



Commitment to Improve Quality of Life



Annual Report 2012



congratulates

India Home

on the occasion of your

Third Annual Gala

Healthfirst is a not-for-profit managed care organization that has served the diverse communities of downstate New York since 1993. We treat our Medicare Advantage, long term care, Medicaid, Family Health Plus and Child Health Plus members with the same care and attention we would want for our own families.

For more information, visit healthfirst.org



Dear Friends:

I am excited to share another year of tremendous growth for India Home. We made significant progress over the last year in working toward our goal of improving the quality of life of Indian American seniors and providing services in a culturally sensitive environment.

Since last year, we inaugurated two new centers at Queens Community House and Self Help, Inc. The latter was accomplished through Department for the Aging funding for innovative senior centers. With these additions, we are currently running senior centers over five days a week around Queens, NY.

Given our expansion, we required additional transportation for our seniors. We are very thankful for a first capital grant from Queens Borough President, Ms. Helen Marshall. We deeply appreciate the continued support from New York City council members Weprin, Dromm, Gennaro, Van Bramer and Comrie. In further support from our local government, we are grateful that council member Halloran joined as a new contributor. In our continued effort to expand our funding sources, we initiated a partnership with Senior Health Partners at Health First.

This is a year of prolific publications as well for India Home. *Sentiments*, an anthology of poetry and art, is our first published showcase of seniors' creative endeavors. In an effort to widely disseminate knowledge about Indian American seniors, we submitted abstracts for presentation at multiple national conferences. This is the product of the research we conducted in collaboration with The Warren Alpert Medical School at Brown University in Providence, RI.

Our organization is spearheaded by volunteerism. Therefore, we celebrated our first volunteer week recognizing our senior and community volunteers who are cornerstones of India Home's success. We are excited to make this an annual tradition.

Finally, I would like to thank you all for your support over the first five years of India Home's life. Founding and leading India Home has certainly been a life changing journey for me both personally and professionally. I am honored to have played a role in this imperative movement of senior care and to have a chance to serve our elderly. To benefit an organization, change is a necessary factor for growth. I am very excited that Dr. Kiran Dave and the Board of Directors will lead the organization with our shared vision, but fresh ideas and innovations. I wish them all the best and look forward to the continued growth of India Home in serving our seniors.

With Warm Regards,



Vasundhara D. Kalasapudi, M.D.
President & Co-Founder

OUR STORY

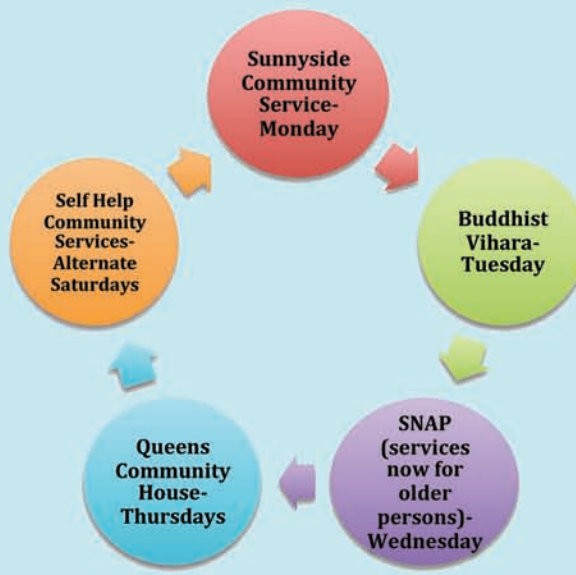
Experiences of a group of Indian American health care professionals in the New York City area resulted in a realization of the vulnerability of aging in an adopted land. The 2010 census reported that the most rapidly growing age group in the United States is that above the age of 65. In the same census, Asian Indians are amongst the fastest growing ethnic groups in the nation. This highlights the need for addressing the challenge of aging as an Indian immigrant in America. In this light, Drs. Kalasapudi, Sood and Dave were driven to found a non-profit organization in 2007, India Home.

