



INDIA HOME
A CENTER FOR SENIOR CARE



2023

INDIA HOME ANNUAL REPORT

Celebrating 15 Years & New Frontiers



INDIA HOME
A CENTER FOR SENIOR CARE



PRESIDENT'S LETTER

Dear Friends,

I am honored to address you as we reflect upon the remarkable year that was 2023. **In the midst of unprecedented challenges over the past three years, the unwavering commitment of our supporters, partners, and staff has illuminated a path forward for our nonprofit, reaffirming our mission and values.** I am proud to say that, along this path, we came across great growth, celebratory events, and a welcomed positive transformation of our programs and organization.

As we navigated the “new normal” in a post-COVID world and returned to providing our traditional in-person programs and services (alongside virtual programming), we prioritized bridging the critical mental health, loneliness, social isolation, and quality of life needs of our seniors. **We pride ourselves in being a second home and family for those we serve, and that means our members’ needs and triumphs are ours’ as well.** That’s why we made it our goal this past year to embark on new projects as well as expand on our existing efforts that can significantly help combat mental health stigma, mitigate loneliness and isolation, and enhance the life satisfaction and overall happiness of our seniors.

One such exciting project we launched in 2023 is our **3D Care Desi Dementia Daycare** program, a culturally sensitive nonclinical respite care program that accommodates South Asian elders diagnosed with dementia and other cognitive impairments in three-day Creative Aging, Lunch, and Yoga/ Mental-Health focused activities. 3D Care is a unique program not only because it is culturally tailored to serve our diverse elders, but also because we help the seniors’ caregivers too through offering culturally competent and in-language peer support groups, counseling, and caregiving navigation support services. **We are also embarking on innovative housing projects, specially helping up to six seniors move into and start living in a culturally competent Coliving Home in Floral Park and developing the city’s first ever South Asian-catered assisted living facility building.**

We remained steadfast in our dedication to address the holistic needs of the South Asian and Indo-Caribbean older adult immigrant community, helping them to age healthily and happily outside of their homelands. Seniors are provided Congregate meals five days a week at our Desi Senior Center, alleviating hunger among many of our food insecure members. **This year, we also introduced several new Creative Aging classes.** Whether they are delicately embroidering South Asian styled handmade tapestry or painting colorful acrylic artworks of life back home in their Motherlands, our seniors can be heard doing wonderful sing-alongs together and reminiscing about their fond childhood memories. Recreational games like antakshari and suttakit also keep our seniors fast on their feet while having a fun time socializing. Lastly, our Intergenerational Arts and Technology Education weekend programs have grown to serve over 50 registered members, including South Asian youth and local community members.

None of this would have been possible without the incredible support of our donors, volunteers, staff, and partners. In closing, I want to express my heartfelt gratitude to each and every one of you who has paved this path of growth and new milestones achieved.

Together, we are fostering the light and heart into the home that makes India Home vibrant like no other, and we’re growing our family too along the way.

Thank you for being an essential part of our India Home family. Here's to a brighter future!

With deep gratitude,



MR. MUKUND MEHTA
President



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15 YEARS ANNIVERSARY



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Reynaldo Moya, Bookkeeper
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Shahara Lily, Program Assistant
Shaila Sultana, Program Assistant
Shree Patel, Data Analyst
Sumon Islam, Community Liason
Umesh Naukkala, Program Assistant
Victoria Robinson, Community Health Worker

A special thank you to everyone, including our dedicated board, staff, volunteers, interns, and partners who have supported us to make these programs possible and grow over 15 years!

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6 CENTERS. A SECOND HOME FOR ALL.



JAMAICA ESTATES CENTER



FLUSHING CENTER



JAMAICA CENTER



ELMHURST CENTER



OZONE PARK CENTER



DEMENTIA DAY CARE



India Home started off as a mere vision among three close friends: Dr. Vasundhara Kalasapudi, Dr. Amit Sood, and Dr. Kiran Dave, in 1990's New York. Through their own struggles taking care of their aging parents who suffered from vascular dementia, Alzheimer's Disease, and Parkinson's Disease, they realized the huge gap in the lack of culturally sensitive services in the South Asian community - and thus they created India Home.

MULTI-FACETED APPROACH



Alleviating Hunger

We provide culturally tailored Congregate & Halal home-delivered meals, and 5 days a week at DSC



Center-Based Quality Care

We foster a warm and supportive environment that resonates with the diverse South Asian and Indo-Caribbean immigrant seniors we serve



Support Services

We offer in-language and culturally competent case management services to help members access benefits



Culture Affirming Activities

We facilitate culturally competent Creative Aging activities such as Madhubhani/ Rangoli art, pottery, sculpting, painting, carom board games, and more



Bridging Community Connections

We amplify the talents, wisdom, and skills of our seniors in the wider community and bridge the generational gap

INDIA HOME IMPACT IN 2023



“

“We have a great time here: healthy food, food pantries for our families, 1 hour exercise every day (5 days a week), regular religious discussions, mental health, nutritional benefits, vaccine talks, technology sessions, annual day celebrations like Mother's Day, Father's Day, Senior Month Day, which we all love and enjoy. What attracts me the most is everyone's sincere behavior which reminds me of my childhood. Everyone here is trying hard so that we can spend quality time here”.

Like Mrs. Yesmin Sattar says, India Home is a second home full of care, compassion, and warmth. Our impact extends far beyond the four walls of our centers; whether distributing healthy foods and canned goods to food insecure community members in our monthly pantries at DSC in Jamaica and Satya Narayan Mandir center in Woodside, raising awareness on COVID-19 safety and getting vaccinated, or hosting Community Health Fairs and joining in on Days of Action across the borough, we are rooted in the communities we serve to help uplift our vulnerable elders and other marginalized groups. **Take a look at our timeline of growth in the past three years and milestones we've made!**



2020 - 2021

Adapting to the Pandemic

When the pandemic forced the temporary closure of our centers, our team found new ways to address food insecurity, social isolation, and seniors' mental and physical well-being. We began providing home-delivered meals for the first time, and partnered with Halal Diner to provide Halal and vegetarian home delivered meals. **Meals were provided 5-days a week and now for three days a week for those with the highest food security needs.** We also provided culturally appropriate dry groceries items such as rice, lentils, chickpeas, whole-wheat/rice/gram flours, vegetable/canola oil, sugar, salt, milk, puffed rice, vermicelli, semolina, potato, and onion to our most vulnerable and food insecure seniors.



