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NEW ENGLAND



CHAPTER OF



APPNA

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President's Message

Saud Javed, MD



I am honored to serve the Association of Pakistani Physicians of New England as President starting May 2022, with the hope to achieve a few goals in the next two years with the help of our board and working committee.

We plan to continue the provision of Influenza and COVID vaccination in our communities across New England. Blood donation drives have been running successfully over the last few years. We plan on continuing to set up the camps in collaboration with the American Red Cross twice a year to create awareness in our community.

APPNE's fall function which was held with the theme of "history and evolution of Urdu language" was a huge success. We are extremely grateful for the research by Dr Daniyal Siddiqui to make this a successful endeavor. Stay tuned for part II of this in the fall.

HIV outbreaks in Pakistan continue to be an issue, I really appreciate Dr Fizza Gilani's efforts in terms of taking the lead on that matter. Under the leadership of Dr Gilani, APPNE organized numerous webinars to educate doctors in Pakistan.

My vision is to increase the membership of APPNE by reaching out to all the physicians in the area. We need to engage them in a way to add more meaning to their membership to make a difference in our community. It's important to note that along with our physician members, our non-physician volunteers, especially youth, have been an integral part of APPNE's events; we will maintain a log of them and continue to engage them.

I plan to utilize APPNE as an organization to instigate a "Mentorship initiative". My vision is to roll it under three subcategories: at the level of high school students, undergrad students and physicians as junior faculty. We have so many accomplished and senior physician members in our organization; it would be ideal to use their skills and experience to guide and inspire the younger generation. Dr Daniyal and Schrukh have volunteered to take a lead on this, so please reach out to them if you are interested.

We will continue to host our 2 annual picnics in summer and fall for all the members and their families, sponsored by APPNE working committee.

APPNE successfully organized numerous webinars last year to improve awareness among our Pakistani community and will continue to do so throughout the year. Here I would like to pay special acknowledgement to the APPNE working committee; without their tremendous hard work despite their busy schedules, execution of all these events would not have been possible.

APPNE as an organization believes in collaboration with other Pakistani organizations in the New England area including PAGB, OPEN, TCF and SIUT.

I, as an incoming President, am very excited and humbled to take on this role and request your support. My precedent, Dr Yusuf Sheikh, has worked really hard over the last 2 years despite the pandemic to take APPNE where it is today, and I pledge to take the organization forward. Whether you are a physician or non-physician, we would be happy to deploy your skills. Please feel free to reach out to me through our website appne.org. Let's make APPNE more meaningful and successful in the next two years.

Secretary's Report 2020-2022

Safana Mushtaq, MD

New board took office in 4/2020 in the midst of COVID 19 Pandemic that changed our approach towards organizing and executing operations. APPNE was quite involved and engaged these past two years with a multitude of educational, charitable and social activities. Following is the summary for the year 2020-2022. It outlines the organization's activities, initiatives and community engagement projects.

1. Educational Webinars:

APPNE hosted 6 free public service educational webinars utilizing zoom technology.

✓ 2020: Implications for telehealth in a Post Pandemic Future was held on July 1st

✓ 2021: All you need to know about Covid-19 Vaccines was hosted on Feb 4th in collaboration with the Pakistan Association of Greater Boston (PAGB).

✓ 2021: Impact of Pandemic on Children's Mental Health was hosted on March 6th in collaboration with Islamic Society of Boston Cultural Center (ISBCC).

✓ 2021: Fasting & The Human Body was hosted in the month of Ramadan on April 11th.

✓ 2021: Sleep Well was hosted on May 23rd.

✓ 2022: Reclaim your wellness was held on March 6th.

All webinars were well attended, and the recordings were uploaded to YouTube and the APPNE website.

2. APPNA-MERIT HIV Webinar Series:

APPNE supported the APPNA-MERIT webinar series on HIV to raise awareness and improve education of providers regarding HIV in Pakistan. APPNE donated \$ 1000 to support the project. Webinars were well attended by clinicians in Pakistan and video recordings were uploaded to MERIT YouTube Channel. APPNE will continue to support this initiative and is planning to co-host a conference on HIV in Pakistan with Brown University in the Fall of 2022.

3. Outdoor Summer/Fall Picnics:

APPNE hosted 3 outdoors family picnics in the past two years. It was a refreshing break given pandemic fatigue. Main purpose was to encourage networking among the Physicians while keeping everyone safe.

✓ 2020: Picnic was held at Rutland State Park, MA on Sept 5th.

✓ 2021: Summer family picnic was hosted on June 19th at NARA Park, Acton, MA.

✓ 2021: Fall family picnic was hosted on October 2nd at Pearl Hill State Park, Townsend, MA.

Picnics were well attended by many physicians and their families. New members were also invited to join the APPNE team in these events.

Secretary's Report 2020-2022

4. National Institute of Child Health (NICH), Karachi Medical Equipment Project:

APPNE raised funds to buy medical equipment for National Institute of Child health (NICH), Karachi, Pakistan. NICH is one of the largest children's hospitals in Pakistan providing free care to the underprivileged. Project was completed on July 28th, 2021 with the delivery and handing over of over \$13000 worth of infusion pumps, patient monitors and drip stands for semi-ICU unit.