India Home became operational in early 2008. Isolation is one of the greatest challenges faced by immigrants. Isolation is especially dangerous in the elderly as it is a major risk factor for cognitive decline. Therefore, India Home's first mandate was to address isolation. In order to maximize resources, India Home had to be creative. The founding model is to use existing facilities to create culturally relevant programming for Indian seniors in the community. Transportation was generously donated by the Doshi Family Foundation. This was imperative in making India Home accessible. In four short years, India Home expanded dramatically to running centers at five different locations around Queens, New York.

The programming for the centers was designed by health professionals. It focuses on aspects such as nutritious and culturally appropriate meals, yoga and physical exercise, memory and concentration exercises, health lectures and discussions and fostering talent and creativity. Recognizing the importance of exposure, India Home also organizes field trips. In order to involve the community, India Home organizes an annual inter generational cruise series, which has been very well received. A caregiver support program was started in 2011 to alleviate the burden of caring for the elderly. Developing this multipronged approach to senior care has been the work of the first five years of the organization.

Recognizing that such a massive effort cannot be successful without support and partnerships, India Home has reached out to individuals, other non-profit organizations, private sector funding sources and the local government. Our seniors are our biggest source of inspiration and encouragement. They stimulate us to envision a future for aging as an Indian American, including but not limited to culturally sensitive nursing home services, assisted living facilities and hospice care. We look forward to taking steps to realize this vision in the next five years of India Home.

INDIA HOME: STRUCTURE & SUPPORT



New Board of Directors

Kiran Dave, M.D.
President

Bhuvana Dorai, M.D.
Vice President

Kamla Motihar
Secretary

Amit Sood, D.D.S.
Treasurer

Geeta Menon, M.D.
Medical Services

Paulose Arikupurathu
Public Relations

Board Members at Large

Jaya Bahadkar, R.N.
Janak Dutt
Masood Mirza, M.D.
Shanthi Ranasinghe
Gnanendra Sinha, M.S.W

Staff

Joel Palma, Transportation Supervisor
Megha Mehta, Social Service Coordinator
Rachit Manglani, Community Outreach Coordinator
Monica Thalla, Administrative Assistant
Manav Bandlamudi, Intern



Inauguration of India Home at Self Help

GLIMPSES OF INDIA HOME 2012



Council Member Mark Weprin Inaugurates XBOX Kinect Video Game



IH seniors performing at Aging in Place



Arts & Crafts



Yoga



India Home seniors are mobile



Comptroller John C. Liu & Dr. Neeta Jain



Dandiya



India Home : A multicultural experience



Dr. Leena Doshi at Sunnyside Computer Center

VOLUNTEERS' DAY: April 15th 2012

India Home is fortunate to have a strong volunteer support base from its inception. We always cherish our volunteers. This year, India Home shared our celebration with others on Volunteers' Day, April 15th. We honored both community and senior volunteers without whose love, time and talent the organization could not serve seniors. New York City council members generously volunteered their time to present awards to our volunteers. This celebration fostered a great sense of community progress and pride.



"Recognition lets volunteers know that others acknowledge and appreciate what they do. It tells them they are doing something well and that they have something meaningful to contribute. Recognition and approval give volunteers a feeling of warmth, pleasure and accomplishment" (India Home's Prize winning volunteer).

In our constant encouragement of volunteerism, India Home is supporting seniors as a rotational volunteer in coordinating the centers' programs. This new initiative has been very successful as it gives our seniors an opportunity to develop leadership skills and empowers seniors to help themselves.



SECOND ANNUAL INTERGENERATIONAL CRUISE



India Home recognizes the importance of fostering intergenerational bonds for healthy aging. Our cruise is an opportunity to attract a younger generation to spend quality time with their elderly. This year we had over 500 people attend two cruises over the summer.



The cruise experience was enriched by activities planned for and by our seniors. Our talented seniors performed the *garbha* dance of Gujarat and sang folk songs from Punjab. The younger generation performed for our seniors and coordinated activities like a raffle and birthday and anniversary celebrations. This meaningful interaction between the generations is well cherished by our seniors.



Bonding with Joel



"Wow, my grandparents can dance!" – Attendee



Having fun



Generations cruising together



SKYLINE PRINCESS



Skyline Cruises

Cruises • Events • Catering



The 120 ft. Luxury Yacht, Skyline Princess is fully climate controlled, and the Skylight deck can be open or completely enclosed, so no matter what the season, rain or shine, you always have complete use of all three levels, and your plans never have to change based on weather conditions.

