



My Evolvement with Sumi

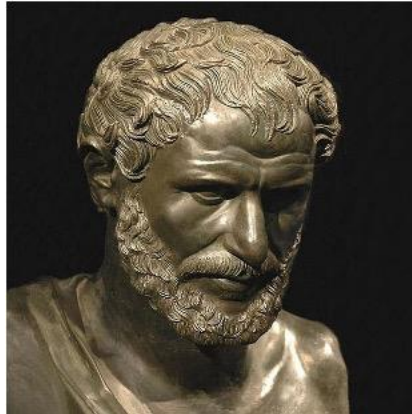
By

Kanu (KC) Mehta

September 12, 2025 – V2.0

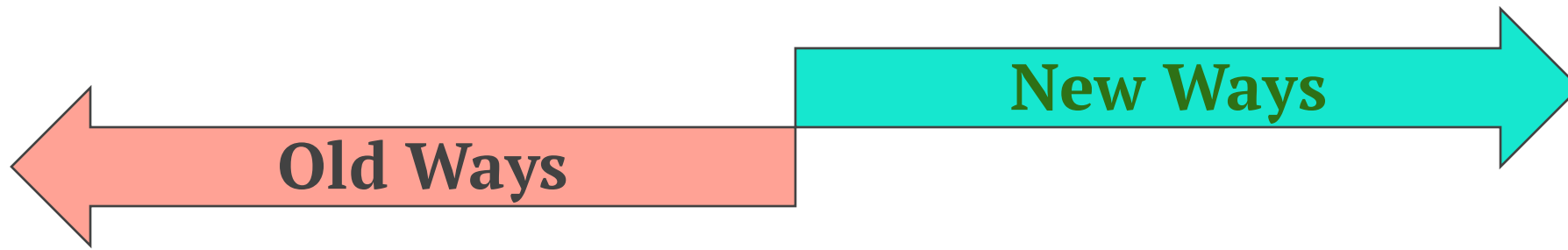
“The Only Constant in Life is Change”

- Heraclitus, a Greek Philosopher, 600 BC



Āśrama (आश्रम) is a system of stages of life discussed in Hindu texts of the ancient and medieval eras

Age (years)			
Birth to 25	25 to 50	50 to 75	75+ (or anytime)
Brahmacharya (Students Life)	Grihastha (Household Life)	Vanaprastha (Retired life)	Sannyasa (Renounced life)
<p>Bachelor student stage of life focusing on education.</p> <p>Learning to a life of Dharma (righteousness, morals, duties).</p>	<p>Duties of maintaining a household, raising a family, educating one's children, and leading a family-centered and a dharmic social life.</p> <p>Most intense physical, sexual, emotional, occupational, social and material attachments exist in a human being's life.</p> <p>Rat Race</p>	<p>Handing over household responsibilities to the next generation, took an advisory role, and gradually withdrew from the world.</p> <p>Greater emphasis on Moksha (spiritual liberation).</p>	<p>Renunciation of material desires and prejudices, generally without any meaningful property or home (Ascetic), and focused on Moksha, peace and simple spiritual life.</p> <p>Anyone could enter this stage after completing the Brahmacharya stage of life.</p>



SOME OF MY CHANGES

- ❖ **A change from within:** Self-insight and self-analysis. The ability to demonstrate personal growth.
- ❖ **A change in the mind-set:** To look at life differently. To understand that priorities and values, including one's own, are not absolute. An awareness of life's impermanency and ambiguities like poor health, traumatic events, calamities. Also, to get legal papers in order, such as a Trust, Will, Power of Attorney and Guardianship.
- ❖ **A change in personal behavior or habits:** Taking care of health, diet, exercise.
- ❖ **A change in relationship with others:** A change toward spouse, parents, children, grandchildren, siblings, loved ones, friends, relatives, and colleagues.
- ❖ **Re-inventing:** Engaging in new activities and making new connections. A reduction in self-centeredness. An increase in generosity, to give back without needing anything in return. Less emotional volatility. Increased gratitude and acceptance.



