



Ontario Konkani Association

e-Samachar (May 2023)

www.ontariokonkanis.com

Table of Contents

Seniors Forum	2
Upon my departure from this world	7
Diabetics – 21 things you shouldn't do	8
Achievement Corner – Mridvika Malebennur	9
Yogasanas for shoulders and upper back muscles	11

President's Message

Dear OKA Bandhavs,

We hope you are enjoying the beautiful month of May! It is the last month of spring and summer is now undoubtedly just around the corner. It is a good time for spring cleaning inside your home and for starting your garden outside! Did you know that May was named after the Greek goddess Maia, the Greek Goddess of Spring?

In the Senior's corner of this edition of e-Samachar, Sadanand Mankikar has provided the details of the Seniors' Day to be held on June 25, 2023, an article "Upon My Departure from this world", a part of the legacy left by Late Ratnakar Bhandarkar as well as an informative article on 21 things that Diabetics shouldn't do. Veena Shanbhag has shared a useful article on Yogasanas for the upper back and shoulder muscles, continuing her series from March & April editions. In the achievement corner, you can read all about Mridvika Malebennur's musical achievement.

We do hope you enjoy this edition of e-Samachar. Please consider contributing to the e-Samachar on a regular or one-time basis. We look forward to hearing from you at OKApresidents@gmail.com.

Anjana and Pravin Pai

Seniors Forum

By Sadanand Mankikar

UPCOMING EVENT

SVBF/OKA Senior's Day 2023: SVBF in collaboration with OKA is organizing "Senior' Day 2023" on Sunday, June 25, 2023 from 10 AM to 3 PM at the SVBF Community Centre, 80 Brydon Drive, Etobicoke. For details, please see the attached flyer.

The activities will include Displays/Booths, Simultaneous Presentations by the following service providers and caregivers:

- Abbott Diabetic Care
- Crime & Fraud Prevention, Officer Sardana
- Diabetes Canada
- Estate/Will Info Raghunath Kamath
- Indus Community Services
- Jeevan Niwas South Asian Seniors Village
- Lotus Funeral and Cremation Centre
- Punjabi Community Health Centre
- Van Rehab Physiotherapy

..... a few more

Entertainment will include

- Invocation – Students of Gaanavarshini
- Devotional Songs - Sangeet Bharati Seniors
- Fashion Show by Seniors
- Laughter Yoga – Carlos Gongora, Risalegria
- Percussion Ensemble led by Kishore Kulkarni
- Culture Criminals – Bollywood Orchestra
- Karaoke, BINGO, Raffles, Welcome Tea, Lunch etc. etc. ...

A few points to remember:

- The event is free and the capacity is limited and this event is expected to receive much wider publicity. Please register as soon as possible using the following link: <https://tinyurl.com/seniorsday2023>
- Abbott Diabetes Care will set up a table and will give away a limited number of complementary continuous glucose monitoring FreeStyle Libre2 sensors. To learn more about this device and to register to receive a complimentary sensor, please use the following link: <https://registergettingstarted.com/1757>

Please note that there will be a special clinic after the program at 3 PM for those who have registered to receive a complimentary sensor.

- Karaoke will be very popular. If you want to participate, please forward your name and information about the song you are going to sing to ganesan.sreeram@gmail.com as soon as possible. Spots are limited and served on a first come first served basis.


**SRINGERI VIDYA BHARATI FOUNDATION (SVBF),
ONTARIO KONKANI ASSOCIATION (OKA)**


present

SENIORS' DAY 2023

COME AND CELEBRATE WITH US

**on Sunday, June 25, 2023 from 10 AM to 3 PM (EST)
at SVBF Community Centre, 80 Brydon Drive, Etobicoke**

Information Sharing



A special Abbott FreeStyle Libre2 Clinic will be held at 3:00 PM for those who have registered to receive a complimentary sensor.

HIGHLIGHTS

- Abbott Diabetic Care
- Crime & Fraud Prevention – Officer Sardana
- Diabetes Canada
- Estate/Will Information
- Indus Community Services
- Jeevan Niwas Retirement Village
- Lotus Funeral and Cremation Centre
- Punjabi Community Health Centre (PCHC)
- Van Rehab Massage Therapist/Physiotherapy
- and a few more

Entertainment



- Invocation – Students of Gaanavarshini
- Devotional Songs - Sangeet Bharati Seniors
- Laughter Yoga – Carlos Gongora
- Percussion Ensemble – Led by Kishore Kulkarni
- Fashion Show by Seniors
- Culture Criminals – Live Bollywood Orchestra

Also Karaoke, BINGO, RAFFLES, WELCOME TEA, LUNCH ETC....