5. Flu & Covid Vaccination Clinics:

- Flu Vaccination Clinic 2020 & 2021:

APPNE hosted 7 flu vaccination clinics in 2020 and 6 clinics in 2021 in the tri-state area (MA, NH & RI). We were successful in vaccinating over 192 people (adults and children). About 53 people (27%) out of 192 received flu vaccination for the first time. Clinics were supervised by APPNE board members with active participation from volunteers from local communities.

- COVID 19 Testing & Vaccination Clinic:

APPNE collaborated with the Worcester Islamic Center (WIC) and hosted free Covid testing clinics on February 5th, 2021 and March 24th, 2021. After the Covid vaccines were approved, APPNE supported the mass vaccination campaign. In collaboration with Worcester Dept. of Public Health (DPH), bi-monthly Covid-19 vaccine clinics were held from December 2020 till April, 2022. APPNE Physicians also volunteered for PAGB supported Covid Vaccination Clinic at ICNE Sharon in May/June 2021.

6. Mental Health Tele-Service:

In the Fall of 2020, APPNE launched a free Psychiatry Consultation Tele-Service by creating a help line to support our community members who struggle with mental health issues and raise awareness. So far, many people have benefitted from this free service.

7. APPNE Fall Meeting:

APPNE hosted Fall meeting after a gap of 2 years at the Knights of Columbus, Lexington, MA on Sunday 12/05/2021. About 100 Physicians, their families and members of the local community attended the event. Program was led by Dr. Daniyal Siddiqui and the guest speaker was Dr. Majid Shafiq who gave an excellent talk on "Vaping and teens: What every Physician and Parent should know". Audiences were entertained with wonderful Urdu poetry by Dr. Ghalaza Alam, Maarij Kirmani and many of our colleagues who shared their talent and love of poetry and music with us.

8. CDRS & Portable Ventilator Fundraisers:

APPNE Board Members Drs. Daniyal Siddiqui and Zahra Sheikh hosted a fundraiser for Comprehensive Disaster Response Services (CDRS) at their home on Nov 21st. More than \$17500 were collected in a few hours. CDRS is a non-profit charitable organization registered in the United States and Pakistan for disaster relief and development work. APPNE also supported a fundraiser by PAGB and HHRD to send portable ventilators developed by Pakistani scientists at MIT. 30 ventilators were sent to Punjab Rescue 112 ambulance service and are helping save lives every day.

Secretary's Report 2020-2022

9. UMass Endowed Scholarship Project:

APPNE is working towards establishing an endowed scholarship for Pakistani descent students at UMass T.H Chan Medical School, Worcester, MA. Our goal is to collect \$25000. Grant from the State of Massachusetts will match 50 cents/dollar and the scholarship will become \$37500 and award \$1500 to an eligible medical student every year in perpetuity. We urge our community members to support this worthy cause.

10. White Coat for BlackLives:

The gripping shock and sadness of George Floyd's murder in May 2020 was a wake up call for all to stand against injustice, racism. A peaceful protest was organized and was held in front of the Boston Public Library on June 14th, 2020. Gathering of doctors in uniforms protesting to end systemic racism made a strong and powerful impact and showed APPNE support and solidarity for black lives.

11. Blood Donation Drives:

APPNE collaborated with the American Red Cross and Islamic Center of Boston, Wayland MA and hosted three blood donation drives. Local communities were engaged and came to donate to help save lives. Each drive helped collect over 34 units of blood and provided an opportunity to many people who were able to visit the mosque for the first time.

✓ October 31st, 2020

✓ May 29th, 2021

✓ November 13th, 2021

12. Free Clinic for Afghan Refugees:

APPNE collaborated with Worcester Islamic Center Social Services (WICSS) and hosted a free medical and dental clinic for recently arrived Afghan refugees to Worcester area on Jan 23, 2022. Pakistani Physicians continue to support Afghan refugees and regularly volunteer at weekly clinics hosted by WICSS.

13. Pakistan's Ambassador's Visit to NH:

APPNE Past President Dr. Salman Malik hosted Pakistan's Ambassador to the USA, Mr. Asad Majeed Khan at his home in NH on Nov 14th and 15th. The honorable ambassador met Pakistani-American community, visited the Currier Museum of Art, New Hampshire State House, High School and World Affairs Council of NH.

14. APPNE Website Makeover:

The APPNE website was redesigned in December 2020. This provided a new modern look, making it easier to navigate the website for Physicians and the members of the community who surf our website for many free resources. If you have not checked our website, we gladly invite you to take a look: <https://appne.org/>.

Outgoing President's Message

Yousaf A. Shaikh, MD FACP



It was an honor and privilege to serve as President of the Association over the last 2 years. The pandemic demonstrated the vulnerability of the healthcare system, the toxic political environment, and the distrust of science, making it more difficult to treat our patients. However, it was heartening to see the Physicians of Pakistani Descent in New England at the forefront of the response to the pandemic.

