

## THE FOREVER LEARNING PROGRAM:

In addition to health and wellness education we invite expert professionals to give classes and workshops in topics varying from financial/legal literacy and current affairs to elder abuse and citizenship and immigration.

## CREATIVE AGING

Our engagement with the larger arts community in New York city connects our older adults with performance opportunities in some of the city's best museums or develop artistic pursuits like painting or folk dancing.

## CASE MANAGEMENT

India Home has a full time case manager who helps seniors connect to benefits and entitlement programs, resolve immigration issues, offer support and advice, and refer them to other programs or services.

## ADVOCACY & AWARENESS CAMPAIGNS

India Home helps develop the leadership capacity of our seniors by helping them to advocate for themselves with elected officials at City Hall. Our members

represent themselves on the issues important to South Asian seniors like lack of transportation services, language access, affordable housing, and immigration and citizenship.

## MILESTONES

- We represented immigrant senior causes at the Museum of Modern Art (MoMA), the Rubin Museum, Hostos College and City Hall.
- Our intergenerational cruises around Manhattan brought together 2000 seniors and their families.
- Our seniors were the first South Asian seniors to be featured in NYC Department of the Aging's popular Stylin' Seniors Campaign.
- Our on-going collaborations with Center for the Study of Asian American Health at NYU and Memorial Sloan Kettering results in better elder health.
- We have been featured in the New York Times, NBC, Huffington Post, DNAinfo, Gujarat Samachar, Parichoy among other media outlets, and was the cover story in India Abroad.

- Winners of the 2016 Local Community Action Leadership Award from NYU CSAAH and AARP and over 20 other awards.

### India Home Inc.

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Email: [IndiaHomeUSA@gmail.com](mailto:IndiaHomeUSA@gmail.com)

### Desi Senior Center

M, W & Th | 9am-2pm

85-37 168<sup>th</sup> St, Jamaica, NY 11432

### Kew Gardens Community Center

Th | 10am-2pm

80-02 Kew Gardens Rd #202

Jamaica, NY 11415

718.268.5960

### Sunnyside Community Services

M | 9am-2pm

43-31 39<sup>th</sup> St, Sunnyside, NY 11104

718.784.6173 TDD

### Services Now for Adult Persons

W | 9am-2pm

80-45 Winchester Blvd Queens

Village, NY 11427

718.454.2100

*India Home keeps us busy and in flow with the world. Shireen Mansur, member since 2014*



# Meet the Experts in Caring for South Asian Seniors



*“I never talked or sang or danced until I came to India Home.” Bharat Shah, member since 2009*



South Asian immigrant elders are among the fastest growing group of seniors in NYC. According to the Center for an Urban Future’s report, not only are Indians the second largest immigrant group, but between 2000 and 2010 the population of older immigrants from India grew by 135 percent or about 8000 people. The number of Bangladeshi immigrants grew in the previous decade by 471%. The Pakistani populations grew by 38 percent from 2008 to 2011.

Many of these elderly immigrants do not attend mainstream senior centers because they cannot speak English well or their religion or culture restricts them to eating certain foods. For instance, some Hindus and Jains only eat vegetarian meals and some Muslim seniors prefer to eat halal food. Many South Asian seniors are new to this country and find it difficult

to understand the American way of doing things. As a result, South Asian elders are socially isolated and suffer from loneliness.

India Home is the only nonprofit in the New York area that serves the needs of Bangladeshi, Indian, Indo-Caribbean, Pakistani and other South Asian elders. At India Home’s five centers across Queens, New York, we provide classes, meals and events that are appropriate to diverse South Asian cultures. Our professional staff speak half a dozen different South Asian languages and are experts in South Asian traditions and cultures. India Home also offers trips, as well as artistic, cultural and other opportunities for elders to engage with the wider community, as well as become leaders, and advocate for themselves with important decision-makers.

### What we do for South Asian Seniors

#### CULTURALLY RELEVANT HEALTH & WELLNESS EDUCATION

South Asian immigrants and their unique health needs are often not part of the wider conversation in the United States. Our services in health education are geared to the needs of immigrant South Asian seniors who find it difficult to navigate American agencies and systems because of limited English or social networks. Some of our key health programs are:

#### REGULAR YOGA, MEDITATION & AYURVEDA:

Our seniors are exposed to holistic and healthful ways to maintain their physical and mental wellness.

#### PREVENTION EDUCATION:

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

#### NUTRITION EDUCATION:

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

#### PARTNERSHIPS FOR HEALTH

Partnerships with renowned institutions like NYU Langone’s CSAAH and Memorial Sloan Kettering bring our elders the latest in physical, nutritional and mental wellness education. Volunteer doctors and physical therapists share their expertise in the languages our members understand. These initiatives have had a direct and beneficial impact on the health of our seniors.

