



USAP News

United Seniors Association of Pittsburgh

www.usaofpittsburgh.org

Volume 5 Issue 1

WINTER ISSUE

January 2023

USAP Wishes Our Readers a Very Happy



2023 looks young and jovial as did 2022 just a year ago. With the passing of a year, USAP is now five going six and growing steady and strong with over 350 members. Many have opted to upgrade their four-year memberships to life memberships. With rising costs across the board, USAP has found it necessary for the first time to raise the membership dues. If approved by the General Body at the upcoming Annual General Body Meeting on January 15, the four-year membership dues will increase to \$150 per person (from current \$100) and Charter (Life) membership to \$600 per person (from current \$500). The Annual Membership will be abolished. We request all four-year members to upgrade to life membership before the new rates become effective.

We lost two of our valuable members in December of 2022, **Vinod Doshi, 86** and **Manjula Germanwala, 77**. We offer our deepest condolences to the respective families of the deceased. Except for the melancholic ending, 2022 has been an exciting year for USAP. Two groups of travelers just returned in December from their tours to **Costa Rica**. Two more groups are preparing for their upcoming trips to **Japan** during the cherry blossom season in early April 2023. And later in the year somewhere around mid-October 2023, a trip to **Egypt-Jordan-Israel** is in the planning and will be announced soon.

The **Humanitarian Committee** has an important role to play to serve the many needs of our growing members. Home care at time of need is in great demand and the committee had arranged speakers from **ENVISAGE** and **ANOVA** health care services who had enlightened us on their services. We have been encouraged from the response received from many members who had readily offered to volunteer their help. It is important that we assess the various needs that may exist among the members. We request members who need such help or friends of such members to write to us with suggestions as to how such help can be arranged and rendered. You can reach us at usaofpittsburgh@gmail.com.

In the meantime, we need to reach out to all seniors who have not joined USAP yet. Despite our far-reaching group emails and the newsletter that gets sent to over a thousand on the list, it is surprising to hear from some they have not heard of USAP. In fact, this should be the task and responsibility of all USAP members to introduce and invite non-members to join and benefit by becoming a USAP member.

READERS WRITE

USAP News invites our readers to submit their comments and suggestions that would help improve the quality of the newsletter. Such constructive feedback received will be published in these columns. We are happy to report we received, for the first time, lots of complimentary remarks following the publication of the October issue, many of which are being shared here.

Wonderful Newsletter. As always. This indeed adds considerable value and insights, not to mention motivation for non-members to become members of our dynamic USAP organization. Great job Newsletter committee!

Kiran Bakshi

Our Newsletter is indeed professional quality with valuable content. Hats off to the committee.

Bhavna Mehta

USAP Newsletter was very informative and well written. Enjoyed thoroughly!

Vasanti Majmudar

... was excellent, professional, with good information. Enjoyed a lot.

Vaishali Patil

The newsletter is very informative and put together very well. Kudos to the team.

Shakuntala Shinde

... very informative and insightful and very well put together. Enjoyed reading as it brought back all the fun memories of our Vraj trip.

Viharika Bakshi

The Newsletter is awesome! We appreciate

the hard work put into it. Thanks.

Nilima and Manu Badlani

We all appreciate your hard work, but sometimes forget to acknowledge. We truly pray for your good health and happiness so you can do the noble work. Stay blessed! We truly appreciate the Newsletter!

Hira and Harbhajan Rohela

USAP quarterly newsletter is very well written, including summary of various activities and upcoming events. The team spends lots of time to publish. So, accept my thanks and gratitude. ...

Devayani Pandit

Editor's note

We appreciate your comments and would like to hear more from you. Please comment on the articles that you liked or would like to know more about a subject or topic. We welcome articles from our readers on any topic that pertains to the senior citizens – health related, family, social, hobby, travel, or humorous. Articles should be short and precise and limit to 500 words maximum. For any questions, please feel free to drop me a line.

