



IAWW Seniors News

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What You Need to Know About the Coronavirus

by Rachel Nania, AARP, March 30, 2020

What, exactly, is the coronavirus? Coronaviruses, named for their crownlike shape, are a large family of viruses that are common in many species of animals. These strains mostly cause cold-like symptoms but can sometimes progress to more complicated lower respiratory tract illnesses, such as pneumonia or bronchitis. The virus at the center of the latest outbreak is being referred to as a novel (new) coronavirus, since it's something that health officials have not seen before.

What are the symptoms? Patients with COVID-19 have reported symptoms like other respiratory illnesses, including mild to severe fever, cough and shortness of breath, the CDC reports. Many patients with severe complications from the virus develop pneumonia and may require assistance breathing with a ventilator. The CDC is asking anyone who experiences symptoms to call their health care provider or local health department for advice before seeking care to avoid spreading germs to others. However, if you develop emergency warning signs — pain or pressure in the chest, disorientation or confusion, a blue tint in your face or lips, or difficulty breathing or shortness of breath — get medical attention immediately, health officials warn. Doctors who suspect COVID-19 can order a test. New legislation, signed into law March 18, makes coronavirus tests available at no cost. The Centers for Disease Control and Prevention (CDC) also has tips for what to do if you become infected with COVID-19.

How is the coronavirus spreading? Much of what experts know is based on what is known about similar coronaviruses. When person-to-person transmission occurred with Middle Eastern respiratory syndrome coronavirus (MERS-CoV) and severe acute respiratory syndrome coronavirus (SARS-CoV), respiratory droplets from coughs and sneezes from an infected person were the likely culprit, according to the CDC. Those droplets can land in the mouths or noses of nearby people or be inhaled into the lungs. It may be possible to get COVID-19 by touching a contaminated surface or object and then touching your mouth, nose or eyes, "but this is not thought to be the main way the virus spreads," the CDC says.

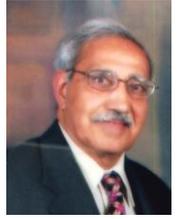
Health officials are still working to better understand how easily the virus is spread from person to person. It may be possible for an infected person to spread the virus before exhibiting symptoms. However, people are thought to be most contagious when they are sick with the symptoms of the virus, the CDC says.

How is it treated? There is no specific antiviral treatment for COVID-19 at this time, just relief from symptoms. However, a clinical trial is underway to test the safety and efficacy of a drug as a potential treatment in adults with COVID-19.

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Director's Corner

Pran Wahi



Dear Readers,

The spread of Corona Virus (COVID-19) has caused major disruption and changes in the daily life of people in USA as well as in other countries of the world. These changes are without a precedent in modern history; they have caused the shutdown of educational institutions, businesses, as well as economic and social/cultural activities.

I have been forwarding information bulletins from Local, State and Federal Governments to inform you of the various restrictions, prohibitions and mandates that you should follow in your daily routines for your and others safety. I'll continue to do that as and when needed.

Given the current situation, IAWW has cancelled all public events and activities until further notice. However, we are trying hard to keep in touch with you remotely through emails, and WhatsApp groups. We have also started offering live Yoga and meditation classes on Tuesdays at 10 am on Zoom. To participate, you have to download /zoom application on your computer, smartphone, laptop or a tablet. You will get a link to join these classes. For those who have issues with computers, we'll record the classes and post them on WhatsApp so you can access them at your convenience. We'll continue to develop more programming activities in the days ahead. Also, please be aware of scam and hoax text messages and robocalls related to Corona Virus offering free home testing kits, selling health insurance, promoting bogus treatments, etc. Check www.cdc.gov/coronavirus for the most current information.

Every year in April, the National Volunteer Recognition is observed for thanking and recognizing volunteers. This year the National Volunteer Week is from April 19th to April 25th. Since we publish the newsletter quarterly (End of March, June, September and December), I want to take this opportunity now to express my deep gratitude to all volunteers for their deep commitment to IAWW Seniors Program. I highly appreciate their gift of time, generosity, energy and expertise. Without their contribution and commitment, we would not be able to serve our seniors as well as we are able to do. They play a very big role in making a positive difference in the lives of seniors.