Our colleagues provided direct patient care, educated the community about the benefits of vaccination, participated in educational webinars, and held conversation with the community at mosques across New England. We also mourn the death of many of our friends and colleagues who died during this pandemic.

Despite the pandemic and its limitations on in-person gatherings, APPNE was able to conduct significant educational, charitable and social work. Our activities over the last 2 years are summarized in the Secretary's report but I would like to highlight a few of the Board's achievements. We collected and donated over \$13,000 and bought essential life saving medical equipment for one the largest Children's hospital in Pakistan - NICH. Aside from the donations, APPNE Physicians and Dentists contributed thousands of volunteer hours by helping fellow citizens and Afghan refugees in working at free medical clinics in Worcester and Lowell and hosting several free flu and Covid vaccination clinics.

The pandemic caused the cancellation of many blood donation drives across the country, but APPNE was able to collaborate with the American Red Cross and supported 3 drives at ICB Wayland. We plan on supporting more blood drives in the future.

In spite of limited financial resources, we were able to upgrade our website, improve our social media presence, increase membership, (and maintain our non-profitable charity status with the IRS by regularly filing our tax returns). We supported the APPNA MERIT program by co-hosting over 7 webinars for HIV education in Pakistan and we plan on collaborating with - Brown University in organizing a conference on HIV in Pakistan in the fall of 2022.

This country has provided us with limitless opportunities to grow and succeed and we look forward to giving back to our adopted country. The APPNE Board has approved the establishment of a scholarship for deserving medical students at UMass Chan Medical School, one the best medical schools in the country. APPNE Board will continue to follow its mission of supporting education and the next generation of physicians and I will continue to support our Association in this mission.

APPNE Financial Statement

Jan 2020 - Dec 2021

	Total	
	Jan - Dec 2021	Jan - Dec 2020
Income		
Conference Income	\$ 2,040.00	\$ -
Donations	\$ 16,938.53	\$ 9,186.51
Membership	\$ 2,950.00	\$ 2,770.00
Total Income	\$ 21,928.53	\$ 11,956.51
Gross Profit	\$ 21,928.53	\$ 11,956.51
Expenses		
APPNE HIV Webinar	\$ 1,000.00	
Bank Charges & Fees	\$ 15.00	\$ 19.98
COVID Donations	\$ 500.00	\$ 3,491.84
Flu Vaccine	\$ 1,260.00	\$ 1,200.00
Insurance	\$ 800.00	\$ 800.00
Legal & Professional Services	\$ 1,148.54	\$ 1,176.77
Meetings Expense		
Fall Conference	\$ 3,092.00	
Fall Family Picnic	\$ 1,180.00	
Total Meetings Expense	\$ 4,272.00	\$ -
NICH Equipment	\$ 12,800.00	
Office Supplies & Software		\$ 180.59
Paypal Merchant Fees	\$ 541.65	\$ 253.39
Taxes & Licenses	\$ 75.00	\$ 155.00
Website Development & Marketing	\$ 254.99	\$ 2,897.91
Total Expenses	\$ 22,667.18	\$ 10,175.48
Net Operating Income	\$ (738.65)	\$ 1,781.03
Net Income	\$ (738.65)	\$ 1,781.03



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Coronavirus 2019 (COVID-19) Pandemic

Saarah Arshad, MD

Over 500 million people worldwide have been infected to date by COVID-19 during this pandemic, of which over 80 million were in the US. Over 6 million deaths have occurred worldwide and nearly one million in the US. Massachusetts has had over 1.7 million cases of COVID-19 and 20,000 deaths. Over 300,000 cases in New Hampshire with 2,500 deaths and 374,000 cases in Rhode Island with 3,500 deaths to date.

These are profound and sobering numbers.

All lives have been touched by this pandemic one way or another, regardless of age, gender, socioeconomic status, and race. People have struggled with adverse mental, physical, and financial impacts. Healthcare systems have been overstretched and healthcare providers have suffered from burnout.

Like other viruses, SARS-CoV-2 mutates for survival. Different variants have emerged during the pandemic. The most recent variant is a highly contagious subvariant of Omicron called BA.2, which is the dominant strain now in the US and is causing a surge in Europe.

COVID-19 infection is mostly asymptomatic or mildly symptomatic. However, some people develop severe disease, leading to hospitalization and even death. A small group of people suffer from lingering symptoms for months after initial disease which can be quite debilitating. This has been called “long COVID” or post-COVID conditions. Hence it is imperative to remain vigilant and prepared.

Best practices include use of good quality masks, social distancing in crowded areas, keeping test kits readily available at home, and ensuring complete vaccination including boosters when eligible. Currently a second booster is recommended four months after the first booster in certain high risk people.

Studies have shown that vaccination is effective and safe and has played a major role in controlling the pandemic, taking the burden off the healthcare system and protecting the most vulnerable population including the elderly, immunocompromised and persons with certain high risk diagnoses. 66% of the US population and 79% of Massachusetts residents are fully vaccinated to date.

