



# ANNUAL REPORT

### SACH:

Celebrating the truth of our diverse elder community



# GURU KRUPA Foundation Inc

The Guru Krupa Foundation (GKF) is a private foundation incorporated in New York, dedicated to supporting various charitable causes. Guided by principles derived from Hindu values, the foundation aims to assist those who are less fortunate, promote the acquisition of material and spiritual knowledge and preserve the heritage and knowledge that has already been acquired. Through these principles, we seek to make a meaningful impact on our community and beyond.

In alignment with its values, Guru Krupa Foundation is pleased to provide a grant for the construction of the Arts and Crafts corner at SACH. By providing a welcoming space that cultivates respect for diversity; provides educational resources; and personalized support services for an often vulnerable demographic, this project fosters a strong sense of belonging for South Asians in the diaspora. We offer our sincere congratulations to India Home for empowering and uplifting the senior community of Long Island for over 16 years.

Guru Krupa Foundation is proud to be an Honoree at India Home's 2024 Annual Gala!

Learn more at guru-krupa.org | Contact us at info@guru-krupa.org

### PRESIDENT'S LETTER



#### Dear Friends,

It has been more than 1.5 decades since India Home first opened its doors to South Asian elders in need of companionship, resources, and support and I am so pleased to see how far we have come. Whether it's battling with loneliness and depression in the hustling city life of New York City or struggling to have three nourishing meals a day or paying rent for an affordable and comfortable housing space they can call home in this new & sometimes still unfamiliar land, many of our seniors face a whole range of challenges and no two stories are exactly the same.

Just as our South Asian community is so rich with diversity and is a melting pot of ethnic cultures and languages, so are the many "sach" - or the truth in Hindi - of the diverse life experiences and stories of our seniors and what it really means to be a South Asian older adult in NYC. **Our seniors are all living their truths, their "sach," in so many ways and India Home has been there every step of the way, validating and uplifting their stories, their truths their "sach" for the past 16 years.**  In celebration of these truths as well as our exciting new plans to renovate our main office center at Wexford Terrace into the South Asian Community Home (SACH), an upgraded bright and colorful hub-space for the community to come together, connect, learn, and receive resources, **I welcome you to read this year's annual report where we cover these vastly diverse truths and the milestones we have achieved in 2024.** We are continuing to make great impact. For the FY24 service year; for example, 59,323 total Congregate lunch, breakfasts, & home-delivered meals were served to our seniors and we also conducted 38,000+ unit Physical Exercise sessions and over 1800 Educational classes.

I am particularly proud of our success pioneering Coliving Home housing for South Asian seniors. It's been over a year since we established these homes in Floral Park and Jamaica, Queens, and it is delightful to see the residents are so much more hopeful and happier living in a supportive and shared space that is just for them.

None of this would be possible without the incredible support of our donors, volunteers, staff, and partners like yourselves. Thank you for always being an essential part of our India Home family and supporting our seniors today and for generations to come.

With deep gratitude,

Mr. Mukund Mehta Board President

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### ORGANIZATION OVERVIEW

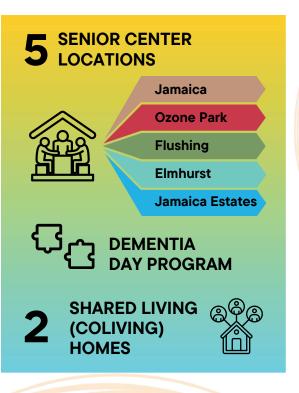
"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted, and behold service was joy." - Rabindranath Tagore

10

India Home is dedicated to helping South Asian & Indo-Caribbean immigrant older adults thrive and live a better quality of life through providing culturally competent Congregate and Home-Delivered Meals, Mental and Physical Health & Wellness, Creative Aging, Case Management, Dementia Respite Care, Community Education, Housing, and Advocacy services.

