



# INDIA HOME

A CENTER FOR SENIOR CARE

## 2021: A Year of Resilience and Growth



# About Us

India Home is a non-profit dedicated to improving the quality of life of vulnerable South Asian older adults through culturally appropriate social services



2021 Impact

## 2021 Locations

Jamaica

Jamaica Estates

Kew Gardens

Ozone Park

# Our Vision: A forever living learning program

India Home does not only provide events and educational opportunities, but the stepping stones on how to independently and socially thrive as an elder in NYC.

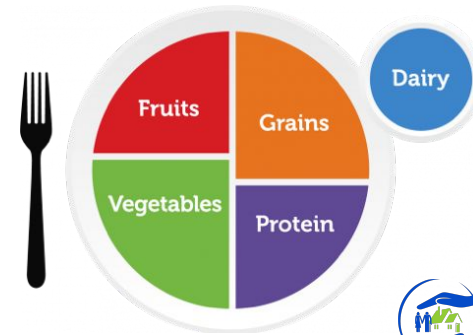
We believe it is never too late to learn. Learning is a lifelong process and our seniors strive to master.



# What We Do

India Home centers host classes, events and educational seminars five days a week for our seniors to enjoy and congregate as a community.

Our team curates expert professionals and instructors to lead tailored programs, and ensures that all meals meet the cultural and dietary needs of our seniors.



2021 Impact



# A Safe Reopening

After the global shutdown in 2020, India Home made it a priority to ensure a safe and timely reopening of all our services. We learned to adapt in an ever changing environment—creating hybrid programs and events for all to enjoy. By ensuring our seniors and staff are masked, socially distanced and sanitizing the center daily, we do everything in our power to ensure the safety of all.



# Fresh Meals and Home Delivered Grocery Program

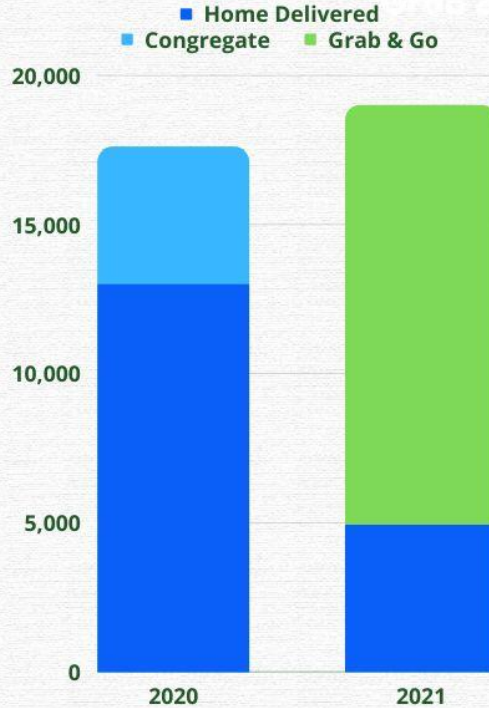
Before 2020 meals were served communally. Now we provide Grab & Go meals for lunch and dinner 5 days a week to all seniors at the centers. This allows our senior to have the choice to eat with their peers or to take the meal home.



Further, we created a grocery package delivery service to ensure our immobile and/or COVID vulnerable seniors have fresh and nutritious groceries.

These grocery packages included rice, varieties of lentils, chickpeas, whole wheat/rice/gram flours, vegetable/canola oil, sugar, salt, milk, puffed rice, vermicelli, semolina, potato, and onion.

# Meals Distributed





# Virtual Programs: Physical Exercise

With COVID-19 still in the picture, it was important that we maintained our newly emerged virtual programs while also introducing a hybrid program allowing in-person participation.

Chair yoga and South Asian dance are some of our seniors favorite hybrid programs!





# Virtual Programs: Creative Aging

Our seniors engage with holistic and healthful ways to maintain their physical and mental wellness. Arts and crafts, creative writing, poetry, origami, drama class, and cooking are all examples of classes that we have provided for our seniors.



# Virtual Programs: Educational Workshops

To provide a holistic education experience, we have several categories of educational workshops, including:

- 1. Prevention Education**

Every year we organize lectures and demos that model Home Safety measures and teach methods of Falls Prevention.

- 2. Nutritional Education**

Experts in the field share nutrition information adapted to the culture and language of our members.



14,249 Yoga Units

248 ESL Units

1,489 Nutrition Units

1,048 Technology Units





# Case Management

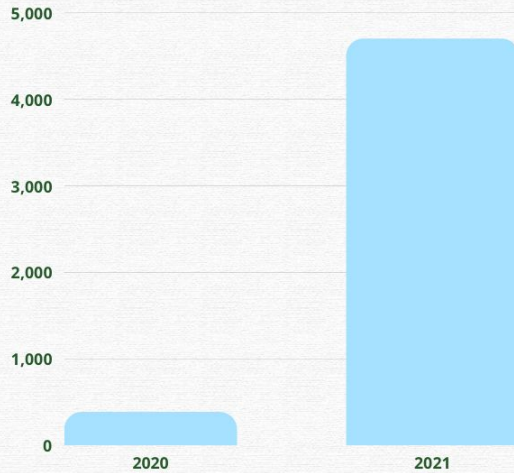
India Home's case management staff helped seniors get connected to benefits and entitlement programs, apply for affordable housing placements, coach them for citizenship exams, resolve immigration issues, and refer them to other programs or services.

Our linguistically competent staff helped seniors with language barriers access key resources that had become even further out of reach since the increased digitization of application processes after the pandemic.