Categories of Change Over the Last 10 Years

- 1. Changes Due to the Passage of Time**
- 2. Changes Accelerated Due to Sumi's Alzheimer's**
- 3. Changes in the Works for My Healing and Growing (Life After Sumi)**



Engineer



To

Family Caregiver

Salary

To

Social Security (2017) / Pension (2007)

Looking Good

To

Doing Good

(Custom made suits and shirts)

Camaraderie

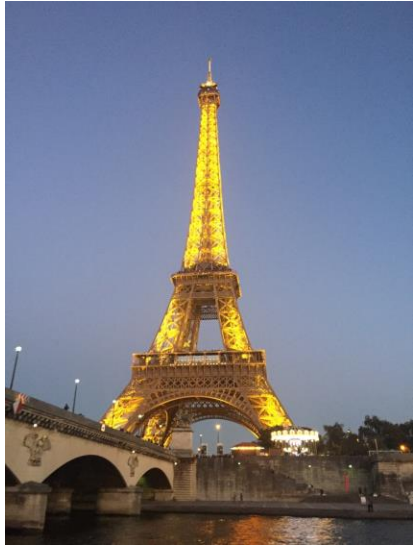
To

Solitude

TV & Print News Junkie

To

Reading & Music - TV Agitated Sumi



Professional Career

To

Caregiver

Vacations
(Traveled to 29 countries)

To

Vocation
(Caregiving, Advocacy for Alzheimer's)

Joint Decisions
(Reciprocal)

To

Solo Decisions
(Non-reciprocal)

Employee

To

Employer (Caregivers)



Engineer

to

Caregiver

Husband

to

Guardian - Husband

Home



to

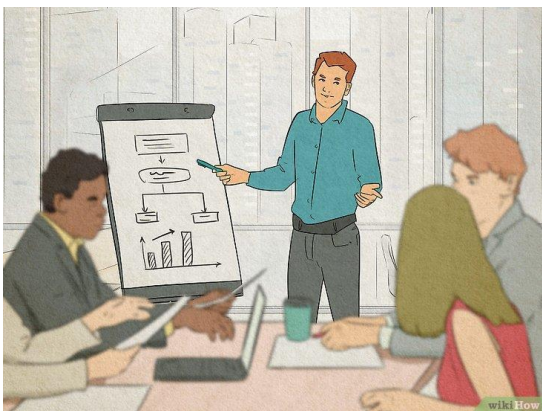
Care Home / Hospice
(Sumi's Safety - Creative Problem Solving)



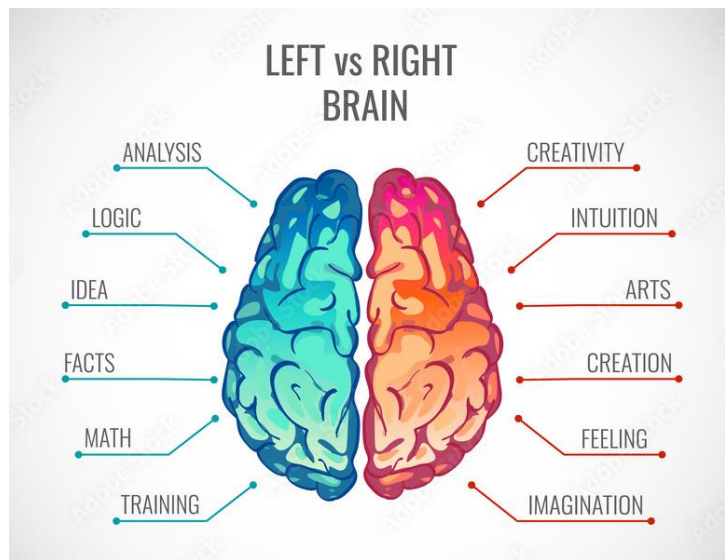
Sharing a Bed

to

Separate Beds
(It became 24/7 monitoring of Sumi)