Our seniors are diverse in their backgrounds and face unique challenges. Some arrived more than 30 years ago and are struggling with chronic health illnesses, while others are recent immigrants who came in the last 5-10 years and are learning English for the first time and still getting used to public transportation in this new city they call home. No two experiences are exactly the same, but that doesn't mean their struggles and successes aren't valid.

The truth is each and every experience of our seniors reflects the vast diversity in what it means to be a South Asian immigrant older adult in the States, and these are our seniors "truths" we have been uplifting since 2007.



#### A PLACE TO BELONG, A COMMUNITY TO THRIVE

Coliving may seem like a trend of young millennials, but India Home is shifting this popular form of shared housing to be a promising new solution for our seniors in need of culturally competent and affordable housing. For over a year since securing the property and inaugurating both homes in Floral Park and Jamaica, Queens, India Home has housed 10 of our most vulnerable and housing insecure seniors in welcoming, fully-furnished, and spacious homes where they can feel a sense of belonging. Residents share the same language, ethnicity, and dietary preferences, which make it easier for them to bond and live together as a family unit. It was not easy at first, especially because sharing a living space for the longterm with people who are not direct family or kin is an unfamiliar concept in our community.

Our Coliving Home staff realized this and helped residents to "break the ice" by holding communal dinners once a week, having Bollywood and Bengali cinema movie nights, playing board games like carrom and luddo, and cooking meals with the seniors in the kitchen. We do yoga and deep breathing meditation sessions with the residents once a week, and even some of our seniors who attend the centers and live nearby, come to volunteer and visit fellow seniors who reside in the Coliving Homes. The in-house case management services also help residents, all of whom Rakeya B.



"I came to America in July 2020. In the beginning I suffered a lot because I had no accommodation. I had been living in a space that limited my independence and wasn't comfortable.

Now, I live in the Coliving Home in Jamaica and I am doing very well mentally and physically. I have enough nutritious food that I don't have to cook. It is a safe and peaceful house. I don't feel any loneliness here, I get friends, and spend time happily. I feel like I am in a family home. I will always choose this accommodation. I will spend the rest of my life here."

now have Access Rides transportation support and grocery distribution assistance. These elders now have a space of their own where they can do their hobbies comfortably, invite friends and family over, and not depend on others for what they can and cannot do - and they're thankful India Home made this possible. We are thankful for support for this project from the New York Community Trust, Leslie Samuels Foundation, and Kedia Family Fund.





**5** Family Friday Movie Nights



16 Communal Dinners Hosted



### TACKLING HUNGER WITH NOURISHING MEALS

India Home provides daily nourishment to hundreds of vulnerable South Asian seniors through our popular Congregate & home-delivered meals program. We provide culturally competent breakfasts and lunch that are not only healthy, but also delicious and meet the culinary preferences of our seniors such as Bangladeshi Halal and Indian Vegetarian meals cooked in Gujarati, Punjabi, South Indian styles. Approximately 200-225 seniors receive our Vegetarian Congregate meals every week, and another 525 at our DSC location. Our breakfasts consisting of bread, eggs, fresh fruit and salad are nutritionally balanced and provide a healthy start to the day. By lunchtime, seniors are filled with warmth as they socialize while eating food together. They especially love the meals served during special festivals and occasions at our centers, where 325-350 seniors typically will attend in a week. We also hold Food Pantries once a month at our Jamaica (DSC) and Woodside (Satyanarayan Mandir Temple) centers, providing culturally competent dry groceries and healthy foods to as much as 400 community members every month.