Several treatment options are also available under FDA Emergency Use Authorization (EUA) that work best in the early stages of the disease. Monoclonal antibodies work by neutralizing the virus and are given by intravenous infusion. Their effectiveness has changed with newer variants of the virus. The most current strain is susceptible to monoclonal antibodies called Bebtelovimab. Antivirals include Remdesivir, given intravenously, and Paxlovid (Nirmatrelvir/ritonavir) and Molnupiravir given orally. It is recommended to seek medical help for these treatments, especially if there is a risk of progression to severe disease. These are most effective within 5-7 days of disease onset.

We might feel cautiously optimistic about the dropping numbers of COVID-19 cases and decreasing severity of the disease, likely attributed to high rate of vaccination, natural immunity due to infection and possibly changing virulence of the virus.

But one thing that the past two years has taught us is that we cannot predict the course of this virus. That remains unknown.

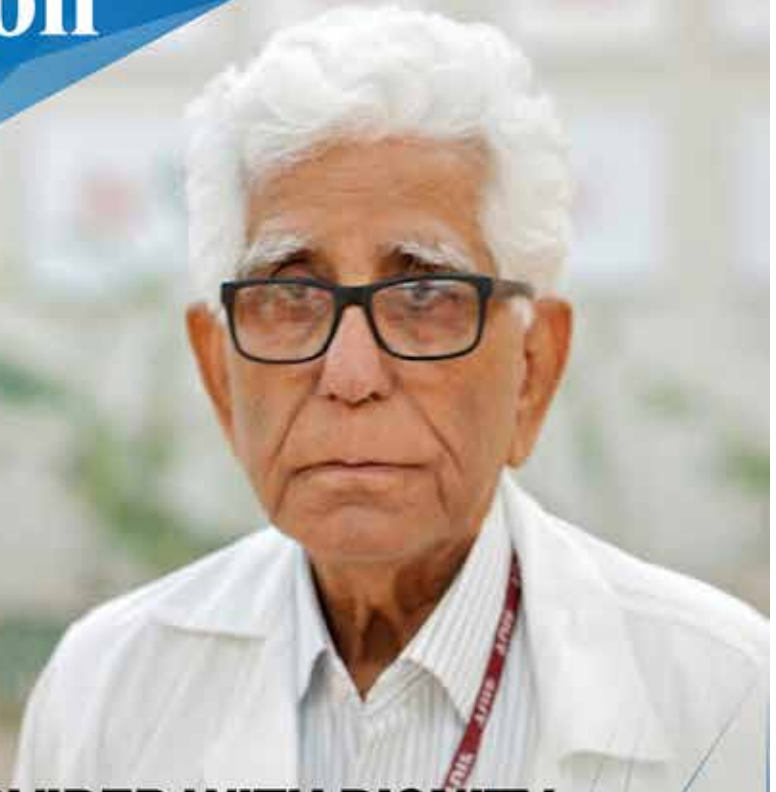
When will the pandemic end?

Will COVID-19 become endemic?

How frequently will we need a booster vaccine?

Only time will tell.

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Annual Meeting 2019

April 20th, 2019



Black Lives Matter Rally

June 14th, 2020



2020 Summer Picnic

September 5th, 2020



2021 Summer Picnic

June 19th, 2021



2021 Fall Picnic

October 2nd, 2021



2021 Fall Meeting

December 5th, 2021



Pakistan's Ambassador to the US visit to New Hampshire - Nov 14th, 2021



CDRS Fundraiser

November 21st, 2021



NICH Medical Equipment Project

March - July 2021



Portable Ventilator Project 2021

PAGB/HHRD/APPNE



Flu & Covid Vaccination Clinics



Blood Donation Drives

2020 & 2021



Free Medical & Dental Clinic for Afghan Refugees - Jan 23rd, 2022



Celebrations 2021-2022



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HIV in Pakistan

Association of Physicians of Pakistani Descent of North America (APPNA)-the Medical Education and Research Investment Task Force (MERIT) HIV Committee 2022 Report
Dr. Fizza S. Gillani, PhD (APPNA-MERIT HIV Committee Chair), Dr. Saima Abbas, MD, Dr. Hammad Ali, MD

EXECUTIVE SUMMARY

This report summarizes activities of the APPNA-MERIT HIV Committee before and after its inception in January 2021. The committee organized HIV educational campaigns during 2021 that more than 700 HIV care providers from Pakistan and HIV experts from the USA attended. These campaigns found that the existing infrastructure and available framework is inadequate for increasing treatment uptake and reducing the number of new HIV infections, HIV transmissions, and morbidity and mortality in Pakistan. The committee planned activities for 2022 based on these findings, with the aim of helping Pakistan's HIV care-providing sector build capacity by creating networks with local educational institutions.

