



Evolving with Sumi

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Chai & Business sponsored by Cogent

Farmington Hills Manor

23666 Orchard Lake Road, Farmington Hills, MI 48336

Wednesday, October 22, 2025

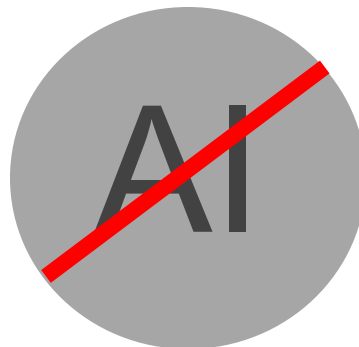
7:00 pm – 7:30 pm

This presentation is on my website – My Journey with Sumi

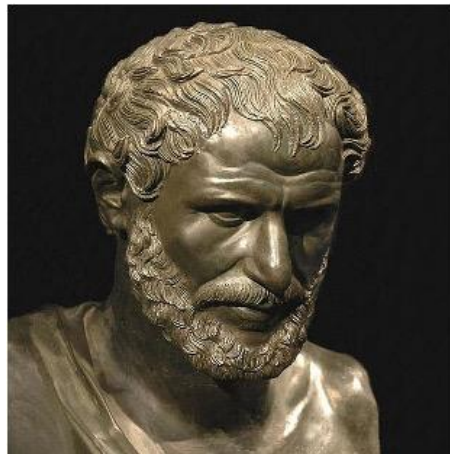


Motivation behind creating this presentation

WXYZ – Channel 7 ABC interview by AgeWays, Jan 12, 2024



This presentation is AI free



“The Only Constant in Life is Change”

– Heraclitus, a Greek Philosopher, 600 BC



Categories of Evolvment Over the Last 10 Years

My Evolvment:

1. Due to the Passage of Time
2. Accelerated Due to Sumi's Alzheimer's
3. In the Works for My Healing and Growth (Life After Sumi)



- ❖ **My evolution is what I aspire to achieve.
It is my work in progress.
A journey, not a destination.**
- ❖ **I cannot be the judge of my own growth.
Only those who know me can see how much
I have grown and continue to evolve.**



1. Evolvement Due to the Passage of Time

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

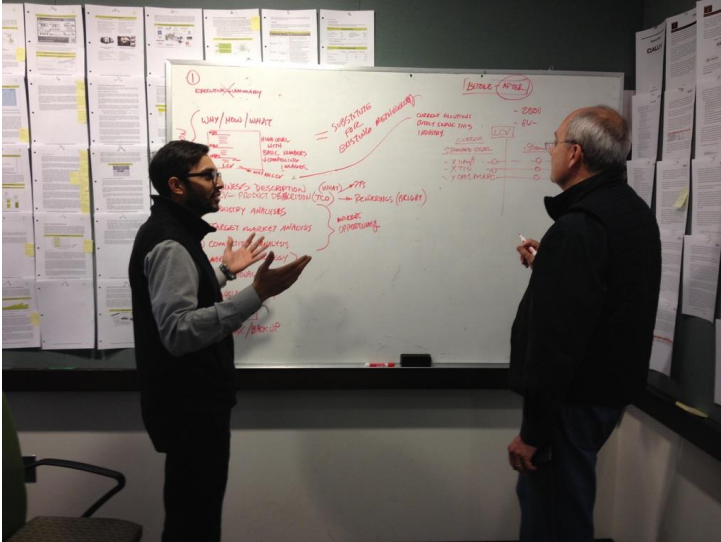
Age (in years)			
Birth to 25	25 to 50	50 to 75	75+ (or anytime)
<i>Brahmacharya</i> (Student Life)	<i>Grihastha</i> (Household Life)	<i>Vanaprastha</i> (Retired Life)	<i>Sannyasa</i> (Renounced Life)
Bachelor Student Stage Focusing on education Learning to a life of Dharma Righteousness Morals Duties	Duties of maintaining a household, Running a family, Educating children, Leading a family centered and dharmic social life Most intense physical, sexual, emotional, occupational, social and material attachments that exist in human being's life Rate Race - Money, Fame, or Power	Handing over household responsibilities to the next generation Take an advisory role Gradually withdraw from the world Greater emphasis on Moksha (Spiritual liberation)	Renunciation of material desires and prejudices Generally, without and meaningful property or home (Ascetic life) Focused on Moksha, peace and simple life Anyone could enter this stage after the Brahmacharya stage of life





Evolution Accelerated Due to Sumi's Alzheimer's

2. Changes Accelerated Due to Sumi's Alzheimer's



Engineer

Salary / Consulting

Looking Good
(Custom-made suits and shirts)

TV & Print News Junkie



To

To

To

To



Caregiver

Pension (2007) / Social Security (2017)

Doing Good

Reading & Music - TV Agitated Sumi





Professional Career



To



Caregiver

Vacations
(Traveled to 29 countries)

To

Vocation
(Caregiving, Advocacy for Alzheimer's)

Joint Decisions
(Reciprocal)

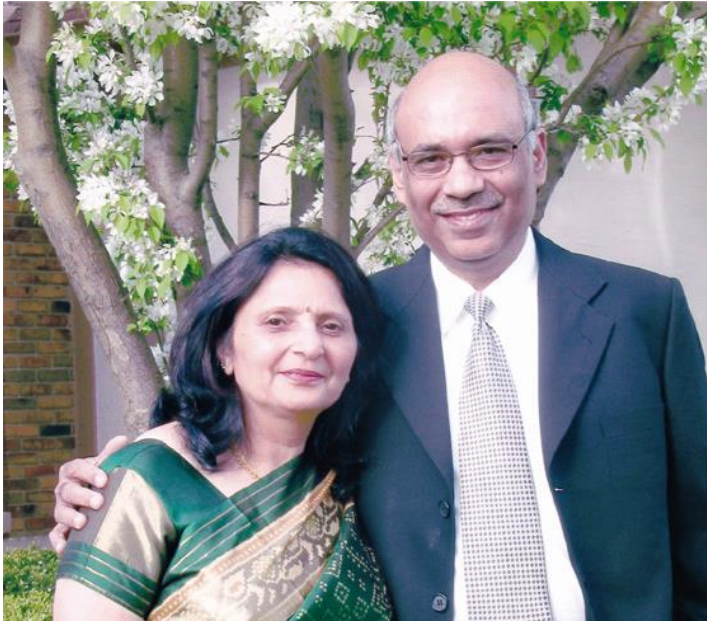
To

Solo Decisions
(Non-reciprocal)

Employee

To

Employer (Caregivers)