ADMISSION IS FREE, TO REGISTER USE THE FOLLOWING LINK
(Limited capacity, registration may close without prior notice)

tinyurl.com/seniorsday2023

Register Now 

Sign Up Now 

PROUDLY COSPONSORED BY




This event is cosponsored by Jeevan Niwas South Asian Seniors Village and Lotus Funeral and Cremation Centre

If you require any additional information about this event, please contact Sadanand Mankikar.

OKA EMERGENCY PREPAREDNESS PROGRAM: Estate, Will and Power of Attorney and End of Life Planning are two major elements of this OKA Seniors Forum Program.

For **preparing Wills and Powers of Attorney** you may contact Marvin Talksby (905) 405-0199 ext. 257 or Mary Bojkovski (905) 405-0199 ext. 276 of Nanda & Associate Lawyers. For additional information or assistance, you may also contact Raghunath Kamath or Ashok Bhatt.

For **End of Life Planning** one may contact Harjinder Bilku of Chapel Ridge Funeral Home at (905) 305-8128 or (647) 966-0093.

OKA AADHAR CHAT: This interactive web-based chat was established in 2017 as a part of the OKA Seniors Forum to facilitate communication amongst seniors and soon to be seniors. Since then, we have started posting upcoming events and relevant information on this chat. Members can post any questions and we will attempt to get answers. We invite everyone, young and old, seniors or not, to join this chat and share information including their experiences and expertise. To join this chat group, please send an email to shraddhapai.home@gmail.com

Additional information about OKA Seniors' Forum is posted on www.ontariokonkanis.com

OTHER USEFUL INFORMATION

INDUS COMMUNITY SERVICES: This organization provides very helpful service to South Asian seniors.

- Boost wellness for South Asian youth (Ages 16-18) virtual and in-person sessions in Mississauga and Brampton.
- Toy library and Parenting. Every Tuesday and Thursday 1:00 to 3:00 PM.

For the presentations, please visit <https://www.induscs.ca/seniorstownhall/> If you want to stay connected with Indus, you may sign up for their newsletter.

C.A.R.P. Are you a member of C.A.R.P. – previously known as Canadian Association of Retired Persons? If you are over 45, you may want to consider becoming a member of C.A.R.P. It is a national organization with chapters all over the country. Its mission is to “Promote and protect the interests, rights and quality of life of Canadians as we age”

C.A.R.P. is an advocacy group and from time to time they arrange interesting and informative seminars and workshops. Their monthly magazine Zoomer consists of useful articles and provide information on topics related to insurance, travel, health, entertainment and lifestyle.

For additional information, you may contact them by email: support@carp.ca
Phone: 1-833-211-2277 Website: www.carp.ca

ONTARIO GUIDE TO PROGRAMS AND SERVICES FOR SENIORS: Please click on the following link for the latest upgraded guide. [A guide to programs and services for seniors.](#)

SENIORS HOUSING AND HOME CARE DIRECTORY: Help for Mom has developed this very helpful publication which is about 130 pages, softcover and Readers Digest size. To get a copy send an email to helpformom.com or call Mary (647) 967-9821.

The following organizations disseminate very useful information either through regular news release and/or seminars, webinars and workshops:

Canada India Foundation www.canadaindiafoundation.com

C.A.R.P. Canadian Association of Retired People) www.carp.ca

Diabetes Canada www.diabetes.ca

Indus Community Services www.induscs.ca

UHNF (University Network Foundation) www.uhnfoumdatiom.ca

(ARTICLES BY AND FOR SENIORS FOR THIS SECTION ARE ALWAYS WELCOME)

"Upon My Departure from this World"

Legacy of Late Ratnakar Bhandarkar

Late Ratnakar Bhandarkar, affectionately known in our community as Bavaji, Ratnakarmam or PDB short for Panambur Dwarakanath Bhandarkar, before passing away gathered relevant information that would be highly useful to his wife Sudha and daughters Rashmi and Sangeetha and systematically put it in a file and labelled it "Upon My Departure from this World" which was stored carefully in a Brown Briefcase to make it easier when the time came. Based on this treasure cove and her personal experience, at a webinar organized by OKA Seniors' Forum, Rashmi made an excellent presentation "Upon my Departure from this World".

