



IAWW Seniors News

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2015 Special Health Report – Part II

By Robin Westen; AARP Magazine Oct/Nov 2015

In the December 2015 IAWW Senior News, we had published Part I of the Special Health Report. Below is Part II of the Special Health Report.

WHAT IF WE TOLD you your chances of having a heart attack are greatly reduced if you follow six easy steps? Well, it's true. Women who didn't smoke, had a normal body mass index (BMI), got at least two and a half hours of exercise a week, watched an hour or less of TV a day, ate a healthy diet and limited alcohol to a drink or less a day had a 92 percent lower risk for coronary heart disease, according to a study published in January 2015 in the *Journal of the American College of Cardiology*. Up your odds even more by following these tips.

11 Whittle your middle - If you're shaped more like an apple than a pear, you're at a higher risk for heart disease. The risk rises when waist size goes over 35 inches for women and over 40 for men. The best way to reduce your waist size is by losing weight and exercising, but a study published in the journal *Lipids* noted that dietary supplements with coconut oil may also help shrink belly fat.

12 Floss - Studies point to a link between gum disease and higher rates of heart disease. Experts suggest two theories about why this is so. One is that mouth bacteria can enter the bloodstream through the gums and increase artery plaque, which can lead to heart attack and stroke. Another is that our bodies create inflammation in response to the infection, causing blood cells to swell and narrowing arteries. The American Academy of Periodontology recommends flossing at least once a day to prevent gum disease.

13 Sweat when you exercise - It's not how much time you spend working out but how hard you're doing it. You need to pump up your heart rate until you're perspiring. Experts advise pushing till you're modestly out of breath. (If you can sing, you're not working out hard enough. If you can't talk, you're overdoing it.)

14 Get enough vitamin D - "Low levels of vitamin D can increase your risk of stroke and heart attack," says Steven Masley, M.D., author of *The 30-Day Heart Tune-Up*. Ask your doc to test your levels and prescribe the right supplement dosage for you.

15 Cuddle more - Snuggling not only feels good—it reduces stress and triggers the release of the hormone oxytocin, which has been shown to help lower blood pressure. Don't have a reliable cuddle partner? Rescue a pup from the pound.

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Director's Corner

Pran Wahi



Dear Reader,

Since its inception in 1997, we have been pursuing senior program's motto "Aging Graciously Together" by providing assistance and services that enhance self-reliance and wellbeing of elderly in our community. This has been possible by:

- Generous donation of time, effort and commitment of volunteers who run the program (we don't have any paid staff) and
- Donors who provide funds to meet the financial needs.

All of our activities and events are free or subsidized to make it easier for seniors to be able to attend. We do ask participants to consider making optional suggested donations at our events if they can afford to give. Our heartfelt thanks to those who have shown their generosity.

As the Indian community in the region has expanded over the years, the senior population is getting larger as well, with increase in their specific needs. These needs range from help with transportation to assistance with immigration and legal issues to referrals for health matters to support needed in times of family crises and bereavement periods. However, we find that the needs of the community exceed our available resources - both financial and human. To meet the needs of our community, we have to increase our pool of volunteers and sources of funding/donations. Therefore, I ask you to help the program in whatever manner you can personally, and be our ambassadors to the community at large. Let's strive to make our motto "Aging Graciously Together" a reality for our senior community.

We always welcome your thoughts, ideas and suggestions to make the seniors program continuously better to serve the community. You can reach me at jawwsenior@hotmail.com.

2015 Special Health Report – Part II Contd. From Page 1

16 Think outside the pillbox - If you're taking nonsteroidal anti-inflammatory drugs (NSAIDs) for chronic pain, you might want to try promising alternative treatments instead. The Food and Drug Administration (FDA) just strengthened its warning against NSAIDs, saying they can increase heart attack and stroke risk even if you've been taking them only a short while. Possible relief alternatives for chronic pain include acupuncture, biofeedback, therapeutic touch, Reiki, hypnosis, chiropractic adjustments—even medical marijuana.