13,380
MEALS DELIVERED

225+
REGULAR PARTICIPANTS



We launched our Creative Aging Program virtually for the first time. **Over 225 listed members regularly joined sessions and over 18,000+ service units were provided.** Virtual Sessions can be categorized into Physical Exercise (Yoga, Meditation and other Physical Exercises), Creative Aging Programs (Drawing, Painting, Origami, Drama Class, Cooking and Craft sessions, etc.) and Educational Sessions (Health and Nutrition Education, Public Benefit and Awareness Sessions, and other informational sessions).



13,977
WELLNESS CHECK-UP CALLS
CONDUCTED

We started weekly Wellness Check-Up Calls to combat social isolation in our seniors, Virtual Mental Health Group sessions, and provided remote case management services to help seniors apply for SNAP, cash assistance and other public benefits through the phone or the internet.

2021 - 2022

Resilience Over Two Years

We continued to distribute Halal/ vegetarian home-delivered meals and warm readymade Grab & Go meals that seniors could pick up at our centers. 13,861 home-delivered meals and 4854 Grab & Go meals were provided.

By March 2022, we re-opened our centers and resumed to Congregate meals again (along with providing home-delivered meals on a reduced capacity).



13,861

HOME DELIVERED MEALS



We maintained our newly emerged virtual programs while also introducing hybrid programs and events that allowed for in-person participation. By ensuring our seniors and staff were masked, socially distanced and sanitizing centers daily, we ensured safely transitioning to in-person services.

Our Outreach team also routinely conducted street canvassing, tabling, and vaccine education three to four times a week. 81,216 community members were engaged and 2,489 connected to vaccine appointments in 2021.

By May 2022, we hosted an **Intergenerational Cruise at World's Fair Marina and an exciting Grandparents Day essay contest** to honor our members and the elders who raised us.

Nearly 270 seniors, their adult children, and grandkids along with India Home staff and families joined this event!

270

ATTENDEES FOR
INTERGENERATIONAL CRUISE



2022 - 2023

Rising With The “New Normal”

March 2022: Opened a new center at Hindu Center in Flushing Queens

India Home purchased a single family home in Floral Park to establish our first ever **Coliving Home!**

August 2022: NIASSC Conference in Chicago; presented our Coliving Home idea for combatting mental health and loneliness challenges faced by South Asian immigrant older adults

September 2022: Opened a new center at Satya Narayan Mandir in Elmhurst, Queens



February 2023: DSC center hours expanded from 3-days to now operating 5-days a week, Mon-Friday

April 2023: Our staff began rotating conducting a special activity every Friday for our seniors. We've had great fun showcasing our staffs' many talents to bring smiles on the faces of our members!

July 2023: We held our first ever Community Health Fair!



August 2023: We participated in the All of Us Research Program National Conference in Chicago and spoke regarding increasing the representation of South Asians in health equity and clinical research. Our Health Educator & Deputy Director were also panelists at the NYU DREAM Community Forum and delivered applauded speeches on India Home's achievements in health equity and mental health advancements in the elder community

NEW PROGRAMS in 2023: Launched **3D Care Desi Dementia Daycare Program**. 20 South Asian seniors diagnosed with dementia receive respite care at our Jamaica Estates location Tuesdays-Thursdays and their Caregivers receive support services. **We also expanded our Intergenerational Creative Arts Program and Computer Education program.**



LIVING, LAUGHING, LEARNING. TOGETHER

Across India Home's centers, our seniors are engaged in activities where they can socialize, learn something new, and laugh together everyday while also accessing the services they need to thrive and age in a healthier manner.

Many visit 2-3 centers regularly because they enjoy our programs a lot and feel at home. They love to participate in yoga exercises, sing Bajans and practice Bharat Natyam dance together, and play fun board games like carrom and chess. **The growth in attendance across our centers is a testament to just how much of a special place India Home is in the heart of our members.**



*"Being a member of **India Home** is really a blessing. Big thanks to all organizers, our friends, and family."*

- NEELAM SONI

Our Ozone Park center was at risk of closing as we began to emerge out of the pandemic, but within a year - thanks to the word-of-mouth promotion of our seniors and the efforts of our dedicated staff - our membership now has 25 to 30 seniors regularly visiting this center. **This is an astounding 5X increase in membership, of which a majority are from the Indo-Caribbean immigrant older adult community.** We've seen a ripple effect of attendance increase at other centers too, at Satya Narayan Mandir Center - 50 to 60 elders join weekly!

BY THE NUMBERS

985+

SENIORS SERVED

200 per week

SENIORS SERVED

VIRTUALLY

29

ORGANIZATION STAFF



NOURISHING HEARTS & HOMES

”

“I am a regular member of India Home. I feel happy to come here. There are so many activities that help our lives like mental health, food consciousness, physical exercise, cultural activities, and also helping personally. We get breakfast, lunch, food pantry, and friendly relations with all members here.”

- Dilruba Ayesha, Member

Sharing meals is a big part of South Asian culture and our values of togetherness and hospitality. **India Home embraces these values through our Congregate meals program, which has grown to meet the diverse food security needs of our seniors and the wider community.**

A majority of our seniors receiving Congregate meals are food insecure and on low to no fixed incomes. At our various centers, we provide Congregate meals to between 25 - 65 seniors meals once a week. Additionally, **our Department for the Aging (DFTA) funded Congregate meals at Desi Senior Center have increased from 290 to 460 total unit meals each week, now that our hours are 5-days a week since February 2023.**

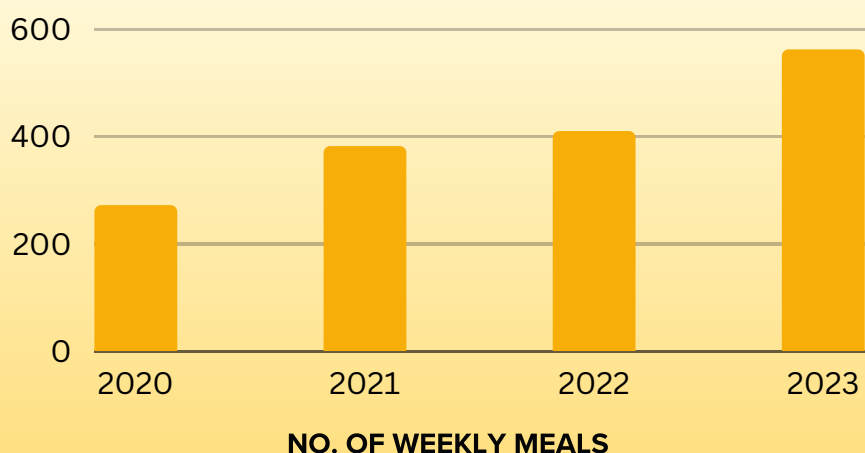


We are also providing fully vegetarian meals three times a week in our 3D Care Desi Dementia Daycare program, creating a warm social environment and communal eating experience for our dementia care clients. **Since May 2023, we have provided approximately 160-190 total unit meals to 3D Care clients.** Lastly, our monthly food pantries are helping to curb hunger; every month, 180-300 community members visit our pantry at Desi Senior Center and 90-100 at Satya Narayan Mandir Center.



