



ICSSS

Indian Community Senior Support Services

IRS Section 501 (c) [3] Tax Exempt organization

Nashville Tennessee

From The President's Desk

By Pramod Wasudev MD contact: pramodwasudev@gmail.com

Numbers...Numbers...Numbers ! All successful organizations started with small membership of few members locally in their town. As they diligently offered more and more services and as they cared for their handicapped and underprivileged members these organizations were established as the most credible and rapidly attracted more members.

We sincerely hope that ICSSS (Indian Community Seniors Support Services) will continue to offer the most needed and most desirable services to the seniors in our community and be the most credible and desirable association. Hopefully we will attract more new members

Volume... Volume...Volume ! We will experience tremendous advantage as our membership grows. We can negotiate better deals with the vendors, we will receive volume discounts and we will get upgraded services. It will be easy for us to talk to the law-makers and convinced them to enact relevant legislation which

would be favorable to the seniors. It is a win-win situation for all of us.

Support Membership

Our committee is thus requesting seniors over the age of 50 years to become member of ICSSS - we are also planning to have print version of the "ICSSS Directory" of members over 50 years of age. Membership dues will be minimal around \$5 to \$10 per member and each member will receive a membership card (size of a typical business card) . We will be encouraging "Indian friendly businesses" to give some discount to the card holders.

Yes ! We are planning to have our own "Center", our own "Shuttle Bus" and our own "Adult Day Care" center. We will sup-

port construction of "Assisted/Independent Living Facility" for the Indian community. Of course all of these cannot be achieved without your help- we need funds for these projects. We are also looking into forming collaboration with "Cornerstone for Seniors" and "Council on Aging". Our Newsletters and web site www.icsss.us has become very popular with lots of good information- it is circulating around the country.

Let's step up and form a National organization - to start with even 10 to 15 seniors associations spread out over the nation would have a strong standing. We will have more muscle power and we will be able to negotiate significant deals with different businesses and more importantly we will learn from other similar groups. Good example is AAHOA (Asian American Hotel Owner's Association). It was founded in 1989 with few members, it has rapidly grown with 12,500 members owning 20,000 hotels.

WALKING

SIMPLEST - CHEAPEST - EASIEST
EFFECTIVE & SAFE

- Reduces Stress ✓
- Helps quit smoking ✓
- Strengthens the heart. ✓
- Massages the legs ✓
- Strengthens the muscles. ✓
- Reduces cholesterol ✓
- Improves blood circulation ✓



BUILD IT IN YOUR DAILY ROUTINE
30 MINUTES EVERY DAY

When To Stop Driving

Convincing an elderly driver to hand over the car keys is a delicate and often difficult task. But it's one that many adult children and caregivers will have to face sooner or later, especially when the driver has dementia.

Even if a person with mild or very mild dementia is deemed competent to drive, driving skills can deteriorate rapidly. Therefore, cognition and road test skills should be frequently re-evaluated, possibly as often as every six months.

Signs of trouble : Perhaps the simplest way to determine if a person with mild dementia is fit to drive is to let common sense be your guide. Many warning signs, from subtle to strong, indi-

cate that an individual shouldn't be driving. These include:

- * Driving too slowly or too fast
- * Receiving traffic tickets
- * Being honked at or yelled at by other drivers
- * Becoming upset or angry while driving
- * Dents, dings or scraped paint on the car, mailbox or garage
- * Misunderstanding or not noticing signs on the road
- * Getting lost in familiar places
- * Stopping at a green light
- * Changing lanes without looking
- * Drifting into another lane
- * Having difficulty making left turns
- * Misjudging distances
- * Mistaking the gas pedal for the brake
- * Causing any crash or near crash
- * You can also follow the "grandchild test": If you would not feel safe having this person drive his or her grandchild, it's time to have a talk about handing over the keys.

