BASED EATING

By Subash Ahuja, MD

USAP had organized talk on “Basics of Plant-Based Eating” on June 26 at ICC for the benefit of many vegetarians among the members. The speaker, **Sally Lipsky, PhD**, a cancer survivor, plant-based nutrition educator and author of “Beyond Cancer – The Powerful Effect of Plant-Based Eating” gave us a very convincing PowerPoint presentation



of the many health benefits of whole plant foods that include grains, vegetables, legumes, fruits, nuts and seeds. Quoting T. Colin Campbell, PhD, “**There are virtually no nutrients in animal-based foods that are not better provided by plants**”, and Hippocrates’ words: “**Let food be thy medicine and medicine be thy food**”, Sally feels convinced that it is the plant-based diet along with yoga and meditation and the support of family and social interactions with friends and much gratitude that she has remained cancer free for more than a decade. Besides the many nutritious benefits, she also talked about **oil-free cooking**, sauteing and baking without oil and answered many questions on that subject.

Sally Lipsky being honored with a bouquet of flowers by Dr. Viharika Bakshi, who had arranged the talk.



Linda Jones, an experienced whole food, plant-based cook and presenter then went on to demonstrate how to prepare a healthy nutritious salad meal with Bulgur, tomato and cucumber. She had also brought nutritious energy bars for snacks that were low in fat and sugar.

It was a very educational and informative talk, but unfortunately low on attendance. For the benefit of those who missed the talk, the entire program was taped and is available for viewing on USAP Facebook home page.

Bakula Patel, wife of President Chetan Patel honored Linda Jones with a bouquet of flowers at the end of the talk.

KRISHNA SHARMA HONORED

By Subash Ahuja, MD



We congratulate Krishna Sharma, charter member and benefactor of USAP, for being a Gala Honoree recently at a banquet dinner held in her honor by River City Brass Band for her many contributions to the community.

She was recognized as a successful entrepreneur and music lover. She has been part of the Pittsburgh community since 1978 when she moved here with her husband and three children.

In 1983 she and her late husband (Om Sharma) started Sherman International Corporation which built steel mills around the world and created jobs locally. She also owned a steel mill which manufactured rebar. Some of these rebars have been used during the construction of PNC park.

Krishna is keen on giving back to the

Pittsburgh community. She believes in charity, equality, and diversity. She runs a charitable organization which hosts multiple fundraisers

every year. She is also a board member of many organizations like Phipps Conservatory and also a founding member and on the board of Hindu Jain Temple.

Krishna recently founded and opened the Indian Community Center (ICC) in Carnegie which hosts a number of fundraisers, and cultural/musical events which are open to everyone. River City Brass has had a number of events at ICC which were a true collaboration of various cultures and communities.



HEART DISEASE: A NOT-SO-SILENT EPIDEMIC ACROSS ASIAN INDIANS

By Suresh Mulukutla, MD

Heart disease rates among Asian Indians and South Asians is nearly double that of the Western world. In fact, 60% of the global burden of heart disease occurs among Indians and 50% of heart attacks in Indian men occur under the age of 50. Even Indian women have a high risk for worse outcomes after heart attacks. But, with greater knowledge, we can maximize our potential for healthy long lives.

In this article, we will focus on blockages in heart vessels (atherosclerosis). This is a process that begins early in the 2nd decade of life, so a lifelong lifestyle of healthy behaviors is critical. There are many risk factors that we cannot control such as our age or family history. The many risk factors that we control and can change are listed below.

Smoking: This is the number one preventable risk factor. Vaping isn't any better. By stopping smoking, one reduces the risk for heart disease (and cancer) markedly.

Blood Pressure: Controlling blood pressure is critical for decreasing our risk for stroke, heart attacks, and kidney disease. Some rough guidelines can be seen in the figure at the right. Track your blood pressure and discuss options for controlling it with your doctor.

Cholesterol: Once you're over 40, you should know your cholesterol numbers and talk to your doctor. You can calculate your personal risk of heart disease with many online calculators like: <https://tools.acc.org/ascvd-risk-estimator-plus/#/calculate/estimate/>.