IMPACT

Every week, we provide an average of **560 hot meals** through our various programs



19291

Culturally Competent **Congregate Meals** Served At Our Centers

We served **4142 Home-Delivered Meals** in 2023, offering a taste of comfort right at the doorstep.

718+ warm **Grab & Go Meals** distributed at our centers

THE ROAD TO WELLNESS



"I love that India Home provides me with positive energy for the mind, body, and soul. They also lend a shoulder to cry/lean on. I know if I need support, I can count on all members of India Home to provide me with love and a helping hand."

- Misirdai Roghubir (Mishri)
Member

South Asian older adults face unique health challenges, often grappling with chronic conditions like hypertension, Type II diabetes and high cholesterol. We improve our seniors' health by conducting yoga, meditation, aerobic exercises, knee pain reduction exercises, morning physical workouts, low-impact dance, and nutrition education.

Starting March 2022, we introduced Tai Chi exercises in collaboration with Body & Brain Yoga Tai Chi, a local yoga studio in Forest Hills, Queens. In May 2023, we also launched our **3D Care Desi Dementia Daycare Program** at our Jamaica Estates center, fostering a stronger support system and respite care for clients and their caregivers.



3D Care clients making colorful Rangoli art together

SPOTLIGHT

3D CARE DESI DEMENTIA DAYCARE PROGRAM

- 3 days a week, 10am-2pm
Tuesdays - Thursdays
- Culturally competent
respite care
- South Asian music & arts
therapy, painting, board
games, brain longevity,
tactile activities, and
storytelling

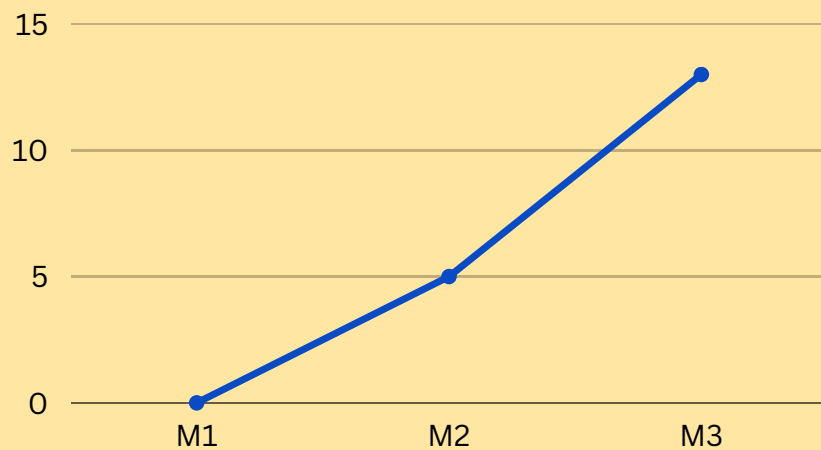


DSC Senior getting health check-up



India Home also offers in-house mental health talks that cover topics such as isolation, anxiety, depression, and more. Our social worker expertly guides these conversations. Additionally, we partnered with **NYU Langone Health** to facilitate Mental Health listening sessions. **Over 90% of attendees at each session expressed comfort, interest, and a newfound willingness to engage in conversations about mental health.**

IMPACT



In just 3 months, between 10-15 South Asian elders with dementia and their caregivers are now regular participants of 3D Care



28,288
Yoga/Exercises



1782
Mental Health Units
(Hindi & Bengali)



62
3D Care Sessions Conducted

BUILDING BRIDGES THROUGH LEARNING

SPOTLIGHT

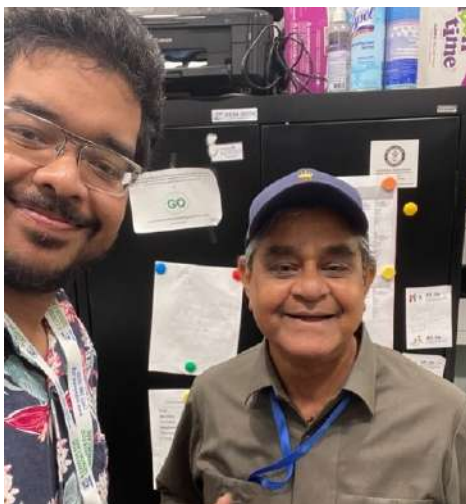


“The session about Dementia and the first seminar of its kind for South Asian seniors was very helpful. We all learned a lot through discussion and interaction and with the help of everyone’s experience. Looking forward to the next session very soon!”

- Mr. Raisinghani,
Member

Learning never stops; our members learn about many topics year-round such as living healthier lifestyles, their rights as older adults in this country, navigating the internet, and how to use apps - including PowerPoint and social media! Our Intergenerational Computer Education classes on weekends are also popular. Children, teens, college students, and seniors learn more about using social media, graphic design, and making presentations while teach each other. **We love bridging this digital divide while also bringing together both generations!**

Health Education: Cancer Prevention, Diabetes Knowledge and Awareness Sessions (DKAS), Proper Hydration and Vitamins for Seniors, & more



Our member, Tarapada Roy ji, poses with staff after passing his Citizenship Exam

BRIDGING CONNECTIONS & COMPUTER EDUCATION

- Saturdays 10am-12pm
- Basic computer knowledge, Smart phone functions & use, Social Media, making PowerPoint presentations, and Coding classes offered
- 10 to 15 participants every weekend



A demonstration of how much sugar is in Soda to reduce sugary beverages in seniors' daily diet

Learning Empowerment: We offer ESL classes, financial literacy workshops, and elder abuse safety & empowerment sessions. DSC seniors are particularly fond of our special citizenship preparation, where they receive in-language guidance and preparation to pass their citizenship exams despite limited English and tech proficiency. **19 out of 21 of our DSC members passed their most recent exam.**

Digital Literacy: We offer a general computer program, distributing free iPads to those in need, and have expanded our weekend computer education program to Intergenerational Technology Classes for Older Adults.