Left Brainer



To



Right Brainer

Alpha Male Tendencies

To

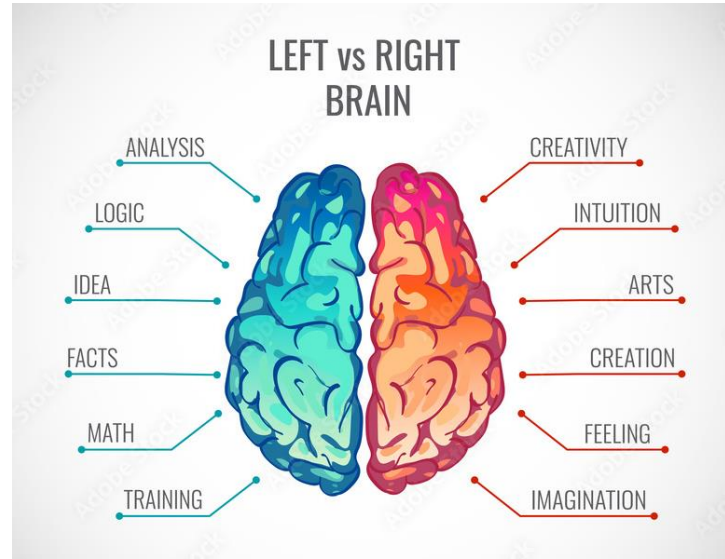
Omega Male Tendencies

- ❖ Product of the environment – Growing in Mumbai
- ❖ An alpha male is dominant and most influential member of a social group
- ❖ Mentally strong, confident, assertive, and in control of his environment and likes to maintain a sense of power over his peers

- ❖ The omega male is the opposite of the alpha male. They normally don't have that many friends but are very intelligent and have lots of other hobbies and interests
- ❖ They will do whatever they want and don't care about getting validation from others



Left Brainer



To



Right Brainer

Technical Language
Engineering Drawings

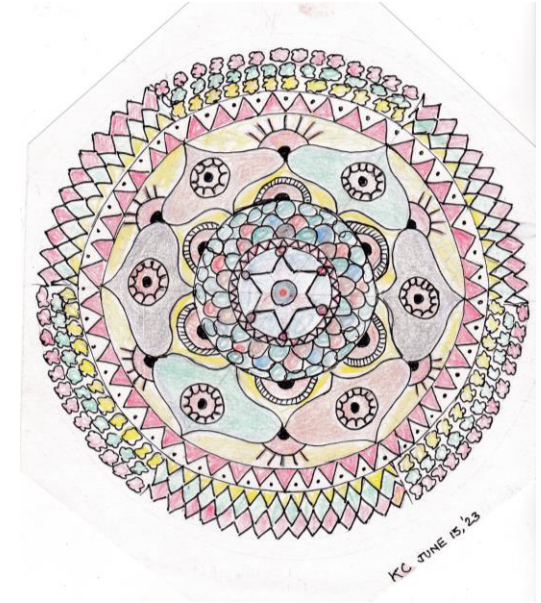
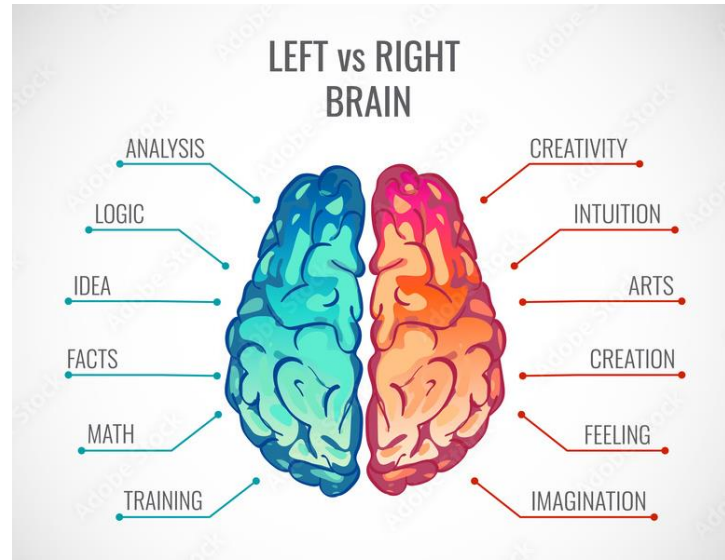
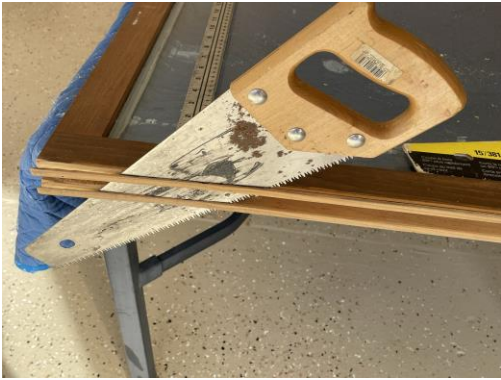
To