Subash Ahuja
subash.ahuja@gmail.com

USAP TOTAL MEMBERSHIP

(AS OF DECEMBER 31, 2022)

TOTAL Members : 360

.....
Charter Members : 134

4 Year Members : 215

Annual Members : 11

CHARTER (LIFE) MEMBERS

Veena Agarwal
Subash Ahuja
Suhendar & Surinder Ajmani
Surinder & Veena Aneja
Manohar & Nilima Badlani
Kiran & Viharika Bakshi
Dharam & Shashi Batish
Devender & Pramila Batra
Madan & Seema Batra
Ranjan & Meena Bhandari
Rajesh & Neelam Brahmhatt
Vinod & Manju Chablani
Bharati Desai
Dilip & Kirtida Desai
Nainesh & Jayna Desai
Niranjan & Sudha Dixit
Pratap & Madhu Doshi
Anant & Jyoti Gandhi
Amit & Sonali Ghosh
Suresh & Varsha Golakiya
Som & Sadhana Gupta
Ravindra Gupta
Arun & Shobha Jatkar
Navin & Swati Kadakia
Neelam Katyal
Ved & Alka Kaushik
Ravi Kolli
Ashok & Indra Kumar
Suresh & Rani Kumar
Chetan & Leena Ladani

CHARTER (LIFE) MEMBERS

Sumant & Raj Lall
Juginder & Dolly Luthra
Suneel & Alka Maheshwari
Vasanti Majmudar
Vasu & Durga Malepati
Rajesh & Kamakshi Mankad
Harshad & Rekha Mehta
Vijay & Bhavna Mehta
Dinesh & Manisha Mittal
Khozem & Rezwan Mogri
Bharat & Bina Monpara
Jadavbhai & Rambhaben Monpara
Pravin & Rekha Monpara
Sumedha Nagpal
Deviyani Pandit
Kiran & Bharati Parikh
Mukul & Neelima Parikh
Chandubhai & Harshaben Patel
Chetan & Bakula Patel
Gautam & Prachi Patel
Gauttam & Rita Patel
Minaxi Patel
Pravin & Hansa Patel
Pritesh & Jaimini Patel
Sudhir & Nilam Patel
Kiran Patil
Vaishali Patil
Rajnikant & Bharati Papat
Chandrakant & Harsha Pujara
Hemal & Dipali Purohit
Ashok & Ranjana Sahai
Surendra & Hira Sethi
Shobhna Shah
Vijay & Arti Shah
Brahma & Anita Sharma
Krishna Sharma
Dilip & Shakuntala Shinde
Mohan & Jyoti Soneji
Manohar & Meena Sukhwani **Cont ..**

CHARTER (LIFE) MEMBERS

Dayal & Nita Sutaria
Shanti & Pramila Swarup
Adi & Jasmin Tamboli
Girish & Lina Thakar
Jamnadas & Kavita Thakkar
Ashok & Anju Trivedi
Saroj Wadhwa
Vijay & Arati Warty

4-YEAR MEMBERS

Kamlesh & Nishi Aggawal
Devyani Asher
Saroj Bahl
Jagjit & Neelam Bajaj
Surinder & Jagdeep Bajwa
Zarin Balaporia
Mani & Shantha Balasubramaniam
Ravi & Raji Balu
Surendra & Prabha Bansal
Shailesh & Mananda Bhende
Subhas & Chhaya Bole
Cyrus Cama
Farhad & Shehnaz Cama
Mohan & Sudershan Chabra
Prasad Dabbala
Lily Aspi Dastur
Arunkumar & Lata Dave
Anil & Manjula Desai
Pankaj & Kalpana Desai
Sunil Desai
Satishchandra & Varsha Dhagat
Venkatram & Visalam Dharmarajan
Vinod Doshi
Satish Chander & Madhu Duggal
Nikhil & Bharati Gandhi
Ashtosh & Wimi Ganjoo
Vasant & Manjula Germanwala
Girish & Deepa Godbole
Chandrasedkhar & Saraswathi Golla
Gaurang & Savitri Gosai
Vinod & Tripta Goyal