Dr.Rao, our Research and Health Education consultant, speaks at DSC for a Nutrition Health talk

IMPACT



2,936
Nutrition Education Units



Our volunteer helping seniors learn how to use the internet in weekend Intergenerational Computer Education class



91%
of Seniors Pass Their
Citizenship Exams Every
Month



1,565
Technology & Computer
Education Units

CRAFTING GOLDEN YEARS: CREATIVE AGING AT INDIA HOME



"I really appreciate all the programs you are offering. I loved dancing as a child and was happy to join the dance program. Your programs bring joy and happiness, encouraging us to try new things."

- Senior Center Member



Our seniors engage in various Creative Aging activities to maintain their physical and mental wellness. **This year, we've introduced new Creative Aging Arts classes designed to celebrate our diverse members.** Our DSC seniors enjoy classes such as Plieay tapestry, acrylic painting, clay pottery and sculpture making, and block printing. Meanwhile, our Indian seniors delve into the art of Bharatanatyam dance, hone their vocal talents with karaoke singing and Bhajans, and engage in friendly matches of chess, suttakit, and carrom board games.

We also started a new Intergenerational Creative Arts Program, bringing together youth, grandparents, and family members. These project-based "Maker" workshops provide expert in-person coaching, enabling participants to create beautiful art decor to take home.

SPOTLIGHT

INTERGENERATIONAL CREATIVE ARTS

- Sundays, 10:30am-4:30pm
- Graphic Arts & Surface Design Workshops such as handmade jewelry making, wall art, and silverwork
- 11 classes conducted, 90+ total unit participants



Padmaja ji leading a Creative Arts weekend class



IMPACT

90+ total attendees and over 15 Intergenerational Creative Arts classes conducted since our inception in July 2023.



Snapshots of youth creating beautiful artworks and learning in our Intergenerational Creative Arts weekend program.



2,341
Arts Units



264
Creative Writing



35+
**Intergenerational
Classes Conducted**



98
Low Impact Dance

EMPOWERING ACCESS TO GOVERNMENT & PUBLIC ASSISTANCE

”

“I am very thankful to Ms. Meena [Case Manager] and the India Home staff for the hard work, love, and respect they are giving to everyone. I am very thankful for the great help that was given to me. Meena has diligently and faithfully performed her duties. She helped me to collect Food Stamps also SSI with immediate effect. I am very thankful for the help. Continue and congrats for your care, love, and protection. Love you all!”

- Lilouti Mangar, Member



We started providing Case Management services in 2016, where our Bangla, Hindi, Gujarati, and Punjabi-speaking case managers help members get connected to the benefits and resources they need. **In the last two to three years, we saw a rise in seniors needing assistance with Information Services, SNAP/ Food Subsidies, Benefits Assistance, and Access-A-Ride services.** Clients who have accessed our case management services have successfully received the benefits applied for.



\$190-250/ month
in SNAP benefits received
by food insecure members

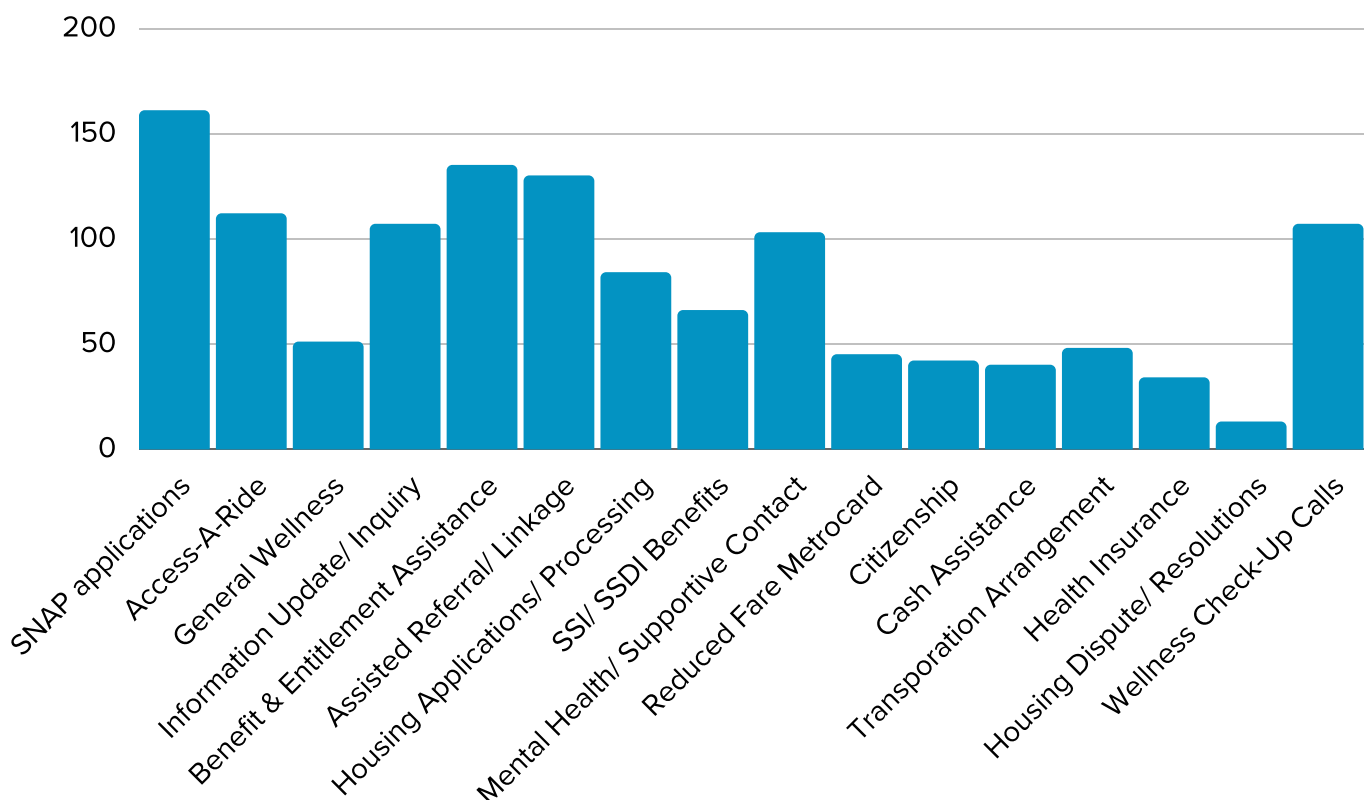
India Home also bridges the mental health gap by conducting culturally relevant mental health sessions in-house and in collaboration with institutions such as NYU Langone Center and Center for the Study of Asian American Health. We conducted 1758 mental health sessions in FY23. **From our 2022 South Asian Pandemic Needs Assessment (SAPNA) survey, 162 participants had also received mental health counseling via the phone from India Home during the pandemic and 95% of those receiving wellness check-ins found this service to be very helpful.**