17 Keep it down - Research shows that for every 10 decibels of added roadway traffic noise near your home, your risk of stroke increases by 10 percent.

18 Stick with your statins - If you've been prescribed statins, take them as directed. Studies show they're effective in preventing heart attacks, particularly for those with a genetic predisposition or who have survived a heart attack. A new study published in the *Journal of the American Medical Association* confirms that when statin use is widened to include people at medium risk, this further reduces deaths from heart disease.

19 LOL at those online cat videos - Laughing out loud—we always crack up at the vid of the kitten in the hamster ball—causes your blood vessels to dilate by 22 percent, which helps improve blood flow and, in turn, lowers blood pressure. Purrfect.

20 Stop stewing - Forgiveness helps to reduce blood pressure and lower your heart rate, especially when it comes to betrayal and conflict, according to a study published in the *Journal of Behavioral Medicine*. Researchers hypothesize that releasing anger decreases stress, a known trigger of heart disease.

Upcoming Events for 2016

Events	Dates	Location
Monthly Lunch	11:30AM – 1:30PM Every 2 nd Thursday	Redmond Senior Center 8703 160 th Ave. NE, Redmond, WA 98052
Weekly Programming for Seniors	10AM – 2PM Every Thursday	North Bellevue Community Center 4063 148 th Ave. NE, Bellevue, WA 98007
Field Trip 1	April 2016	TBD
Spring Concert	May 2016	TBD
Health Fair	June 2016	Eastside Baha'i Center 16007 NE 8 th St., Bellevue, WA 98008
Family Picnic	July 2016	TBD

Volunteer Recognition Lunch

IAWW Seniors Program with help from the main IAWW recognized long standing volunteers of the Seniors Program. The event was held on December 19th at the North Bellevue Community Center. Most of the volunteers attended with their spouses. Everyone was provided with a wonderful lunch and after lunch each of the volunteers present were honored with a plaque.

The honorees in chronological order were Surinder K Bath, Shubh Chawla, Arun Desai, Asha Desai, Jag Hajari, Mahalingam Iyer, Bharati Khandekar, Mohan Khandekar, Usha Moonka, Latha Nath, Satyajit Nath, Umesh Nisargand, Shyam Oberoi, Pushapkant Patel, Vijay Raghavan, Uma Sehgal, Ashwani Sharma, Sudha Surati and Rekha Talwar.

Not all the honorees could make it to the event but whoever showed up was happy to have participated in the event as seen in the picture below.



Quotes:

John Glenn - As I hurtled through space, one thought kept crossing my mind: every part of this rocket was supplied by the lowest bidder.

Desmond Tutu - When the white missionaries came to Africa they had the Bible and we had the land. They said 'Let us pray.' We closed our eyes.

When we opened them we had the Bible and they had the land.

Five Surprising Reasons Your Back is Killing You

By TED SPIKER, AARP The Magazine, February/March 2016

FOUR OUT of 5 people will experience low-back pain and, odds are, they'll know what triggered it: They lifted a box improperly, slept "funny" or simply sneezed. But low-back pain—one of our most common causes of disability and doctor visits—is often provoked by other issues.

Check out these five surprising ways your back gets out of whack, and tips for keeping it in line.

1 You're feeling down: The blues and more serious mood disorders such as depression can translate into pain in other parts of your body. Researchers from the University of Sydney found that people who had symptoms of depression had 60 percent greater incidence of back pain compared with those who were not depressed. Although the link between back pain and depression isn't clear, one theory is that people who are depressed are less likely to exercise and more likely to have disturbed sleep, both of which contribute to back pain. **THE FIX:** See a therapist, who can help you manage your low moods. This, in turn, could help your back pain subside.

