

NEWSLETTER

PALLIUM INDIA
USA

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Welcome to Pallium India USA Newsletter for February 2026!

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Why Do I Support Pallium India?

Barbara Nelson & Reji Kumar



No one ever wants to receive that phone call — the call from a loved one that something is wrong. But we did, on a cold, grey Seattle night in January of 2021, in the midst of COVID.

My father-in-law carried himself with a stoic bearing and an affable warmth. He rarely complained about his own discomforts; he worried more about everyone else's. So, when he shared concerns about symptoms he'd typically downplay, we knew something was wrong.

My husband soon left Seattle to fly back home to Trivandrum to join Achan, Amma, his sister and niece. I followed several weeks later. By the time I arrived, Achan didn't seem terribly ill, despite the dire diagnosis and one major surgery soon after to survive a threatening complication. For several months, he remained engaged, steady, and outwardly mostly well. One day, he even insisted we visit Kerala Pickles at Kaithamukku Junction. One of my most cherished pictures is of him standing upright and sturdy in front of that shop, happy to have introduced us to it.

While the prognosis was bad, we had aligned with Achan we'd collectively give it our best shot, with the help of a cadre of accomplished doctors and trusted advisors in our extended family. We held out hope. But, when treatments failed and the decline came, it came quickly. It became difficult for him to get out of bed, and even short trips were exhausting and uncomfortable. His strength was fading, and his daily routines that he once followed like clockwork became harder to maintain. Achan declined further treatment. "I've had a good life; and I see no further point to these experiments," he said.

It was devastating. But we also wanted to honor his desire to live his last months as fearlessly as possible, on his own terms. That was when my husband took up the recommendation of a good friend and reached out to Pallium India.

Why Do I Support Pallium India?

Connecting with Pallium was an experience unlike anything we had had before in dealing with healthcare. But one you could only wish existed. From the moment of that first outreach, it was clear that everyone associated — from the driver to the office staff, to the nurses and doctors, to the social workers, to the CEO, the Trustee and the Chairman/Founder — cared and understood. Pallium's approach was holistic. They did not see just a symptom or a disease to treat in the patient. They saw the Person in the patient, the Family around the Person and the realities of our daily life and how best to support all of us. Their care was practical and compassionate. They were present, accessible and available — adjusting their support as Achan's condition changed, making sure he was comfortable and that we, his caregivers, were not carrying the weight alone.

Their presence allowed Achan to remain surrounded by the people he loved during the most difficult stretch of his illness — until his passing on September 9, 2021. Their compassion and care made those final weeks gentler than they otherwise would have been.

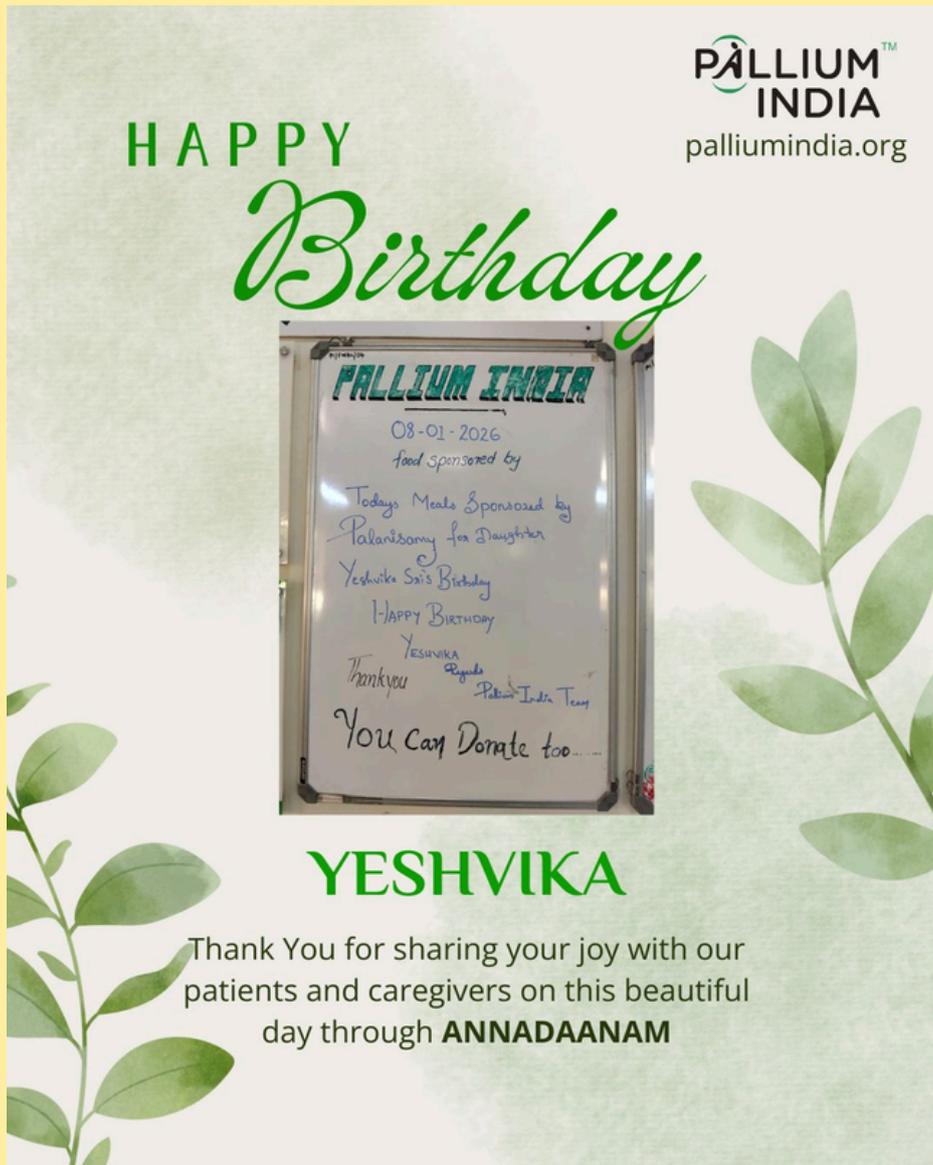
Achan's legacy lives on in the people he shaped — in his quiet strength, his generosity, and the way he showed up for others without hesitation. He taught us that dignity is found in how we care for one another — our family, our friends, our community — especially in difficult times. It's a philosophy Pallium shares, and one they embodied in every visit, every conversation, every act of support. Driven by the impact we witnessed in India, we felt compelled to carry that mission forward through support for and occasional volunteer work with our PIUSA Seattle chapter.

