



DECEMBER. 2021

ASHAUSA ANNUAL NEWSLETTER



Meaning in Suffering

"When we are no longer able to change a situation, we are challenged to change ourselves."

—Viktor E. Frankl, *Man's Search for Meaning*.

This quote very much captures what we are trying to do as humanity in the last couple of years. As the pandemic rages on and we find ourselves trying to (still) make sense of what is happening and how we can cope, every day comes with a new challenge and forces us to try and make sense of the situation.

2021 was a year to remember what life taught us and be grateful for all that we were able to endure and learn from! We at AshaUSA focused on capturing that "meaning making" through our "Breaking the Silence" speaker series (www.ashausa.org) and also by launching **DesiStoriesAshaUSA.com** blog that tries to capture the stories of South Asian immigrants.

"Mental Health Matters" even more for every man, woman, child and pet and this pandemic has helped more and more people understand just that.

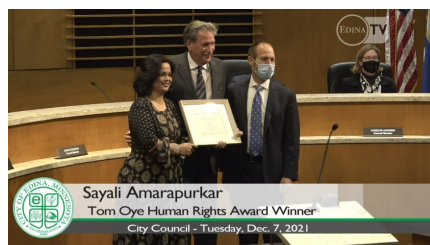
Seniors are the window to our past and a blessing to our future as we learn how to live a meaningful life. Our "HUM" senior monthly group has grown stronger in the last year with even more online events.

AshaUSA was recognized by City of Edina with the 2021 Tom Oye Human Rights award (<https://www.edinamn.gov/civicalerts.aspx?aid=1740>). I am humbled and honored to receive this honor on behalf of AshaUSA. It is good to get an affirmation for the work that we have just started to do...we still have a long way to go.

Thank you to all the volunteers and well wishers of AshaUSA for supporting us for the past 7 years. We hope you will continue to support us (<https://www.ashausa.org/support-us>) in whatever way you can.

Wish you all a happy and healthy 2022!

Sayali Amarapurkar, Ph.D. Executive Director, AshaUSA
Kamala Puram, Founder and Board of Director Chair
Shanti Shah, Board of Director
Ruby Anik, DesiStories Lead
Rakhi- Bhatia-Arora: HUM group Lead



Inclusion starts with an 'I'
Stigma Around Special Needs



Anxiety Asset

resilient option
happier • stronger • kinder



experience
PREGNANCY OR INFANT LOSS

Blue's Clues: Dealing with Depression





HUM monthly Senior meetings



What do you want to do as soon as this pandemic is over?

Under the Banyan Tree 2021: South Asian American Stories of Resiliency & Hope amidst the Covid Pandemic.

“We have not seen our daughter since 4th of July 2020 as she lives in New York. So that is what we want to do.

Also can't wait to meet all my sisters and brother as we met in July 2019. So we plan to have big family reunion. Of course besides this we just want to meet all our friends and start dining out without being afraid. And yes, I want to go to the gym!!!”

BHARATI MEHTA
Member of HUM seniors group since 2018

www.ashausa.org

What do you want to do as soon as this pandemic is over?

Under the Banyan Tree 2021: South Asian American Stories of Resiliency & Hope amidst the Covid Pandemic.

“So many plans are coming to mind: We haven't seen our elder son in Portland for a long time. We would like to go there, or want to see him when he can come here!

We want to go to India, and on a cruise! We already planned that for 2022. We want to see all our friends here. We want to have a big dinner party in our house with all our friends.”

NIRMAL & SURESH BHARADWAJ
Member of HUM seniors group since 2016

www.ashausa.org

What was something good that came out of this pandemic for you/all of us?

Under the Banyan Tree 2021: South Asian American Stories of Resiliency & Hope amidst the Covid Pandemic.

“March 2020: As you'll probably be hearing a fair amount in the next few weeks, we're coming up on a year since, to put it simply, things changed. It's totally surreal to comprehend, given that this year has felt so long and heavy, and yet it feels like it passed in the blink of an eye.

Memory is a funny thing. It's crucial to how we make sense and meaning of the world and helps us predict and survive the future. Even in the best of times, it's unreliable. This isn't a flaw or bug, but a feature of our brains.

If you're finding your memory has been more glitchy this past year, you are not alone. Researchers have long studied the effect that stress and social isolation have on memory and unsurprisingly, it's not a positive one. Add to that chronic health misdiagnosis (who hasn't found themselves using their phone, computer, and possibly a television all at the same time more than usual in an effort to distract ourselves and possibly connect with the world?), and new research from Stanford University has indicated that looking at our own faces as much as we have been in draining. We're tired, and our brains don't function at their best when we're exhausted.

