"Ongoing Projects"

- Open Senior Service Centers in the Chicago Metropolitan area
- Establish an affordable housing for South Asian American retirees
- Establish Retirement Communities and Nursing Homes for the South Asian Community



Senior Luncheon

An opportunity for AARA to canvass community members on the needs

How can you contribute?

We request your Time, Talent & when you believe in the effort your financial investment

Volunteering Opportunities

Everyone at AARA provides services on a pro-bono basis. We are all volunteers that love being a part of something we truly believe in. We are looking for fun-loving, kind and caring volunteers to serve the

Our Mission

Our mission is to inspire, engage and enhance the emotional, social and physical well-being of the senior community of South Asian Origin.

Contact us at:

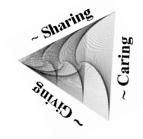
630-803-8130

on the web at www.retiredasians.org via email info@retiredasians.org

American Association of Retired Asians 380 S. Schmale Rd. Suite 204 Carol Stream, IL 60188

MERICAN ASSOCIATION OF RETIRED







A 501(c)(3) non-profit organization dedicated to providing referral, social and recreational services to the Seniors of the South Asian community





Being connected to our communities seniors allows us to know what services are needed & what we should offer

Services currently offered....

- Translation and interpretation services for government resources. (filing for different governmental services as Medicare, Medicaid, Social Security, etc.)
- Referrals and connections for individuals to obtain supportive services from various faith & community-based service organizations
- Compassionate companionship for elders through home visits to help encourage healthy lifestyle choices and emotional well-being
- Community education and outreach programs to provide resources for Seniors and promote change in current social views of our Seniors; as the most undervalued members of our community.

Our Goals

- To assist individuals in obtaining support available through government programs for various Medical, Social, and Retirement needs
- ◆ To serve as referral and linkage resource center to public and private resources

"A Society's greatness is measured by how it treats its weakest members" **Mahtama Ghandi**

 A long-term goal of establishing a residential facility specifically designed to address the physical, emotional, recreational, social, religious, cultural, and linguistic needs of South Asian aged populations

Why AARA?

While the services provided by AARA are available to everyone, AARA was specifically established to address the complex needs of the underserved South Asian Senior population..

This population, is underserved due to various cultural and linguistic barriers that have prevented access to

public and private resources. AARA strives to overcome these barriers by providing cultural and linguistically compatible services or assistance to seniors to access available public resources and private service providers



- Referral & Translation Services
 Navigating Medicaid, Medicare & SSI
- ♦ Health Screening
- Weekly Senior Lunches
- Quarterly Educational Lecture Series
- Mental Health

- Family Counseling
- Stress Management

Meditation

Seated Yoga

- Tea Talk
- ♦ Life Changing Strategies

- Computer Classes
- Citizenship
- ♦ ESL Classes
- ♦ Bridge Club
- Elder Abuse &

Domestic Violence