Since then, a number of people, including from outside our community, have used this slide deck as a general reference or as a guide after a death in their family. Rashmi Bhandarkar MacPhee has once again given us permission to share her slide deck. Sudha, Sangeetha, and Rashmi are all very happy to pass along this legacy and hope that it continues to help others. Please use the following link to access this slide deck:

<https://tinyurl.com/Mydeparturefromtheworld>

OKA Emergency Preparedness Program (EPP) has a Team of volunteers ready to assist when required. For additional details please access <https://ontariokonkanis.com/seniors-forum-epp2/>

DIABETICS – 21 THINGS YOU SHOULDN'T DO

By Sadanand Mankikar

1. **Not Testing Blood Sugar Levels Regularly**
2. **Skipping Meals**
3. **Eating Too Many Carbohydrates**
4. **Not Exercising Regularly**
5. **Not Taking Medication as Prescribed**
6. **Ignoring Symptoms**
7. **Not Eating Breakfast**
8. **Neglecting Your Fiber Intake**
9. **No Schedule for Injections**
10. **Regularly Brushing Your Teeth**
11. **Not Rotating Injection Sites**
12. **Not Properly Washing Hands**
13. **Using Expired Test Strips**
14. **Over-Treating Low Blood Sugar**
15. **Not Factoring in The Impact of Stress**
16. **Not Getting Regular Eye Exams**
17. **Not Replacing Lancets Regularly**
18. **Not Adjusting Insulin Dosage for Physical Activity**
19. **Not Getting Enough Sleep**
20. **Ignoring Foot Care**
21. **Large Gaps Between Meals**

If you are interested in a detailed article, please contact Sadanand Mankikar

Achievement Corner – Mridvika Malebennur

Mridvika Malebennur, has just won the prestigious PLATINUM PRIZE in the National Music Category of the Online Beethoven International Music Competition!

Mridvika wowed the judges with her exceptional talent and submitted a captivating Hindustani Bandish in Raag Todi, along with her original compositions of alaaps and taans. Her hard work and dedication paid off as the Platinum prize is awarded to participants with a 96 and higher rating - and Mridvika certainly exceeded expectations! Her name now contributes to the records of the World Online Music Competitions Organization - Lifetime achievement.

Not only that, but her guru, Chaitra Sontakke at the Shankar Mahadevan Academy, will receive an excellent teachers award e-diploma and be featured as a member of the Honorable League of Global Exceptional Teachers.

What's even more incredible is that Mridvika is the only participant of Indian background to have won in this season of the competition. Her outstanding achievement is a testament to her talent and hard work, and we couldn't be more proud!





BEETHOVEN INTERNATIONAL MUSIC COMPETITION 2023

SEASON 1

The Certificate is proudly presented to

MRIDVIKA MALEBENNUR

for winning

PLATINUM PRIZE

in Category

National Music

WOMCO

Beethoven International Music Competition Committee

Issue Date: 17/04/2023

Beethoven International Committee



Yogasanas for Shoulders and Upper Back Muscles

By Veena Shanbhag
Pharmacist
Certified Yoga instructor

Below are some yogasanas that help with building shoulder and upper back strength.

Marjariasana

Start in table top with palms below shoulders and knees below hips. Back is neutral to start.

Raise the head and tailbone, backbone becomes concave (cow pose). Lower the head, chin to chest, tuck the tailbone under, spine is curved up, abdomen is squeezed in (cat pose). Alternate slowly between cat and cow for 5 cycles.

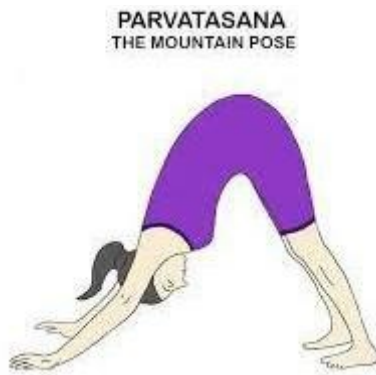
Breathing: Inhale when raising the head, exhale when lowering the head between arms. Inhaling and exhaling should be for atleast 5 seconds each.



Adho Mukha Svanasana or Parvatasana

In this pose, also known as downward facing dog, you are making an upside down V with your arms and legs. Your palms are flat on the mat, shoulder width apart. Arms are straight and aligned with the back which is also straight. Hips are high, legs are straight. You may be on your toes or your feet may be fully planted on the mat.

Breathing: Breathe normally, in and out through the nose while holding the pose.



Balasana or Child's pose

Sit in vajrasana with knees mat width apart, toes touching. Raise your arms above your head, shoulder width apart. Bending forward from the hips, keep arms in line with torso, bring palms and forehead to touch the mat. Elbows should rest on the mat.

Breathing: Inhale when raising arms up, exhale when bending forward. Breathe normally in and out through the nose when in the pose. Inhale when coming out of the pose.



Kandharasana or shoulder pose

Lie flat on your back. Bending the knees, bring feet close to your buttocks. Hold on to ankles if possible, then arch your back, raising chest and navel. Chin is tucked into chest. Shoulders and neck are resting on the mat.

Breathing: Breathe slowly and deeply through the nose in the final position.

KANDHARASANA
THE SHOULDER POSE



(Please consult with your physician before beginning any exercise program. By undertaking above exercise practice, you agree to do so at your own risk and are voluntarily participating in these activities)