Body Language, Nurturing
Super detective
Read Sumi's needs, pain or discomfort
Non-verbal cues, Tone of voice, Gestures

Analytical, Reasoning

To

Intuitive, Sixth Sense
Emotional, Cry in Solitude



Left Brainer

To

Right Brainer

Creating Parts
(Job of an Auto Engineer)

To

Creating Arts

Argue

To

Agree

Linear Thinking
(Blind Men and the Elephant)

To

Holistic Thinking
(Sense of proportion. Recognize the important things and let go of the trivial)



Denial

What? (Shock)

Why? (Anger)

To

To

SARA



Emotional Acceptance

So What? (Reflection)

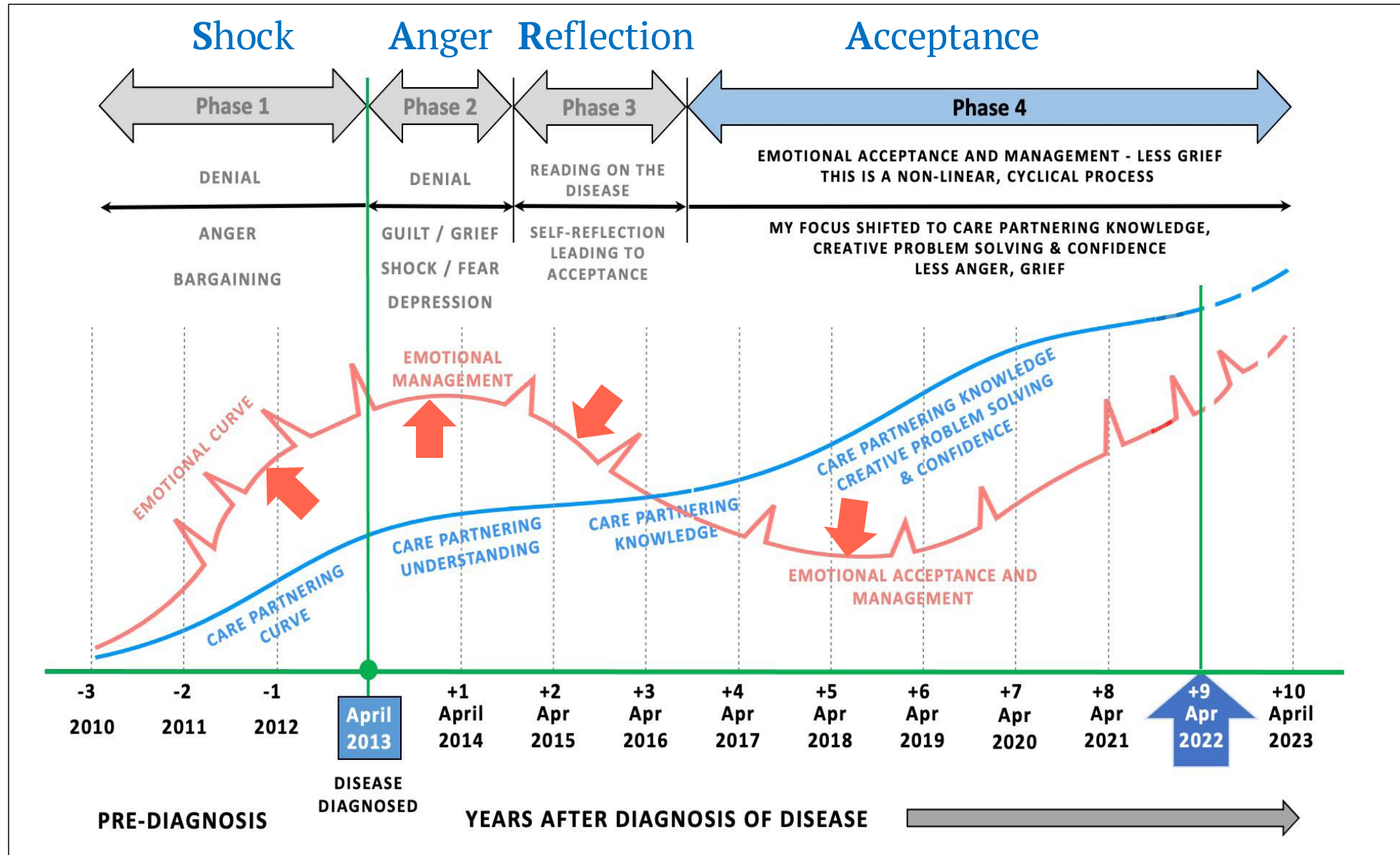
Now What? (Acceptance)

What?