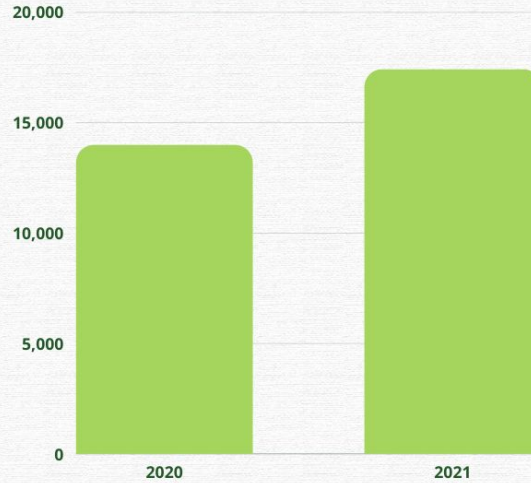


# Growth in Case Management

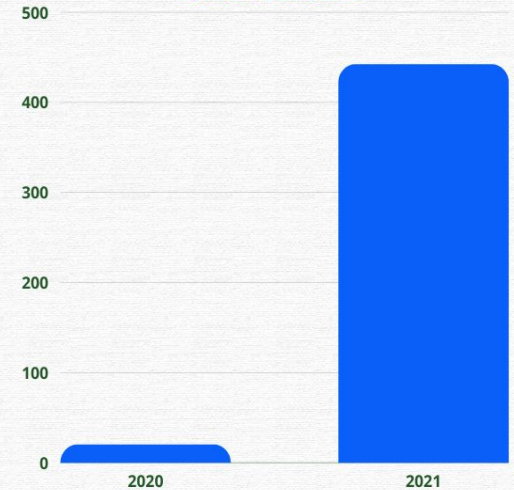
## Number of Case Management Units



## Number of Wellness Calls



## Growth in Mental Health Services



# Community Outreach and COVID-19 Prevention

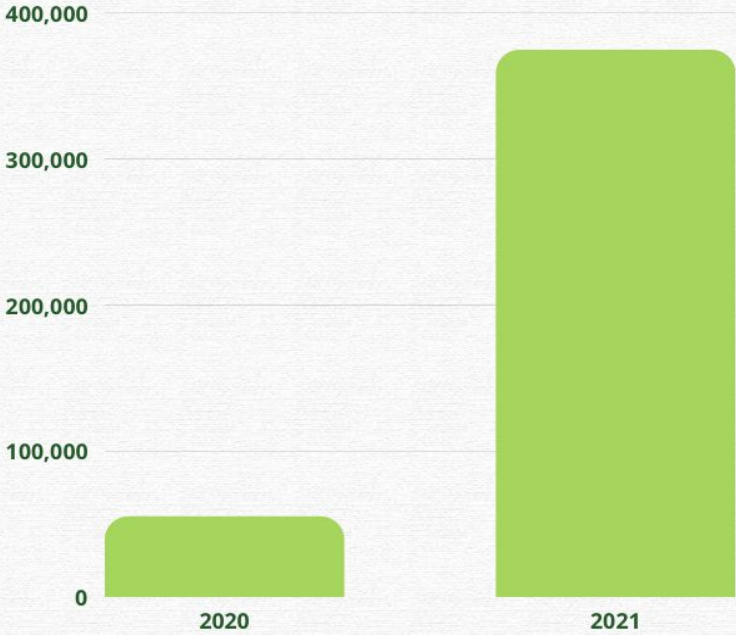
The ever-evolving COVID-19 pandemic made it especially apparent how important it is to reach out to immigrant communities in Queens and ensure they have all the resources they need throughout. This has included wellness check up calls, health education, mask distributions, testing, and when the vaccine became available—assistance/access with appointments.







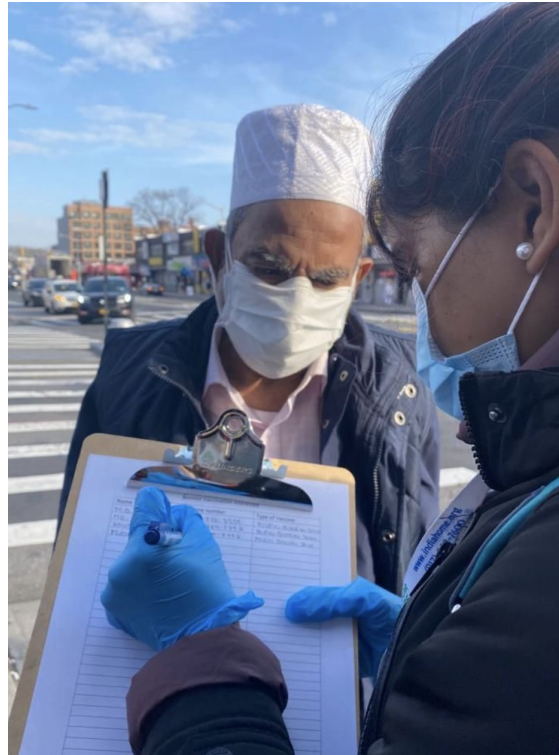
# Growth in Masks Distributed



# 2021 Statistics

**81,216**

**Community  
members engaged in  
community outreach**



2021 Impact

**2,489**

**Seniors  
connected to  
vaccine  
appointments**

# A Look into the Future

1. Expand our senior centers to Flushing and Jackson Heights
2. Continue to expand our case management department
3. Address increased mental health needs in our older adults
  - a. hiring of culturally competent social workers
  - b. providing dedicated counseling services
4. Increase health equity across communities in need in Queens through comprehensive resource provision
5. Begin our journey in senior housing, establishing a community living (coliving) shared home



Support India Home Today:  
Donate at <https://acomunitythrives.mightycause.com/story/6hb42g>