Resource Fair Spotlight:

- In August 2022, India Home partnered with Sadaqah USA and Save the People Foundation to host a Resource Fair at Darul Uloom Masjid.
- Connected community members to SNAP benefits, Affordable NYCHA housing, health insurance (Medicaid/Medicare), SSI/SSDI, Access-A-Ride, in-language assistance for citizenship applications, reduced fare MetroCards, and home care services.

A SECOND HOME: For many, our centers are a safe space where they can receive comfort. One of our DSC seniors comes every Wednesday, whether rain or shine, because she enjoys having someone to talk with and not feeling lonely.

Case Management Services - Benefits Assistance in FY23



ACTION FOR A STRONGER TOMORROW



“One of our regular members, Tarapada Roy Uncle passed the Citizenship exam. He came to express his gratitude for the ESL Citizenship prep classes and 1:1 sessions that helped him to overcome the hurdle despite being out of touch of education for quite a long time”

- Gourab Nayan,

Program Manager & Health Educator at India Home

India Home provides ample opportunities for members to stand up for their rights and the issues that matter to them. We joined several rallies together this year and made our voices heard:

Safety Advocacy: We prioritize our seniors' safety and knowledge with know-your-rights sessions held biannually. **Self-defense workshops are offered October-November.** Additionally, we conduct fire safety drills to ensure our members' preparedness for emergencies.

Rights Education: Our centers serve as hubs of civic engagement and rights-related education. Representatives from the district attorney's office and local police department, visit regularly to present on topics such as **recognizing and combating elder abuse, addressing hate crimes, and providing citizenship services.**

Amplifying Voices: In September 2022, we actively participated in the **TRIE Participatory Budgeting initiative** and the **People's Money** campaign. Through idea generation sessions, we encouraged our seniors to voice their opinions and creative ideas about how to allocate \$5 million in mayoral expense funding for the betterment of their communities. **The outcome was extraordinary, with over 4,000 votes collected, exceeding our goal.**



Championing Inclusivity: At the **May 2023 Queens CACF Rally** in Manhattan City Hall Park, our seniors once again lent their enthusiastic support to the cause. They cheered loudly as we continued advocating a fair and inclusive budget for AAPI organizations. **The event highlighted the diversity of our members, who represent various languages, cultures, and faiths.** Our esteemed senior, Kishan ji, made his voice heard at the rally, further amplifying our message of advocacy and unity.

Rallying for Budget Equity: In May 2023, our seniors joined an **18% and Growing Campaign** rally at Queens Borough Hall, organized by the Coalition for Asian American Children and Families (CACF). **We advocated for increased budget equity and city council investment in AAPI-serving community organizations, even in challenging weather conditions.**



“All six of our locations are right here in Queens. This is our borough. Our members are diverse and you can see them here today. They speak over 10 languages: Bangla, Hindi, Gujarati, Punjabi, Urdu, Nepali, Guyanese-Creole and they practice Islam, Hinduism, Siikism, Jainism, Christianity, Buddhism. We are diverse and we pride ourselves in providing the tailored services our communities need, addressing gaps that conventional senior center programs just fail to address.”

- Shaaranya Pillai

Deputy Director, India Home



5 sessions

of civic engagement talks drew in

117 engaged attendees,

fostering informed participation in community matters.



REACHING OUT, STAYING SAFE: COMMITTING TO HEALTH EQUITY

”

“At the centers, the staff helped us understand the benefits of getting vaccinated and why it was important. Within one month, I got my vaccine.”

- Joynal Dewan, Member

Three years into the pandemic, we’ve continued promoting vaccine awareness, education, and uptake in our communities. Through our **COVID-19 Disparities Grant (CDG) project**, India Home partnered with local organizations like Project New Yorker and New Jerusalem Worship Center. **For over two years, we’ve worked together to combat vaccine myths, provide accurate COVID-19 information, and enhance access to services, testing, vaccines, and treatment guidance as well as improve health and well-being in Queens.**

Dedicated Community Health Workers: One of our greatest assets in achieving these goals is our team of culturally competent and multilingual Community Health Workers (CHWs). We bridge the gap between healthcare services and our community members, ensuring that everyone has access to the information and resources they need to make informed decisions about their health.



Comprehensive Community Engagement: Our approach includes leveraging localized community engagement, in-language education & flyer distribution, and meeting community members where they are at public spaces and houses of worship so that they can learn about important health topics & updates.



Collaborative Partnerships:



In collaboration with the **New York Community Engagement Alliance**, we launched the NYCEAL Vaccine Storytelling Project between October - March 2023, where we collected the vaccination stories of 10 South Asian seniors in Bengali, Hindi, Telugu, and English to help dispel COVID-19 vaccine uptake fears and increase uptake among South Asians, especially our elders.

We also embarked on the **National Council on Aging's (NCOA)** COVID-19 & Influenza Vaccine Uptake Initiative starting in March 2023 to further increase vaccination efforts in our community. Alongside these projects, our CHWs conduct weekly outreaches where they regularly distribute PPE items, take-home COVID-19 rapid tests, and promote NYC Care health insurance.



COMMUNITY HEALTH FAIR SPOTLIGHT



In July 2023, India Home organized a groundbreaking Community Health Fair, marking our inaugural event of this kind. The fair offered diverse services, including free nutrition education sessions, fitness activities like yoga and meditation, and complimentary health screenings. We collaborated with esteemed institutions such as NYU Langone Health, Parker Jewish Institute, and our CDG coalition partners to provide comprehensive healthcare support to our community.