Lastly, I wanted to share some good news. IAWW has been selected as the Outstanding Volunteer Organization of the Year for having made a significant difference in the lives of older adults and our community. Details on Page 5.

I encourage you too to say a BIG THANK YOU! to our volunteers when you encounter them. Stay Healthy and be Safe.

Quotes:

The reason we hold truth in such respect is because we have so little opportunity to get familiar with it -
Mark Twain

Upcoming Events for 2020

Events	Dates	Location
Weekly Programming for Seniors		
Mondays	10:00AM – 12:30PM	Issaquah Senior Center 75 N.E. Creek Way, Issaquah, WA 98027
Tuesdays	10:30AM – 2:00PM	Kent Senior Center 600 E Smith St., Kent, WA 98030
Tuesdays	11:00AM – 1:00PM	Sammamish Teen Center 825 228 th Ave NE., Sammamish, WA 98074
2nd Wednesday of each Month (lunch)	11:30AM – 1:30PM	St. Jude Catholic Church 10526 166 th Ave NE, Redmond, WA 98052
Thursdays	10:00AM – 3:00PM	North Bellevue Community Center 4063 148 th Ave. NE, Bellevue, WA 98007
Fridays	10:15AM – 2:00PM	Peter Kirk Community Center
Field Trip(s)	August	TBD
Health Fair	June 20, 2020	Eastside Baha'i Center 16007 NE 8 th St., Bellevue, WA 98008
Family Picnic	July 25, 2020	Audrey Davis Park (Lid Park), 7200 SE 22 nd St., Mercer Island, WA 98040
Senior Music Talent show	Sept/Oct 2020	TBD

What You Need to Know About the Coronavirus (Contd. from Page 1)

What can older adults do to reduce their risk of illness? Older adults and people with chronic health conditions, such as diabetes, heart disease and lung ailments, are more likely than younger, healthier people to experience serious symptoms from the illness caused by the coronavirus (COVID-19). In the U.S., that means more than 105 million Americans are at increased risk for complications if infected due to age or underlying chronic conditions, an analysis from the Kaiser Family Foundation shows.

Risk of death from the coronavirus also is higher in older adults, starting at age 60, Nancy Messonnier, an internist and director of the Center for Disease Control and Prevention's (CDC) National Center for Immunization and Respiratory Diseases, said in AARP's March 10 Coronavirus Information Tele-Town Hall. "And the risk increases with age," she said.

The Centers for Disease Control and Prevention (CDC) has issued specific guidance for older adults and people who have chronic medical conditions. Here's what the agency recommends:

Avoid crowds, rethink daily activities

- The White House on March 16 announced a 15-day plan to slow the spread of the coronavirus in the U.S. It's centered on individuals avoiding groups of more than 10 people — a move that doubles down on previous recommendations that Americans need to distance themselves from one another.
- Many states, cities and communities are taking social distancing recommendations seriously by temporarily shuttering bars and restaurants, closing schools and setting limits on the number of people who can gather in one place. Some areas of the U.S. are under shelter-in-place orders to keep crowds from spreading COVID-19.

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What You Need to Know About the Coronavirus (Contd. from Page 3)

- The CDC also has advised that nursing homes and long-term care facilities — whose residents are at the highest risk of being affected by COVID-19 — ban outside visitors, including volunteers and non-essential healthcare personnel.
- Limiting contact with others is one way to slow the spread of the epidemic and protect high-risk populations from infection. Public health experts also are advising that people wash their hands often and clean and disinfect frequently touched surfaces.