Husband



to Guardian - Husband



Camaraderie

to Learning to live in solitude

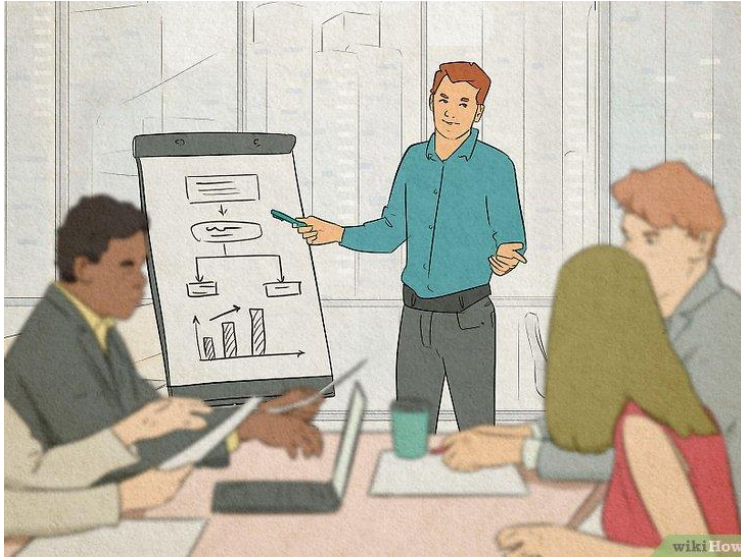
Home 

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

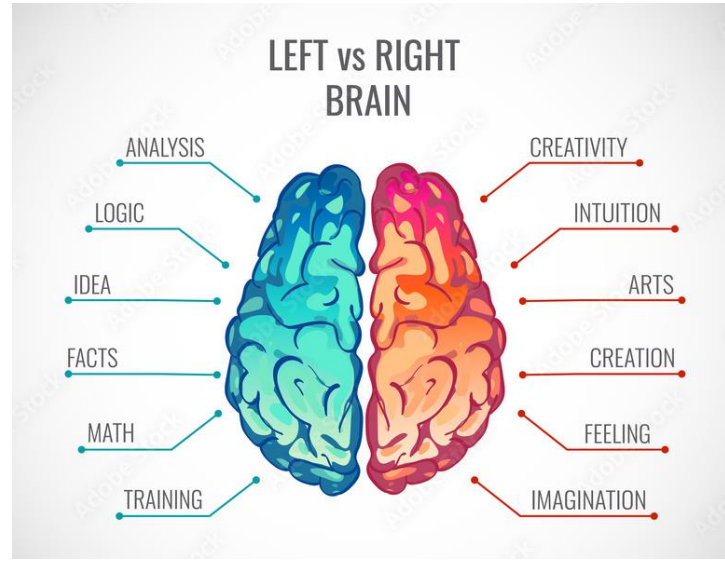


Sharing a Bed

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



Dominant Left Brain



To



Cultivating the Right Brain

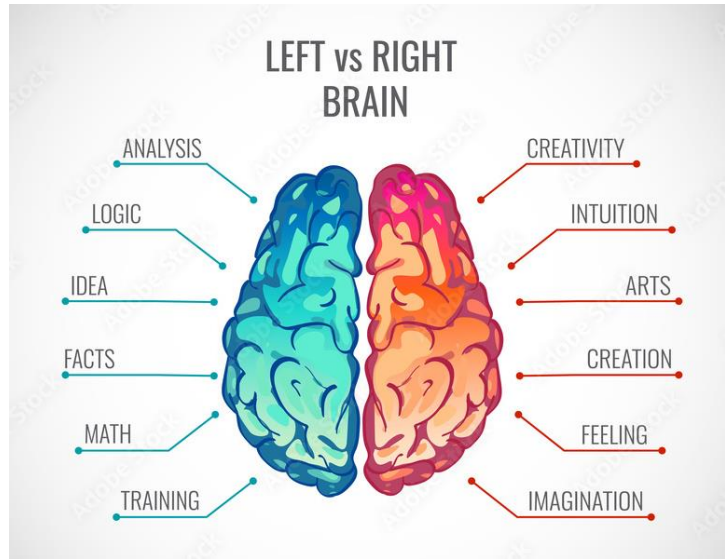
Alpha Male Tendencies

- ❖ 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

To

Omega Male Tendencies

- ❖ 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



Dominant Left Brain

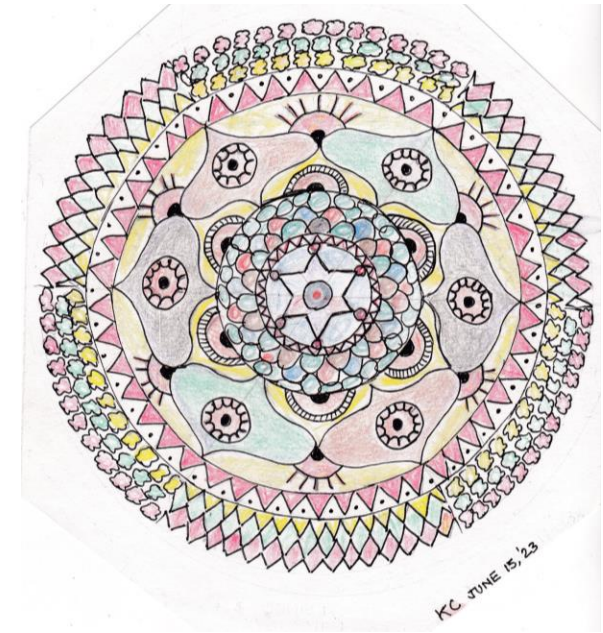
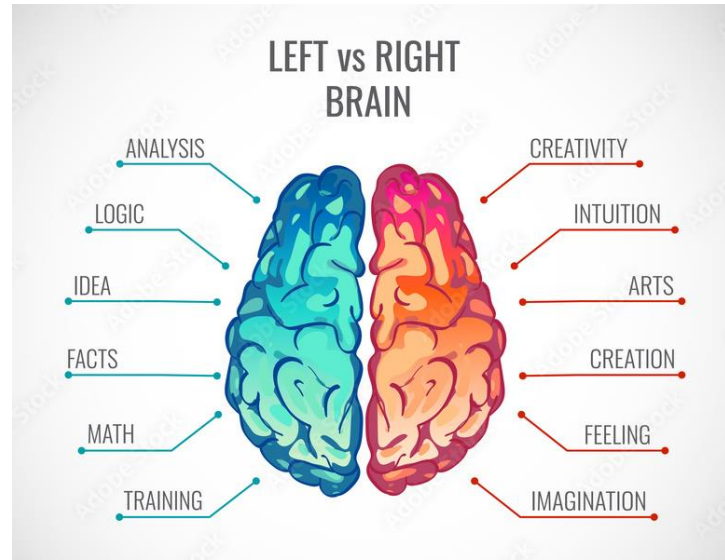
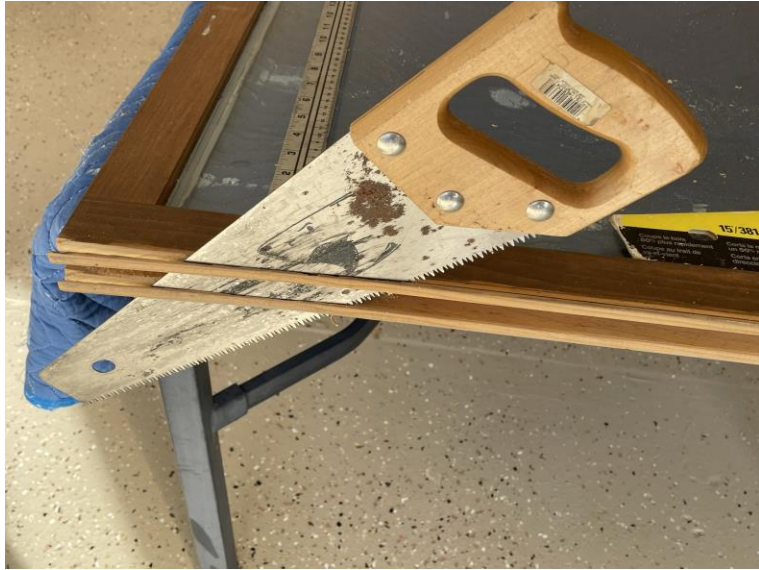
To Cultivating the Right Brain