*Thank you to our Community Outreach Team:
Dil Afroze (Supervisor), Dorjee SNU, Victoria Robinson,
Justine Saunders, Catherine Martinez and Rafael
Arichavala!*

COVID-19 Disparities Grant (CDG) Outreach Impact



7212+

**Vaccine & Healthcare
Literature Distributed**



5650+

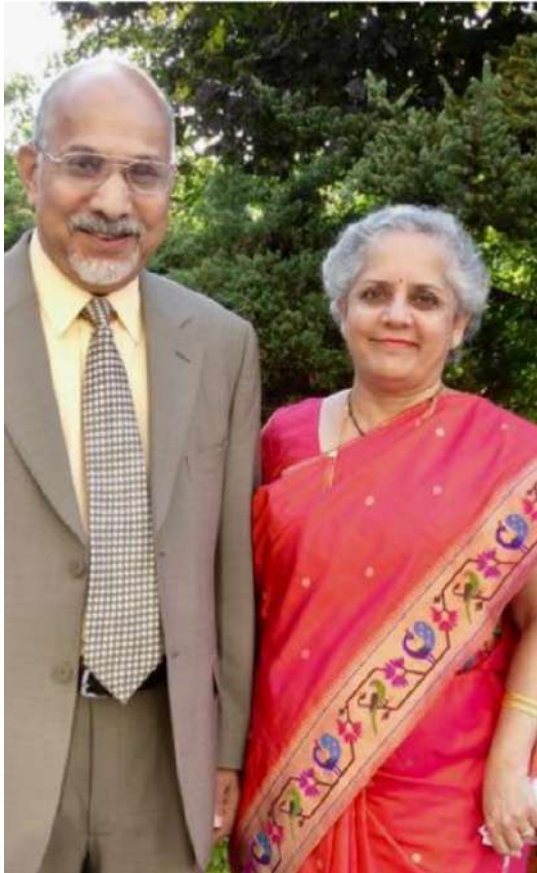
**Community Members
Engaged**



1613+

**Face Masks
Distributed**

SENIORS STORIES SPOTLIGHT



Veena & Jayant Kulkarni

“At a certain age in our lives, we need help with true care and love. We are proud and happy to mention one name and that is India Home.

We are lucky to have such help. India Home is giving good services to seniors by doing weekly yoga classes at various centers in Queens without any expectation from their members. They also have virtual classes.

Not only this, they celebrate all the festivals and encourage seniors to participate in the programs, arrange trips, Broadway shows by which seniors can have outings. They are also conducting sessions for people with Dementia.

India Home is helping seniors with all their needs such as Health & fitness, Public benefit counseling, meal and nutrition programs including free Halal lunch, arranging monthly food pantry, Educational Arts and craft, computer training and much more.

All the seniors are very happy and eager to attend their sessions. We made new friends. India Home staff is professional and very nice, patient and dedicated with all seniors.

Well, we feel this is our second home...

We are really lucky and fortunate to have this India Home center at Satya Narayan Mandir in Woodside, Queens.

India Home is our extended family. Seniors are physically and mentally motivated with strong support and socialization. This is the most important factor.”

“India Home is really doing very good social services for seniors like us under one roof.”

”



Madhu Krishnani

I am 85-years old but my heart is 25-years old and the majority of the seniors here are talented and can do so much you all will be surprised! It is our community, so everyone is comfortable and loved. I like joining the programs on Zoom. We do Karaoke every week, painting twice a week, and can you believe we even had Bharat Natyam dance classes on Zoom? The list is never ending! They offer computer classes, meals programs, and vaccinations. I can only say it's the best for me and many of us. I am happy, occupied, satisfied, fulfilled. They are great people like a big family. I don't want to miss my programs even on vacations. My health and happiness has increased and I feel young at heart. Love you, India Home!”



Kum Kum Shah

It is with great pride and sheer joy that I write about our India Home Community and its activities. This center is one of a kind. It kept our sanity during the pandemic through various zoom programs. It is a resource for accurate new education and accurate information and cutting edge programs such as the Coliving Home shared housing program they are working on, mental health initiative, colon cancer awareness, and fact finding efforts to gauge community needs. But more than that it is a place we seniors can connect with community, culture, religion and performing arts.

Jamirul Islam



“Since February 2023 I have been enrolled as a senior member and started to participate 5 days in a week. I love to come here and I love it the most, which helps me a lot. Mr. Sharif Hossain teaches us regular exercise in a very efficient and effective way. I got so many benefits through exercise. For the last 10 years, I could not sit up and perform namaz, I used to perform namaz sitting on a chair, but now I do 1 hour of exercise every day and now I stand. My weight is getting reduced through exercise and fat burn also. In Addition mental sessions including issue based sessions also help us to learn and get supportive information as well. I wish all the very best of India Home.”

Farida Talukder



It has been 9 years since Desi Senior Center was inaugurated on December 1, 2014. I have been there since the beginning. The center food delivered to me in my home is good quality and nutritious. Delicious food is served with little oil, day by day the center has improved a lot, now the center is running for 5 days, the seniors are now spending quality time at the center, moreover, the services like entertainment, sports have all improved. I am happy to receive the home delivery and I am very much grateful to India Home for their services as always

Laila Islam



“I am Laila Islam I have joined India Home Desi Senior Center as a regular member from last February 2023. I love the daily exercise and aerobics classes and have benefited a lot. I don't have any complaints about the food and the quality of the food is tested here. Nargis Apa, Gaurav, Shaila, who are working hard and are all trying to make us better. 5 days a week I come here to have a good time and I thank India Home for this effort.”

2023 SPECIAL EVENTS SNAPSHOTS

We've been up to a lot at India Home - check out some of the fun events we've had this year!

New Jersey Temple Trip - Visiting Swami Narayan Mandir Temple

Indian Independence Day Celebration

Holi Festival of Colors Celebration

Group Trips to Broadway - Live Action Performance of Aladdin & The Lion King

Ganesh Chaturthi Celebration

Indian Cinema Day at Jamaica Estates Center

Eid Reunion & Pohela Boishakh Celebration at DSC

Senior Center Month Celebration at DSC

Pitha Utsav Winter Festival

Ekushey Celebration Honoring Our Mother Language

Annual Staff & DSC Seniors Summer Picnic at Kissena Park

Celebrating the 81st Birthday of Our Most Senior Member, Miamoon Aunty



UPCOMING PROJECTS | VISION FOR THE FUTURE

Looking ahead, India Home is excited to explore future opportunities for growth in the breadth of programs we offer. Having opened two new centers and now serving even more seniors, we are excited to pioneer new endeavors that address critical yet often underrepresented issues our community faces. **We have several projects that we are currently working on (some of which we've already launched!) and hope these can come to fruition within the next two to five years. These initiatives include:**

Co-Living Housing Project



In March 2022, India Home embarked on an exciting journey, purchasing a single-family home at 79-14 264th St, Floral Park, NY. This marked the inception of our pioneering Co-Living Housing Project.