Stock up on supplies

- Older Americans and adults who routinely take medications should make sure they have “adequate supplies” on hand, Messonnier said — enough to last two weeks to a month.
- It’s also important to stock up on over-the-counter medications to treat fever, cough and other symptoms, as well as tissues and common medical supplies.
- Major health insurers have pledged to relax prescription refill limits on “maintenance medications” in the wake of the coronavirus outbreak. Prescription refill limits are also being waived for many Medicare Advantage and Part D beneficiaries.
- If you run into difficulty stocking up on your prescriptions at the pharmacy, consider refilling your medications with a mail-order service, the CDC says. You can also ask your physician to switch your prescription from a 30-day supply to a 90-day supply to make sure you have enough medication to get through a potential COVID-19 outbreak in your community.
- And make sure you have enough food in the house in case you have to stay home for an extended period.
- Appearing on NBC’s *Meet the Press*, Anthony Fauci, an immunologist and director of the National Institute of Allergy and Infectious Diseases at the National Institutes of Health (NIH), said Americans “should be prepared that they’re going to have to hunker down significantly more than we as a country are doing.”

What’s the best way to protect myself? Limit exposure. That’s the best way to prevent the spread of COVID-19. This means staying home as much as you can and minimizing contact with others, especially crowds. Avoid all nonessential travel and consider meal pickup and delivery options as an alternative to dining out.

Health officials also advise taking everyday steps that can prevent the spread of respiratory viruses. Wash your hands often with soap and water (scrub for at least 20 seconds) and use alcohol-based hand sanitizer when soap is not an option. Avoid touching your eyes, nose and mouth with unwashed hands, and cover your coughs and sneezes.

Some other advice: Stay home when you are sick, keep a distance of at least six feet between you and others, and clean and disinfect frequently touched objects and surfaces.

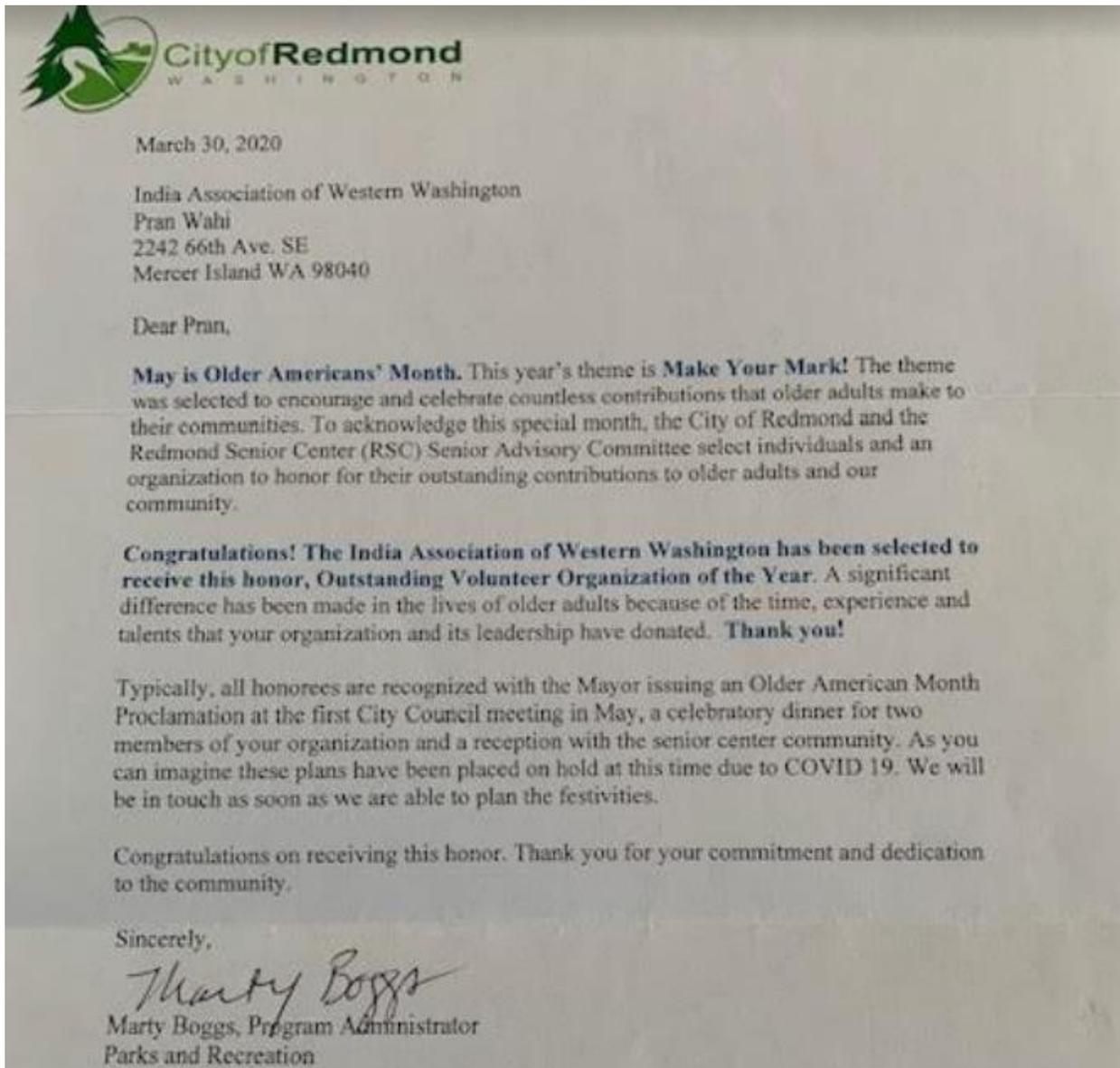
It’s also a good idea to draft a plan in case you do become sick. Identify a designated “sick room” in your home that can be used to separate sick household members from those who are healthy. And identify aid organizations in your community that you can contact for help should you need it.