Technical Language
Engineering Drawings

To Body Language, Nurturing
Super detective
Understand Sumi's needs, pain, or discomfort
non-verbal cues, tone of voice, gestures

Analytical, Reasoning

To Intuitive, Sixth Sense
Emotional, Cry in Solitude



Dominant Left Brain

To

Cultivating Right Brain

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
Focus on what really matters, not on the trivial)



Denial

To



Emotional Acceptance

SARA

Shock (What?)

To

Reflection (So What?)

Anger (Why?)

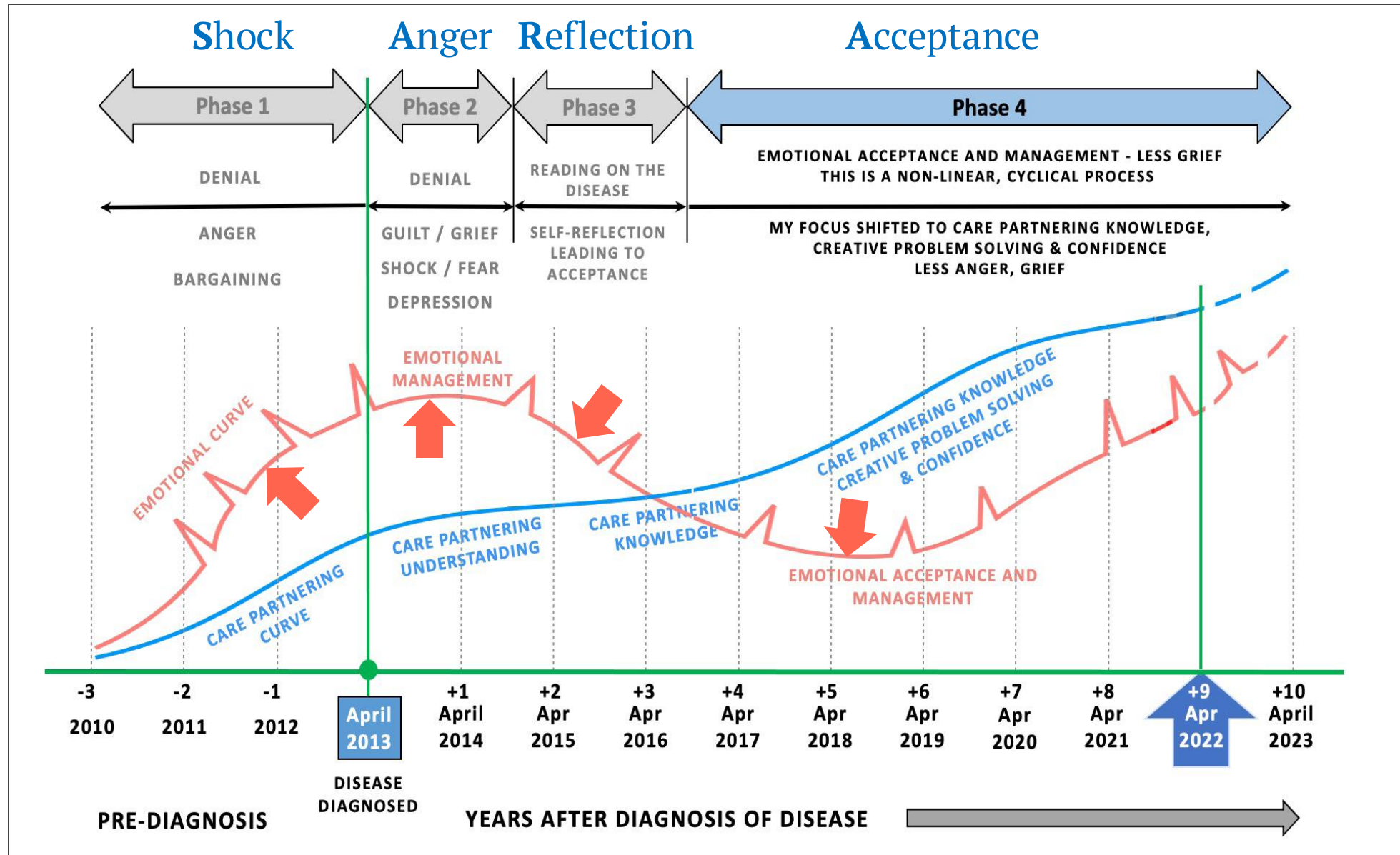
Acceptance (Now What?)

What?

Why?

So What?

Now What?





Denial



To



Emotional Acceptance

Confusion

To

Clarity, Focus

Unknowns, Chaos

To

Calm, Emotional Equanimity

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

Stressful

To

Mindful, Self-Healing, At Peace

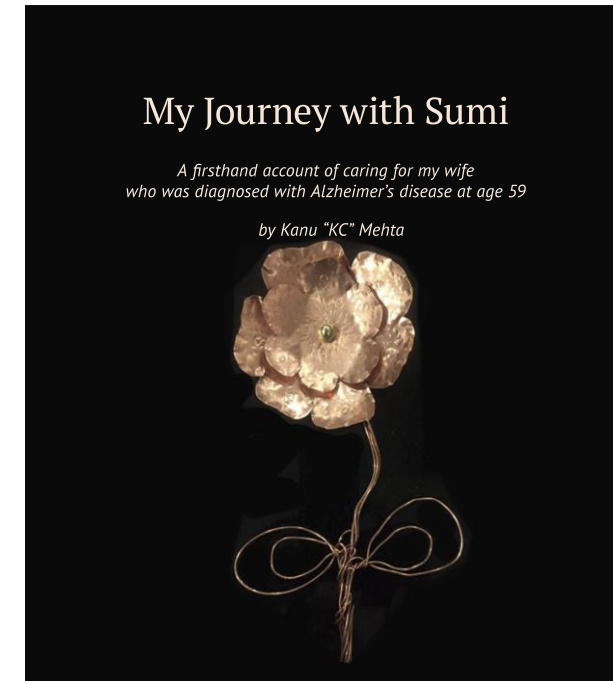


Worrying

Guarded, Secretive
(Suffering in silence,
Suppression is Depression*)

