

INDIAN COMMUNITY SENIORS SUPPORT SERVICES (ICSSS)

Summary of the different "Events" "Seminars" and "Service Oriented" activities

- Our first committee meeting was held on January 22,2012.
- Our first business was to establish a mission as follows:

MISSION STATEMENT

“Indian Community Seniors Support Services” (ICSSS) will strive to provide services that contribute to the health and vitality of the community and thus help Seniors age gracefully. We will plan to link Seniors with information about the different resources available in our community and also create atmosphere for fellowship and networking. The goal is to enhance emotional, social and health issues and more importantly help and address loneliness and isolation.

- We reviewed several different resources available in the community which would be helpful to the seniors. Forms for "domestic help" hiring and also for "Volunteer Application" were distributed.
- Since this first committee meeting we had several committee meetings -every 4 to 6 weeks- discussing the different activities and services our committee should offer.
- "General Body" meetings were held every 2 to 3 months and were attended by 55 to 65 people. Besides educational seminars and workshops we offered entertainment and lunch.
- Electronic "Seniors Directory" was prepared with the help of Bakula Trivedi and Rashmi Shetkar.
- **Following topics were discussed in either "Committee Meetings" or "General Body" meetings during the**

EVENTS DURING THE YEAR 2012

- Seminars on:
 - " Fall prevention" by Paresh Sheth on Feb, 9, 2012
 - Medical Alert devices- an article written by Bakula Trivedi on Feb.25,2012.
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 - Mr. Lassel Jones of "Willowbrook" gave presentation on "Hospice care" on March 31,2012
 - Our First General Body meeting was held on April,29,2012 . Dr. Ashok Mehta gave a presentation on "Medicare and Medicaid" .
- -- Presentation by the team at "Suncrest" home health agency. They described the different service-some covered by insurance. Physical therapist Dennis Well talked about "Fall Prevention" .
 - Radha Kirtane talked about "Seva Committee" at the Temple and the activities and the social events they offer.
 - During our committee meeting on June2,2012 Rashmi Shetkar suggested Youth participation and has prepared list of things youths can help seniors. Also Finance

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- committee was formed as per suggestion from Vinayak Trivedi.
- During July 14,2012 meeting Kay Griffith gave a presentation about "Fifty Forward" organization.
- During General Body meeting on August 26, 2012 Amanda Chiavini talked about "Council on Aging" and the services they offer to the seniors,
- Denise Swann of "Genworth" insurance gave presentation about "Long Term" insurance.
- Bob of "Cumberland Transportation" talked about affordable transportation offered by them in Williamson county.
- during Nov. 3, 2012 meeting Ravi Shetkar Volunteered to set up "Web site". We reviewed three articles about "Basic Will" "Estate Planning" and "Advanced Directives" prepared by Jatin Shah.
- During General Body meeting on Nov.18,2012. Judith Good gave a presentation about "Heritage" independent, assisted living facility.
- Also Rudra Prakash talked about "Successful cognitive and emotional aging".
- Inspiring video of "Never leave the Playground" was projected.
- Ravi Shetkar volunteered to set up web site www.icsss.us.
- Committee meeting held on Dec. 15,2012 we reviewed the bylaws , formation of Executive committee and formation of "Host teams"
- Tarun Surti and Sheila Shibad gave a talk on "Isolation and Loneliness"

EVENTS DURING THE YEAR 2013

- During committee meeting held on February 9,2013 updating of the bylaws were done with the help of Jatin Shah and Risab Jaju.
 - Board of directors were formed and were unanimously approved by the committee members.
 - Neela Sheth, Lalit Sheth and Paresh Sheth gave their personal experience about the family support during Neela's extended illnesses
 - Sri Pallivarum of IAN suggested participation in "Social media" to spread the word.
 - Charu Shan suggested formation of sub-committees like finance , transportation, entertainment, health, social media and directory committee.
 - During June 15,2013 committee meeting Ruth Garret Gerontologist from Vanderbilt gave a talk on "Aging at Home".
 - Kory Kemp of "Anchor group" gave a presentation on community powered concierge service that provided affordable care to the seniors for aging independently.
 - Ravi Shetkar launched our web site www.icsss.us
 - We received overwhelming response from the community to help out "Deol" family