33,125 Congregate Lunches Provided

> 21,821 Breakfasts Served





### DESI DEMENTIA DAYCARE -3D CARE AT INDIA HOME



Exercises & Yoga Service Units Conducted

**120** 3D Care Creative Aging Activities Conducted

"I'm enjoying my 3D Care classes. It makes me happy and encourages me day by day. I don't have to look outside the window because I know today I will be there. I encourage others to come here and get some fuel!" - Minaxi Aunty

We run several different activities in our one-of-a-kind dementia respite care program, Desi Dementia Daycare (3D Care) program, for South Asian seniors. These include Creative Aging, Memory/ Cognitive Strengthening, Chair Yoga, and Meditation activities. Our seniors enjoy Trivia games, group sing-alongs, doing exercises together, and playing competitive games. Musical chairs is especially one of their favorite games, and they get excited when the microphone is in their hands because that's their moment to shine! 10-15 typically attend the sessions. Lunches are provided three days a week, consisting of healthy starches such as roti or rice with sabzi/ vegetarian dish like daal, and protein-rich yoghurt and fruit. 75 service units at minimum are conducted monthly for this program. The program has seen great success, as praised by clients and staff alike. Our 3D Care Program Coordinator, Kiruba Pillai, shares "I see a big improvement in our clients since 3D Care started a year ago. Most have been attending from the beginning and some even want to extend it for more days! Clients definitely get relief, especially by avoiding loneliness and reducing stress. When they reach India Home's door, they always feel happy and grateful. When the day ends especially on Thursday evenings, the last day of 3D Care, some begin to feel sad and pretend to be crying. I comfort them that it's okay because they'll get to see us and enjoy the activities next time they visit on Tuesday. They benefit from this special program, undeniably, the most effective self-improvement program for their peace of mind, happiness, increased self-confidence, and improved quality of life."

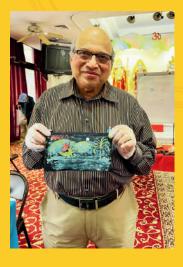
Mental Health

Conducted for Caregivers

**Sessions** 

### HEALING THROUGH HEALTHIER LIVING

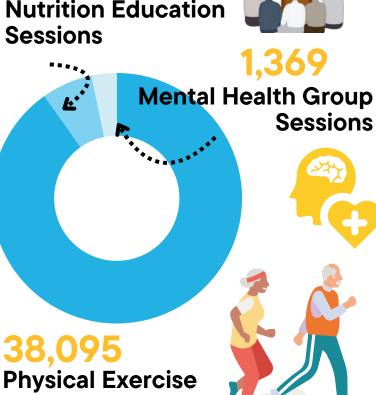
Suresh M.



"When my wife passed away due to bone cancer, I was really upset. My friends and relatives said "Come with us. We are going there to India Home. You'll feel better and get a little bit of change. Try it." I joined India Home but it was hard in the beginning because I had a lot of setbacks inside my heart. I did the yoga and exercises since I have knee problems. I worked hard and lost 5 pounds. I felt much better, and then somehow from inside came out my interest in singing. I was encouraged from the inside. I was happier and my friends were also very happy."



Sessions





India Home's health programming ensures our seniors stay physically and mentally fit. Approximately 900+ seniors attend yoga, physical exercises, meditation, and low impact dance sessions both inperson and via Zoom across all our centers. It is a popular program, taught by certified instructors who have conducted fun sessions such as chair & laughing yoga, aerobic exercises, and morning breathing techniques for relaxation. 550 seniors typically join these activities at our DSC center pr week, and another 350 seniors weekly across all other centers. Our group-led neighborhood walks are also popular with our seniors because they get to enjoy the fresh air and socialize outdoors.

Alongside these activities, we also conduct health education series at our centers. Seniors learn about topics such as arthritis treatment & prevention, and diabetes management as well as receive blood pressure monitoring screenings, brown bag prescription check of medications, and enrollment assistance in MetroPlus and Healthfirst.