Criticize / Tell

Control

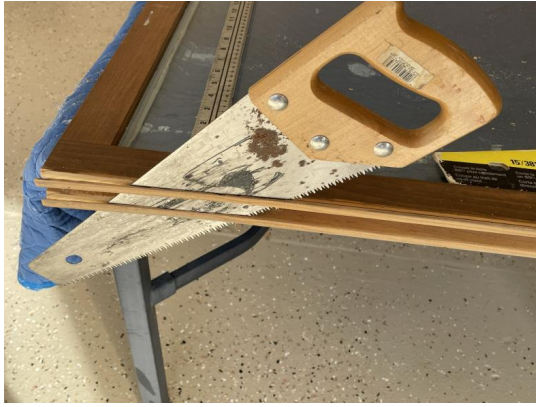


To Journaling (Book)

To Open, Authenticity, Vulnerability
(Reveal and heal*
Manage our own narrative)

To Explain / Listen

To Go with the Flow, Surrender



Knowledge, Skills
Experience



Introspection
(Mental Churning – Nectar
Distill Into an Essence)

To

Spirituality, Wisdom
Guiding Principles



Buddha (500 BCE)

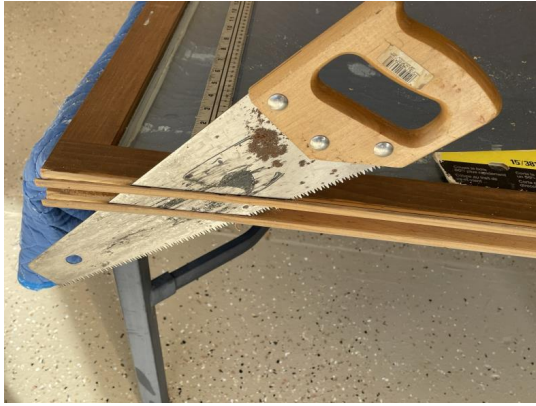
Life is Suffering

Physical, Mental, Emotional, Financial, Relationship (with others and your own self)

Manage it

Live in the Present, Mindfulness, Love, Compassion
Embrace Impermanency- Nature's cycles of creation and destruction

Then the Life is Blissful

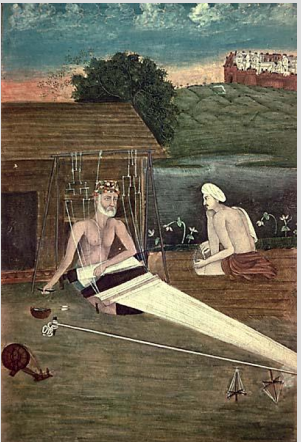


Knowledge, Skills
Experience



Introspection
(Mental Churning – Nectar
Distill Into an Essence)

Spirituality, Wisdom
Guiding Principles

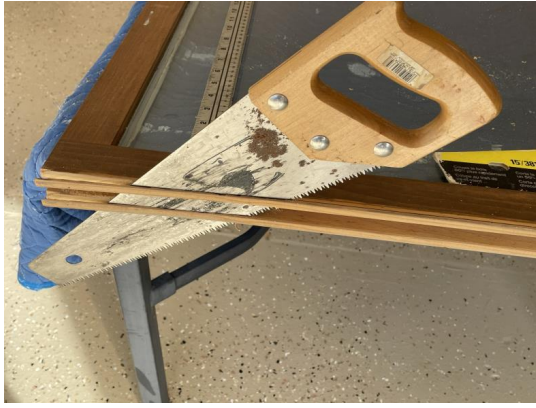


पोथी पढ़ि पढ़ि जग मुआ, पंडित भया न कोय,
ढाई आखर प्रेम काँ, पढ़े सो पंडित होय।

Translation:

*Reciting scriptures, none became wiser
Those who read the word of Love only become wise*

Kabir (1398–1518 CE)



Knowledge, Skills
Experience



Introspection
(Mental Churning – Nectar
Distill Into an Essence)

Spirituality, Wisdom
Guiding Principles

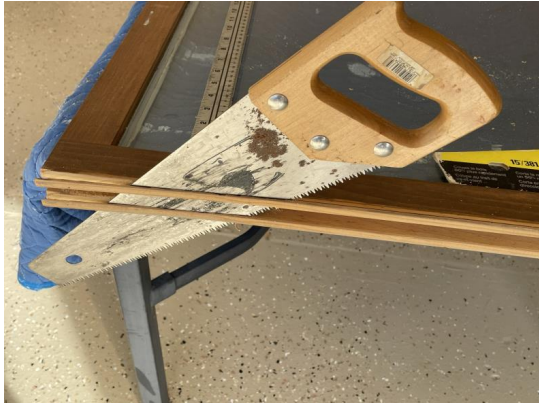


Krishna – Arjuna

The Gita says:

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

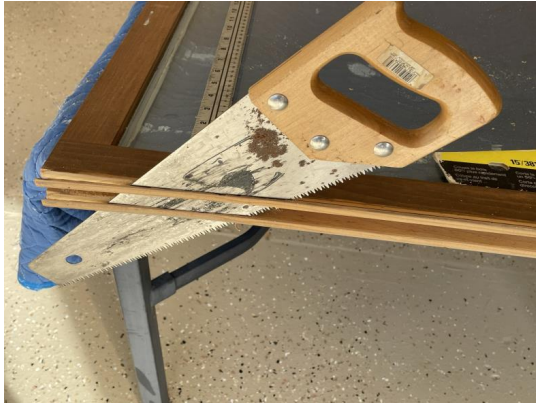
"He who gives up action falls.
He who gives up only the reward rises"



Spirituality, Wisdom Guiding Principles



Love One Another, as I Have Loved You



Knowledge, Skills
Experience



Introspection
(Mental Churning – Nectar
Distill Into an Essence)

Spirituality, Wisdom
Guiding Principles

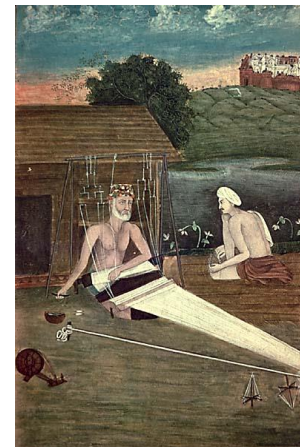


Qur'an
17 Sura Al-Isra, Aya 23

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, Patience, Tolerance
(Wife → Patient)

Greed (Self-centeredness, Me first)

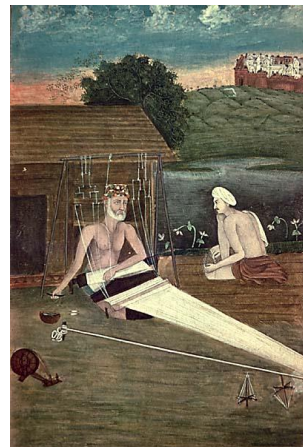
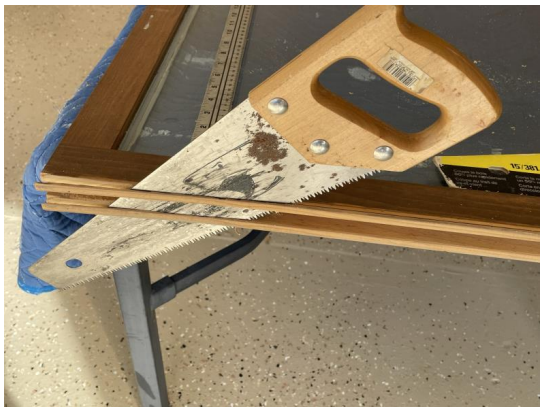
To

Generosity (Give w/o expectations, you first)

Accumulate

To

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



Knowledge, Skills
Experience



Introspection
(Mental Churning – Nectar
Distill Into an Essence)

Spirituality, Wisdom
Guiding Principles

Comparison

Money
Fame
Power

To

Seeking (Who am I?)