2 You have tight hips: A lifetime of sitting steadily decreases hip mobility by thickening the fibrous tissue encasing your joints. This puts extra strain on your lower back, and inflammation from arthritis can make the situation even worse. Plus, if you lean forward when you sit—as most of us do while we're at the computer—you're putting almost double the amount of force on your spine, compared with standing, says Alan Hedge, director of the Human Factors and Ergonomics Research Laboratory at Cornell University. **THE FIX:** Loosen up your hips with a classic frog pose. With your knees on the floor, spread your legs apart as far as you can. Then roll your upper body forward so your elbows and forearms are on the floor.

3 You're heavy in the front: You probably know that being overweight can contribute to back pain, but the location of those extra pounds makes a difference, too, says Kevin Vincent, M.D., of the University of Florida. Extra weight in your gut tilts your pelvis and increases the curve of your spine. "The spine's joints are pushed and under stress," he says. "They compress together." **THE FIX:** Exercise both the large and small muscles in your lower back. Lunges, for example, not only force you to use small muscles in your lower back that provide balance; they also target your glutes—the big muscles in your behind that help control your spine and back. Losing that excess weight is also smart: "If you lose weight, the back pain gets better," Vincent says.

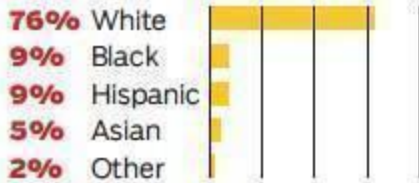
4 You're on your phone—all the time: Having a strong social network is a sign of good health, but if you're on your phone too much, you could be putting your back at risk. That's because bending your neck to read or text can put up to an extra 60 pounds of force on your spine, says Ken Hansraj, chief of spine surgery at New York Spine Surgery & Rehabilitation Medicine in Poughkeepsie. Combining this poor posture with common arthritic buildup or degeneration in your spine's disks can result in back pain. **THE FIX:** Keep your head up and eyes looking down. "Good posture is where you bring your ears above your shoulders and open up your chest by retracting your angel wings—your scapula," Hansraj says. Better still? Use headphones with a built-in microphone so you don't have to bend your neck.

5 You have bad feet: The body's systems and organs are linked by what physiologists call the kinetic chain, which works as you'd expect: A weak link anywhere in that chain can create problems elsewhere. For instance, if you have plantar fasciitis (pain in the heels or the bottoms of the feet), it can cause a subtle limp that can throw off your gait enough to cause back pain. **THE FIX:** Any pain that affects your gait—arthritis in a knee, a twisted ankle—should be checked out, not only to solve that issue but to prevent collateral damage, too.

Who are the 70-Year olds?

AARP Bulletin, Jan/Feb 2016

Ethnicity



Military Service

40% Male
1% Female



Turning 70 in 2016

3.4 million Number born in the U.S. in 1946
2.1 million Number of those still living



Education

30% College graduates
14% Hold advanced degree

Wealth

\$55,900 Median household income
78% Live in a single-family home

Marriage

62% Married once
23% Married twice
9% Married three or more times
6% Never married



Politics

38% Democrat
36% Republican
12% Independent
13% None



Voter turnout

84% Vote in local elections
84% Vote in statewide elections
91% Vote in presidential elections

SOURCES: 2014 AMERICAN COMMUNITY SURVEY AND 2013 SCARBOROUGH USA+ SURVEY

Donations to the IAWW Seniors Program (January to March 2016)

IAWW Seniors Program gratefully recognizes all the donors in our community who have contributed in the first quarter of 2016 (January - March). Your financial support is crucial to the success of the program.