### COMBATTING LONELINESS WITH CREATIVE AGING

#### Bindeshwari A.



"My husband's passing in 1999 left a void. Coupled with retirement, I began to feel lonely. Then, during an even more challenging time in the pandemic, a friend introduced me to India Home. Initially I hesitated due to my age, but then I joined a session at the Satyanarayan Mandir temple center. The atmosphere instantly won me over. Welcoming smiles, delicious tea and snacks and a rejuvenating yoga session filled the room. Laughter erupted as we played Antakshri, a beloved Indian musical game. This first experience sparked a joy I hadn't felt in a while. Daily activities like dance and Bhajans provide enjoyable opportunities for us to connect and socialize. And cultural celebrations like Diwali and Holi keep the calendar lively. The most precious aspect is the friendships I've built: sharing stories, laughter, and experiences with fellow members has created a sense of belonging I deeply cherish."

Our Creative Aging programs are always bustling with activity. 130+ seniors typically attend our different activities that are mentally stimulating, allow them to be creative & express themselves, and socialize in a relaxing atmosphere. Some of our most popular activities are Acrylic painting sessions, Karaoke, and Jewelry making. At DSC, seniors have fun making DIY tote bags, painting on canvases, crocheting, and more. They have created many crafts items such as clay jewelry, woolen design , landscape paintings, embroidery, tapestry weavings, quilt design , paper mache, and unique tote bags, all with motifs of their homeland and celebrating South Asian heritage.









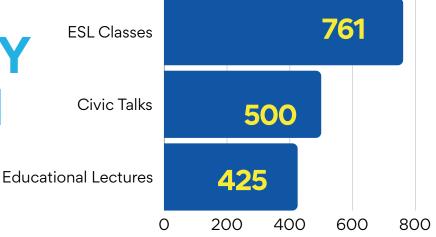
**2948** 

CREATIVE AGING ACTIVITIES CONDUCTED

**ARTS & CULTURE** 

TECHNOLOGY SESSIONS

### COMMUNITY EDUCATION





"I had some experience using Microsoft when I was in Bangladesh. When I came here, I learned fundamentals of Microsoft, PowerPoint, HTML, and Excel through the Computer education classes at India Home. HTML was very new to me but I found it very interesting."



Our community education sessions provide seniors with the knowledge and resources they need to stay healthy and navigate challenges they may face living in New York City. At our one-day-a-week centers, we conduct Elder Abuse, Elder Fraud, Self-Defense, CPR, and Fire Safety training. Twice a week we conduct technology & computer sessions, which has benefitted seniors by increasing digital literacy, improving their online safety and security, helping them to have more efficient communication with loved ones, and knowing how to access these devices for entertainment such as movies, music, & games. We also conduct nutrition education sessions once a week, helping seniors to increase their nutrient intake and reduce the risk of chronic diseases like diabetes and heart disease.

At our Desi Senior Center, seniors attend educational talks and learning sessions on topics such as Nutrition Education, Arabic classes, Falls Prevention, Elder Abuse Awareness, and Self-Defense workshops. ESL & Technology classes with skills development and greater comfort speaking and writing in English. India Home's Citizenship coaching classes are especially helpful for DSC seniors, many of whom are newly arrived immigrants. Ten seniors recently passed their exam and became citizens!

"In 2008 my eldest daughter immigrated with me and my wife to America. At first it took time to adjust to everything in American life. My wife joined India Home's Desi Senior Center in 2016. I was inspired and enrolled in 2017. After attending DSC, all the difficulties I had were removed. Attending ESL sessions built my confidence. I attended the Citizenship preparation classes too to memorize questions and answers so I felt prepared for the exam. Finally, I passed and became a citizen. I am very grateful for this service. It is a very effective education and informative session for seniors like us. We salute all the officials at India Home and Desi Senior Center."