It Is Not Too Late To Start Exercising

Offering hope and encouragement to the many adults who have somehow neglected to exercise for the past few decades, a new study suggests that becoming physically active in middle age, even if someone has been sedentary for years, substantially reduces the likelihood that he or she will become seriously ill or physically disabled in retirement.

Previous epidemiological studies have found that several, unsurprising factors contribute to successful aging. Not smoking is one, as is moderate alcohol consumption, and so, unfairly or not, is having money. People with greater economic resources tend to develop fewer health problems later in life than people who are not well-off.

But being physically active during adulthood is particularly important. In one large-scale study published last fall that looked at more than 12,000 Australian men aged between 65 and 83, those who engaged in about 30 minutes of exercise five or so times per week were much healthier and less likely to be dead 11 years after the start of the study than those who were sedentary. Whether exercise habits need to have been estab-

lished and maintained throughout adulthood, however, in order to affect aging has been less clear. If someone has slacked off on his or her exercise resolutions during young adulthood and early middle-age, in other words, is it too late to start exercising and still have a meaningful impact on health and longevity in later life?

The researchers stratified the chosen respondents into those who were physically active or not at the study's start, using the extremely generous definition of one hour per week of moderate or vigorous activity to qualify someone as active. Formal exercise was not required. An hour per week of "gardening, cleaning the car, walking at a moderate pace, or dancing" counted, said Mark Hamer, a researcher at University College London who led the study.

In the eight years between the study's start and end, the data showed, those respondents who had been and remained physically active aged most successfully, with the lowest incidence of major chronic diseases, memory loss and physical disability. But those people who became active in middle-age after having been sedentary in prior

years, about 9 percent of the total, aged almost as successfully. These late-in-life exercisers had about a seven-fold reduction in their risk of becoming ill or infirm after eight years compared with those who became or remained sedentary, even when the researchers took into account smoking, wealth and other factors.

Those results reaffirm both other science and common sense. A noteworthy 2009 study of more than 2,000 middle-aged men, for instance, found that those who started to exercise after the age of 50 were far less likely to die during the next 35 years than those who were and remained sedentary. "The reduction in mortality associated with increased physical activity was similar to that associated with smoking cessation," the researchers concluded.

But in this study, the volunteers did not merely live longer; they lived better than those who were not active, making the message inarguable for those of us in mid-life. "Build activity into your daily life," Dr. Hamer said. Or, in concrete terms, if you don't already, dance, wash your car and, if your talents allow (mine don't), combine the two.

Life Begins at 55 ...continued from last newsletter

By Dilip V. Jeste MD Submitted by Rudra Prakash MD Contact : Rudraprakash@comcast.net

Neuroplasticity:

Teaching an Old Brain New Tricks

Is it possible to enhance age-related wisdom? One of the most revolutionary findings in neuroscience research during the past 20 years has been that of the neuroplasticity of aging, i.e., the fact that brain growth and development continue into old age. In contrast to the popular belief that getting older means cognitive decline, there are more and more studies showing that the brain can continue to grow or develop even in old age. New synapses, and in some areas, new neurons, form in older brains if stimulated by living in an enriched environment.

Researchers have found that new learning is possible in later life, and older adults continue to exhibit new forms of adaptive capacity. Older people make greater use of higher-order reasoning schemes that include multiple perspectives, compromises, and recognizing limits of knowledge.

Social reasoning improves with age. Indeed, for decisions that require

experience and an ability to use that experience optimally, older adults are better decision makers than their younger counterparts.

Some studies suggest that the neuroplasticity of aging can be enhanced through behavioral and therapeutic interventions, such as mind-body medicine (e.g., yoga, Qigong and Tai Chi), or meditation.

The Power of a Positive Attitude

Apart from wisdom, age-related well-being is associated with other important factors such as positive psycho-social traits, including resilience, optimism, wisdom, self-efficacy, and social engagement. A growing number of studies suggest that such positive traits are tightly linked to human biology and are associated with significant positive health outcomes exemplified by longevity, better functioning, and successful aging.