My husband and I remember the Pallium team with deep admiration and gratitude. Sometimes we don't thank people enough for the quiet, steadfast impact they have on our lives. Thank you, Pallium, for your compassion toward our father, K Sasidharan Nair, and for walking with us through his final journey.

To honor Achan's memories **Mrs. Barbara Nelson** and **Mr. Reji Kumar** have set up an endowment to support education of students of Pallium India's care receiving families. They also have been strong supporters and volunteers with Pallium India USA for many years now.



A Birthday Shared with Compassion



Some celebrations stay with us not because of how grand they are, but because of the love behind them. This year, **Yeshvika Sri Palanisamy** marked her birthday by sponsoring meals through Pallium India's Annadaanam program, ensuring that patients and their families admitted at Pallium India received nourishing food and care during a difficult time.

Reflecting on this meaningful gesture, her father shared:

"It means a lot to our family to be able to celebrate her birthday in a meaningful way through Annadaanam. We are grateful to Pallium India and your entire team for the compassionate work you do and for making this possible."

At Pallium India USA, we are deeply touched by this act of kindness and grateful for the family's continued support. Celebrations like these remind us that compassion can turn personal milestones into moments of shared humanity—bringing comfort, dignity, and hope to those who need it most.

Upcoming Events ...



As part of our participation in **India Giving Day** - a nationwide movement that brings the Indian diaspora together to support meaningful causes - on March 15, 2026 **Pallium India USA Bay Area** team is organizing its second annual Walkathon at **Central Park, Fremont, CA** to raise awareness and support for palliative care.

After a successful inaugural walkathon in 2025, we're excited to return with an even larger gathering of families, volunteers, and community supporters. Participants can choose from 1K, 3K, 5K and 10K routes, making it an event accessible to all ages and abilities.

Our enthusiastic volunteers look forward to helping participants learn about compassionate palliative care and how they can support programs that bring dignity, comfort, and essential services to those facing serious illness. Together, we will walk with purpose and with compassion to help build a more caring world - one step at a time.

Please help share this event with your friends and family in the Bay Area and support our mission.

Watch this space for more details in the coming month.



MAKE A DIFFERENCE Today

Whether you choose to volunteer your time or make a donation, every action you take helps bring compassionate care to those who need it most. Together, we can create lasting, meaningful change—starting with **YOU**.

❤️ **Ready to donate?** Visit <https://palliumindiausa.org/donate-now/>



No contribution is too small—every gift helps transform lives. Let's build a more compassionate world, together.



\$100

Sponsor medicines for patients in home care and IP (In-Patient) for 1 Year



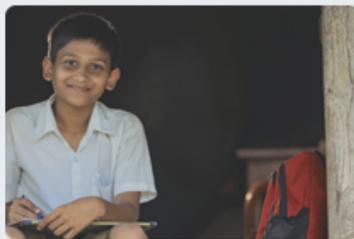
\$300

Monthly Food Kit for 12 months for home care patient



\$500

Sponsor a Home Visit from doctors and nurses for 10 months



\$750

Education support for 10 children for 1 year whose parents cannot work



\$1,000

Physical Therapy for one year OR Salary for a Regional Facilitator

👉 Interested in volunteering? Email us at info@palliumindiausa.org.

Let us know your interests or skills—there's a place for everyone to make an impact.

Annadaanam – Meals Full of Love!

We believe that food is more than nourishment—it is love, comfort, and care shared from one heart to another. Through our Annadaanam program, you can celebrate a birthday, an anniversary, or honor the memory of a loved one by dedicating a meal to those in our care.

You can choose to sponsor:

Full Day's Meal – \$90

Lunch (Sadhya) – \$56

Lunch (Biryani) – \$68

Breakfast with snacks – \$28

Dinner – \$23

To sponsor a meal, simply scan the QR code or write to us at info@palliumindiausa.org.

Every contribution, big or small, makes a difference. Together, let's celebrate, remember, and share love—one meal at a time.

PALLIUM INDIA
USA

ANNADAANAM MEALS FULL OF LOVE!

Celebrate, Remember, Share



Celebrate your birthday, anniversary or honour the memory of a loved one
Dedicate a Meal full of Love for 40 beneficiaries (20 inpatients and 20 care givers) at Pallium India!

Choose what you would like to sponsor:

Full Day's Meal: \$90	
Sadhya Special Lunch: \$56	Breakfast with snacks: \$28
Biryani: \$68	Dinner: \$23



Scan QR to sponsor a meal today

For details/to mention about your loved one, or if you wish to schedule the meals on a particular day, write to us at info@palliumindiausa.org

Each meal you sponsor reaches 40 beneficiaries—20 inpatients and 20 caregivers—at Pallium India, filling their day with warmth and compassion.