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- Jatin Shah gave an update about the application of 501 (C) [3] nonprofit status.
- Tour of the "Manor at Steeplechase" an independent living facility was taken and the details of the independent/ assisted living were presented by their team.
- " Care All" gave overview of the "Homecare" services they offer on the same day.
- Also "Good Samaritan" an inpatient rehab. service gave presentation of the services they offer.
- Researching of the other seniors associations in the country was done by Amrit Dhillon and Sri. Pallivarum. Houston association www.iscahouston.org was contacted.
- Pradumna Singh gave information about "Anchor Group" www.theanchorsgroup.org
- Arun Pandeya talked about "Long term Insurance"
- During General body meeting in August 2013:
 - Ronn Huff and Lea Johnson gave a detailed presentation on "Advanced Directives" and "Healthcare Power of Attorney".
 - "Highland Funeral home" team also gave the details of the funeral process.
 - Sri Pallivarum launched www.Facebook.com/icsss.
- During Sept. meeting;
 - Kunu Kaushal talked about his company "Seniors Solutions " and explained about the "Choices" program.
 - Murlidhar Bethi gave a presentation about the "Independent /Assisted living facility he is planning to build for the Indian Community.
 - Vinayak Trivedi has volunteered to publish Newsletter every 2 month.
- .We had small group session attended by 18 people and following topics were discussed
 - Avinash and Pratiksha Desai talked about record keeping.
 - Bakula Trivedi gave a presentation about "Medical Alert " system
 - Several attendees were helped in completing "Advanced Directives" forms and also several were helped one to one basis for "Estate planning". We also checked blood pressures of some of the attendees.
- Small group sessions primarily to understand "Medicare Health Insurance" was held on Oct. 26,2013 Two local experts Rodney Bakken and Bonnie Fertig gave presentation. She explained "SNAP" (Supplemental Nutrition Assistance Program".
- We visited "Waterford Independent" facility in Smyrna. Mr. Bethi arranged this visit and hosted it and he gave a presentation on the concept of "Independent/Assisted living".
- Jatin Shah suggested having "Young Adults" participate in volunteering and forming host teams to help out seniors who are "home bound".

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- Also the concept of have "Adult Day Care" center was explored. Avinash and Pratiksha Desai offered their home for this gathering.

EVENTS DURING THE YEAR 2014

- Peter Rosenberg who is "Poster child" for caregivers gave an emotional and stimulating talk about his personal story as a caregiver for 25 years. He agreed to be a keynote speaker for our Annual meeting.
- Bakula Trivedi gave a presentation on "Village to village" network. This is a concept of "Aging at Home". Brian Williams of NBC during the evening news promoted this concept.
- Committee members praised the good work Vinayak Trivedi and Rashmi Shetkar are doing publishing the Newsletter. Community response has been good and several of our friends appreciated the educational articles published.
- Beverly Patnaik, Academic director of school of transform aging at Lipscomb university. She is presently President of the "Council on Aging" and she gave a detailed power point presentation as to how COA is helping seniors and the caregivers in the community. She encouraged our committee members to join either "Leadership committee" or "Legislative committee" Some of us have already joined their committees. Their web site is www.coamidtn.org.
- We discussed the pros and cons of the newly introduced web based transportation "Uber" and "Lyft".
- We contacted "Martin Seniors Center" for collaboration or possible renting their side room for couple of days in a week. Their response was not encouraging.
- Rodney Bakken of Cornerstone for seniors gave a comprehensive presentation about "Social Security" eligibility and benefits. Their web site is www.cornersronesenior.com Tel. 615-324-8903
- Peggy Poag physical therapist gave power point presentation on "Falls" its hazards and how to prevent. She also gave a check list of 65 items to detect fall hazards, this was sent out to the community via email.
- Charu Shah explained the different scams seniors are facing. She gave tips as how to handle these threatening phone calls and also how to address fraudulent emails
- Satish Makrandi gave a practical presentation on "Basic dental hygiene".
- Neela Sheth and Kalpana Rajpura entertained the audience with their musical talent.
- Muralidhar Bethi gave a presentation about "Ashraya" an independent/assisted living facility he is planning to build primarily for the Indian community. He gave the details about the initial expense for buying in and the monthly expenses residents will incur.

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- Saritha Prabhu, Tennessean newspaper columnist gave a talk on "Isolation and Loneliness among Indian Community.
- Sri Pallivarum gave a presentation about "Split Seconds" a device he has invented for alerting senior drivers during emergencies whether medical or accidental.
- On November 14,2014 we had our first "Board" meeting, significant discussion occurred about the bylaws. Since Board members needed clarification of some Articles we decided to have a sub-committee to meet and clarify. Jatin Shah, Rudra Prakash, Vinayak Trivedi and Pramod Wasudev will meet on a different day.
- Tony (Nek Singh) met with the committee and agreed to give personal taxi service with two of his friends(taxi drivers) to our seniors. He agreed to give discount to those who cannot afford.
- Reita Agarwal of Sri Ganesh Temple "Sunday School" program has requested that we collaborate with this program and promote volunteerism to the children attending "Sunday School". Several committee member volunteered to help out.