



We Are Sukham

An Introduction to Our Organization, Mission and Objectives



Sukham

Who are we?



What do we do?



Why does it matter to you?



Live Healthy, Age Well, Find Peace & Joy



Who Are We?

Our Mission:

We are a young organization of enthusiastic volunteers dedicated to promoting

- The practice of living and aging well
- Preparing for life's transitions
- Support for those with a chronic or serious illness



Our goal is to help you navigate and overcome cultural and informational barriers and access resources to lead a dignified, healthy, happy life

We are a registered 501 (c) (3) non-profit corporation in California

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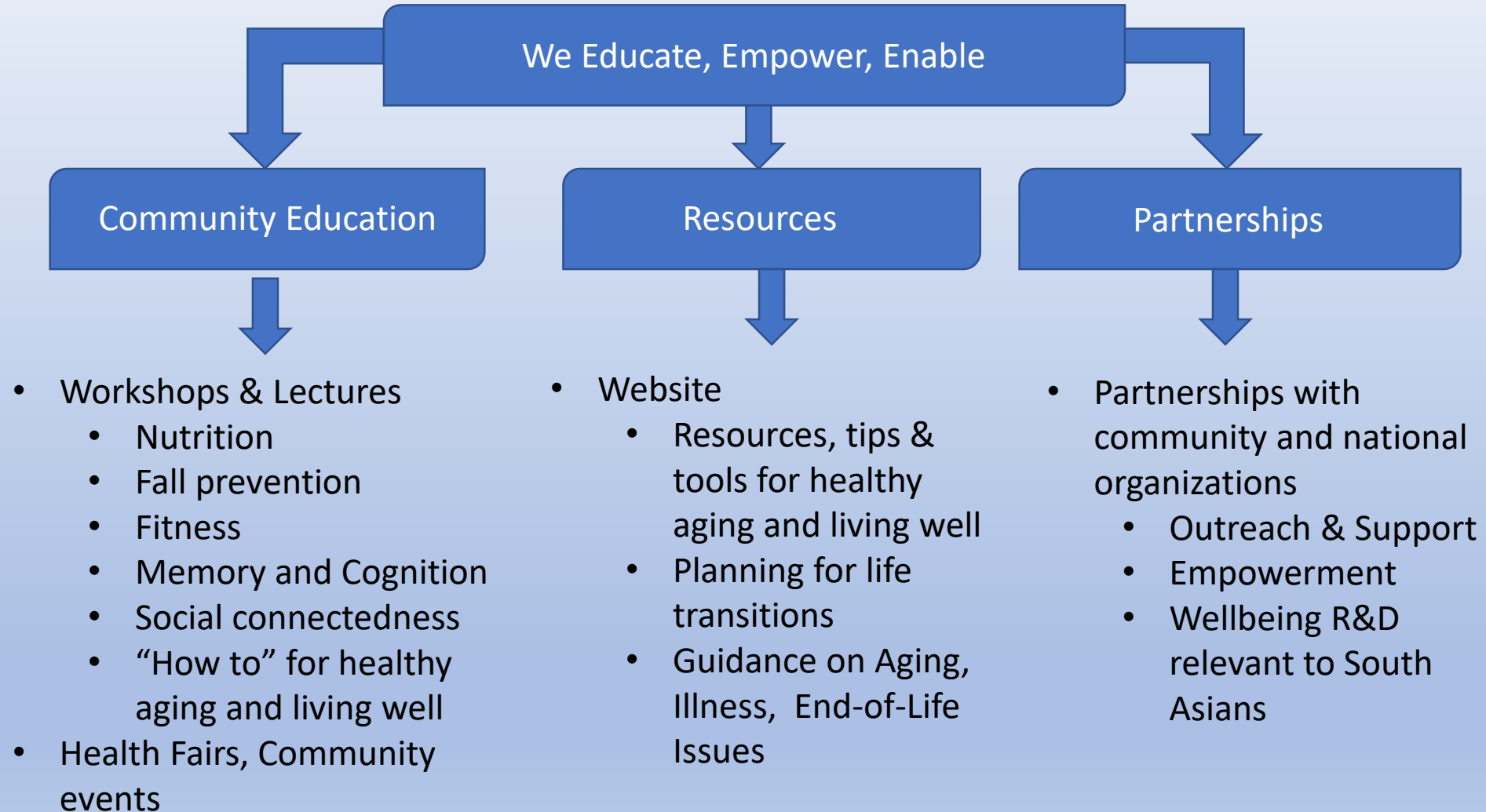
What We Do