### **OPENING DOORS TO OPPORTUNITY:** INDIA HOME'S TRANSFORMATIVE IMPACT



**\$200+/** MONTHLY SNAP FOOD BENEFITS PER SENIOR

90% CLIENTS RECEIVE BENEFITS APPLIED FOR

> 120-160 SENIORS ASSISTED /MONTHLY

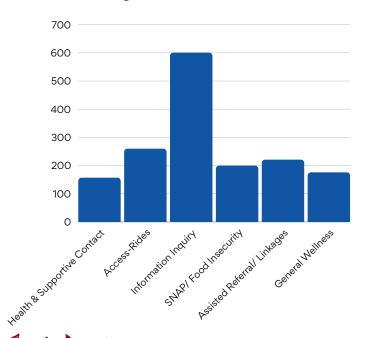


#### Mangala S.

"On July 28th, 2024 the elevator of my building broke down. The management was not taking it seriously so I and another senior in this building called 311 to complain. After 8 days, I called 311 to check the status. I was told that this issue is closed; no further explanation or reason was given to me. I was in tears. Climbing the stairs from the ground floor to 4th floor brought a toll on my knee, making it impossible to take even one step further. I was literally stuck in my apartment... Two weeks passed, and it was taking so much time to fix the motor of the elevator.

Luckily, I received assistance from India Home. They not only filed the complaint online and spoke with 311, but also arranged meals to be delivered to my door, free-of-charge. The Management received a penalty for being late but fixed the elevator. It is true that with India Home 'Knock the door, and it will be answered.'"

Started in 2016, our Case Management department has been growing by leaps and bounds in helping seniors to receive benefits and resources they need to overcome food, financial, transportation, housing, and health insurance insecurities. For example, we saw a huge success rate in Section 8 Housing Vouchers obtained. After 15 years, the Section 8 housing lottery opened up for enrollment. India Home's Caseworkers swiftly provided assistance and prescreened 100 interested applicants, many of whom received the housing vouchers and are very happy. Over 30 seniors at DSC alone have received Section 8 housing. Furthermore, approximately 90% have acquired various benefits such as SNAP/ food stamps. SSI/ cash assistance, Access-ride, Reduced Fare MetroCard, and rental assistance. About 30-40 seniors access case management services each week. The highest reported needs in clients are financial cash benefits and housing. In addition to benefits assistance and case management, we also continue to provide counseling and mental health education sessions. In Fiscal Year 2024, we conducted 989 mental health group sessions for primarily Hindi-speaking, Indian seniors and 567 such sessions for Bangladeshi seniors at DSC.



Case Management Services Provided

"MJ and his wife have been regular members of DSC for the last few years. At the beginning of the year, they had started to face financial challenges as a result of their son moving out. Due to MJ's disability, he wasn't able to work and provide for his household. They had come to me expressing their hardships and I had applied them for SSI. They both were eligible for SSI and I was able to secure them a permanent income source. The couple also receives meals twice a day at our senior center.

They have demonstrated immense gratitude for all the help and services they receive at India Home."

- Shalma A., Case Manager

## SACCHI PROJECT



The South Asian Colon Cancer Health Initiative (SACCHI) by India Home has made significant strides in addressing colorectal cancer disparities among South Asians in New York's Congressional District-03. Through culturally sensitive education and outreach, SACCHI engaged over 40,000 individuals, conducted 400 pre-screening knowledge assessments, and post-patient surveys. The project's impact is evident in the post-survey results: 78% of respondents were aware of colorectal cancer and 63.5% had discussed it with their primary care physician. SACCHI's multilingual approach, including educational materials in seven languages and partnerships with local healthcare providers, proved effective in bridging the communication gap between doctors and patients. The initiative's success highlights the importance of culturally adapted interventions in improving health outcomes.