Why?

So What?

Now What?

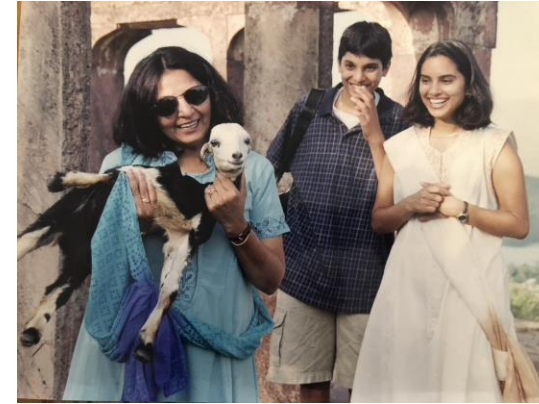




Denial

To

Emotional Acceptance



Confusion

To

Clarity, Focus

{Mandir (Temple), Devta (God) and my Pooja (worship) is Sumi}

Unknowns, Chaos

To

Calm, Emotional Equanimity

(To meet painful emotions with awareness and
grieving with less pain)

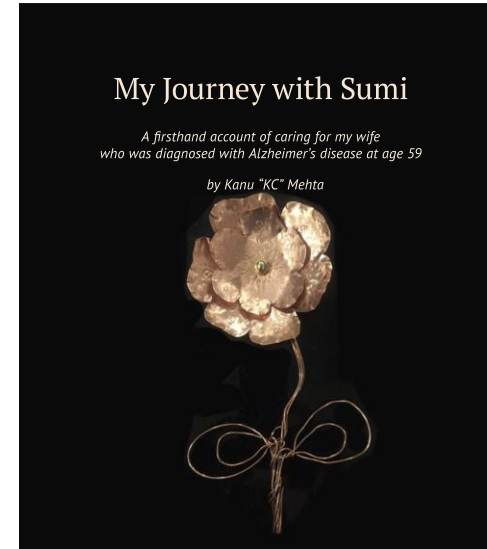
Stressful

To

Mindful, Self-Healing, At Peace



Worrying



Journaling (Book)

Guarded, Secretive
(Suffering in silence)

Critical

Tell

Control

To

To

To

To

To

Open, Authenticity, Vulnerability
(Educate, Manage my own narrative)

Explain

Listen

Surrender, Go with the Flow



Knowledge, Skills
Experience

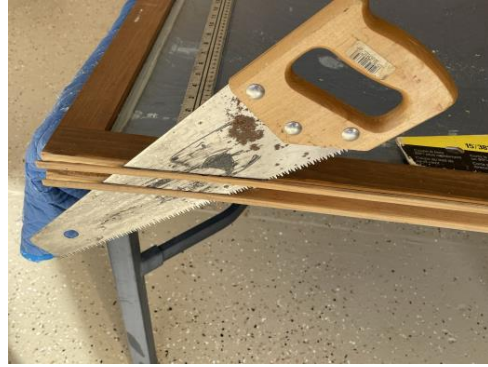
Introspection
(Mental Churning – Nectar
Distill Into an Essence)

Spirituality, Wisdom
Guiding Principles



Buddha (500 BCE)

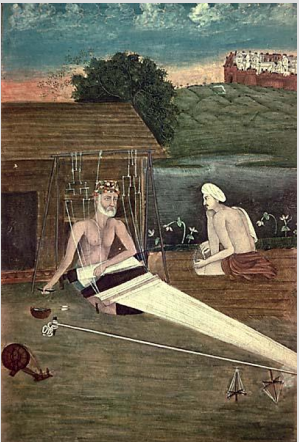
Life is Suffering
Physical, Mental, Emotional, Financial, Relationship, Versus Own Self
But Life Could Be Blissful, If You Manage It By
Living in the Present with Mindfulness, Love and Compassion and Patience