- Organize and present workshops
- Provide help to complete Advanced Health Care Directives etc.
- Guide you to find answers and locate organizations for solutions to your specific problems
- Partner with community and national organizations
- Recruit active volunteers to help execute our vision
- Maintain and update useful information and resources for all readers on our website <https://www.sukham.org/>



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What We Do (Cont.)



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Why Should You Care?

“I am not old enough to worry about this right now”

“I have more important priorities in my life at present”

“I don’t have the time”

“It’s not relevant for me”

“It is always too early – Until it is too late!”

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Did You Know?

- The US South Asian population is disproportionately affected by several cardiovascular disease risk factors, including a high incidence of obesity, high blood pressure, high cholesterol, and diabetes
— *Memorial Sloan Kettering Study (2013)*
- *“Is Silicon Valley bad for your health?”*
 - *“Alarming evidence of mental-health issues associated with chronic stress and anxiety, from rashes and irritable bowel syndrome to full-on depression in patients whose average age is under 40.”*
 - *“Many are deficient in vitamin D and have eye, back, and other muscular complaints related to repetitive motions and a lack of physical activity.”*
 - *“Most of all, doctors encounter cholesterol problems, high blood pressure, and elevated triglycerides, all stark signs of an increased risk of diabetes and heart conditions.”*
— *Fortune (2015)*
- People from South Asia *have a four times greater risk of heart disease* than the general population and have a much greater chance of having a heart attack before age 50
— *Stanford Health Care (2015)*

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It Is Never Too Early To Worry About Your Well Being!

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A Short Introduction

- Healthy Aging & Living Well
- Planning & Preparing For Life's Transitions
- Illness, Incapacity & End-of-Life

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What is Healthy Aging?

*“Healthy aging is about much more than staying **physically healthy**—it’s also about staying **emotionally healthy** and maintaining your **sense of purpose and zest for life**”*

--- Helpguide.org

Don't Let Getting Older Get in the Way!

Have **you** done everything you can to promote your own health and well being?
Can you improve upon what you have now?

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Body Mind Soul & Spirit

Pursue
Physical
Emotional
&
Spiritual
Well being!