**63.5%** Discussed Colon Cancer with their primary care physician post-surveys conducted with India Home



### **FINANCIAL STATEMENTS**

#### India Home Inc. Statement of Financial Position As of June 30, 2024

PARTICULARS	2023-2024	
ASSETS		
CURRENT ASSETS Cash & cash Equivalent Grant Receivables Deposit Other Current Assets	\$176,215 \$1,432,785 \$1,500 \$329,456	
Total Current Asset	\$1,939, 956	
FIXED ASSETS Property Plant & Equipment net of Depriciation Total Fixed Assets Total Assets	\$10,714,963 \$ <b>10,714,963</b> <b>\$12,654,919</b>	
LIABILITIES & NET ASSETS		
CURRENT LIABILITIES Accounts Payable Other Current Liabilities Payroll Liabilities line of Credit - Flushing Bank Third Party Loans	\$198,486 \$82,769 \$85,854 \$500,000 \$1,355,000	
Total Current Liabilities	\$2,222,109	
LONG TERM LIABILITIES SBA Loan Loan Payable Other Long Term Liabilities	\$480,679 \$7,227,919 \$329,456	
Total Long Term Liabilities	\$8,038,053	
Total Liabilities	\$10,260,163	
NET ASSETS		
Net assets (deficit)-with Donor Restriction Net assets (deficit)-without Donor Restriction Total Net Assets	\$701,976 \$1,692,781 \$2,394, 757	
Total Liabilities & Net Assets	\$12,654,919	

### **FINANCIAL STATEMENTS**

#### India Home Inc. **Profit & Loss** July 1, 2023 to June 30, 2024

#### PARTICULAR

2023-2024

#### **REVENUE**

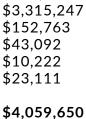
Direct Public Support	\$515,215
Grants	\$3,315,247
Fundraising Income	\$152,763
Services	\$43,092
Voluntary Contributions	\$10,222
Other Income	\$23,111

**Total Revenue** 

#### **EXPENSES**

**Program Services** General & Administrative Expenses **Fundraising Expenses Finance Charges Total Expenses** 

#### Net Income



\$3,410,900 \$390,338 \$35,170 \$1,44,936 \$3,981,344

\$78,306





# THANK YOU TO OUR 2023-2024 DONORS!

AAPI-QLI Aarti Sakhrani AFHD (Association for Human Development) AgeWell NY LLC AIA (Association of Indians in America) Aiav Patel Ali Najmi Ameeta Kothari Drs. Amit & Deepika Sood Ananda lyer Dr. Anasuya Nagaraj Anchor Health Homecare Services Inc. Andrea Wu Anil & Daksha Mukhatiyar Dr. Ankineedu Prasad Dr. Ankit Jain Arun Srinivasan Asha Dalal Asha Vijav Foundation Inc. Ashok & Geeta Shah Dr. Ashok & Dr. Mamta Shaha Dr. Badhev Bala & Krish Krishnamurthy Bhanu Shah Drs. Bhanu & Krish Rangachari Bharat Patel Drs. Bharati & Ajar Kochar Bharati Parikh Dr. Bhavana Japi **Bhavik Sheth** Drs. Bhuyana & Thambi Dorai **Bipin & Sushila Shah** Dr. Brenna Desai **BUSYDO Inc** Chaitanya Rudra Chanda Mehta Dakshayani R. Guttal Dr. Damodara Gullipalli Damodara R Mendu Danahar Foundation

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We express our gratitude for the donors who chose to remain anonymous as well. Please excuse us for any accidental omissions or misspellings. **Thank you!** 

#### A SPECIAL THANK YOU TO OUR LEGACY DONOR: KAMLA MOTIHAR

Kamla Motihar began her journey with her active role in the Indian freedom movement and continued through a distinguished career in librarianship. After her postgraduate studies in London, she moved to New York and directed the Mellon Foundation's library for over 28 years. She co-founded the Asian Indian Women in America (AIWA) and authored a key chapter in the Asian American Almanac on South Asian American history. Kamla is proud to commit \$150,000 towards sponsoring the new Library space in India Home's new SACH center!

India Home is filled with immense gratitude for Kamla ji's kindness as our first Legacy Donor - thank you so much!

#### DRS. SAROJ & INDRAVADAN SHAH

wish India Home the best on a successful 2024 Gala for SACH!