To

Compassion

Noticing (The pain in others)
Feeling (The pain of others)
Responding (To the pain of others)

Finding a Purpose

Evolution in the Works for My Healing and Growing (Life After Sumi)





Life with Sumi

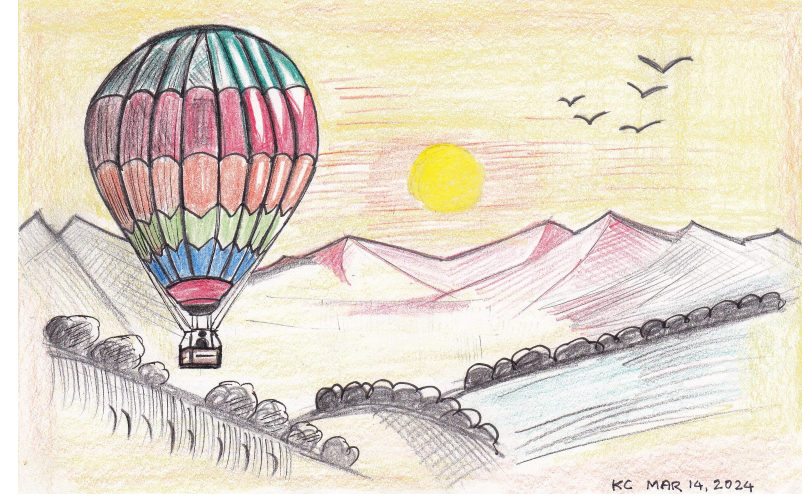
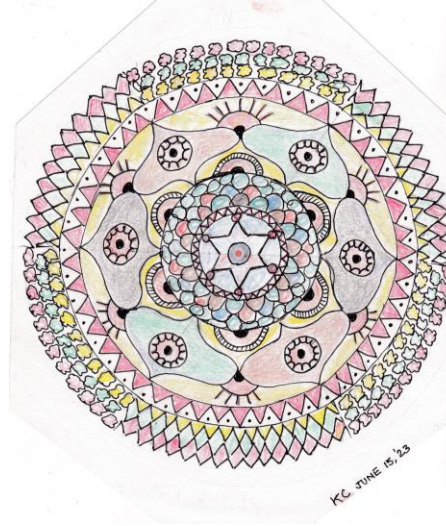
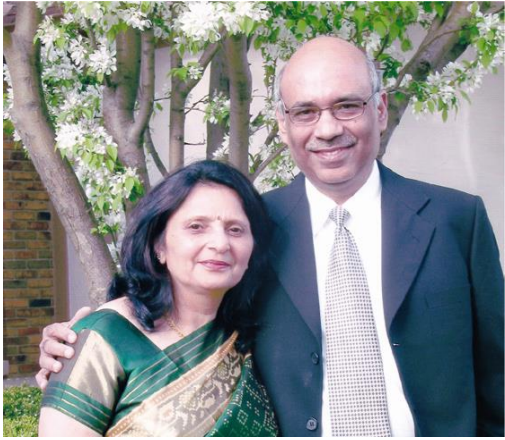
(**Then:** As a wife - **Now:** Role of a Caregiver)

To

Life After Sumi

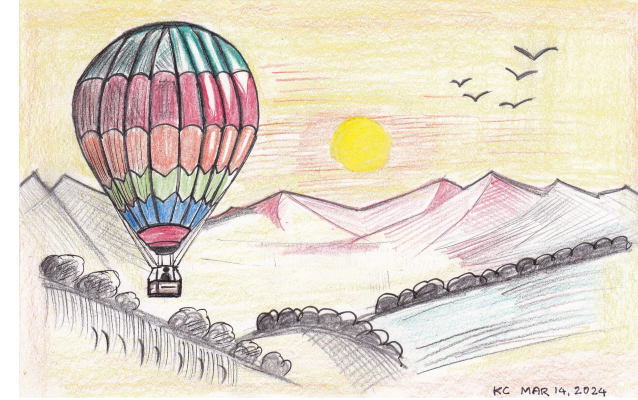
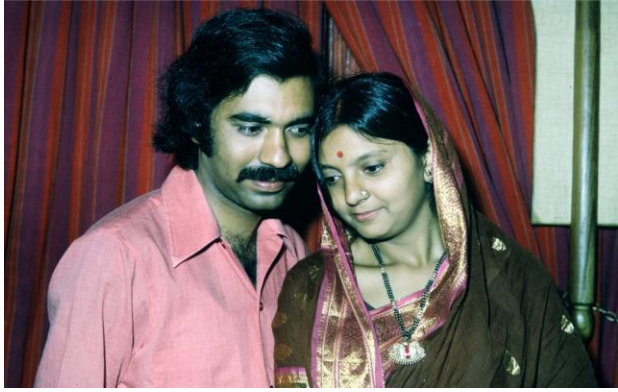
(New Role - ???)

- ❖ Self-Healing, Grieving with Less Pain
- ❖ Reinventing and Growing in New Directions
- ❖ Advocacy for Alzheimer's
- ❖ Engaging in New Activities / Making New Connections
- ❖ Giving Back - Supporting Others



For the last six years, I have taken art classes at the Birmingham Bloomfield Art Center in Michigan

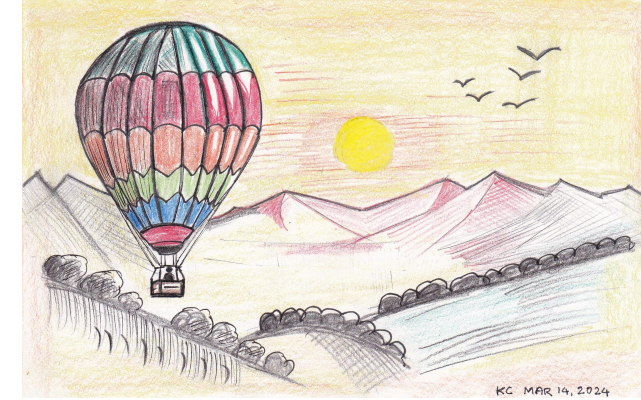
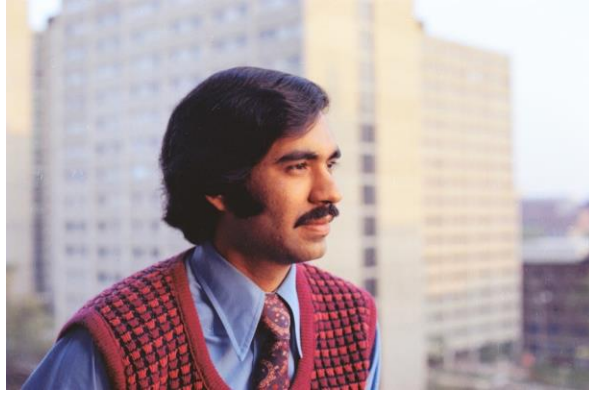
Art classes provide me with a temporary break from my daily caregiving chores and help me make new connections