1. Basic facts about HIV/AIDS

- Human Immunodeficiency Virus (HIV) is a chronic infection which progresses with little or no symptoms for 10 years, on average, until the first symptoms of acquired immunodeficiency syndrome (AIDS) appear.
- HIV is contagious and can spread in 3 ways: 1) by blood products (unclean needles or unscreened blood), 2) by mother to baby by pregnancy, labor, or nursing, and 3) by having unprotected sex with any HIV positive person. 1 Iatrogenic (relating to illness caused by medical treatment or diagnostic procedures) transmission is caused by unsafe injection practices in health care settings as well as from unscreened contaminated blood products.
- Antiretroviral treatment is safe, highly effective and lifesaving. It must be taken lifelong, and it is NOT curative. Once the virus is completely suppressed, which means undetectable, it is untransmissible. **Treatment is the best way to prevent transmissions.**

2. Burden of disease in Pakistan and shifting trends in transmission

- Pakistan has been registering 20,000 new HIV cases every year for the past few years, the **fastest growing case count among all countries in the region based on WHO reports.**
- In Pakistan, HIV disease has affected high risk, key populations for over 30 years. 2 More recent statistics from 2019 indicate that a significant percentage of low-risk males, females, and clients of key populations were newly infected, suggesting an increase in HIV transmission to bridging populations (spouses, partners, and clients) of key populations. 3, 4

1 High risk "key" populations that are affected by HIV include sex workers, men who have sex with men, transgender individuals, and injections drug users.

2 The fifth Integrated Biological and Behavioral Surveillance Round conducted in 2016 revealed a steady increase in the weighted prevalence of HIV among the key populations. This includes People who inject drugs (PWID) = 38.4%, Transgender Sex Workers = 7.5%, Transgenders (TG) = 7.1%, Male Sex Workers = 5.6%, Men who have Sex with Men (MSM) = 5.4%, and Female Sex Workers (FSW) = 2.2%.

3 In 2019, only 23% of the new infections occurred in PWID, 18% in MSM, 3% in TGs and 1% in FSW

HIV in Pakistan

- In the last 7 years, Pakistan has witnessed a shift in transmission from “sex to syringe”, as at least 5 out of 7 recent outbreaks of HIV in Pakistan have occurred in children as well as men and women without traditional high-risk behaviors. **Investigations of these outbreaks have revealed that unregulated use of contaminated needles for routine vaccinations, intramuscular and intravenous medical treatments and unscreened blood products are the leading cause of transmission in the general population perceived to be otherwise “low risk”.** ⁵
- Despite the global attention, funding, and resource allocation to Pakistan’s infamous outbreaks in recent years which affected mostly innocent children, the outcomes were heartbreaking. **Most of these victims were silenced by stigma, poor family support, and ignorance about the contagiousness of the virus.** Eventually, unknown numbers of children and adults succumbed to AIDS.

3. Existing infrastructure

Currently, there are 49 antiretroviral therapy (ART) centers operating under the federal and provincial governments, providing free ART, counselling, testing, and treatment service. Per limited and unverified data from these ART centers who register HIV patients in a database, 65% of registered patients do NOT belong to key populations but are from the general public. The number of patients lost to follow-up is significant, and at the end of 1 year only 18% of patients are retained in care on average.

4. 2019-2021 HIV Activities in Pakistan

2019 HIV outbreak in Larkana, Pakistan: After the HIV outbreak in more than 1400 children in Larkana (April 2019 – September 2019), Dr. Gillani was contacted by Larkana area healthcare providers for HIV education. Our team delivered 6 HIV educational webinars to raise awareness and address HIV stigma. Webinars were well attended by local healthcare providers including faculty members from different medical schools in the area. Reports and recommendations were presented to different departments of the Pakistani government.

2020 HIV in Pakistan situation awareness efforts continued: HIV situation in Pakistan was closely followed. The team performed many dissemination activities, including presenting a CME lecture at APPNA annual meeting, presenting lectures in different higher education institutions in Pakistan, and publishing editorial reports in Pakistan journals to raise awareness about the outbreak.

2021: APPNA-MERIT HIV committee was created on Dr. Gillani’s request.

- Partners from different institutions in the USA and Pakistan were invited; the team laid out a mission statement and identified committee aims.

4 As predicted by the survey in 2016, the HIV epidemic in Pakistan is following the Asian Epidemic Model trend, where the epidemic has nearly plateaued in people who inject drugs and has moved into sexual networks where a gradual spillover into the general population through bridging populations is silently taking place.

5 Injection overuse and unsafe injection practices have been driving the Hepatitis B and Hepatitis C epidemics and now HIV has joined this opportunistic pathway of transmission.

HIV in Pakistan

- “HIV Awareness, Prevention, and Educational Project in Pakistan” was launched as an educational activity. Primary aim was to reduce stigma and increase awareness about HIV/AIDS disease among the healthcare community by empowering them with knowledge about HIV disease and its management. Thus, providing them with the right tools to care for people living with HIV enabling them to achieve viral suppression and thereby improving their quality of life and preventing future transmissions.
- A total of 11 educational webinars focusing on different aspects of HIV management were delivered by top faculty members from 27 different educational, clinical, and policy related institutions from the USA and Pakistan. **Speakers from the USA presented the latest evidence and guidelines pertaining to HIV care as well as the challenges in delivery of care in USA. Colleagues and faculty members from Pakistan presented the challenges encountered with implementation of standards of HIV care in Pakistan.**
- HIV care providers and other healthcare providers from Pakistan attended the webinars. Feedback evaluations confirmed that the webinars were viewed as helpful and successful in achieving the goal of increasing awareness and reducing stigma about HIV.
- HIV Committee also supported the Common Management Unit for HIV, TB, and Malaria, Government of Pakistan, and their initiative to start an HIV-ECHO program to train HIV care providers working in different centers across Pakistan.
- Based on the rich collaboration and the valuable knowledge shared in the webinars, the committee published an “HIV in Pakistan Report” on World AIDS Day in 2021. The report included many policy implications questions, and suggested solutions from the participants. After this report publication, for the last webinar in December, we invited all funding institutions and stakeholders involved in HIV care in Pakistan to discuss actions items from the published reports.
- The group is also working on creating an HIV 101 course for the HIV care providers and their staff.