In a study conducted at the UC San Diego's Stein Institute, we found that a higher self-rating of successful aging was associated with less depression, and greater optimism and

resilience. It is possible to speculate that increasing resilience and reducing depression might have effects on successful aging as strong as the effects of reducing a serious physical disability.

Numerous other studies also point to the importance of positive traits. For example, optimism has been linked to reduced risk of developing serious health conditions, including depression and cardiovascular disease. Health behaviors such as dieting, not smoking, exercising, conducting breast self-exams and even using seatbelts have been associated with one's perceived self-efficacy. Finally, many articles show the buffering effect of social engagement on depressive symptoms, cardiovascular health, cancer recovery, and dementia.

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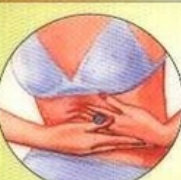







WWW.ICSSS.US



SHIATSU SELF MASSAGE



This ancient Japanese massage technique is based on the same philosophy and medical theory as acupuncture. The energy channels (meridians) are stimulated by finger pressure. Anyone can benefit from Shiatsu immediately. Shiatsu is especially suitable for self-massage and can be practiced anywhere: at home, in the office, in the car or at work.

RELAXATION  1. Hold foot, thumbs pressing into sole. 2. Rub vigorously across sole. EFFECT increases tolerance, helps relaxation	RELAXATION  1. Hold both feet while squatting. 2. Push thumbs into soles. Fingers press up. EFFECT relaxes nerves, increases sensitivity, balance	ENERGY FLOW  1. Separate each toe. 2. Hold between index & thumb. Massage and release. EFFECT helps energy to flow from feet to chest
ENERGY FLOW  1. Apply even pressure against chest. 2. Move slowly up and down. EFFECT helps energy to flow from chest to feet	ENERGY FLOW  1. Use knuckles of both hands. 2. Slide up and down spine. Increase pressure. EFFECT Promotes energy flow from head to feet	STRENGTH  1. Hands on sides. 2. Thumbs on back. 3. Apply pressure. Move up & down. EFFECT strengthens immune system, gives energy
CONFIDENCE  1. Four fingers on solar plexus. Other hand on top. 2. Massage with gentle pressure. EFFECT confidence, personal power, emotional control	OVERVIEW  1. Four fingers on front, thumbs on back. 2. Massage with gentle pressure. EFFECT balanced thoughts, tolerance, overview, focus	ENDURANCE  1. Use three fingers of both hands. 2. Apply gentle pressure. 3. Change sides. EFFECT concentration, endurance, physical energy
MENTAL CLARITY  1. Index fingers in ears. 2. Move back & forth, applying slight pressure. EFFECT helps to make decisions, brings clarity	METABOLISM  1. Index finger at right angle to nose. 2. Rub left to right & back. Repeat 12 times. EFFECT regulates metabolism, strengthens confidence	EYE EXERCISE  1. Look up. 2. Look left. 3. Look down. 4. Look right. Make 1-5 continuous movements. EFFECT stimulates brain activity, excellent for focus
ANXIETY  1. Use knuckles to drum across top of head. Use light, rhythmic movements. EFFECT brings courage, relaxes, dissolves anxiety	MUSCLE TENSION  1. Hold affected area between thumb & fingers. 2. Gentle pressure. 3. Stroke firmly. EFFECT excellent to ease stiffness due to tension	TENSION  1. Head in both hands. 2. Gentle pressure. 3. Rotate thumbs. 4. Breathe deeply. EFFECT eases tension, lightens mind, relaxes muscles
INSOMNIA  1. Press thumb against bridge of nose. 2. Hold pressure. 3. Let go, repeat. EFFECT eases strained nerves, relaxes the mind	JET LAG  1. Press against temples. 2. Hold ear between index & middle finger. 3. Rotate gently. EFFECT excellent for balancing mind & body clock	EYE FATIGUE  1. Cover face with hands. Press gently and hold. 2. Massage temples clockwise. EFFECT excellent for eye fatigue, freshens mind

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