



# India Home Inc

OUR YEAR IN REVIEW | 2015



# A Message From My Heart

Executive Director, Dr. Vasundhara Kalasapudi



Dear friends and supporters,

This past year has been a time of incredible expansion for India Home. We are growing faster than ever before! Through our congregate meal programs, exercise and yoga programs, trips, cognitive exercises, health programming, community education seminars, and socializing activities, we are conducting more programs and positively impacting more lives.

We operate in four centers around Queens, which welcome 200 individual seniors per week. In addition to serving over 10,000 meals in the past year, our senior center programs have been enriched through a number of new and exciting activities. We initiated partnerships with Memorial Sloan Kettering Cancer Center and New York University's Center for the Study of Asian American Health (CSAAH) to improve healthcare education to our members and train them to be proactive in managing their own health. Outside of the centers, our seniors have experienced new and different cultures through trips to Manhattan and Amish Country. In turn, they revealed their own

cultures through performances and talks at the Rubin Museum of Art, a premier cultural institution in the city. They have also become advocates for themselves by going to City Hall and meeting directly with their elected officials to advocate for culturally appropriate senior services.

Our hard work in our programs has been reflected through a burgeoning presence in mainstream and ethnic media: we were featured in the New York Times, NBC Asian America, Huffington Post, Gujarat Samachar, Parichoy, and on the cover of India Abroad. Our own communication activities have increased substantially with active twitter and facebook feeds, a popular new blog, and a redesigned website. Our staff has testified at city council and spoken at conferences over ten times this year. We are in communication now more than ever before!

We hold steadfast to our momentum and seek to accelerate. Our expansion into case management services will help us serve the members we already serve even better by connecting them to much needed

resources. We will establish a social adult day care program for physically and cognitively impaired older adults so we are able to reach the more vulnerable members of our communities. Lastly, we will outreach to more diverse segments of the South Asian community to ensure emerging communities and linguistically and culturally unique communities are served as well.

Our efforts have been lauded by our members, community leaders, elected officials, university partners, and important stakeholders. We are thankful for the increase in city council, borough, and state funding. However, we cannot embark upon this journey without your support. As we continue to grow and meet the rising need for culturally appropriate senior services, we hope to have your support in all our endeavors for our elders and our communities.

Warmly,

A handwritten signature in black ink, appearing to read 'Vasundhara D. Kalasapudi'.

Vasundhara D. Kalasapudi, M.D.



# Growth

Our story in 2015 is one of growth. We expanded our centers from three to four. We increased the number and variety of the programs we offer. The number of seniors we serve increased—we now serve over 150 - 200 seniors over three days of the week, at four locations. We served more meals, took more trips, got more media coverage, and increased our impact and our advocacy

India Home, Inc. is the only secular and staffed community based non-profit in New York providing culturally appropriate services to South Asian seniors. Since 2007, the mission of India Home has been to improve the quality of life for

South Asian seniors by providing social, nutritional, psychological, recreational and cultural immersion programs, as well as opportunities to develop leadership and engage in self-advocacy.



# Our Year in Numbers



**10,000 healthy, culturally appropriate meals served. For many elders it was the only full meal of the day.**



**Over 100 classes held like ESL, art, health, fitness, elder law, safe-aging that help elders stay fit & assimilate into American life**



**Celebrated Diwali, Ramadan Gurupurubh, Valentine's Day & 8 other festivals**



**300 elders went on all-day trips to museums, scenic places and farms**



# Growing

more programs to help combat social isolation

In 2015, we continued to offer a welcoming and inclusive space at our four centers in Sunnyside, Kew Gardens, Jamaica, and the SNAP Center of Eastern Queens, to which we returned in April. At all these centers our seniors took health and fitness classes, as well as workshops that helped them make art, learn how to protect against fraud and abuse, understand elder law, seek medical help and make their homes safer. They enjoyed nutritious, culturally appropriate (halal or vegetarian) meals and celebrated Diwali and Ramadan and other beloved South Asian festivals. Our programs are designed to foster community and friendship, stimulate

Many of Desi Senior Center's seniors were visiting Manhattan for the first time



India Home's members celebrate Diwali in November



mental and physical fitness, empower our elders through knowledge, and encourage them to come together to creatively solve problems and advocate for their rights.