4-YEAR MEMBERS

Sukhdev & Elisha Grover
Mohinder & Anita Gupta
Satish Gupta
Yogendra Gupta
Karan & Shashi Gupta
Deepak & Chitra Jagtani
Ashok & Santosh Jain
Sushil & Sandhya Jain
Lalita Jaspal
Yogesh & Alka Jhaveri
Prem & Saroj Jindal
Usha Joshi
Deepak & Shobhitha Kamath
Bhupendra & Niru Kamdar
Jas & Anita Kansagra
Ravi Kant & Bina Goel
Sailesh Kapadia
Jagannath & Deepa Karambelkar
Harbans Singh & Prakash Kaur
Naushad & Umera Khatri
Amar & Pratibha Khurana
Dilip & Rekha Kothari
Girish & Jyotsna Kothari
Suman Laroia
Haresh & Prajna Malkani
Anil Manocha
Bhalchandra & Damayanti Mehta
Rohit & Yogini Mehta
Usha Mehta
Sanjay & Amita Mehta
Rajesh & Meena Mehta
Nitin Marchant
Jayant & Lakshmi Mirani
Amarendra & Rachna Mishra
Arun & Shobha Mittal
Jashwant & Urmila Modi
Sunil Nagpal
Mohan & Jayanthi Nama
Rajendra & Sunita Nigam
Surendra & Vatsala Pancholi
Meena Pandit
Anil & Aruna Parikh
Alkesh & Rita Patel

Cont

4-YEAR MEMBERS

Girish Patel
Harilal Patel
Hasmukh & Saroj Patel
Hiroo & Manju Patel
Kanta Patel
Kirit & Gita Patel
Kishor & Pushpa Patel
Prakash Patel
Raman & Kapila Patel
Vinita Patel
Vinod Patel
Chandrakant & Kumud Patel
Mina Patel
Vinod & Bharati Patel
Sridhar & Vijaya Lakshmi Patnam
Achala Phatak
Vilas & Vasanti Puranik
Pramila Ragoowansi
Subbarao Rambhala
Alka Rambhia
Hira & Harbhajan Rohela
Kutub & Azra Saiffee
Harish Saluja
Ashok & Alka Shah
Bharat & Rashmi Shah
Jayanti & Bharati Shah
Mahendra & Aruna Shah
Nayan & Meena Shah
Pravin Shah
Priyesh Shah
Suresh & Meena Shah

4-YEAR MEMBERS

Vinod & Amita Shah
Sandip & Smita Shah
Brij & Usha Sharma
Parminder & Jiwan Sharma
Som Sharma
Tom Sharma
Leena Shete
Asish Sinha
Virender & Monika Soi
Shyam & Durga Somani
Raji Srinivas
Shailesh & Urvashi Surti
Subha Tayal
Durlabh & Santosh Trivedi
Durlabhji & Bharati Ukani
Pravin & Dina Vakharia
Abbey Vijlee
Prakash & Vishakha Vin
Praful & Madhuri Vora
Shailesh & Kalpana Vora
Shiban & Nanna Warikoo

ANNUAL MEMBERS

Nita Bhambhwani
Lakshmipathi Chelluri
Mahesh Desai
Geeta Goswami
Vasundhara Jain
Jitendra & Raksha Modi
M.H.Vamadeva & S.M.Jayasheela Murthy

Please upgrade your 4-Years Membership to Charter Membership

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

HAPPY BIRTHDAYS TO SPECIAL USAP MEMBERS

January: Sumedha Nagpal, Vinod Shah, Kavita Thakkar, Kiran Bakshi, Bharat Shah, Sandip Shah, Bharati Desai, Rezwan Mogri, Bhavna Mehta, Nitin Merchant, Veena Agarwal, Madhu Doshi, Amit Ghosh, Arun Jatkar, Yogesh Jhaveri, Vijay Warty, Usha Sharma, Suhender Ajmani, Arunkumar Dave, Sumant Lall