The Skyline Princess can be chartered for any event with or without catering from 40 to 450 Guests.

US Coast Guard Certified for 450 passengers

Corporate Headquarters
Skyline Cruise Lines, Inc.
 1 World's Fair Marina
 Flushing Meadows, NY 11368
 Pier One (Next to Citifield)

Manhattan : (212) 757-7567
Chelsea

Connecticut : (203) 353-6171
Stamford • Norwalk • Bridgeport

Queens : (718) 466-1100
World Fair Marina, Flushing

Long Island : (516) 504-9965
Port Washington

New Jersey : (201) 332-4015
Jersey City • Weehawken

Westchester : (914) 637-3858
New Rochelle • Tarrytown

NY • NJ • CT

www.SkylineCruises.com • www.Skyline-Caterers.com

Sales@SkylineCruises.com • Info@SkylineCruises.com • Sales@Skyline-Caterers.com

RESEARCH: 2012

Despite the growing number of Indian American seniors, there exists a knowledge gap in the literature about this population. India Home partnered with various academic groups to address this knowledge gap. Contributing to the literature is important to disseminate knowledge about the Indian American elderly. Our seniors have the option of providing consent to participate in various non invasive research studies that aim to learn more about Indian American aging. Our currently active collaborations are as follows:

The Warren Alpert Medical School at Brown University, Providence, RI

Data that was previously collected was analyzed and processed for publication. We are in the process of submitting various abstracts and manuscripts to share the information gathered on the use of complementary and alternative medicines, behaviors and barriers toward preventive health care and end of life issues. We look forward to sharing these results with you in the near future. Our next project for 2013 is to assess polypharmacy in our seniors.

South Asian Practice Partnership for Health Improvement and Research (SAPPHIRE)

Albert Einstein College of Medicine at Yeshiva University, Bronx, NY

This collaboration is to clearly elucidate the health needs and disparities in our community. The group trained our senior volunteers to serve as community based researchers and collect data. The SAPPHIRE team will also aid us in continuing our health literacy education programming by producing health information in different Indian languages.

MEDIA: 2012

Voices of New York

A detailed video of the seniors of India Home and the daily activities of the social day program appeared in the Voices of New York, a project of the CUNY Graduate School of Journalism. This was part of a series highlighting the importance of tailoring programs to specific populations. Visit: <http://vimeo.com/39282708> to view the video or <http://voicesofny.org/2012/09/graying-in-color-aging-actively-among-your-own/> to read the article.

ITV Segments

India Home members had three half hour segments on ITV, a news channel serving South Asians in the New York City area. This was a wonderful forum to showcase our seniors' creativity. Our seniors sang, danced, acted and conducted discussions in these segments.

NILESH & SHRUTI SONI

APPLAUD

INDIA HOME

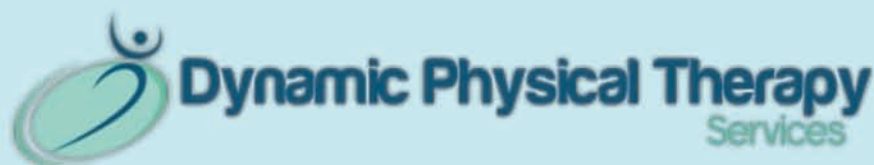
for its

*Service to
Indian American Seniors*



*43-43 Kissena Boulevard #110
Flushing, NY 11355
Phone: 718 661 1710
Fax: 718 886 6414*

*83-59 264th Street
Glen Oaks, NY 11004
Phone: 718 395 2393
Fax: 516 746 1039*



India Home Inc.