India Home's members recite poetry for Pohela Boishakh



# Growing

## in Advocacy & Leadership

India Home helped develop the leadership capacity of our seniors by helping them to advocate for themselves with elected officials at City Hall. On many occasions our members represented themselves on the issues important to South Asian seniors, thus speaking on behalf of all immigrant South Asian seniors who could not be there to make their voices and needs heard. Our diverse elders helped steer the conversation away from the mainstream and toward the needs of less visible elder populations.

Our members meet with Councilmember I. Daneek Miller



India Home's leadership also met with important decision makers Comptroller Scott Stringer and First Lady Chirlane McCray and various Council members to make sure these decision-makers understand the unique needs of immigrant seniors and enact policies and programs that address issues such as lack of proper translation services, paucity of adequate transportation and affordable housing among other issues.

India Home make their issues heard on the steps of City Hall in NYC.



Executive Director, Dr. Vasundhara Kalasapudi and other heads of Asian American CBOs meet with First Lady Chirlane I. McCray to talk about mental health issues.





# How we Serve our Seniors

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## Obstacles our Seniors Face

Our seniors are often socially isolated, poor, face food insecurity, health issues and lack of representation.



■ Health ■ Social Isolation ■ Food Insecurity  
■ Lack of Representation

## Our Solutions



#1

**Classes and community building events**



#2

**Nutritious, cultural meals**



#3

**Expertise for assimilation into American life**



#4

**Advocacy at city and state level**



To learn more:

**[www.indiahome.org/blog](http://www.indiahome.org/blog)**

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# — Growing Presence —

India Home represented immigrant senior causes and interests at different institutions in New York: from the Museum of Modern Art (MoMA) to the Rubin Museum to Hostos College.

Our seniors presented an educational program at Manhattan's Rubin Museum for Ganesh Chaturthi.



Our seniors were featured by NYC Department of the Aging's popular Stylin' Seniors Campaign—the first South Asian seniors to be represented.



India Home was on two panels at MoMA The Museum of Modern Art's conference on its Prime Time initiative for older adults. We spoke about how museums like the MoMA can engage more immigrant older adults in the arts.



India Home at the Rubin Museum for Mahavir Jayanti





# Growing

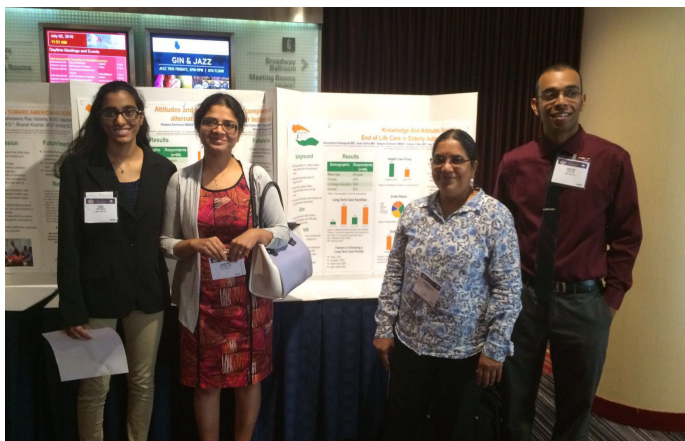
## Partnerships for Health

Helping seniors live healthy lives and develop wholesome habits are both key to our mission. Our own yoga and ayurveda classes bring health programming that takes a culturally appropriate approach to get increased buy-in from our members. Partnering with the DREAM Coalition at the Center for the Study of Asian American Health at the NYU Langone Medical Center, India Home recruited and helped train 25 community volunteers for the Keep on Track blood pressure monitoring program. They were educated on how to prevent heart disease and other healthy lifestyle habits. Our holistic approach promoting exercise, nutrition, and mental health is supported by our initiatives to educate older adults on a variety of aging-related health problems such as our partnership with Memorial Sloan Kettering Cancer Center or Sapna NYC. Our sister-organization, Sapna NYC's Tiffin Project is another program partnership that is bringing nutritious, low-fat congregate meals to our seniors.

NYU's Keep on Track blood pressure monitoring program



Executive Director, Dr. Vasundhara Kalasapudi, along with Dr. Swapna Dontinenni, Dr. Pratik Jain and Ms. Vani Thirumala presented a study on Attitudes to American Health Care among Elderly South Asians at the 34th Annual AAPI Convention.