\$25 each or More - Bassi, Gunwant; Bath, Kirpal; Bath, Surinder; Chawla, Satish; Chawla, Shubh; Chokshi, Suresh; Gopalakrishnan, Saroja; Iyer, Parameswaran; Kapahi, Sat; Katti, Ashok; Katti, Sudha; Kumar, Santosh; Panwar, Mohinder; Parameswaran, Vijaya; Patel, Anil; Patel, Asha; Ramanathan, K V; Ramanathan, Raji; Rao, Sreen; Sehgal, Uma; Shah, Jay; Shah, Shailini; Surati, Jay; Surati, Sudha; Venkatchalam, Gopalakrishnan; Vishwanathan, B; Mrs. Vishwanathan, B; Thakkar, Chhabilbhai; Thakkar, Pushpa

Seniors Program:

\$2500 - Raman Family Foundation

\$1,000 - Varanasi, Suryam and Usha

\$500 - Mahalingam, R and Das, Mira

\$200+ - Shyam Oberoi; Shoroff, Srikanth; Velji, Noorali & Shirin

\$100+ - Hajari, Jag & Sarala; Kamdar, Vinayak & Chitra; Mallik, Pat & Sharwan; Sehgal, Uma

Under \$100 - Gangolli, Shanta

Targeted Funds:

\$1,000 - Redmond Rotary Foundation for 2016 Senior Health Fair

Humor

The law professor was lecturing on courtroom procedure. "When you are fighting a case and have facts on your side, hammer away at the facts. If you have the law on your side, hammer away with the law."

Asked a student, "But what if you have neither the facts nor the law on your side?"

"In that case," said the professor, "Hammer away on the table."

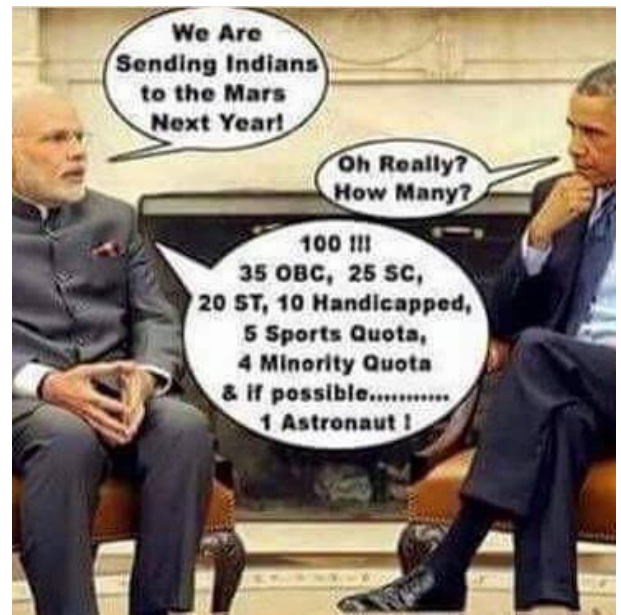
The Japanese eat very little fat and suffer fewer heart attacks than Brits.
The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits.
The Chinese drink very little red wine and suffer fewer heart attacks than Brits.
The Italians drink a lot of red wine and suffer fewer heart attacks than Brits.
The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Brits.
CONCLUSION: Eat and drink what you like.
Speaking English is apparently what kills you.

A Lexus mechanic was removing a cylinder head from the motor of a LS460 when he spotted a well-known cardiologist in his shop. The cardiologist was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?"

The cardiologist, a bit surprised, walked over to where the mechanic was working. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I opened its heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new.

So how is it that I make \$48,000 a year and you make \$1.7 million when you and I are doing basically the same work?"

The cardiologist paused, leaned over and whispered to the mechanic, "Try doing it with the engine running."



Volunteer Profile



Name: Asha Desai

Family:

Husband: Arun Desai

Daughter: Sejal

Daughter: Sruti

Asha Desai has been in Seattle for the last 42 years with her family. She was born in Kenya, East Africa but moved to Baroda, Gujarat when she was 14 years old. After completing her bachelor's degree, BSC/B.Ed., she started teaching in a university in Baroda. After she got married to Arun Desai, Asha moved to Seattle in 1974. Arun Desai, who came to Seattle in 1968 and Asha along with their daughters have lived in Seattle ever since.

Asha worked in research for a short time once she came to Seattle. But motherhood and other interests such as dance and music prevailed and she quit her job. Her mother had always encouraged Asha and her sisters to learn the arts. So she learnt Garba and Raas and has performed right from her childhood.