Statement of Activities and Changes in Net Assets

Cash Basis

Year Ended December 31, 2011

(with summarized comparative information for the year ended December 31, 2010)

	<u>2011</u>	<u>2010</u>
Revenue and other support:		
Contributions	\$ 92,365	\$ 91,171
Program Service Revenue	\$ 27,445	\$ -
Fundraising Revenue	\$ 25,307	\$ 30,660
Government Contracts	\$ 14,354	\$ -
Grants	<u>\$ 19,993</u>	<u>\$ -</u>
Total revenue and other support	<u>\$ 179,464</u>	<u>\$ 121,831</u>
Expenses:		
Program services	\$ 127,206	\$ 122,839
Support services	\$ 24,206	\$ 11,178
Fundraising expenses	<u>\$ 11,100</u>	<u>\$ 5,327</u>
Total expenses	<u>\$ 162,512</u>	<u>\$ 139,344</u>
Changes in net assets	<u>\$ 16,952</u>	<u>\$ (17,513)</u>
Net assets at the beginning of the year	<u>\$ (81,704)</u>	<u>\$ (64,191)</u>
Net assets at the end of the year	<u>\$ (64,752)</u>	<u>\$ (81,704)</u>

India Home Inc.

Statement of Financial Position Cash Basis December 31, 2011

(with summarized comparative financial information as of December 31, 2010)

	<u>2011</u>	<u>2010</u>
ASSETS		
Cash and cash equivalents	\$ 10,846	\$ 55
Fixed assets (see note 3)	\$ 12,253	\$ 21,442
Other assets	<u>\$ -</u>	<u>\$ 408</u>
Total assets	<u>\$ 23,099</u>	<u>\$ 21,905</u>
LIABILITIES & NET ASSETS		
Liabilities		
Loans (see note 4)	\$ 75,000	\$ 90,000
Other payables & liabilities	<u>\$ 12,851</u>	<u>\$ 13,609</u>
Total liabilities	<u>\$ 87,851</u>	<u>\$ 103,609</u>
Net assets		
Net assets	<u>\$ (64,752)</u>	<u>\$ (81,704)</u>
Total net assets	<u>\$ (64,752)</u>	<u>\$ (81,704)</u>
Total liabilities and net assets	<u>\$ 23,099</u>	<u>\$ 21,905</u>

Supporters whose generosity sustains our work: 2011

Individual Donors

Annie Abraham
Sudha Acharya
Jenny Acosta
Seema Agnani
Vijayalakshmi &
Venkateswar Rao Atluri
Jyoti & Chander Bachani
Jaya & Suresh Bahadkar
Babu & Rajyashree Bangaru
Nishi Behl
Shilpa Bhakta
Chhabi Biswas
Meera Boppana
Renee Capell
Narinder & Chander
Chandna
Chaitanya Chandolu &
Padmapriya Ayyagari
Chandra & Meena Cherla
Kiran & Ravi Dave
Rosy & Ramana Dhara
Champshi & Taru Dedhiya
Maria Deutscher
Kathryn Donohue
Thambi & Bhuvana Dorai
Vikramaditya Dumpa
Janak Dutt
Yvette Edey
Chandra & Radhika
Gajulapalli
Radha & Swaminathan
Giridharan
Anita Gupta
Mamta Gurung
Monica Guzman
Terri & Donald Harnick
Krishna & Ananda Iyer
Bhuvana & Eswari Jagarapu
Neeta & Pramod Jain
Jyoti Jasti
Srinivas & Vasundhara
Kalasapudi
Malik & Micheline Kalepu
Dheeraj Kamalam &
Ashalata Nair
Ramesh & Anupama
Kandepu
Sushma & Chandra Kaushik

Grace Kerr
Lakshmi & Kiran Khandke
Kiran Kher
Mary & Thomas Knox
Sridhar Kumbala
Amrit & Amita Lakhumna
Marian Lewek
Renee Lobo
Kathleen Malpelli
Bhavita Mamilla
Megha Mehta
Geetha & Padmakumar
Menon
Sujata & Yujaya Mikkilineni
E. Miller
Nasreen & Masood Mirza
Meena Modak
Kamla Motihar
Amar & Padma Nanugonda
Ramesh Navani
Balakrishna Nuli
Ashwin Pandya
Ashwin Parik
Bhuvaneswar Pasham
Bharat Bhai Patel
Jayant Patel
S. Peselli
Sudharakan & Sheeja Pillai
Ankineedu Prasad
Rajeshwar & Prem Prasad
James O'Neal
Vasundhara & Venugopal
Oruganti
Shanthi & Arya Ranasinghe
K.V. & Jyoti Rao
Barry Ross
Manjari Rastogi
Bina Sabapathy
Satya Pal Sachdev
Janki & Gina Sajnani
Mangala Sand
Sudarshan & Simone Seth
Chandra Kanth Shah
Jyotsna Shah
Minaxi & Kishore Shah
Prafulchandra Shah
Shanti Lal Shah
Gnanendra & Kshma Sinha
Mallika Singh