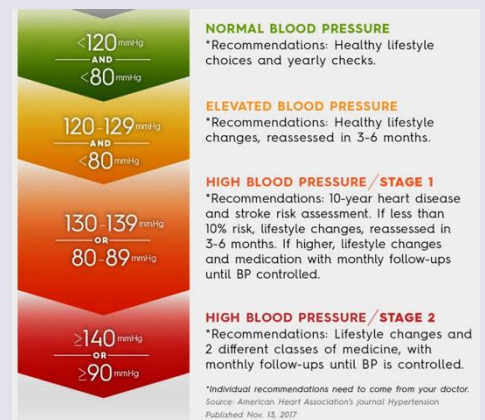
Diabetes: Diabetes, an Indian epidemic, is controllable. There are many new interventions available that can help to decrease the impact of diabetes on heart disease.

Diet: Strive for home-cooked meals and avoid processed foods. Live by the "5-a-Day" rule by having 5 servings of fruits and vegetables daily.

Exercise: We should strive for at least 30 minutes of moderate activity daily.

Ayurveda: There may be good options in these areas, but there is still a lot of data that is needed to prove the benefits. As always, make sure your doctor knows about all the medicines you may be taking.

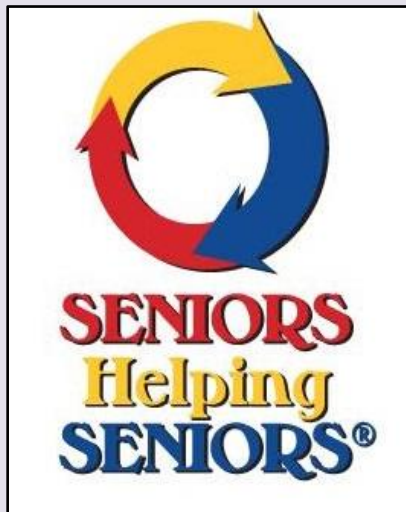
Recall Bharat's Heritage: Meditation and Yogasanas have a profound impact on health at physical, mental, and spiritual levels. Our scriptures have long encouraged us to integrate our body, mind, and intellect. While adopting healthy lifestyles and controlling the typical risk factors, we should not forget that we must also strive for a high "emotional quotient" to achieve peace of mind. By adopting these ancient practices, we can find our spiritual center while also improving our health.



HUMANITARIAN COMMITTEE RECEIVES ENCOURAGING FEEDBACK

By Devayani Pandit, devipandit@aol.com

The Humanitarian Committee had set reasonable goals and objectives as published in the April issue of USAP News. I am happy to report, we received tremendous



encouraging feedback from our members who offered to volunteer their help when needed.

We thank Bhupendra Kamdar, Harilal Patel, Vaishali Patil, Shobha Jatkar, Veena Agarwal, Dr Juginder Luthra, Nikhil and Bharati Gandhi, Dr Jagannath Karambelkar, Mananda Bhende, Pratap Doshi, Nilam Patel, Gautam Patel, Suneel Maheshwari, Neelam Katyaj, Shobhna Shah, Harshad & Rekha Mehta, Viraj Mehta, Manohar Sukhwani, Som Sharma. If I missed a name or two, please accept my apologies. If you would like to add your name to this growing list of volunteers, please let us know by calling any of our committee members.

We are also considering inviting speaker(s) from Homecare agencies such as Envisage, who specialize in providing in-home care customized to our needs. We are planning a mini Health Camp in October at ICC to address some common illnesses among senior citizens and answer some of your concerns and questions. There is great deal of interest in learning CPR (cardio-pulmonary resuscitation) and AED (automated external defibrillator) which could be life saving measures at times of heart emergencies.

There are many other issues that can be addressed, such as information related to the many drugs we take and their interactions, discussion on DNR (do not resuscitate) policies; setting up emergency contact information that healthcare providers can easily find, etc. These are serious talks but we can make it fun activities while we deal with them.

If you have other thoughts and ideas that you feel this committee should undertake, we would like to hear from you.

In the meantime if you have a personal need that we can be of help, please let us know, for without your call, we will not know.

We thank you for your support and encouragement. Our committee plans to meet soon and chart out the course of action. We shall keep you posted.