February: Mohan Chabra, Saroj Bahl, Praful Desai, Gita Patel, Kiran Parikh, Jyotsna Kothari, Haresh Malkani, Anil Manocha

March: Naushad Khatri, Sunil Desai, Shobhna Shah, Alkesh Patel, Vinod Patel, Viharika Bakshi, Abbey Vijlee, Subha Tayal, Prachi Patel



ANNUAL GENERAL BODY MEETING NOTICE FOR 2022

Dear Members of USAP,

The fifth Annual General Body Meeting will take place on:

Sunday, January 15, 2023, 10:00 am at
Indian Community Center
205 Mary Street, Carnegie, PA 15106

MEETING AGENDA:

1. President's report
2. Treasurer's Report
3. Committee Chairs' Reports
4. Proposed amendment to Bylaws Article 3.3 TERM OF OFFICERS
5. Increment in USAP Charter and 4-Years membership fees and removal of Annual Membership
6. Other

If any member wants to put any item of concern on the agenda, he/she may request so by informing the Secretary latest by 31st of December 2022.

Please make all effort to attend.

The AGM will start with Masala Tea and complete with delicious lunch.

RSVP will be highly appreciated.

Subash
Subash Ahuja
Secretary

OUR KALEIDOSCOPE TOUR OF COSTA RICA FOR THE RECORD

By Kiran Bakshi

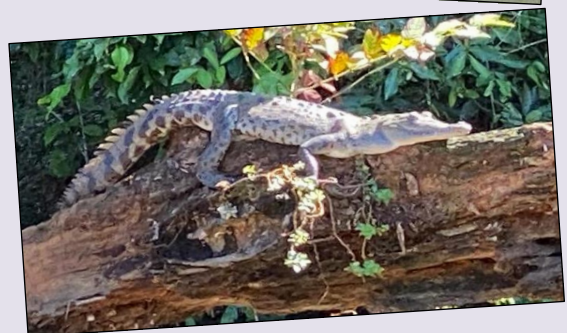
This 12-day tour (December 4-15) covered the wonderful natural attractions, wildlife adventures, the famous dormant Arenal Volcano, and the lush plantations of coffee, pineapple, sugar cane, and many tropical fruits along the way. We started from San Jose, the capital of Costa Rica, and covered most of the scenic tourist attractions, from the Caribbean Sea Coast in the East at Tortuguero with its lush Rain Forests to the Central Volcanic Region of Fortuna, Arenal, then the Cloud Forest of Monte Verde, and finally to the Pacific Ocean in the West at Tamarindo Beach, Guanacaste.



We were in two groups with a total of 51 USAP members and flew to San Jose on Dec. 4. This adventurous trip included 4 boat rides through



the Rain Forest with exotic wildlife that included many tropical birds, monkeys, iguanas and Caymans to name a few. We covered two magnificent beaches on either side of the country and enjoyed the local arts and crafts at the artisan town of Sarchi.



We

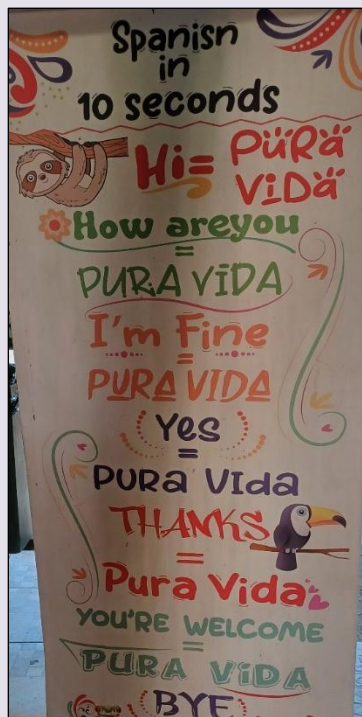
hiked through the Rain & Cloud Forests with excellent tour guides who shared great insights about the



wildlife, the natural vegetation, and the tropical coffee-banana-pineapple plantations. The many



daring among us took the zip lines over the lush Cloud Forest and hiked on Hanging



