

# UMAS celebrates grand Holi with seniors

JYOTSNA VASUDEVA

CHICAGO: Heralding spring, Holi is a 'festival of colors' that creates an atmosphere of joy and brings people together.

More than 200 seniors and staff at Universal Metro Asian Services Adult Day Care joined in the Holi celebrations on March 10 in Schaumburg. It was a lovely setting with everyone playing Holi first with flower petals, showering on each other and exchanging wishes. It was followed by playing Holi with dry colors with seniors and staff smearing each other with colors, forgetting any resentments and simply sharing joy.

Santosh Kumar, Executive Director UMAS said, "Our Adult Day Care Centers celebrate all festivals that are important to our seniors. Not only does this help them stay connected with their culture, but it helps breathe fresh life and enthusiasm in them."

The chill in the weather didn't deter any participant from enjoying the celebrations planned. The day began with creation of 'Holika' fire right outside the center. Everyone offered their prayers along with popcorn and dates, as is the tradition, while going around the Holika fire. Many seniors had planned programs, songs and skits. The stage was decked with multi-colored, free-flowing dupattas aptly done for the festival of Holi.



Holika Dahan



UMAS seniors and members gathered to celebrate Holi



Holi Festival of color



Holi revelry

The stage saw amazing performances during celebration - songs by some seniors, group dance performances and wonderful talk on Holi by a Schaumburg senior. One of the popular Holi

songs "Ang se anglaga le" was sung by a staff member and seniors that gave burst of energy to everyone dancing on the floor. There were seniors from Orland Park, Schaumburg and

Naperville UMAS centers. Vernon Hills, Niles and Chicago centers celebrated the festival at their locations. Universal Metro Asian Services has been providing Homecare and

Adult Day Care services in the Chicagoland area for the past 15 years. Our Homecare program helps you keep your independence from the privacy and comfort of your own home.

# Telugu Association hosts Women's Day

SURESH BODIWALA

CHICAGO: The Telugu Association of Greater Chicago (TAGC) hosted International Women's Day celebrations on March 12 at Atlantis Banquets, in Arlington Heights with aplomb and great success.

This Day is celebrated every year on March 8 since 1913. TAGC organized the celebration to honor women's rights and their accomplishments in political, economic and social sectors showcasing the achievements and issues facing women of their respective cultures and to come up with better solutions for a better tomorrow.

Over 250 women from all walks of life participated in this event from greater Chicago-land area. The event focused on wellness, education, empowerment of women, social responsibility and also included several fun filled events.

The event started with a prayer song by singer Madhavi Lathagaru and lighting of the inauguration lamp by. Shireesha Ade, Mamatha Lankala, Vani



Telugu women celebrating International Women's Day

Yetrintala and Haripriya. Keynote speakers provided valuable information and great insight on each of these women-related topics. Haripriya Medikundam educated women on "Estate and incapacity planning, estate administration." Dr. Smitha Suravaram shared her knowledge on the topic "How to read nutrition labels and lead a healthy life style." Dr Vinitha Kunchala shared her knowledge

on "Importance of Calcium & Vitamin D for women" TAGC donated part of the participation fee and donated money at the event to Desire Society which cares for children infected & affected with HIV/AIDS. The Mission of Desire Society is to improve the lives of children struggling with the impact of HIV/AIDS by providing shelter, nutritious diet, health care, education and psychosocial support.

Several fun filled activities were meticulously planned and executed to create joyful atmosphere in the event that were thoroughly enjoyed by everyone. The winners from the activities were presented by Shireesha Ade with exciting gifts (thread bangles) from India. The members enjoyed the sumptuous snacks and dinner sponsored by the renowned restaurant, Cool Mirchi Roselle, IL.

TAGC President, Board & Executive Committee Women's Day committee chair Vani thanked registration committee, Treasurer Venkat Gunuganti for registration with help of youth volunteers; decoration committee for beautiful front entrance & stage decoration; Cool Mirchi owner Aruna Gudur for sponsoring the food for the event and coordinating with Desire Society.