



# IAWW Seniors Program - Aging Graciously Together

Dr. Pran Wahni

# IAWW Seniors Program 1997-



- *Celebrating over 18 years of connecting, caring, educating and helping our seniors through our mission to:*
- *Provide and facilitate civic, recreational, cultural and educational services and opportunities for cultural integration to the elders of the community*
- *The senior stage of life can be one of joy and fulfillment or one of loneliness and helplessness. Established in 1997 and run entirely by volunteers, we are committed to providing a forum for social interaction, cultural assimilation and providing support and services for their wellbeing.*

# Major Programs & Successes (1997- 2015)



- **Monthly Lunch program (Started in 2001)**
  - A very popular program, monthly attendance 100-130, some 15K meals served
  - Includes performing arts presentations and talks on matters important to seniors
- **Annual Health Fair (Started in 1998)**
  - Well recognized and one of a kind all-day conference format program
  - Offers screenings, educational talks and an interactive panel session
- **Music/Dance Programs (Started in 1997)**
  - Music/dance programs by invited artists and by seniors program participants
- **Field Trips & Annual Picnic (Started in 1999)**
  - Field trips to various places of interest – up to 2 a year
  - Picnic and Nature Walk held in July every year - Now IAWW Family Picnic Event
- **Senior Transportation Service**
  - Volunteer Drivers
  - Monthly Van Service in partnership with Northshore Senior Center since 2009
  - Van Service funded by a Grant from Remala Foundation Through 2014
- **Volunteer Support**
  - 4,000 or more volunteer hours every year

# Collaboration Services



- **Workshops & Seminars**

- Organized many workshops & seminars in collaboration with other agencies on Health Care; Estate Planning; Long-term Care; Senior Resources and Medicare/Medicaid Issues

- **Information , Assistance and Referral Service**

- Assist seniors in accessing appropriate services and benefits, including referrals as necessary – In collaboration with ACRS since 2010

- **Financial and In-kind Assistance from Partner Agencies**

- Asian Counseling & Referral Service (ACRS)
- Asian Pacific American Resource Network (APARN)
- Asian Pacific Islander Coalition (APIC)
- Chinese Information & Service Center (CISC)
- International Community Health Services (ICHS')
- Senior Services (SS) – Executive Board Member of SS since 2010
- Susan G Komen for Cure (SGK)

# New Services in 2015

- **Senior Support Group (SSG)**
  - Started in January 2015 as a Pilot – providing help/service to seniors in times of crisis
  - Most members providing service are seniors
  - Learning, Honing services and developing content for Website
- **IAWW Community Program on Thursdays**
  - Started in April 2015 an all-day Program for all ages at NBCC in collaboration with Bellevue City
  - Seniors Segment from 10 AM to 2 PM, including Free Refreshments
  - 70-80 seniors participating on a regular basis

# Seniors Support Group

*Available Support Matrix(Short Term)  
North Bellevue, Kirkland & Redmond*



ROLE	VOLUNTEER	Hospital Visits	Phone Calls	Rides to Doc	Grocery Shopping	Food Prep & Delivery	Interpreter Help	Longer Term ?
Lead	Sat Kapahi	X	X	X				X
Member	Santosh Kumar	X	X	X	X			
Member	Rekha Talwar	X	X	X	X	X	X	X

# Future Goals and Vision



- **Expand our reach to seniors in the greater Puget Sound Area**
  - **Raise community's awareness and need for resources through social, cultural & faith based organizations**
- **Expand Transportation Service to support needs of Seniors**
  - **Develop Collaborations with Senior Centers or other agencies – shared costs**
  - **Expensive but needed, and more so in the future**
  - **Raise funds – Currently using Remala Foundation Grant**
- **Expand Advocacy & Networking Role**
  - **Work with other organizations and become member of coalitions**
- **Have a permanent location and space of our own**
  - **Become a recognized premier organization for seniors in the community**

# In Conclusion...



**Seniors Program is a vital and vibrant anchor in the Indian community, and strives to meet the emerging needs of the elderly amongst us.**

**To Grow and expand it needs active community Support.**

**Thank you!**



# SSG Support Services Program Area Coordinators & Team Members

- **Kenmore/Bothell:** Bharati & Mohan Khandekar (Lead Co-coordinators); Shyam Oberoi
- **Mercer Island/Central Seattle:** Santosh Wahi (Lead Coordinator); Pran Wahi
- **Woodinville/Maltby:** Uma Sehgal (Lead Coordinator)
- **Bellevue/Redmond:** Sat Kapahi (Lead Coordinator); Santosh Kumar; Rekha Talwar
- **Sammamish/Issaquah/South Bellevue:** Shaila Kode (Lead Coordinator); Suresh Chokshi; Usha Moonka
- **New Castle/Renton:** Parvathi Rao (Lead Coordinator)