Bridges that spanned over a height of over 1000 ft above the deep Cloud Forest Ravines with its

variety of flora and fauna. We returned to San Jose on December

15. We ended the trip on a high note with a tour of the city with its many local cuisines, historical and cultural sites, and a warm sunny welcome. All the wonderful, excited participants enjoyed the local cuisines, tropical offerings blended with spicy



Indian treats that everyone brought along, not to mention the music, dancing and cutting jokes. All in all, the group created great everlasting memories,



and friendships, which is the hallmark of all USAP Tours. And indeed, most of the participants, after having enjoyed the balmy 75F sunny weather, especially on the Pacific Coast, promised to join us again on our future USAP Tours in 2023 and beyond!

GRAND ANNUAL GALA DINNER WITH LIVE MUSICAL CONCERT



USAP organized the **GRAND GALA LIVE MUSICAL CONCERT** on November 11 with versatile singers **Sanjay Vasita and Neeta Shahapeti** at Indian Community Center.

It was a huge success. The hall was full of music lovers, and one could feel the vibrant joy in the air. Everyone enjoyed the phenomenal performance by Sanjay and Neeta for almost 4 hours. The song selections were superb. The audience was deeply mesmerized by their melodious voices.



The event started with mouthwatering appetizers, and free beer and wine (courtesy of USAP) during the performance followed by delicious dinner and more music.

Special thanks to event Grand sponsor AirTours Holidays LLC, and Nick Patel for sponsoring artists stay at his hotel.

President Chetan Patel is known to bring the best quality programs to the community, and this was no exception. Special thanks to him and



his core team members – Bhavna Mehta, Sumedha Nagpal, Subash Ahuja, Kiran Bakshi and Sudhir Patel for coordinating such a wonderful program.

Sincere and heartfelt thanks to our audience and the singers in making this evening a memorable one.



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- Explaining access to doctors (Network Options)

Scott partners with Nayan Shah to help USAP members

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Bharwan Karela: Stuffed Bitter Gourd

Recipes from Krishna's Kitchen



Ingredients

1 tsp cumin seeds, crushed
1 large onion, finely chopped
3 tbsp mustard oil
4 cloves garlic, finely chopped
1 ½ inch piece ginger, finely chopped
2 tsp chili powder
1 tsp turmeric
1 tsp amchur
2 tsp coriander powder
1 tsp fennel seeds, crushed
Salt according to taste

Tip:
Stays fresh in
the refrigerator
for a week.

By Krishna Sharma

Preparation

- Wash and dry karela; use a knife to scrape off the bumpy green skin into a small bowl. This will be used to make the stuffing.
- Slice each karela long way without cutting all the way through; scrape out the inside including the seeds using a teaspoon and add to bowl.
- Sprinkle turmeric powder and salt on both karelas and stuffing mixture. Let rest for an hour.
- Boil water in a large pan and add karelas and the stuffing mixture in the boiling water. Cover for few minutes and then take both karela and stuffing mixture separately out of water by squeezing them.
- Heat mustard oil in a cast iron pan and add the cumin seeds, as these sizzle and become fragrant, stir in the onions and fry until translucent.
- Add the stuffing mixture and fry until the onions are golden brown (5-10 minutes). This is very important as the seeds will crisp up.
- Once browned stir in the amchur, fennel, coriander, chili, salt and turmeric powder.
- Fry for a few seconds and remove from heat.
- Let cool and use a spoon or your hands to stuff the karela with equal amounts of the mixture.
- Press the stuffing into the skins. You can use a little cotton thread to wrap around each one to help hold their stuffing in.
- You can fry or bake; Place the karela back into the pan with a little oil and cook evenly until they turn golden brown. Or you can place on a baking dish and bake for 30 minutes until soft and brown all over. Serve with red lentils (dal), yogurt and roti.