What about travel? The government advises against all nonessential travel, domestic or foreign, and has issued a strong warning against cruise travel during the pandemic.

The government has banned travelers from more than 30 countries to the U.S., including Ireland and the United Kingdom. Several countries around the world are doing the same in an effort to slow the spread of the virus. Border restrictions are in place between the U.S. and Canada and the U.S. and Mexico.

The [CDC](#), [U.S. State Department](#) and [World Health Organization](#) (WHO) websites have up-to-date travel information.

IAWW Recognized as Outstanding Volunteer Organization of the Year!



Donations to the IAWW Seniors Program (January to March 2020)

IAWW Seniors Program gratefully recognizes all the donors in our community who have contributed in the first quarter of 2020 (January to March). Your financial support is crucial to the success of the program.

Monthly Lunch Program:

\$25 Each or More: Basi, Gunwant; Bath, Kirpal Singh; Bath, Surinder Kaur; Gopalakrishnan, Saroja; Gopalakrishnan Venkat; Parameswaran Brinda; Patel, Anil; Patel, Asha; Saxena, Pushpa; Shrivastava, Harendra; Shrivastava, Usha

Seniors Program:

\$500+: Bogdan, Charu & Jeff in honor of her parents Kalyan, Jagdish & Nilam; Sehgal, Uma

\$200+: Mahalingam R & Das, Mira

\$100+: Kamdar, Chitra & Vinoo

Humor

Three Jewish mothers are arguing over which one's son loves her mother the most. The first one says, "My son sends me flowers every Friday." The second mother says, "But my son calls me every day." The third mother says, "That's nothing. My son is in therapy five days a week. And the whole time, he talks about me!"

Some learn from the mistakes of others. The rest of us must be others!

Teamwork is important; it helps to put the blame on someone else.

If it was not for the last minute, nothing would get done.

To steal ideas from one person is plagiarism; to steal from many is research.

To err is human, to blame it on someone else shows management potential.

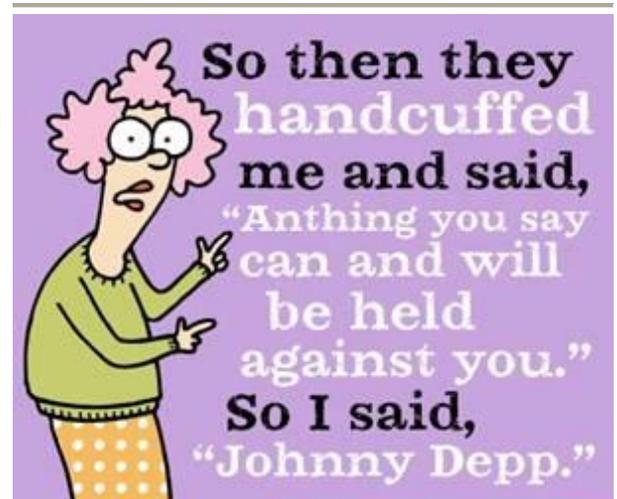
Letter by John to his old college: Dear Alma mater, please don't send wealth management workshop invites to those of us who majored in Music.