I am a committee member of the Chrysler Retiree group
We conduct webinars on aging issues for our members

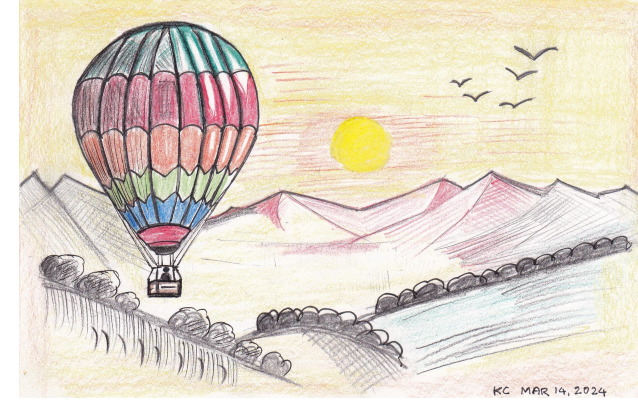
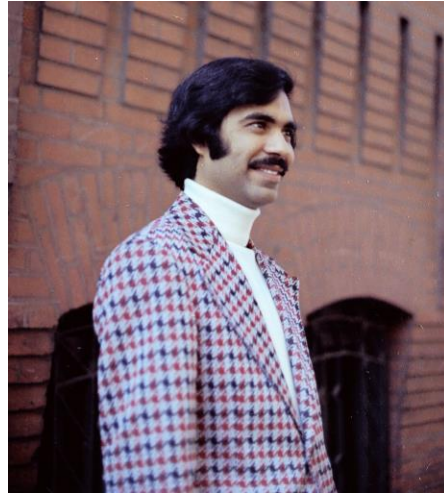


I started monthly cooking classes for caregivers at my house
We share our caregiving journeys and support each other over homemade meals



- ❖ I facilitate a bi-weekly Zoom meeting with a group of college friends we met 55 years ago. We discuss topics ranging from society, technology, economics, ecology, ethics, ideas, policy, and political trends
 - ❖ A committee member of the yearly event **“Art of Aging Successfully,”** by
- I led 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

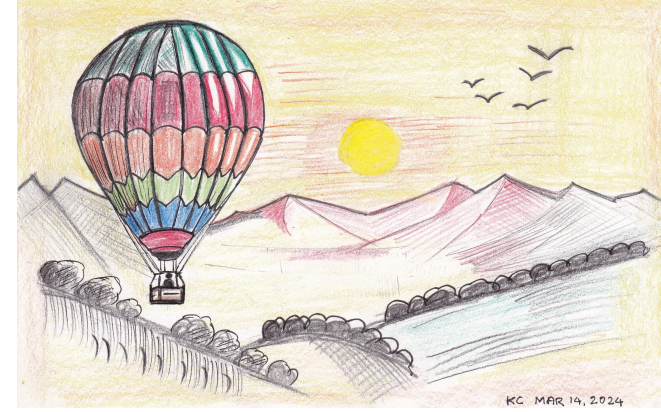




❖ A Board member of “Sukoon Care,” which offers in-home care for loved ones



❖ Active member of Chai & Business, an informal networking event



- Produced an International award-winning documentary



यह प्रमाण पत्र केवल थियेटर प्रदर्शन के लिए विधिमान्य है
THIS CERTIFICATE IS VALID FOR THEATRICAL RELEASE ONLY
भाग-I/Part-I

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प्रमाणपत्र सं. :

Certificate No : DIS/1/10/2025-MUM

दिनांक :

Dated : 03/01/2025

श्रेणी : अनिर्बन्धित

Category : UNIVERSAL

अवधि :

Duration : 020.25 min:sec

अ U

फ़िल्म :

Film : MY JOURNEY WITH SUMI (HINDI WITH ENGLISH SUBTITLE)

नीचे उल्लिखित परीक्षण समिति के सदस्यों द्वारा परीक्षण के उपरांत तथा इस परीक्षण समिति की अनुशंसाओं के आधार पर बोर्ड एतद् द्वारा यह प्रमाणित करता है कि पृष्ठभाग पर भाग-दो में सूचीबद्ध कांट-छाँट और संशोधनों के पश्चात यह फ़िल्म अनिर्बन्धित सार्वजनिक प्रदर्शन के लिए योग्य है।

After examination of the film by the members of the **Examining Committee** mentioned below and on the recommendations of the said **Examining Committee**, the Board hereby certifies that the film is fit for **unrestricted public exhibition** subject to excisions and modification listed in part II on the reverse:

- 1 RESHMI S NAIR
- 2 GOVIND MISHRA (E.O.)



यह भी प्रमाणित किया जाता है कि बोर्ड द्वारा अधिरोपित कांट-छाँट और संशोधनों को वास्तव में कार्यान्वित किया गया है।
Further certified that the excisions and modifications imposed by the Board have actually been carried out.

आवेदक का नाम

Name of Applicant : ARVIND CHUNILAL MEHTA- MUMBAI

निर्माता का नाम

Name of Producer : ARVIND CHUNILAL MEHTA - MUMBAI

अध्यक्ष

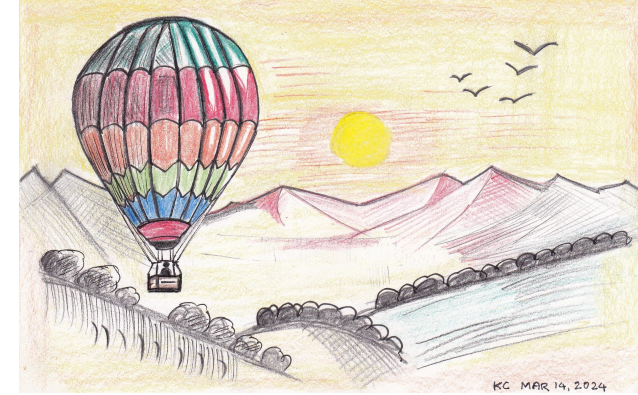
For Chairman



(RAJENDRA SINGH)