Knowledge, Skills Experience

Introspection (Mental Churning – Nectar Distill Into an Essence)

Spirituality, Wisdom Guiding Principles



पोथी पढ़ि पढ़ि जग मुआ, पंडित भया न कोय,
ढाई आखर प्रेम काँ, पढ़े सो पंडित होय।

*Pothi Padh Padh Jag Mua, Pandit Bhayo Na Koye
Dhai Aakshar Prem Ke, Jo Padhe so Pandit Hoye*

Translation:

*Reciting scriptures, none became wiser
One who reads the word of Love, only becomes wise*



Knowledge, Skills
Experience

Introspection
(Mental Churning – Nectar
Distill Into an Essence)

Spirituality, Wisdom
Guiding Principles



Krishna – Arjuna

The Gita says:

"Do your allotted work (in Sanskrit कर्म) but renounce its fruit
Be detached and work without focusing on reward."

"He who gives up action falls.
He who gives up only the reward rises."



Knowledge, Skills
Experience

Introspection
(Mental Churning – Nectar
Distill Into an Essence)

Spirituality, Wisdom
Guiding Principles



Christ

Love One Another
As I Have Loved You



Knowledge, Skills Experience

Introspection

(Mental Churning – Nectar
Distill Into an Essence)

Spirituality, Wisdom Guiding Principles



Qur'an
17 Sura Al-Isra, Aya 23

Your Lord decreed that you do good to your parents

If any one of them reaches old age:

- Do not say *Uff* to them (word/expression of anger or contempt)
- Do not scold them
- Address them with respectful words



Knowledge, Skills
Experience

Introspection
(Mental Churning – Nectar
Distill Into an Essence)

Spirituality, Wisdom
Guiding Principles

Anger

To

Love, Compassion, Patience, Tolerance
(Wife → Patient)

Greed (Self-centeredness, Me first)

To

Generosity (You first)

Accumulate

To

Less is More (Reduce, Reduce, Reduce
Simplify, Simplify, Simplify)

Seeking (Who am I?)

To

Finding a Purpose



Life with Sumi

(**Then:** As a wife - **Now:** Role of a Caregiver)

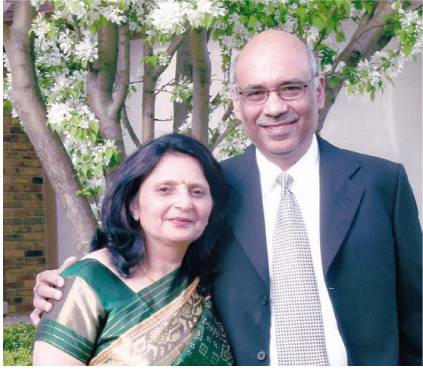
To

Life After Sumi

(New Role - ???)

Self-Healing, Grieving with Less Pain

In our Journey, I have come to realize that grief is not the process of forgetting or suppressing memories of Sumi. Instead, I remember those memories at will or on special occasions, with less pain



Life with Sumi

(**Then:** As a wife - **Now:** Role of a Caregiver)

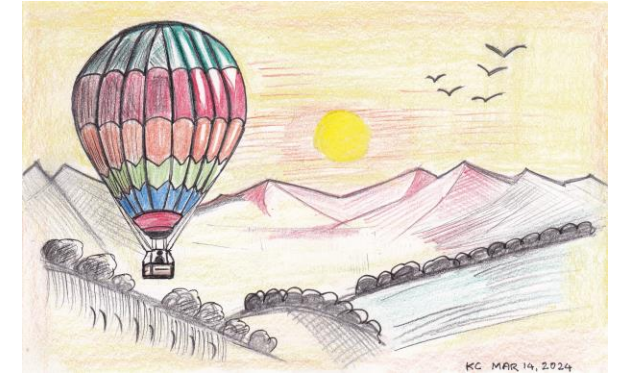
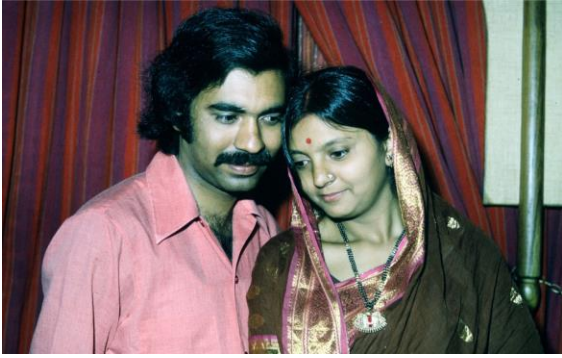
To

Life After Sumi

(New Role - ???)