5. 2022 planned activities

a. Build capacity: Adopt an ART Center to enhance HIV care in Pakistan project aims to help develop and strengthen the skills, abilities, processes, and resources that the healthcare sector and communities need to provide the best HIV care services in Pakistan as well as to control future HIV transmissions in the country.

b. HIV Research/Clinical Awards: MERIT HIV Committee with APPNE partnership and/or through other sources will award two scholarships of \$500 each in 2022: one to a 4th or 5th year medical student to pursue a research/clinical project in the HIV area, and one to a PhD scholar doing research in HIV. These students are then required to publish their project findings in local journals. Appropriate guidance with the help of Pakistani and US faculty members will be provided to the winning students for their project.

c. HIV 101 Course will be finalized within the next few months.

d. HIV knowledge dissemination: the HIV committee members are working to publish summaries and scientific HIV knowledge from webinars in different journals of Pakistan

In summary, local healthcare institutions and medical colleges in Pakistan can play a vital role in controlling Pakistan's HIV epidemic through educating themselves, their colleagues, their students, and their patients, and by adopting complementing strategies implemented by government agencies.

The emotional and physical turmoil of elder abuse — a first-hand account

(An 86-year-old woman shares her story of forced eviction, physical violence)

Lubna Kazim

(Initially published in “Dawn” newspaper on October 1, 2021. Reproduced here with author’s permission. Author is mother of APPNE Member Dr. Batool Kazim)

Earlier this year, President Arif Alvi promulgated the Parental Protection Ordinance 2021, under Article 89 of the Constitution, providing protection and security to elders against forced eviction from their homes and making such acts liable to punishment such as one-year jail term or fine, or both. Below Dawn.com shares a story by an 86-year-old woman of elder abuse.

My son Nauman was studying in college in Karachi when he fell in love with his classmate Zeba. My husband and I lived in Lahore where he was posted in a government department and I was teaching in one of the city’s popular private schools.

They got married soon after completion of their studies and my son decided to settle in Karachi. It was a tumultuous relationship from the beginning with her controlling the trajectory of their married life since my son was afraid of her temper and tantrums.

When their first child – a son – was born, my mother (the baby’s great grandmother) lovingly stitched a layette for the baby, but the gift was sent back much to our bewilderment. My mother was completely heartbroken. They kept the gift money I sent from Lahore, which was my month’s salary as a school teacher. Two more sons were born in quick succession.

I remember one January when their kids were young, they came to stay with us. It was very strange but she refused to eat with us. My husband was very sick but she would not even enquire about his health.

Then Nauman found work in the UAE and they moved there. My grandsons, after completing their high schools, went off to Canada to complete their university degrees.

I continued living in Lahore with my husband. When he passed away in 2011, I gave my apartment on rent and moved in with my sister. I spent half the year in the US (where my other son and my daughter live).

On my way to the US, I would stop for a week in the UAE to meet them. One time, when she found out about my travel plans, she rang me up and told me very rudely that I cannot stay as their son and daughter-in-law were also coming around the same time. I had no choice but to put up with a cousin in the UAE for a week and made some excuse to my son why I could not stay with them that year.

After their graduation, Nauman’s younger two also got jobs in the UAE.

Elder Abuse

After living and working in the UAE for over a decade, Nauman lost his job and returned to Pakistan in 2020 just as the coronavirus was raging and jobs had dried up. This time, Nauman decided to relocate to Lahore. One of his sons decided he wanted to explore more options and returned with his parents as well.

Since Nauman had to restart his life all over again after returning to Pakistan, they moved into a rented apartment but asked me if they could sell my flat for all of us to be able to move into a bigger and newer one since mine was in a rundown state. His siblings and I agreed, and gave him the power of authority to do that.

But living in the same space was not comfortable. The minute I would go towards the kitchen to grab something to eat from the fridge, Zeba would come behind me. I would make a weak remark that I was filling my water bottle. She made me feel as if I was raiding her fridge. She even taunted Nauman for spending money to feed me mangoes!

Two weeks after we settled into our temporary abode, Zeba told me to leave. This was also two weeks after my son and daughter living in the US sent their power of attorney to Nauman, giving up their share of the inheritance.