"It's for your own good. You've got to stop touching your face."



A guy is reading his paper when his wife walks up behind him and smacks him on the back of the head with a frying pan. He asks, "What was that for?" She says, "I found a piece of paper in your pocket with 'Betty Sue' written on it." He says, "Jeez, honey, remember last week when I went to the track? 'Betty Sue' was the name of the horse I went there to bet on." She shrugs and walks away.

Three days later he's reading his paper when she walks up behind him and smacks him on the back of the head again with the frying pan. He asks, "What was that for?" She answers, "Your horse called."



Volunteer Profile



Name: Mrs. Gurleen Kaur Gulati

Husband: Sukhvinder Singh Gulati

Son: Gurwinder Singh Gulati, Senior Software Engineer, Netflix

Son: Kirtwinder Singh Gulati, Software Engineer, Microsoft

Gurleen Kaur Gulati, born and raised in New Delhi came to the US in 2000. She has a master's degree in psychology and another master's in clinical psychology from Delhi University. She was pursuing her Doctorate in Clinical Psychology when her family moved to the USA. She is fluent in English, Hindi and Punjabi.

Her husband, Sukhvinder is an IT professional and is currently Head of Product Management at Amazon. Her older son Gurwinder is a Senior Software Engineer at Netflix. Her younger son Kirtwinder is a Software Engineer at Microsoft. Both are alumni of University of WA.

Gurleen has been volunteering with the IAWW Senior Program for the last 10 years. She has helped with Annual Senior Health Fair and with the Monthly Lunch Program. She has also worked as an Information and Assistance (I&A) specialist at IAWW wherein she obtained, assessed, and provided personalized information to seniors and linked them to relevant programs and services.

Gurleen is currently working as a Counselor/Case Manager (CM) at Aging & Disability Services at City of Seattle. The Aging and Disability Services (ADS) Case Management Program provides in depth assistance to adults who have significant health and social needs.

Gurleen is an active volunteer in the community since 2000 and has been serving as a Community Advisor at Evergreen Health, volunteering at Starlight Children's Foundation, Lake Washington School District PTSA, Bellevue School District PTSA and organizing langar Seva at a local Gurudwara.

She also serves on the board of trustees of Evergreen Health Foundation. Evergreen Health Foundation is a non-profit organization dedicated to raising financial support for the needs of Evergreen Health Medical Center. Her inspiration to become a volunteer came from the core principle of Sikhism - doing "seva". Being a volunteer with IAWW Senior Program keeps her connected to her roots and gives her a chance to convey gratitude to the Indian senior community.

Gurleen is an avid reader, loves listening to music and spending time with her family. Gurleen and Sukhvinder enjoy the amazing beauty of the Pacific Northwest. On weekends, they like to explore new places and cuisines with their friends.

Quotes:

Never Argue with stupid people. They will drag you to their level and then beat you with experience. - Mark Twain

2020 Census



What is the Census?

The census is an official count of every person living in the US regardless of age, citizenship or immigration status. The census count takes place every 10 years.

Why does the census matter and what is in it for you?

The census determines how \$675 billion is distributed nationwide and spent on hospitals, roads, schools, public works and vital programs and services. The census also determines political representation.

What information do I need to provide?

The number of people living or staying in your home, whether the home is owned, rented or occupied, a phone number for a central person in the home, the name, sex, age, date of birth, race or ethnicity of each person living there and the relationship of each of them to the central person in the home.

How does it work and what is the timeline?

March 12th to 20th – Invitation postcards to take the census is sent to households. Responses can be online or on the phone.

March 23rd – Census Bureau website goes live.

March 16th to April 4th – Reminder letters sent.

April 1st – Census day on April Fool's Day.

April 8th to 16th – Letters with paper surveys sent to those who have not responded.

May to July – In person follow-ups by Census Enumerators.

More information at: <https://2020census.gov/>

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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