Re-inventing and Growing in New Directions, Engaging in New Activities, Making New Connections, Giving Back - Helping Others

- ❖ For the last six years, I have been taking the Art classes at Birmingham Bloomfield Art Center in Michigan. Art classes give me a temporary respite from my daily chores of caregiving and allow me to make new connections.
- ❖ I conduct monthly Cooking Classes with caregivers at my home. This allows us to share our caregiving Journeys and support each other over home-cooked meals..
- ❖ I am a committee member of the Chrysler Retiree group. We conduct webinars on the aging issues for our members.



Life with Sumi

(**Then:** As a husband - **Now:** Role of a Caregiver)

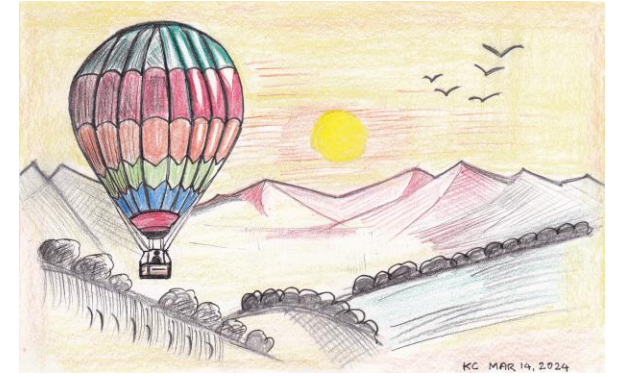
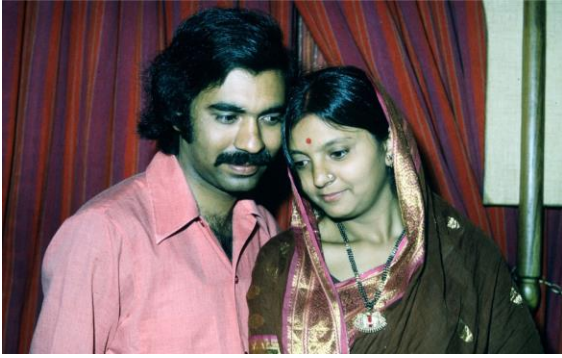
To

Life after Sumi

(New Role - ???)

Re-inventing and Growing in New Directions, Engaging in New Activities, Making New Connections, Giving Back - Helping Others

- ❖ Since 2020, I facilitate bi-weekly Zoom meetings with a group of college friends of more than 50 years. We discuss topics ranging from society, technology, economics, ecological, ethics, ideas, policy, and political trends
- ❖ I am a team member of the “Art of Aging Successfully.” This is a yearly event organized by Wayne State University. I conducted a workshop on the 12Cs® of In-Home Caregivers, focusing on how to hire and evaluate in-home caregivers at this event on June 13, 2024.
- ❖ A Board Member of “Sukoon Care,” a company with similar cultural values of caring of loved ones in their homes.



Life *with* Sumi

(**Then:** As a husband - **Now:** Role of a Caregiver)

To

Life *after* Sumi

(New Role - ???)

- Be an advocate to increase awareness of Alzheimer's
- Reduce the stigmas and taboos associated with it
- Created an international award-winning documentary

Made presentations at:

- ❖ A Senior Care Facility in Framingham, MA, May 2024
- ❖ Bharatiya Temple in Troy, MI, June 2024
- ❖ Bloomfield Township Senior Center, MI, September 2024
- ❖ The Goodfellows in Mumbai, India, November 2024
- ❖ Muslim Community Association in Ann Arbor, MI, April 2025
- ❖ Magnolia by the Lakes. An independent and assisted living resort, July 2025
- ❖ Chai & Business, September 2025



My Journey with Sumi



My Transformation



Thank You

*To the world you may be one person;
but to one person you may be the world*

— Dr. Seuss