Once secure on that account, she decided to get rid of me. She said the house did not belong to Nauman as the rent was being paid by my grandsons. The words she uttered, "May you burn in hell" and "I hate you!", in a fit of temper keep resounding in my ears. After she threw me out, she sent a text to my daughter which read: "I have thrown your mother out on the street; go and collect her, and take her to your house."

Next she lunged towards me with my walking sticks. My grandson and Nauman came from behind to hold her from hitting me. But she still managed to strike me.

I sat down unbelieving of what had just happened. She looked at me and shouted at me to leave. Then she screamed saying: "You will not take Nauman, and you will not take the car."

But Nauman came with me. She screamed and threatened: "I will tell everyone that you abandoned me."

With my two suitcases, I was unceremoniously made to leave the house. Nauman came with me and I was fortunate to have friends who took a widow and her son in, and we were able to move into a one-bedroom spare room.

Shocked at the nightmare that had befallen me, my health took a nosedive. I lost the ability to walk while my hemoglobin, that was 14.4 in April, plummeted to 6. I suffered from internal bleeding and needed two blood transfusions. The doctor said poor nutrition and bleeding gastric ulcers from the traumatic experience had caused this.

I had never faced such emotional and physical violence before and hopefully never will.

Urdu Poetry

Ghazala Alam, MD

جب دو

اپنا تن دو اپنا من دو
اپنے جیون کا ہر اک دن دو
دل کھول کر اپنا سب کچھ دو
جب دو تو کچھ ایسے دو

کہیں ساتھ دو کہیں ہاتھ دو
کہیں ٹوٹے دل کو سہار دو
کہیں جیت کر بھی سب بار دو
جب دو تو کچھ ایسے دو

ہر جہل کو نیا علم دو
ہر جنگ میں سرف امن دو
ہر جھوٹ کے پیر کاٹ دو
ہر ظلم کے ہاتھ باندھ دو
جب دو تو کچھ ایسے دو

کہیں خضر ہو اور اشارہ دو
کہیں مصیحا ہو اور شفا دو
کہیں ڈوبتے کو کنارہ دو
جب دو تو کچھ ایسے دو

اور جب زر دو یا زمین دو
اس باتھ کو خبر نا ہو
اس باتھ سے چپکے سے دو
جب دو تو کچھ ایسے دو

الذائمہ کے مریض کی صدا

میرے آس پاس کون ہے
مجھے سب علم ہے آج بھی
مجھے لوگ سمجھتے ہیں بے خبر
مجھے سب خبر ہے آج بھی

میری سوچ رک سی گئی ہے کچھ
میرے بچپنے کی یاد میں
مجھے دوستوں نے بھلا دیا
مجھے یاد ہیں وہ آج بھی

میرا گھر وہی، میرا در وہی
مجھے یاد ہیں وہ سب راستے
مجھے روکتے ہیں قفس کئی
میری راہ میں ہیں رکاوٹیں

میری نیند کیوں ہے اجڑ گئی
میری بھوک بھی ہے اب مٹ گئی
میرے پاس بیٹھو، میرا خواب بنو
مجھے اپنے ہاتھ سے کھلاؤ بھی

میرے اپنے دکھی
مجھے دیکھ کر
میں بے کیسے کروں انہیں خبر
مجھے زندگی کی تمنا ہے
مجھے فتوہ ئ موت نا سناؤ ابھی

AWARDS & RECOGNITION

APPNE Board recognizes following 4 individuals in the New England area for their distinguished service in multiple disciplines.

1. Muhammad Ramzan, MD

Assistant Professor of Neurology, UMass Medical School

Dr. Ramzan has been part of the Worcester community for over 20 years. He served as President of APPNE from 2014-2016. Subsequently he was elected as President of Worcester Islamic Center (WIC) which he served with distinction for 4 years. Dr. Ramzan helped establish WIC social Service and started weekly free clinic at the WIC 3 years ago. After the arrival of first afghan refugee in the Worcester county Dr. Ramzan has taken a leading role in helping the refugees settle. He has collaborated with local and state re-settlement agencies to find proper housing for the refugees, arranged daily lunches, job fairs and helped started English Language classes. He re-located the weekly clinic to the hotel where majority of the refugees are staying to address immediate healthcare needs of the refugees. APPNE Board recognizes him for years of distinguished community service.

2. Asim Ijaz Khwaja, PhD

Professor of International Finance and Development, Harvard Kennedy School

Dr. Khawaja is a Pakistani-American economist who serves as Director of the Center for International Development and the Sumitomo-Foundation for Advanced Studies on International Development Professor of International Finance and Development at the Harvard Kennedy School, and co-founder of the Center for Economic Research in Pakistan (CERP). His areas of interest include economic development, finance, education, political economy, institutions, and contract theory/mechanism design. His research combines extensive fieldwork, rigorous empirical analysis, and microeconomic theory to answer questions that are motivated by and engage with policy. He is being recognized for his leadership in Education and Economic Development in Pakistan.