Co-living is a forward-thinking shared living model designed to foster a sense of community while preserving individual privacy. Residents share communal spaces while enjoying the comfort of their private rooms, creating a harmonious and supportive living environment. **As of September 2023, we are thrilled to announce that two seniors are scheduled to move into our Co-Living home in Floral Park this year.** This groundbreaking initiative offers an innovative solution to the housing needs of our South Asian seniors.

Developing Assisted Living Facility through Federal Funding: SACHAL

We are at the forefront of pioneering the South Asian Cultural Housing and Assisted Living (SACHAL) capital development project. **SACHAL is set to become the city's very first assisted living care and residential facility designed to cater to the unique needs of South Asian immigrant older adults.** Our mission is to impact the lives of 50 to 60 seniors who require such specialized adult care facilities. We have purchased property at 87-86 153rd St, Jamaica, NY to establish this project!



Mental Health and Interfaith Program

India Home is proud to collaborate with Dr. Katherine Britt, a distinguished PhD and Fellow at the Yale Program of Medicine, Religion, and Spirituality. Together, we are embarking on a transformative journey to enhance the well-being of our older adults. **Our joint endeavor seeks to design a groundbreaking spiritual intervention tailored to older adults with cognitive impairment.** We believe in empowering our seniors by involving them actively in the process and engaging their dedicated caregivers.



Culturally Competent Food Truck and Commercial Kitchen

India Home has a vision that's as bold as it is nourishing. **We aspire to establish a self-sufficient commercial kitchen that will serve as the heart of our culinary endeavors.** Our goal is to craft a unique and culturally competent in-house program that **specializes in preparing healthy and authentic meals tailored to the tastes and preferences of South Asian immigrant older adults.** With this initiative, we aim to promote sustainability, foster independence, and, most importantly, nourish the well-being of our cherished community members. Stay tuned as we embark on this flavorful journey towards culinary excellence!



Jamaica Supportive & Affordable Housing Project

We have the immense pleasure of collaborating with Asian Americans for Equality (AAFE) to develop culturally sensitive affordable & supportive housing in Jamaica. **This building will consist of 50 units, comprised of studios and one-bedrooms, and community space.**

COLLABORATIONS

CENTER PARTNERS

Jamaica Muslim Center
Satya Narayan Mandir
Hindu Center of Flushing
Shree Sundar Gopal Mandir



PROGRAM PARTNERS

NYU Langone Health
NYU Center for the Study of Asian American Health (CSAAH)
NYU Clinical & Translational Science Institute (NYU CTSI)
Parker Jewish Institute for Health Care and Rehabilitation
South Asian Health Association and Resource Agency (SAHAARA)
Mind the Gap Initiative
NYC Department of Transportation (DOT)
Telugu Literary Cultural Association (TLCA)
The Met Council

OUTREACH PARTNERS

Queens Public Library
Commonpoint Queens
St Clement Pope Food Pantry
Our Lady of Light Food Pantry
Queens Community House
Project New Yorker
New Jerusalem Worship Center
NYC Health+Hospitals



We express our gratitude for all our collaborators, including houses of worship and CBO's who made it possible for us to fully reach our communities

FUNDING | GRANTS

We were supported by a number of grants this year to fund our programs and embark on new projects:

Government Funding

- NYC Department for the Aging
- NYC Department for Youth and Community Development
- NYC Department of Health and Mental Hygiene
- NYC Department of Housing Preservation and Development
- NYS Office for the Aging
- US Administration for Community Living
- US Health Resources and Services Administration
- US Department of Housing and Urban Development

Grants/ Foundations

- Mother Cabrini Health Foundation
- Asian Health Coalition
- NYU Langone Health Clinical & Translational Science Institute
- Ponce De Leon Foundation
- Association for a Better New York (ABNY)
- National Council on Aging
- National Network of Public Health Institutes
- United Way of New York City
- Parker Jewish Institute for Healthcare & Rehabilitation Foundation



INDIA HOME ENDORSEMENTS & PRESS COVERAGE



PHC Newsletter



TIQ Magazine, Jan 2023 Issue



New York Magazine



The South Asian Times



JusPunjabi TV Channel



Renee Mehrra YouTube Channel

New York
Magazine

PHC Newsletter

TIQ Magazine,
Jan 2023 Issue

The South
Asian Times

JusPunjabi TV
Channel

Renee Mehrra
YouTube
Channel and
More

Dr. Kalasapudi speaks on the
Renee Mehrra show in February
2023, about our Coliving Home
project

PUBLICATIONS & PRESENTATIONS

India Home's impactful work has been featured in prestigious publications and presentations, demonstrating our commitment to improving culturally competent & aging care for older adults.

- Case Study: India Home, *Applied Population Health Approaches for Asian American Communities*, March 2023
- A Needs Assessment of Bangladeshi Immigrants in New York during the COVID-19 pandemic, *Journal of Immigrant and Minority Health*, September 2022
- “Loneliness and Mental Health Outcomes Among South Asian Older Adult Immigrants in the United States: A Cross-Sectional Study,” *International Journal of Geriatric Psychiatry*, March 2021
- Handling Crises Head On: India Home’s COVID-19 Response, AAPI Health Summit, 2020
- “Mental Health and Stress Among South Asians,” *Journal of Immigrant and Minority Health*, August 2019
- “Attitudes Towards Healthcare in Indian American Elderly,” *American Association of Physicians of India Conference*, July 2016

ACADEMIC COLLABORATORS

- Harvard Medical School
- Brown University
- NYU Langone CSAAH
- St John's University
- Queens College
- SUNY Downstate
- Albert Einstein College of Medicine



We presented at the All of Us Research Conference this year!