Breast Cancer Awareness Self Help Peer Group



# Growing

## Media Coverage

This year we were featured in the New York Times, NBC, Huffington Post, DNAinfo, Gujarat Samachar, Parichoy, and was the cover story in India Abroad.

## The New York Times

"But if the need 40 years hence looks uncertain, the demand right now is pressing, said Dr. Vasundhara Kalasapudi, the executive director of India Home. The group wants to establish day programs for South Asians with dementia, as well as assisted living facilities and nursing homes."

"Featured on the cover of India Abroad"





# Growing

## Media Coverage



Gujarat Samachar



Parichoy



"It feels good to come here," Sultana said. "My mind feels refreshed." She says she feels physically better too - once suffering from severe pain in her arms, the pain has lessened since she started taking exercise classes at the center, she claims.



"Senior centers, like the ones India Home runs, offer a chance to meet other people who share one's values, culture and concerns and ways to connect with others who are the same age."



Butala, who came to the United States from Gujarat, India, in 1980, worked for years at a drugstore at JFK Airport, she told the photographer. Now that she's retired, India Home is "like a home away from home."

# In his words



Bharat Shah has been a member since 2009

## **"India Home changed my life."**

The first day I came to India Home in 2009 I liked it because of the coordinator, Ami. She was excellent. We were just 25-35 people in those days. One day a producer and director came from Hyderabad and they wanted to know how seniors pass their time. They said we'll give you five minutes and you make a skit. That was the first time in my life that I started talking. My wife and I created a drama about India Home. It was about how and why we come here. Everyone

liked it. Then ITV Live asked us to participate and Ami, the coordinator gave my name. But I said, "I don't know," but she said "Go ahead and participate, don't worry. I know you can do it." The TV host asked us to talk about being fathers. At first I was afraid because it was live. But he said, no, go ahead and just talk. In the end it was very nice and everyone liked it.

## **On gaining confidence**

When I was younger, I could not pronounce certain words, like S and T, so whenever I spoke, people laughed. Then I stopped talking. I hid myself when it comes to speaking in public. I used to work in a pharmaceutical company on the production line at night, so I didn't have to talk a lot. There was no need for me to talk. My job was to get the work from the workers. Then, Vasundhara (India Home's ED) said we have only one coordinator so every month we will elect two India Home members to help the coordinator. That way I got – we got – the confidence that we can control the members, we can convey what we want to say. I had to prepare one day in advance what I want to do the next day, a puzzle or something else.



# — In his words —

## **So I never talked, or sang, or danced until I came to India Home:**

One day, I said why don't we sing. Then I also tried to sing—I didn't mind singing here [IndiaHome] since we all know each other—so I started singing and everyone liked it. Now I like singing and they like it too so I sing more now. Same thing with dancing. I never danced until I came to India Home. Now my family, my brothers and sisters say you've changed so much. And I say, because of India Home. That's why I give more priority to India Home. Now I do yoga, singing, dancing—India Home changed my life."

“ WHEN I WAS YOUNGER, I COULD NOT PRONOUNCE CERTAIN WORDS, LIKE S AND T, SO WHENEVER I SPOKE, PEOPLE LAUGHED. THEN I STOPPED TALKING. I HID MYSELF WHEN IT COMES TO SPEAKING IN PUBLIC. I USED TO WORK IN A PHARMACEUTICAL COMPANY ON THE PRODUCTION LINE --- SO I DIDN'T HAVE TO TALK A LOT.

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# Board of Directors & Staff