Sends a heartfelt congratulations to India Home and their esteemed 2024 Annual Gala Honorees!

thinkforwardfinancial.com 🕓 (<u>917) 887-2600</u> 🕞 <u>sunil@thinkforwardfinancial.com</u>

Drs Deepa & Vinni Jayam are proud to sponsor India Home's 2024 Gala for SACH!

Deepa Jayam, DMD General & Cosmetic Dentistry 465 East Park Avenue Long Beach NY 11561 Vinni Jayam MD, FACC Cardiac Electrophysiologist St. Francis Hospital, The Heart Center Board of Trustee, AAPIQLI

#### PRINCE GAMAGE | GPS 2000 NYC INC.

GPS 2000 NYC Inc. is located in Bayside, New York. We primarily operate in the Limousine Rental, With Driver business / industry within the Local & Suburban Transit & Interurban Highway Transportation sector. We have been operating for nearly 11 years.



### DRS. LILA & MAHENDRA SHAH

congratulate India Home on the 2024 Gala for SACH and send our best wishes for the South Asian Community Home!

#### TATIYA ACCOUNTAX, INC

#### **OUR SERVICES**

- Business and Individual Tax Returns
- Foreign Income & Asset Reporting
- FBAR & FATCA Compliance
- Tax & Retirement Planning
- Payroll Services
- Sales, Gifts, Trust, & Estate Tax Returns
- Incorporations
- Accounting & Book-keeping
- Compilations, Reviews, & Audits
- Quickbooks Accounting Solutions

We Congratulate India Home on another year full of milestones and impact. Best wishes to India Home's 2024 Gala & respective honorees!

> CONTACT Hemant & Neetu Jain CPA 25 Sherwood Lane, Roslyn Heights NY 11577 Call: (516) 742-4145 | Email: askcpa@tatiyacpa.com

CPAs You Can Turn To Year Round!

DR. PURNA ATLURI, M.D., FACP Specialist in Digestive Disease / Endoscopy

#### **DR. SUBHA ATLURI, M.D.** Internal Medicine & Primary Care

322 Linden Blvd. Brooklyn NY 11226 (Linden Blvd. and New York Ave)

> OFFICE HOURS BY APPOINTMENT: Phone: (718) 237-1596 Fax: (718) 222-1650



Drs Purna & Subha Atluri are proud to support India Home In their creation of the South Asian Community Home!



#### **OUR SERVICES**

- Free Examination with Necessary X-Rays
- Same Day Emergencies Seen
- Nitrous Oxide (Laughing Gas) to relieve fear
- Interest Free Financing with Payment Plans
- Braces

#### DR. AMIT SOOD Board Treasurer

#### Jackson Heights

81-31 Baxter Ave #LB New York 11373 Call (718) 775-3999

#### Garden City

327 Nassau Blvd New York 11530 Call (516) 629-5436

COMPLIMENTARY CONSULTATION WITH NESCCARRY X-RAYS & 2ND OPINION FOR THE FIRST 20 PEOPLE

### BALA & KRISH KRISHNAMURTHY



WE ARE PROUD TO SUPPORT THE NEW SACH CENTER & BE GOLD SPONSORS OF INDIA HOME'S 2024 ANNUAL GALA! Bala, who serves as Secretary on India Home's Board, and Krish are helping India Home cover nearly half of the South Asian Community Home (SACH) technology center.

They have generously committed a matching donation of \$75,000 toward the sponsorship of the new Technology Center/ Computer Lab at India Home's SACH center in Jamaica Estates.

# DRS. АЗНОК & МАМТА SHAHA

WE ARE PROUD TO SPONSOR INDIA HOME'S TECHNOLOGY COACHING AND SEND BEST WISHES FOR THE SACH CENTER!

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The Dr. Prem Reddy Family Foundation is dedicated to improving access to healthcare, supporting organizations with aligned missions, and increasing educational opportunities in healthcare.

We are proud <mark>to b</mark>e a Gold Sponsor at India Home's 2024 Gala!



Contact us at: Foundations@primehealthcare.com

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