Humanitarian Committee Members:

Devayani Pandit (chairperson) 412-443-6660; Dilip Desai 412-916-2473; Chetan Ladani 412-519-9024; Navin Kadakia 412-302-5495; Subash Ahuja 412-216-8135.



Article No. 10
July 2022

Cool WhatsApp Tips & Tricks – Do You Know?



Dilip Desai

WhatsApp has stacks of features and is extremely widely used - the Facebook-owned app claims to have over two billion users worldwide, which is pretty staggering. Here are some secret tips you might not know about, mixed in with a few standard tips for those new to WhatsApp.

1. Search all your chats



To search a specific post, you don't want to scroll through all your messages. At the top of all your chats on iOS there is a search bar if you pull down. You can type anything into the search bar, such as a specific word and all the chats with that word will appear below as specific messages. Clicking on a respective result will take you to that part of the chat conversation you had.

2. Find who you talk to most

Who is really your favorite person? There is a way to find the people you exchange the most messages and how much storage each person takes up, among other things.



iOS & Android: Settings > Storage and Data > Manage Storage > You'll see a list of contacts at the bottom in in order of which is using the most storage.

3. Use WhatsApp on the web and desktop



WhatsApp isn't limited to your mobile phone. There's a web app that syncs everything from your phone and there's a desktop app too. Go to <https://web.whatsapp.com/> or download the desktop app from [whatsapp.com/download/](https://www.whatsapp.com/download/) You'll then need to open WhatsApp on your phone > Settings > WhatsApp Web/Desktop > Scan the QR code on the browser or Desktop app > Follow the instructions.

4. Send/share your location to a contact

WhatsApp allows you to send your location. This is very handy if you want your contact to see your Live



Location for the duration you choose so they can track you. Duration times are set at 15 minutes, 1 hour or 8 hours.

iOS: Chat > Specific chat > Tap on "+" to the left of the message box > Location > Share Live Location > Select time frame.

Android: Chat > Specific chat > Tap on the paperclip to the right of the message box > Location > Share Live Location > Select time frame.

You can see everyone you are sharing your live location with by opening Settings > Account > Privacy > Live Location.

5. How to block a WhatsApp contact



There are plenty of reasons why you might want to block a contact. If you block a contact, you won't be able to send or receive messages, or make or receive calls from them and even if you unblock them, you won't see any messages sent to you whilst they were blocked.

iOS & Android: Chats > Specific chat > Tap on contact subject at the top > Scroll down to the bottom > Block Contact.

6. Turn words bold, italic or strikethrough



Sometimes certain words need more emphasis. Don't worry, WhatsApp allows you to make whichever words or phrases you want bold, italic, or strikethrough them altogether.

iOS & Android: Add an asterisk (*) either side of the word or phrase for ***bold***. Add an underscore (_) either side of the word or phrase for *_italic_*. Add a tildes (~) to either side of the word or phrase for ~~~strikethrough~~~.

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Scott R. Lindstrom and **Nayan Shah** work together in helping people obtain the lowest cost insurance. They are independent brokers working with many different insurance companies.

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412-390-7576

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412-583-2680

Recipes from Krishna's Kitchen

Bharwan Baingan: Stuffed Eggplant



Ingredients

- 15 small egg plants
- 1 tsp. cumin seeds
- 2 tbsp. vegetable oil
- 2 tsp. turmeric powder
- 2 tsp. cayenne or red chili powder
- 2 tsp. coriander powder
- 2 tsp. salt or according to your test
- ¼ tsp. garam masala powder
- 1 tsp. mango powder
- 1 tsp. lemon juice
- Salt according to taste

Tip:
*Stays fresh in
the refrigerator
for a week.*

By Krishna Sharma

Preparation

- Wash and cut the eggplant stem from the end
- Cut slits into eggplant for stuffing masala
- Mix all the dry ingredients except mango powder in small bowl
- Add a little water to moisten the mixture
- Stuff all the eggplants evenly with masala mixture
- Heat oil in a pan and add cumin seeds
- Allow seeds to sputter for 30 seconds
- Add all the eggplants in a single layer
- Stir once, add 2 tbsp. of water and cover
- Cook them on low heat for 10 minutes
- Uncover and rotate the eggplants so all sides are cooked evenly
- Cover and cook for about 7 to 10 minutes until they are soft and all the water is gone
- Add garam masala, mango powder, and lemon juice.
- Mix well and transfer into the serving dish

Ready to eat with parathas or rotis.