India Home Inc

**Kiran Dave, M.D.**

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**Dilafroz “Nargis” Ahmed**

Site Director, Desi Senior Center

**Bhuvana Dorai, M.D.**

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**Abul Hashem**

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Program Coordinator

**Masood Mirza, M.D.**

**Meera Venugopal**

**Gnanendra Sinha, PH.D.**

Communications & Development Manager



# Financials

## India Home Inc. Statement of Financial Position

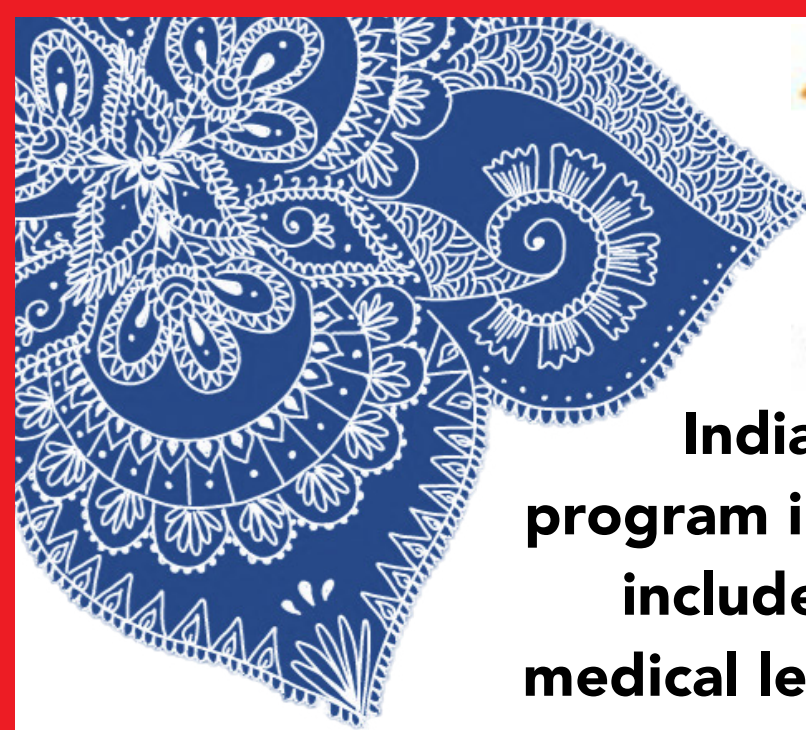
December 31, 2015

<b><u>ASSETS</u></b>	<b><u>2015</u></b>
Cash & cash Equivalents	\$ 3,383
Grant Receivable	<u>\$ 136,400</u>
<b>Total Assets</b>	<b><u>\$ 139,783</u></b>
 <b><u>LIABILITIES &amp; NET ASSETS</u></b>	
<b>Liabilities</b>	
Loans (See Note 4)	\$ 40,000
Other payables & liabilities (See Note 3)	<u>\$ 92,286</u>
<b>Total Liabilities</b>	<b><u>\$ 132,286</u></b>
 <b><u>Net Assets</u></b>	
Net assets (Unrestricted)	<u>\$ 7,497</u>
<b>Total Net Assets</b>	<b><u>\$ 7,497</u></b>
 <b>Total Liabilities and Net Assets</b>	
	<b><u>\$ 139,783</u></b>

# Financials

For the Year Ended December 31, 2015

	2015
<b><u>REVENUE &amp; OTHER SUPPORTS</u></b>	<b>(Unrestricted)</b>
Contributions	\$ 127,415
Program Service Revenue	\$ 10,048
Fundraising Revenue	\$ 19,675
Event Sponsorships	\$ 17,000
Grants	\$ 270,399
<b>Total Revenue and other Support</b>	<b>\$ 444,537</b>
<b><u>EXPENSES</u></b>	<b>(Unrestricted)</b>
Program services	\$ 264,900
General and Administrative expenses	\$ 25,919
Fundraising expenses	\$ 7,719
<b>Total Expenses</b>	<b>\$ 298,538</b>
<b>Changes in Net Assets</b>	<b>\$ 145,999</b>
<b>Net Assets at the beginning of the year</b>	<b>\$ (138,502)</b>
<b>Net Assets at the end of the year</b>	<b>\$ 7,497</b>



Commitment to Improve the Quality of Life

**India Home is a senior center program in Queens. Our programs include yoga classes, hot lunch, medical lectures, arts & crafts, and group activities.**

Our Programs:

Every **MONDAY** – 9AM to 2PM  
**Sunnyside Community Services**  
43-31 39<sup>th</sup> Street  
New York, NY 11104

Every **WEDNESDAY** – 9AM to 2PM  
**Services Now for Adult Persons**  
80-45 Winchester Blvd  
Queens Village, NY 11427

Every **THURSDAY** – 9AM to 2PM  
**Queens Community House**  
80-02 Kew Gardens Road 2<sup>nd</sup> Fl.  
Kew Gardens, NY 11415

**MONDAYS, WEDNESDAYS & THURSDAYS** – 9AM to 2PM  
**Jamaica Muslim Center**  
85-37 168<sup>th</sup> Street  
Jamaica, NY 11432

**Contact:**

**917-288-7600**

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**[indiahomeusa@gmail.com](mailto:indiahomeusa@gmail.com)**