HEALTH CAMP 2022

By Subash Ahuja

USAP organized its first Health Camp in collaboration with the UPMC OUTREACH initiative with the help of team leaders Dr Brahma Sharma and Dr Vasanti Majmudar. It was held in the basement of ICC



and provided basic cardiovascular screening and counselling. The examination provided information on



blood pressure, total cholesterol along with its subcomponents HDL, Triglycerides and LDL, and Glucose levels. The best part was the interpretation and counseling provided by cardiologists Dr Brahma Sharma and Dr Krishna Tummalapalli. Although many more could have benefitted, the few who came had all their questions and concerns answered.

USAP is grateful to Joyce Doody, Practice Manager with COACH team and Debbie



O'Connor, Team Leader with Integrated Health for providing all help in making it successful.



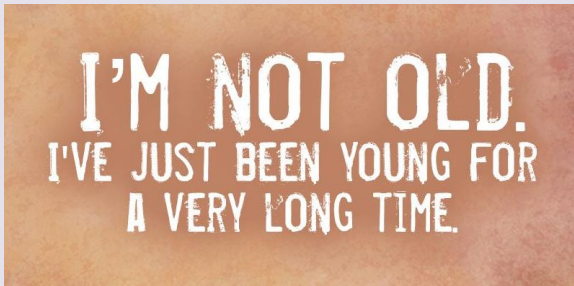
Dr. Tummalapalli providing the one-to-one counselling.



The Team

ARE YOU A SENIOR OR AN OLD?

By Khozem Mogri



The terms “Senior” and “Old” are unfortunately used interchangeably. “**Senior**” generally refers to an elderly person who is somewhere around 60 years of age and who may or may not be a retired. “**Old**” generally refers to a person who has lived for a long time. Being “Old” is generally perceived negatively in our youth-obsessed culture and is frequently associated with being useless or fragile.

Many people do not understand the difference between Senior and Old. While every Old is a Senior, every Senior is not Old. A Senior may eventually become Old, but senior years are a period of freedom and happiness.

Age is only a number; whether you are a Senior or an Old really depends on how you behave. Here are some typical behavioral differences between a Senior and an Old which can help you decide where you fit in.

- Old believe they know everything. Seniors believe there’s lots to learn and are eager learners.
- Old are eager to give unsolicited advice and get into frequent arguments with the young. Seniors provide advice or guidance only when asked for and are easy to get along with.
- Old love to reminisce about the past. Seniors understand and adjust to the present.
- Old believe in holding on to their trade secrets. Seniors are open to sharing. They know the cemetery is the wealthiest place on earth wherein lie buried inventions that were never told.
- Old need and seek support. Seniors are able and willing to provide support to the needy.
- Old look for the end. Seniors want to live, find purpose in life, and inspire others.

What would you rather be, a Senior or an Old?

If you chose Senior, then you can jump start your life by:

- ✓ Wear colorful clothes that make you feel and look happy
- ✓ Make friends with people your age and with common interests. Retired seniors have all the freedom they want both financially and socially.
- ✓ Join social groups that share your interests and can help you find new friends and passions. Book clubs, painting classes, ballroom dancing, drama groups, tai chi, yoga, gardening, and meditation are just a few of the hobbies and clubs that Seniors love.
- ✓ Join online communities to find like-minded friends with niche interests.
- ✓ Travel with friends and relatives.
- ✓ Engage in activities that give back to the society. Provide mentorship to others if you can.
- ✓ Engage in outdoor activities like nature walks, picnics, visits to the park.
- ✓ Fulfill your bucket list, one at a time.

Remember we are members of United Seniors Association, NOT United Olds !!