Amit & Deepika Sood
Bhavani Srinivasan
Beena Suchdev
Jag & Bimla Suri
Promila Thakker
Seshadri & Gayatri
Thirumala
Andrea Thomas-Randall
Tirumala & Pavani Tipirneni
Venkatesh & Prasanna
Vangala
Radhakrishnamurthi &
Nirmala Vankadara
Satish Varma
Sanjeeva Rao & Usha
Velpula
Sambasiva Rao & Lakshmi
Venigalla
Triloki Nath Verma
Prabhakar Vissavajhala
Hardik & Anjali Yaji
Kiran Yelakanti
Lakshmi Yella & Subbarao
Bhimani
& Anonymous Donors

Foundations

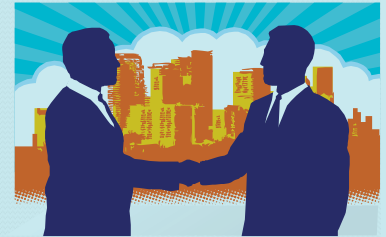
Doshi Family Foundation
JP Morgan Chase
Foundation

Corporate Sponsors

Comprehensive Care
Management Corp (CCM)
Chhaya CDC
Dime Bank
Dynamic Physical Therapy
Fine Gems
Innovative Operations
IQ Systems
Teachers Training Services
Taru Associates
Solutions
Plainwise
Services Now for Adult
Persons (SNAP)
Tatiya Accountax
Westchester Square
Partnership

Please pardon us if we accidentally omitted or misspelled your name

CPAs You Can Turn To Year-round



TATIYA CPA PC

Serving businesses and individuals all over USA

Hemant Jain CPA
Neetu Jain CPA
Tatiya CPA PC
99 Mayflower Ave
Williston Park NY 11596



Tel: (516) 742-4145



askcpa@tatiyacpa.com

Web: www.tatiyacpa.com

Services:

- Business & individual tax returns
- Representing in income, sales, and payroll tax audits
- FBAR & FATCA compliance
- Tax & retirement planning
- Payroll Services
- Consultation & advisory services
- Sales, gift, trust & estate tax returns
- Incorporations
- Accounting & book-keeping
- Compilations, reviews & audits
- Accounting software solutions

Why us?

- Highly qualified CPAs
- Expertise and experience
- Professional commitment
- Integrity & confidentiality
- Reliability & accessibility
- Availability - weekdays, weekends & evenings
- Client oriented
- Personalized services
- We speak English, Hindi, Telugu, Gujarati.....

CPAs of India Home “Serving India Home since inception”



Commitment to Improve Quality of Life

Commitment to Improve
the Quality of Life

MONDAY
SUNNY SIDE

43-31 39th Street,
Sunnyside, NY 11104

TUESDAY
BUDDHIST VIHARA

214-22 Spencer Ave
Parkside Hills, N.Y. 11427

Regular Program 9:00 AM -2:00 PM

Exercise: Yoga and Meditation

Services: Medical, Social and Legal

Groups: Arts, Crafts and Discussion

Celebrations: Festivals and Birthdays

Recreation: Movies, Music and Games

Spirituality: Lectures, Discussions and Bhajans

Classes: English, Computers and Citizenship Classes

WEDNESDAY
SNAP

80-45 Winchester Blvd.
Bldg. #4, CBU #29
Queens Village, N.Y. 11427

THURSDAY
Queens Community House

80-02 Kew Gardens Road,
Kew Gardens, NY 11415

Alternate Saturdays at **Self Help**
45-25 Kissena Blvd. Flushing, NY 11355

P.O. Box 40263, Glen Oaks NY 11004

Phone: (917) 288-7600. Fax: (718) 425-0891

Email: indiahomeusa@gmail.com Website: www.indiahome.org

Tax ID: 20-8747291