FINANCIALS

India Home Inc Statement of Financial Position As of June 30, 2023

Particulars	2022-2023
Assets	
Current Assets	
Cash & cash Equivalant	166,888
Grant Receivables	1,960,591
Deposit	1,500
Other current Assets	25,112
Total Current Asset	2,154,091
Fixed Assets	
Property Plant & Equipment net of Depreciation	5,457,785
Total Fixed Assets	5,457,785
Total Assets	7,611,876

Liabilities and Net Assests Liabilities

Current Liabilities	
Accounts Payable	311,508
Other Current Liabilities	29,679
Payroll Liabilities	11,572
line of Credit - Flushing Bank	500,000
Loan	320,000
Total Current Liabilities	1,172,759
Long Term Liabilities	
SBA Loan	466,590
Loan Payable	2,366,017
Loan Payable - Floral Park Property	1,092,000
Total Liabilities	5,097,365

FINANCIALS

Net assets

Unrestricted Net assets	2,514,511
Total Member's Equity	2,514,511
<hr/>	
Total Liabilities & stockholder's Equity	7,611,876
<hr/> <hr/>	

INDIA HOME INC. Profit and Loss July 2022 - June 2023

Particulars 2022-2023

Revenue

Direct Public Support	330,517
Grants	3,306,665
Other Types of Income	1,450
Services	24,190
Voluntary Contributions	5,149
Other Income	5,057
<hr/>	
Total revenue	3,673,027
<hr/> <hr/>	

Expenses

Program Services	2,807,410
General & Administrative expenses	364,551
Fundraising Expenses	56,086
<hr/>	
Net assets	444,980
<hr/> <hr/>	

THANK YOU TO OUR 2023 DONORS!

AAPI QALI Foundation
Aarti Sakhrani
Abbey Kesten
Adrianne Henderson
AgeWell NY LLC
Asian Americans for Equality
Ajay Patel
Dr. Amarjot Surdhar
Ambarish Nayak
Dr. Amit Sood & Mrs. Deepika Sood
Ananda Iyer
Ms. Anju Jowar
Dr. Ankineedu Prasad
Ankit Jain
Aparna Parimi
Arielle Slatius
Arti Foundation
Arun Srinivasan.
Ashokbhai Sheth
Association for Human Development Inc.
Avianne Kharawala
Babu Devabhakthuni
Bharat Chandulal & Usha Bharat Shah
Dr. Bharati Kochar & Dr. Ajar Kochar
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Munira Ahmed	Sujata Seth
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We express our gratitude for the donors who chose to remain anonymous as well.

Please excuse us if there are any accidental omissions or misspellings. Thank you.

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Mr. Mukund Mehta & Mrs. Padma Mehta

*Special gratitude to
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*A big thank you to the
Parker Jewish Institute for
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Send our congratulations to India Home on a year full of accomplishments and impact. Best wishes on your 2023 Gala and to the esteemed honorees:

Mr Mukund Mehta

Former NYS Congressman Thomas Suozzi

Mr Harshad Patel

NYC Councilmember Shekar Krishnan

Dr Purna Atluri

NYC Councilmember James Gennaro

Dr Sandhya Cautha

NYC Councilmember Linda Lee

Ms Shaaranya Pillai

NYS Senator Liu

Parker Jewish Institute

NY Senator Chuck Schumer





Gujarati Samaj of New York



Gujarati Samaj of New York (GSNY)

Congratulates India Home and their esteemed 2023 Annual Gala Honorees!

Mr. Harshad Patel, Mr. Mukund Mehta, Dr Purna Atluri, Dr Sandhya Cautha, Ms Shaaranya Pillai, Parker Jewish Institute, Former NYS Congressmember Thomas Suozzi, NYC Councilmember Shekar Krishnan, NYC Councilmember James Gennaro, NYC Councilmember Linda Lee

Contact Us:

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IASCCNY congratulates India Home on their 2023 Annual Gala & Respective Honorees:

Mr. Mukund Mehta, Mr. Harshad Patel, Dr Purna Atluri, Dr Sandhya Cautha, Ms Shaaranya Pillai, Parker Jewish Institute, Former NYS Congressmember Thomas Suozzi, NYC Councilmember Shekar Krishnan, NYC Councilmember James Gennaro, NYC Councilmember Linda Lee

Contact Us:

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Phone: +1 (718) 450-1829 (C)

Email: info@iasccofny.org

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congratulate India Home on a beautiful 2023 fundraising event & thank the honorees for your dedicated service!

Recognizing:

Dr Purna Atluri
Mr. Mukund Mehta
Mr. Harshad Patel
Dr Sandhya Cautha
Ms Shaaranya Pillai
Parker Jewish Institute
Former NYS Congressmember Thomas Suozzi
NYC Councilmember Shekar Krishnan
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and express our congratulations for
the 2023 Annual Gala!

**We send our congrats to the honorees
and elected officials recognized:**

Mr Mukund Mehta

Dr Purna Atluri

Mr Harshad Patel

Dr Sandhya Cautha

Ms Shaaranya Pillai

Parker Jewish Institute

Former NYS Congressmember Thomas Suozzi

NYC Councilmember Shekar Krishnan

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Drs Bhuvana & Thambi Dorai
 send our congratulations to India Home on
 your 2023 Annual Gala event and
 15 impactful years of service!

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Wishes from **Dr Kaumudi Somnay:**
 Congratulations to India Home on your
 beautiful 2023 Fundraising Gala and
 best wishes for the organization's
 future growth!

SUPPORT INDIA HOME & STEPPING STONES TO A BRIGHTER TOMORROW

India Home thanks all of our generous supporters for the growth we have seen in our programs and organization in the past 15 years!



Thank you for stepping up together with us to improve our services and pioneer new ways we can better meet the needs of our community as we navigate operating in the “new normal.”

We could not have made it this far without the faith and generosity of community members who believe in us and our cause. Whether it was through the partnership of a community organization, volunteering of a community member, or donation by a team member, your commitment is always valued.

If you'd like to support us in our initiatives moving forward, please consider making a donation by visiting indiahome.org/donate or mail checks to "India Home, Inc." at 178-36 Wexford Terrace, #2C, Jamaica, NY 11432. Your continued support will allow us to continue offering the programs and services that we do.

From the hearts of India Home's seniors and staff, a big thank you again for your kindness and generosity, and faith in us moving forward!



INDIA HOME
A CENTER FOR SENIOR CARE



LOCATION

Main Office:

178-36 Wexford Terrace #2C,
Jamaica, NY 11432

CONTACT

Email: info@indiahome.org

Phone: (917) 288-7600

MORE INFO

Website: www.indiahome.org



@indiahomeusa

**Support Our
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*For program inquiries,
Geetha Jamballi, Creative Aging
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(929)-988-1072 -
gjamballi@indiahome.org*

*Gourab Nayan, Program Manager
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