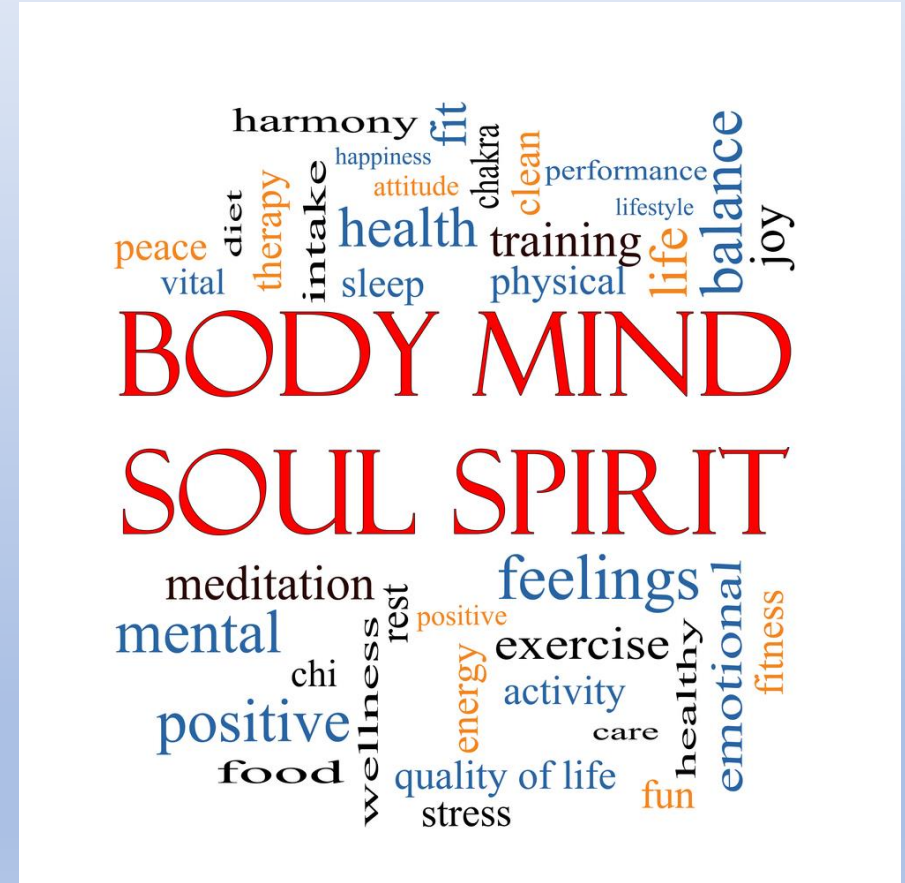


Image courtesy of
Dharma Health
Quality of Life

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Healthy Aging Involves Body Mind & Spirit

It is more than just maintaining good health.
It is about functioning to the best of your ability



Getting older can pose health challenges. But you can take action!

- Reduce your risk of injury, disability and disease
- Exercise, maintain good nutrition, & get regular health screenings
- Get enough sleep
- Participating in activities you enjoy
- Keep your mind active
- Share your thoughts and feelings
- Give your time and expertise to help others

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What Is A Life Transition?

- A life transition is defined as the psychological process that an individual goes through to come to terms with a new situation.
- Life transitions occur as a result of planned or unplanned events and changes that occur in your everyday life.
- Each transition has its own unique set of challenges, both personal and financial.
- How you respond and react to the personal and financial implications associated with each life transition plays a key role in the management of your life and the successes you achieve.

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Personal Transitions: Examples

- You're getting married
- You're expecting a child
- You're adopting a child
- You have a child preparing for university
- You have a child getting married
- You have recently become a grandparent
- You have a child with special needs
- You're going through a divorce or separation
- Concerned about the health of your spouse or child
- You're caring for a family member
- Concerned about your aging parent
- Concerned about your personal health
- Providing assistance to your family member
- You have recently lost a spouse or close family member
- Concerned about end-of-life issues

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Planning and Preparing for Life's Transitions

Many of us are reluctant to think about the last chapters of our lives
We feel uncomfortable to discuss or plan for old age and our own impending death



A key part of our “Aging Well” philosophy is to do just that!

It provides peace of mind, an essential clarity in our lives, and clears the way
for the most important part:

Live and celebrate each day to the fullest!

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Life Planning

- Education
- Marriage
- Children
- House
- Career
- Financial Security
- Vacation
- Retirement
- ❏ Fear of the Future
- ❏ Physical Frailty
- ❏ Loss of Mobility
- ❏ Chronic Illness
- ❏ Loss of Independence
- ❏ Loneliness, Depression
- ❏ Isolation
- ❏ Death

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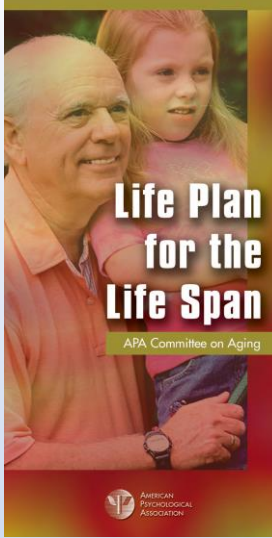
Questions That Need to be Addressed

- What's important to me?
- What do I value?
- Will I be financially secure in retirement?
- Where do I want to live?
- Whom do I want to be with?
- What do I want to do?
- How will I move around as I get older?
- How will I be cared for in the event I am unable to care for myself?
- What do I want to leave behind for my loved ones?
- Do my loved ones know what's important for me?
- Who will speak for me in the event that I am unable to speak for myself?
- Do they know and understand my wishes?
- How should I tell them?