3. Fizza S. Gilani, PhD

Associate Professor of Medicine (Research), Brown University

Dr. Gillani is an Associate Professor of Medicine at the Alpert Medical School of Brown University, as well as Visiting Faculty at Brown Center for Biomedical Informatics in Providence, Rhode Island. Her area of research covers many different aspects of public health including HIV, TB, HCV, Medical Informatics, and now COVID-related research. Dr. Gillani began looking into the HIV situation in Pakistan in 2019 and coordinated HIV educational webinars for all healthcare providers in Larkana in response to the HIV outbreak. In January 2021, Dr. Gillani helped found the APPNA-MERIT HIV Committee, and became the committee's first Chairperson. Since its establishment, this committee has worked on many partnerships in Pakistan with federal government departments and academic institutions. Dr. Gillani also mentors several PhD students in Pakistan who are doing research on HIV issues in Pakistan. As a scholarly expert in this field, she is grateful to be able to contribute and give back to Pakistan through her work to raise awareness and combat stigma of HIV in Pakistan. Dr. Gillani is being recognized for excellence in Public Health.

AWARDS & RECOGNITION

4. **Salman Malik, DMD, MD**

Oral & Maxillofacial Surgeon, Londonderry, NH

Dr. Malik is the Current Trustee for the Derryfield School, Current Board Member at the World Affairs Council of New Hampshire, Past Member and President of the Rotary Club of Londonderry, Past Member of the New Hampshire Governor's Advisory Council on Diversity, Equity and Inclusion, Past National Board Member for PAKPAC and Past President of APPNE.

As the saying goes, "if you're not at the table, you're on the menu." Making efforts to help our masjids and community is important, but branching out beyond those borders is as equally important. With the amount of talent we have in our community, our institutional presence should be the norm, not the exception. APPNE board recognizes his years of leadership and service in building relationship with the community.

APPNE Board proudly recognizes and appreciates following Physicians who have worked hard to earn the respect of their colleagues and have received awards and promotions at their respective institutions in the New England.

1. **Sahar F. Zafar, MD MSc**

Critical Care Neurologist | Neurophysiologist

Assistant Professor of Neurology, Harvard Medical School

Associate Medical Director, MGH Neuroscience Intensive Care Unit

Director, Neurocritical Care Comparative Effectiveness Lab

Awards:

- 1) (2021) Mass General Brigham Anne Klibanski visiting scholars award presented to women faculty clinicians and researchers at MGH, who have shown exceptional promise as leaders in their field.
- 2) (2021) American Epilepsy Society Infrastructure Grant - MGH PI for a multi-center project "PASSION-Post-Acute Symptomatic Seizure Investigation and Outcomes Network (PASSION)". This multi-center project will evaluate long-term neuro-cognitive outcomes, anti-seizure medication safety, and long-term seizure risk in patients who have acute symptomatic seizures after acute brain injury or systemic illness."
- 3) (2022) Co-Director, Center for Value-Based Healthcare and Sciences, in the Department of Neurology at Massachusetts General Hospital. This new center, aims to develop and implement healthcare delivery models that improve quality of care, patient experience, and patient-generated outcomes across.

2. **Neishay Ayub, MD**

Assistant Professor of Neurology, Brown University

Awards: Dean's Excellence in Teaching Award 2021

Leadership Position: Neurology Diversity Equity and Inclusion (DEI) Officer

AWARDS & RECOGNITION

3. **Ahmed Daniyal Siddiqui, MD**

Division Chief Hematology and Medical Oncology St. Vincent Hospital Worcester MA

Medical Director St. Vincent Hospital cancer and wellness center Worcester MA

Promotion: Associate Professor of Medicine, University of Massachusetts Medical School

Awards:

Teacher of the year award from the house officers of St. Vincent Hospital 2018-2019

Nominated for Physician of the year award 2018

Nominated for Physician of the year award 2019

4. **Khadija Chaudrey MD**

Staff Gastroenterologist, Lahey Hospital and Medical Center

Assistant Professor of Medicine, Tufts University School of Medicine

Inaugural founder of formal mentorship program at Lahey for internal medicine residency.

Title: Program Director GIM mentorship program

Teacher of the year award. Lahey GI fellowship 2020-2021

Seven GI fellows vote to select an educator from entire department to be awarded for the commitment and excellence in teaching

APPNE Board would like to recognize following individuals and organizations for their charitable work in the New England area and in Pakistan.

1. **Free Clinic Volunteers:**

APPNE Board would like to recognize following Physicians of Pakistani Descent who have worked at the Lowell Community Center and WICSS Free clinic and have provided free care.

Dr. Khalil Khatri, Dr. Anila Medina, Dr. Jamila Khalil, Dr. Zehra Sheikh, Dr. Farah Mufti, Dr. Fozia Qamar, Dr. Rubina Yaqub, Dr. Laila Ramzan, Dr. Irfan Asghar, Dr. Saqib Chaudhry, Dr. Yousaf Shaikh & medical students.

2. **Mr. Siraj Ahmed**

President, Pakistan Association of Greater Boston (PAGB)

3. **Mr. Rashid Shaikh**

Event Committee Chair, Friends of Imran Khan Cancer Appeal Inc. (Boston)

4. **Mr. Humayun A.Kabeer**

Planned Giving Manager, Helping Hands USA

5. **TCF Boston Chapter Leadership**

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