



### **Welcome!**

I am Jyoti Bisarya and on behalf of the board, here is our third quarterly newsletter for 2021. We hope that you and your families are staying safe and healthy. The pandemic has disrupted so many lives in our community but fortunately due to your support, we have been able to continue helping women in need. We would like to give a special shout-out to local companies, private foundations and individuals who have donated funds to us during these challenging times! Please know that your tax-free donations remind us of how much we depend on your generosity and moral support to accomplish our mission.

On a separate note, it is with great excitement that we would like to share some changes to our Board. At SD Nari, we believe that roles should rotate to bring out the best of our team so at our last elections we elected the following new officers - Anu Kumar (President), Sneha Bansal (Vice President), Sandhya Ramanujan (Secretary) and Jyoti Bisarya (Treasurer). To learn more about them, other board members and our volunteers, please visit our website. As always, if you would like to volunteer, make a donation or know anyone who needs help, please check out our website or email us at [sdnariyan@gmail.com](mailto:sdnariyan@gmail.com). Our hotline phone # is (619) 800-8554.

### **Upcoming Events**

**Sep 12, 2021 at 2PM** - SD Nari Seniors Online Seminar on COVID-19

**Sep 18, 2021 at 4PM** - SD Nari Financial Club Online Seminar on Life and Long Term Care Insurance

**Sep 21, 2021 at 7PM** - SD Nari Shakti Conscious Breathing Session

**Sep 26, 2021 at 7AM** - SD Nari Shakti Hiking in Del Mar

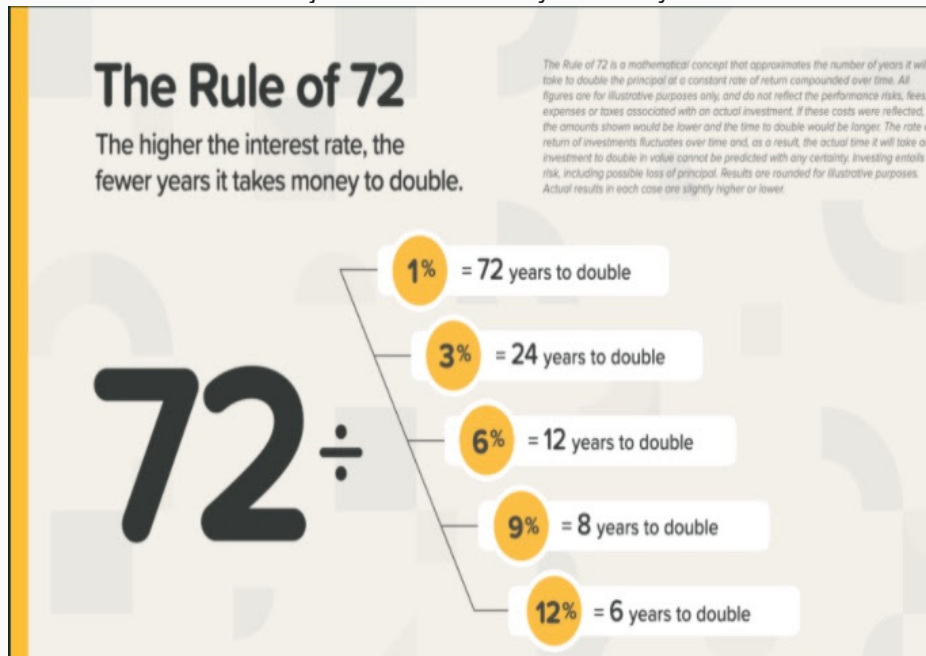
**Sep 27, 2021 at 12PM** - SD Nari Seniors Picnic

### **SD Nari Shakti Committee (Lead - Sneha Agarwal)**

Some of you recently contacted us about furniture that you were donating. Thank you for considering us. Many of the women we help are starting from scratch so your donations of

household goods is very helpful. In addition to your cash and kind donations, we are always looking for employment leads particularly for administrative and software engineering positions. If you are aware of any opportunities, please send them our way. Also we are looking to purchase a used car in good condition so ping us if you know of any.

Our wellness clubs are thriving due to your active participation. Last month we had our first Financial Club meeting. Lenka Holman and Kavita Rajaratnam from Wealth Wave presented a very informative session. Below is just one of the many takeaways from the session.