Chief Executive Officer

CBFC, MUMBAI



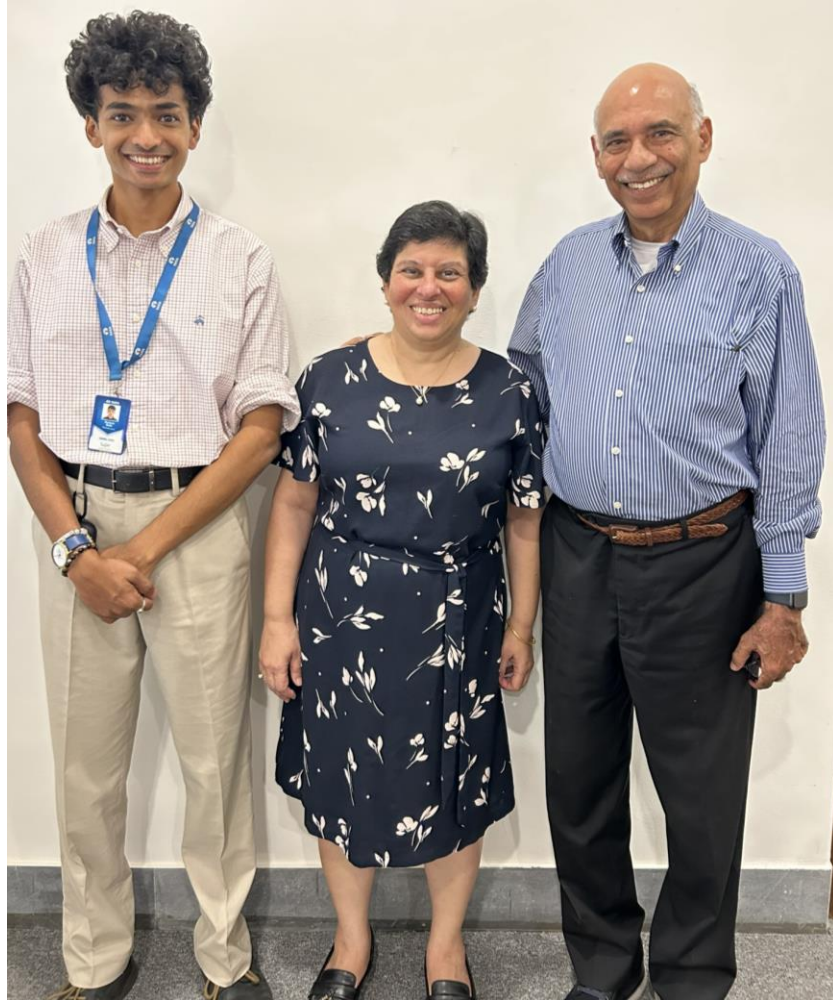
Made presentations at:

- ❖ Chrysler National Retirement Organization (NCRO), June 2021
- ❖ A senior care facility in Framingham, MA, May 2024
- ❖ Bharatiya Temple in Troy, MI, June 2024
- ❖ “The 12Cs® of In-Home Caregivers” presentation @ Art of Aging Successfully (WSU), June 2024
- ❖ Bloomfield Township Senior Center, MI, September 2024

The Goodfellows

Made a presentation via Zoom to

About 200 seniors and 25 seniors in person @ the Jenkins House, Mumbai, November 7, 2024



With Shantanu Naidu and Dilnaz Gilder



The Goodfellows, Mumbai, India

November 7, 2024

Combat loneliness among seniors, 75 college-going volunteers, helping 225 Seniors

- Everything grandkids do!



- Discover the joy of quality time



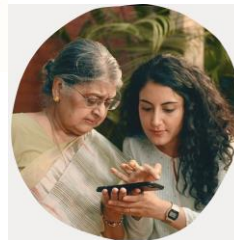
- Bridge the generation gap with tech-savvy youth



- Find joy in walking together

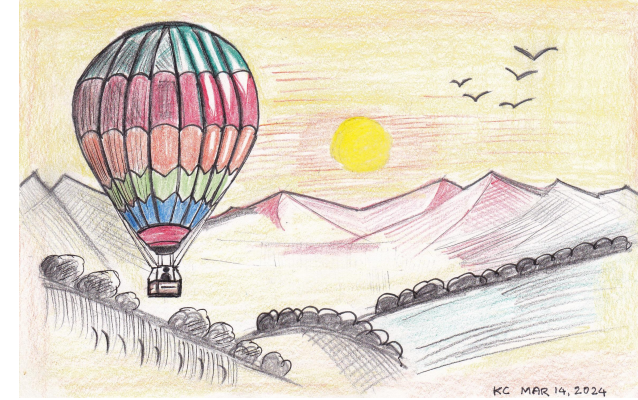
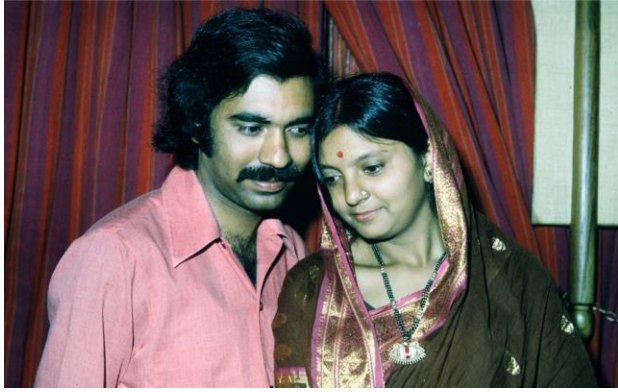


- Companionship for daily tasks



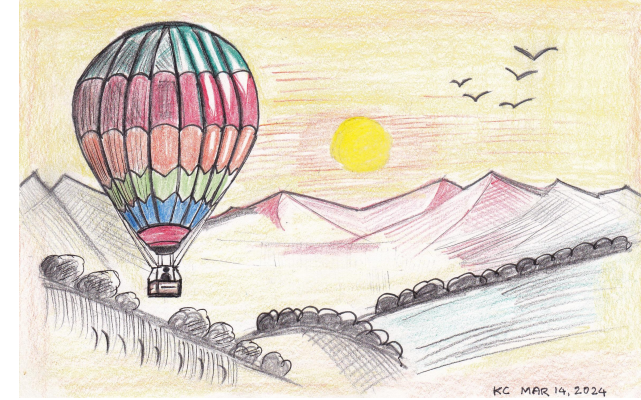
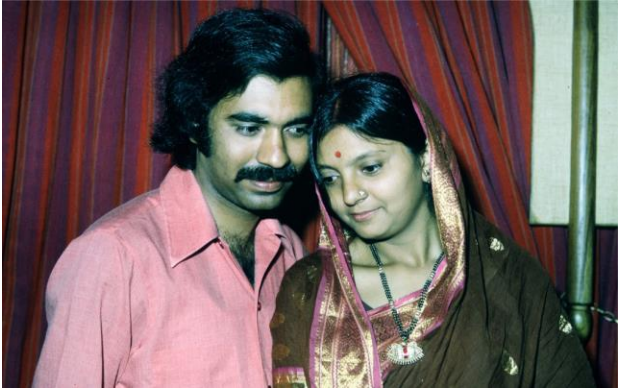
- Discover the thrill of something new





Made presentations at:

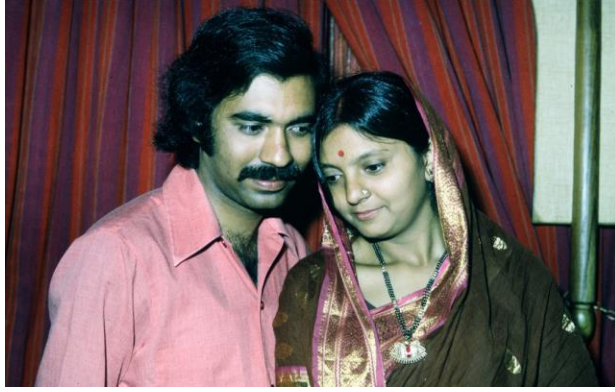
- ❖ Muslim Community Association in Ann Arbor, MI, April 2025
- ❖ Magnolia by the Lakes. An independent and assisted living resort, July 2025
- ❖ Chai & Business, Minds Millionaire Networking Group, September 2025



Podcasts with:

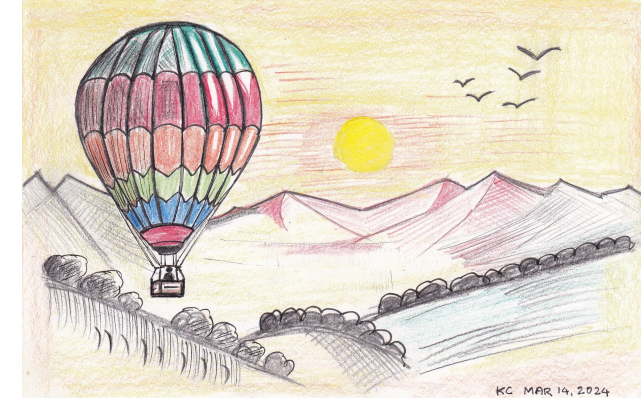
- ❖ Danielle Karmanos on her show:
"Karma Has Spoken," November 2019





Podcasts with:

- ❖ Subhash Kelkar, host of the radio program Geetanjali, November 2019



Podcasts with:

- ❖ Anita Rao, host of “Embodied” (NPR), National Public Radio, North Carolina, April 2024

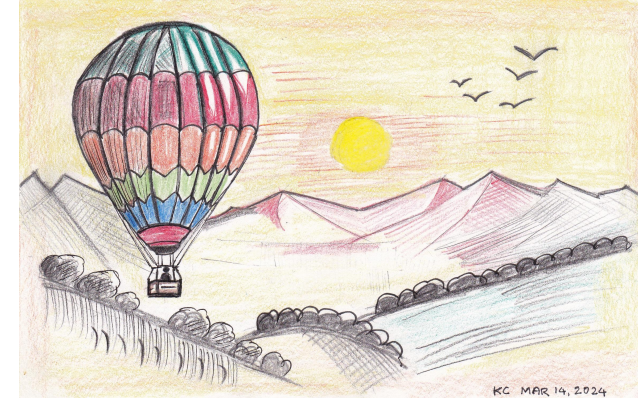
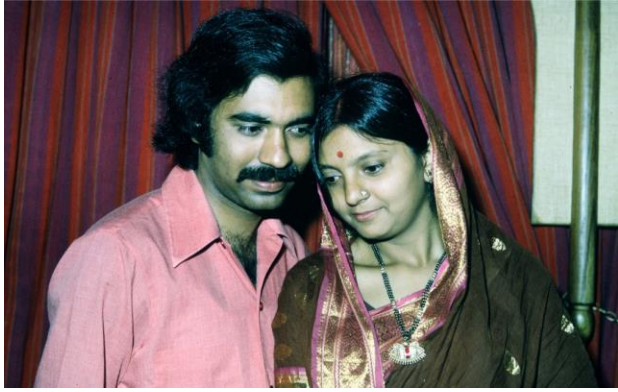


JUN 21, 2024 · 26 MIN LEFT

Tended: The Creative Work Of Dementia Caregiving Embodied

▶ Resume

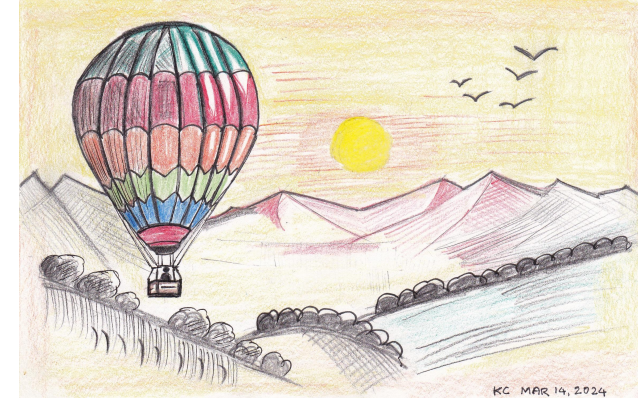
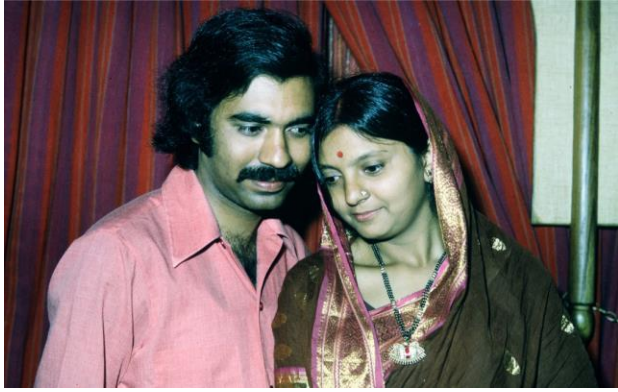




Podcasts with:

- ❖ J. Smiles, host of “Parenting Up,”
June 2025





Podcasts with:

- ❖ Ajay Behl, host of “Cogent Social,”
September 2025





Sumi and I have been featured in a 30-second TV commercial made by Age Ways

Airing on Detroit TV stations since February 2, 2025



10 Years of Evolving with Sumi

- ❖ Ten years ago, in 2015, if a fortune teller had told me that over the next decade I would be doing the following, I would have said **“Get Lost”**:
 - **Articles in:**
 - ❖ The New York Times
 - ❖ The Blue Cross Blue Shield magazine,
 - ❖ “Indian Scene” online magazine
 - ❖ Alzheimer’s Association website
 - ❖ New York & Michigan Solutions Journalism Network
 - Winning the Caregiver Champions essay contest – Area Agency on Aging 1-B (Nov 2019)
 - Nine presentations
 - Five podcast interviews

10 Years of Evolving with Sumi

- ❖ Ten years ago, in 2015, if a fortune teller had told me that over the next decade I would be doing the following, I would have said “**Get Lost**”:
 - **AgeWays:**
 - Profiled on WXYZ – Channel 7 in Detroit to launch AgeWays, January 2024
 - A 7-minute documentary film, August 2024
 - The TV commercial has been airing on local Detroit stations since February 2025
 - **My Journey with Sumi:**
 - Developed a website
 - Published a book
 - A song for Sumi, written, composed, and sung by Kaitlin Ridgway of Hospice of Michigan
 - Founded Harmony Film Production to create documentaries
 - Produced an internationally award-winning documentary

My Journey with Sumi

**Sansarik
Tapasya**

Evolving with Sumi





Thank You