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Ten Questions on Aging

1. At your current age and given your sex, how long are you likely to live?
2. What do you look forward to about getting older?
3. As you get older, how can you best take advantage of the experience and wisdom that you have accumulated during your life?
4. Are there ways you can maximize your cognitive functions as you age, such as your memory and problem-solving abilities?
5. Is your current living arrangement the best choice for you as you age?
6. Do you know the legal and financial steps that are needed to retire? Do you know how to quit your job in a thoughtful way?
7. Will your parents outlive their financial resources? Will you?
8. Does your family know what you would want if you were to have a serious health problem and could not speak for yourself? Do they have the legal right to carry out your wishes?
9. What services would be available if you became sick, frail, or needy? What services would be available to your spouse, or parent?
10. Will Medicare pay for your nursing home care should you need it?



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S U K H A M

What Does Quality of Life Mean to You?



“And in the end, it’s not the years in your life that count. It’s the life in your years.”

— Abraham Lincoln

It is never too early to start!

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Coping with Illness and Incapacity

80% of elders in the US have at least one chronic illness

--- Cleveland Clinic



These individuals and their family members face a variety of challenges



Strong support systems enhance resilience
Faith, spirituality and religious beliefs provide strength
Access to information provides coping strategies
Community agencies, family, and friends ease the burden

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Palliative Care, Hospice, End of Life

What is Palliative Care?

Specialized medical care for people with serious illness

Focuses on relief from symptoms and stress

Goal is to improve quality of life for both the patient and the family

Provided by a specially-trained team of doctors, nurses, social workers and other specialists

It is appropriate at any age and at any stage in a serious illness

It can be provided along with curative treatment

What is Hospice Care?

Hospice Care is not the same as Palliative Care

It provides terminally-ill patients quality and compassionate care and support at the end of life

It is medical care, pain management, emotional & spiritual support tailored to patient's needs and wishes

Care is provided to the patient's loved ones as well

Hospice care is provided at home and at specialized facilities

Both Palliative & Hospice Care are covered by most medical insurance plans

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When a Loved One Dies

What do we do?

Whom do we contact?

Who can help us?

What is the process?

How do we fulfil our familial, cultural and religious needs?

What happens after?

Whom can we turn to for emotional, spiritual and psychological support?

Sukham can help with information and resources, connect families with the appropriate organizations to help during times of loss and bereavement

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So, What Can You Do?

If you believe in the values and vision of SUKHAM



- Talk to your family and friends about Sukham and its goals
- Answer for yourself all the questions we have asked
- Share your responses and thoughts with your loved ones
- Begin ***your*** journey on your pathway to Sukham

If you are willing to commit the time and have ideas that will further our cause, come volunteer with us!

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The Sukham Model

- Be inclusive: welcome all who want to join, serve all who seek help
- Grow thoughtfully
 - Welcome and include like-minded volunteers
 - Partner with other organizations in areas of mutual interest
- Each of us leads, each of us follows
- Provide service as individuals or through other organizations

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What Comes Next

Sukham Workshop Series

- Successful Aging and Cognitive Vitality
- When the Going Gets Tough - difference between palliative and hospice care and how to make difficult medical decisions
- Preventative Care for Healthy Aging
- Advance Care Planning
- What is Healthy Aging?
- Nutrition and Healthy Aging for South Asians
- Caring for Caregivers
- Navigating the US Healthcare system

Let us know of other topics you would like to hear about

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Contact Us

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Q&A



Thank You!

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