We've all experienced some kind of loss this past year. If you're having difficulty remembering your losses, remembering the full lives of loved ones, remembering what you need to love and why, or even who you were pre-pandemic, it is totally reasonable. Our brains are tired. If in this annual roundup you're having a hard time with your memory, don't be too hard on yourself. You didn't drop the ball. You're carrying your memories and experiences and the people you've loved who have loved you back, even if you're having a hard time remembering the good. Even if you can't remember what it is you're grieving, it's there with you, and it must have had some good in it if you're missing it.

Stated more succinctly in the words of Khalil Gibran, "When you are sorrowful, look again in your heart, and you shall see that in truth you are weeping for that which has been your delight." Or in the words of Marvel superheroes Wanda Maximoff, "What is grief if not love preserving?"

IMAN JAFRI

www.ashausa.org

Under The Banyan Tree Immigrant Stories of Resilience



SUPPORT US

ASHAUSA PROVIDES CULTURALLY SPECIFIC PROGRAMS FOR THE SOUTH ASIAN COMMUNITY LIVING IN MN. IT IS THROUGH YOUR GENEROUS DONATIONS, WE ARE ABLE TO CARRY ON OUR ACTIVITIES. ALL OUR PROGRAMS ARE RUN BY VOLUNTEERS AND 100% OF YOUR DONATIONS GO TOWARDS THE PROGRAMS. OUR PROGRAMS ARE POSSIBLE ONLY THROUGH COMMUNITY SUPPORT. ANY AMOUNT OF CONTRIBUTION WILL BE GREATLY APPRECIATED. PLEASE CONSIDER MAKING A TAX DEDUCTIBLE DONATION:

- USING THE LINK ON OUR WEBSITE WWW.ASHAUSA.ORG, CLICK ON THE DONATE BUTTON
- WRITE A CHECK PAYABLE TO ASHAUSA AND MAIL IT TO 5839 LONG BRAKE TRAIL, EDINA, MN 55439
- YOU CAN MAKE YOUR PURCHASES ON AMAZONSMILE.COM AND DESIGNATE ASHAUSA AS THE BENEFICIARY. WE WILL RECEIVE 0.005% OF YOUR TOTAL PURCHASE (WITH NO ADDITIONAL CHARGE TO YOU).
- CLICK BELOW TO LINK TO AMAZON SMILE
[HTTPS://SMILE.AMAZON.COM/GP/CHPF/HOMEPAGE/REF=SMI_CHPF_REDIRECT?IE=UTF8&EIN=47-1249921&REF_=SMI_EXT_CH_47-1249921_CL](https://smile.amazon.com/gp/chpf/homepage/ref=SMI_CHPF_REDIRECT?ie=UTF8&EIN=47-1249921&REF_=SMI_EXT_CH_47-1249921_CL)

SPONSOR US

WE ARE A SMALL NON-PROFIT ORGANIZATION LOOKING FOR SPONSORS.
PLEASE CONTACT US IF YOU OR YOUR COMPANY IS INTERESTED IN SPONSORING OR PARTNERING WITH US.

VOLUNTEER WITH US

IF YOU ARE INTERESTED IN ASHAUSA'S INITIATIVES AND PROGRAMS AND WOULD LIKE TO VOLUNTEER, PLEASE EMAIL THE FOLLOWING INFORMATION TO ASHAUSA2014@GMAIL.COM

NAME: _____

EMAIL: _____

PHONE: _____

PREFERRED METHOD OF CONTACT: ____ EMAIL ____ PHONE

PLEASE SELECT THE PROGRAMS YOU ARE INTERESTED IN VOLUNTEERING:

HUM SENIOR MONTHLY EVENT: ____

MENTAL HEALTH MATTERS: ____

BI-CULTURAL PARENTING: ____

YOUTH RELATED PROGRAMS: ____

RESEARCH SPECIFIC TO THE SOUTH ASIAN COMMUNITY: ____

PLEASE ALSO LET US KNOW IF YOU PREFER TO VOLUNTEER ON AN ONGOING BASIS: ____ OR AS NEEDED (ADHOC): ____

FOLLOW US ON FACEBOOK FOR MORE UPDATES

CONTACT US FOR MORE INFORMATION: EMAIL: ASHAUSA2014@GMAIL.COM

REGISTERED CHARITY: WWW.ASHAUSA.ORG - A NON-PROFIT (501 C3) ORGANIZATION BASED IN MINNESOTA (EIN 47-1249921)