Asha heard about the Seniors Program from Jay Surati, who was one of the founders of the program since its inception in 1997. She decided to volunteer and both husband and wife attended lectures and participated in the various music programs that were arranged by the Seniors Program.

But before she started volunteering for the seniors' program, she got some experience volunteering in her daughter's classrooms and also in Girl-scouts. It was then natural for her to shift her focus to volunteering with the senior's program as her daughters had grown up.

In 2002, Asha Desai started participating by volunteering with the seniors' Lunch program at the Redmond Senior Center as a member of the kitchen staff. Since then she has become an active volunteer.

Asha has been a very active member of the seniors program. She performs several roles for the seniors program.

- She volunteers every month in the kitchen for the monthly lunch program to serve lunch to the seniors.
- She provides transportation to the seniors by bringing them to the monthly lunches and the music programs hosted by the seniors program.
- She volunteers in other activities such as the field trips, spring concerts and music programs.
- She has been choreographing Garba dances for Navratri for the last several years.
- She has been organizing the Diwali festivities during lunch for the last two years.

Besides volunteering for the Seniors Program, Asha is actively involved in other senior centers as well.

- She choreographed a Garba and Raas performance to celebrate Diwali at the Shoreline Senior Center. She taught Garba to the seniors at the Bothell Senior Center.

Asha says "I never imagined that I would be dancing in my senior years. But it is a great exercise and has kept me healthy". She also mentioned that she thoroughly enjoys working with the seniors.

Oatmeal: Is Steel-cut Oatmeal More Nutritious than Other Kinds?

AICR HEALTH TALK by Karen Collins, MS, RDN, CDN, FAND

Despite its super-nutritious image, steel-cut oats are similar in nutrition to other forms of oatmeal that don't contain added sugar or sodium. All forms of oatmeal are whole-grain, containing the same vitamins, minerals, phytochemicals and fiber (including the soluble fiber shown to lower blood cholesterol). Both steel-cut and rolled oats are relatively slow to raise blood sugar and therefore classified as low in glycemic index (GI), an estimate of how a carbohydrate food affects blood sugar. Traditional oatmeal is referred to as rolled oats, because the whole-grain oats are softened by steam and flattened on rollers to form flakes. Steel-cut oats, also known as Irish or Scotch oatmeal, are oats cut by steel blades into small pieces without being flattened. Quick-cooking (one-minute) and instant oatmeal are steamed, cut and flattened in progressively smaller pieces to cook more quickly.

Most of these basic kinds of oatmeal differ mainly in cooking time and texture. Steel-cut takes longest to cook and has a heartier, chewier texture. Quick-cooking oatmeal is 100 percent oats and has zero sodium. A serving of instant oatmeal may seem lower in fiber than other forms when you check label information, but that's only because a packet usually makes a smaller serving. Instant oatmeal does have added salt with one packet having about the same amount of sodium as in 20 potato chips, almost one-tenth of the sodium you should have in one day. Moreover, many varieties of instant oatmeal contain almost three packets of added sugar (12 grams). A few varieties of flavored instant oatmeal use zero-calorie sweeteners instead of sugar, and some add gums or soy protein isolate to add additional fiber or protein. Make sure to check the Nutrition Facts panel information at the store so you can compare the added sugar and sodium among the options.

About IAWW Seniors Program

The IAWW Seniors Program, a non-profit organization was started in 1997 as part of the India Association of Western Washington (IAWW). This is the only program serving the Asian Indian seniors in the State of Washington. Its participants are retired, or of retirement age (or younger who have aging relatives and friends), and are interested in the activities and events relevant to the seniors.

Our Mission

"To provide and facilitate civic, recreational, cultural and educational services and opportunities for cultural integration to the elders of the community."

To learn more about the program, to participate, to volunteer or to donate,

Please contact:

Dr. Pran Wahi

Phone: (206) 805-8955

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