Friendly reminder that our wellness clubs are free to join and an excellent opportunity to meet women in our community while investing in your well being. The hiking club meets in the morning on the last Sunday of the month, the conscious breathing club meets on the third Tuesday of the month in the evening and the financial club meets on the third Saturday of the month in the afternoon. Below is the flyer for the next financial club meeting. Hope to see you there. If you are interested in any of these clubs, please email us at [sdnarishakti@gmail.com](mailto:sdnarishakti@gmail.com).



## SDNARI SHAKTI FINANCE AND INVESTMENT CLUB

Presents the Second Monthly Zoom Workshop  
Our goal is to help women make good financial decisions !

### SPEAKERS

**Lenka Holman**

**Kavita Rajaratnam**

**Certified Financial Educators at WealthWave**

### TOPIC OF DISCUSSION

**The 2<sup>nd</sup> Money Milestone - Proper Protection  
(Different types of Life and Long Term Care Insurance)**

It's not about how much life insurance you need, but how much your family needs if you aren't here.



**Date**  
**Sep 18, 2021**  
**Time**  
**4-5pm**

**Free Event**  
**Open to All !**  
**Register at the Link below**

<https://forms.gle/WEsgJKWEFnLCo3cd8>

### **SD Nari Seniors Committee (Lead - Asha Agarwal)**

Because of the pandemic, a particular challenge many of our seniors are facing is how to safely socialize so we organized a potluck picnic (with the necessary precautions) in June. We had approximately 45 attendees. Perfect weather, great company and lots of good food ensured everyone had a great time. Due to high demand, we are going to have another picnic later this month. See pics from the last picnic and flyer below.





**SDNARI SENIOR COMMITTEE**  
INVITES YOU TO THE

**END OF SUMMER PICNIC**

please be on time!

Register ONLINE by Sept 24th



**JOIN US FOR FOOD, FUN, AND A GOOD TIME!**

**\*MONDAY, SEPT 27TH@ 12 PM**  
**POWAY LAKE**

**\*\$10 PER PERSON, ALL SENIORS (MEN & WOMEN) ARE INVITED**

**\*CHAI & FOOD WILL BE PROVIDED**

**\*BRING CHAIR & WATER**

**\*REGISTRATION MANDATORY**



ASHA AGRAWAL: 619-992-3210  
SEEMA GUPTA: 858-205-9728  
KRISHNA PARKHANI: 858-776-9487  
SANTOSH NICHANI: 508-314-1247  
ASHA KUCHERIA: 858-774-0355  
URMIL AGGARWAL: 312-315-1759  
BHAVANA SHAH: 218-638-4722

We are also fortunate to have Dr. Seema Shah who is the Medical Director of Epidemiology and Immunization Services for San Diego County offer to give us a seminar on staying safe during the pandemic. See details below.



**DR. SEEMA SHAH**

**MEDICAL DIRECTOR OF  
EPIDEMIOLOGY AND  
IMMUNIZATION SERVICES  
BRANCH OF SAN DIEGO COUNTY**

**SDNARI  
SENIOR COMMITTEE**

**KEEP  
YOURSELF  
SAFE!**

**PUBLIC HEALTH UPDATE:  
COVID-19 DISEASE CONTROL,  
TESTING AND VACCINATIONS**

**FREE EVENT**

on

**SUNDAY, SEPTEMBER 12th @ 2 pm PST.**

**Call us for registration  
and zoom link**

**Asha Agrawal: 619-992-3210  
Seema Gupta: 858-205-9728  
Krishna Parkhani: 858-776-9487  
Santosh Nichani: 508-314-1247  
Asha Kucheria: 858-774-0355  
Urmil Aggarwal: 312-315-1759  
Bhavana Shah: 218-638-4722**

**SD Nari Youth Committee (Lead - Anu Kumar)**

We have completed scholarships interviews. It was heartwarming to meet so many young women who are working passionately on projects that will help women. Stay tuned for the announcement of the winner.

After over a year, our committee met in person for a social in June and for Sandwich Seva in July. At the social, we played games, ate good food, celebrated upcoming birthdays and chatted away about everything ranging from our summer plans to initiatives we have planned for our committee. Even though not all members were able to participate in the Sandwich Seva, we were able to exceed our goal while giving new members the opportunity to lead the event. Here is one of the pics from our social.



We are working on a number of exciting projects and events. More to come. In the meantime, please feel free to spread the word about our committee to any high school girls who might be interested in joining us. For more information, email us at [sdnariyouth@gmail.com](mailto:sdnariyouth@gmail.com).

**To learn more about SD Nari or to volunteer with us, please visit <http://sdnari.org/> and follow us on Facebook at <https://www.facebook.com/SDNari/>**