KEEPING THE DEER OFF YOUR GARDEN

By Veena Agarwal



We love those innocent harmless animals, till they become a pest. Here are a few tried and true natural and safe ways to keep the deer out of your garden.

1. **TRY FUZZY PLANTS:** Deer don't love things that tickle their throats.....Try Verbena or Ageratum, which has petals that grow in wispy clusters or try Ballota which has velvety silver leaves that make a nice edging accent.
2. **INTEGRATE SPIKY VARIETIES:** Cleomes and Asparagus ferns are awkward for deer to chew.
3. **PLANT ZINNIAS IN SUMMER:** Zinnias are avoided by deer for heartburn.
4. **PLANT AROMATIC HERBS:** As much as we love Lavender's lush, hardy aroma, deer don't seem to like them.
5. **ADDRESS THEIR SENSES:** with sensory repellents, which make your plants less attractive to deer in several ways; by making them taste bad by incorporating hot pepper or peppermint that makes eyes and mucous membranes sting; giving off the smell of sulfur, which deer are believed to connect with predators.
6. **BUILD A BARRIER:** If you need a more aggressive strategy, keep deer out of your garden with a physical barrier. The only completely effective way to protect your plants is with fencing. Woven wire fencing at 8 feet high is the most effective deer barrier.
7. **PLANT OREGANO AROUND YOUR GARDEN'S PERIMETERS.** Also, pungent herbs & garlic can actually prevent small animals and even deer from entering your garden.

The committee members are Rajnikant Popat (Chair), Veena Agarwal (Co-Chair), and Dilip Desai, Vasanti Majmudar, Chetan Patel and Subash Ahuja as members. We invite you to join us and we can all grow together.

WHEN SHOULD SENIORS LIMIT OR STOP DRIVING

By Khozem Mogri



License to drive is a privilege we all enjoy as it gives us freedom and independence. However, as we age, changes occur to our physical and cognitive abilities that could put us in harms way and endanger ourselves as well as others.

WHEN WOULD YOU KNOW IT IS TIME TO GIVE UP CONTROL AND START ENJOYING THE BACK SEAT ?

Here are some suggested answers obtained from published sources.

- Becoming easily distracted or you experience decrease in confidence while driving
- Delayed response to unexpected situations
- Having difficulty moving into or maintaining the correct lane of traffic
- Hitting curbs when making turns or backing up, or getting scrapes or dents on entering the garage or from the mailbox
- Frequent “near-misses” in which accidents almost occurred
- Driving too fast or too slow for road conditions, Inconsistent acceleration (erratic control of speeds)
- Failure to yield or stop when prompted by signs or traffic lights
- Inability to recognize the right of way
- Routinely becoming lost (especially in familiar areas)
- Challenges with recognizing distance between vehicles and objects
- Frequent traffic violations
- Road rage, anxiety and stress

Additionally, we need to make an honest mental and physical Health Assessment to ensure alert and efficient driving that could be adversely impacted by one or more of the following:

- Depression
- Vision impairment
- Hearing impairment
- Diminished physical strength and range of motion
- Side effects of medications that can create driving risks
- Specific ailments such as glaucoma, dementia, Alzheimer’s disease, Parkinson’s, cataracts, arthritis, seizures, diabetes and other chronic issues which can create complications while attempting to drive.

Decision to LIMIT or STOP driving is a serious consideration which is easier said than done, but may be a better option than being grievously injured. Accidents can happen in split seconds due to causes that may not be under the control of the Senior driver.

As a soft start, Seniors could LIMIT their driving by observing some self-imposed restrictions:

- Avoid driving at night or in adverse weather conditions
- Stay off expressways
- Avoid time pressure by taking an early start
- Drive only in familiar places or within a certain radius of your home
- Get delivery for groceries and other essentials as needed
- Limit distractions by turning off the radio and avoiding conversations with other passengers
- Check for alternate means of transport such as public transportation, carpool services, apps such as Uber and Lyft, and volunteer programs
- Ask family and friends to drive you to important appointments