



Commitment to Improve the Quality of Life



INTERGENERATIONAL CRUISE



Annual Report 2013



**VENKATAIAH DAMA MS PE, CLU, ChFC
& KESAV DAMA CFP**

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Yearly premium:	\$742	\$889	\$1,036	\$1,183	\$1,330	\$1,476	\$1,623

Specialty Ins. PERSONAL FINANCE, INVESTMENT, ETC.

Best website to India Home services: www.INDIAHOME.NY.NEWS.IN

Co-ordinator: Dr. Vasundhara Subbupuli for starting India Home.



President's Message

Dear Friends,

I am happy to share with you the growth of India Home this past year. We had a wonderful year filled with events and collaborations as India Home continues to be the New York City pioneer in South Asian senior day care.

We continue to serve South Asian seniors at four centers in Queens, NY. We are working to increase our spread to other South Asian communities. Recently, we had a group of Tibetan seniors visit us at our Sunnyside center.

We are pleased to announce an exciting new prospect for India Home: a "home for India Home." Our board members are looking into locations so that we can work from a central location. We envision this center being the hub for cultural activities, technological training, healthy nutritious food and socialization. This will also provide an opportunity to develop intergenerational activities such as youth volunteers organizing workshops for our seniors about digital tools. Furthermore, we envision a library and theatre space at the location.

The news of India Home's work has spread beyond New York City. We are grateful to have Maitri, an Atlanta, GA based organization raise funds for us this year.

We continue to develop our academic collaborations. Notably, our research was presented at a national conference. We were approached by the Albert Einstein College of Medicine and the Mayo Clinic in Rochester to collaborate on a project studying nutrition and metabolism in the South Asians. We are currently developing a project on social isolation with the University of Toledo in Ohio. We were pleased that the South Asian Health Initiative at Memorial Sloan Kettering Cancer Center collaborated with us to organize a health fair for South Asian seniors.

This year has been another great opportunity to serve the South Asian community. Through India Home, I see how vision and diligence can successfully create services and create a positive environment for our own community;. We thank you for your support and generosity, without which all this noble work cannot take place.

Sincerely,



Kiran Dave, M.D.

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Vice President

Kamla Motihar
Secretary

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Executive Director

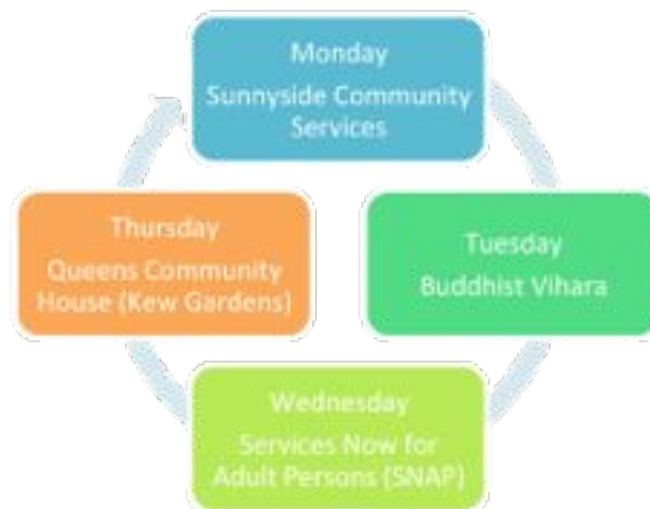
STAFF

Megha Mehta, Outreach Coordinator
Divya Nagpal, Program Coordinator
Joel Palma, Transportation Supervisor

VOLUNTEER STAFF

Deepti Namini, Administrative Assistant
Amar Nanugonda, Technology
Aditya Patel, Research Consultant & Teacher
Arun Rajam, Webmaster

Structure





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ROAN KANE

Director of Marketing & Provider Relations

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Glimpses from India, Home 2013



Indian Independence Day celebration
planned by our seniors



Council Member Weprin Visits



Health fair organized with SAHI



Yoga

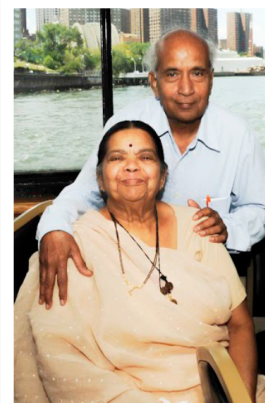
Volunteers' Day 2013

India Home's achievements could not be accomplished without the assistance of our volunteers who work diligently and selflessly to realize our goals. It is now an annual tradition to celebrate their efforts.



3rd Annual Intergenerational Cruise

Our seniors and their families danced the hours away! We had performances by our younger generations and celebrated birthdays and anniversaries. This intergenerational activity is a foundation for bonding and the initiation of transferring knowledge.





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Members' Voices

"India Home is a very sweet home like our parent's home, where people mingle to share their problems, happiness and sadness. It provides us warmth, friendship, bonding, entertainment, and good knowledge regarding health and medical issues. We celebrate our festivals, birthdays, and auspicious days at India Home and we thank Dr. Kalasapudi who has built India Home through hard work." – Bharti R. Telwala (Sunnyside)

"India Home is a second home for us. We came to the U.S. for our children's future. Now that our children are successful, they unfortunately have to move to where they get employed. Since they are away, we now come to India Home to enjoy our old age instead of sitting at home. My husband and I have been coming for the past 4 years. We learn so much from all the other seniors and from our young coordinators who help us solve our problems. India Home members have become a part of our family and we are thankful to have such a large family now. God bless India Home." – Usha Bharat Shah (Sunnyside & Queens Community House)

"I like India Home because everybody mixes with one another just like in my family. I learn so many things through yoga, games, and puzzles. I enjoy everything about India Home." – Praveena Patel (Buddhist Vihara & SNAP)

"I am proud to be a member of India Home. India Home is a great place to discuss common issues and gather information, make friends, and help one another. We also find the health lectures very useful as they provide us valuable information for our age. The entire day is just fun and enjoyable." – Bhanu Jyotishi (Sunnyside & Queens Community House)

"India Home has provided a common platform for people of Indian origin socially and culturally. Seniors share their views and help each other by providing valuable information. Dr. Vasundhara and her team have done a wonderful service to the Indian/Asian community. I hope India Home will continue to progress, progress, and progress." – H.C. Patel (Sunnyside)

Staff Reflections

"India Home has been a great experience for me so far. I really enjoy working with the seniors because they offer such a wealth of knowledge and experience. It's a great dynamic because knowledge travels both ways. I learn so much from the seniors about life as an immigrant and what life used to be when they were younger and I am able to offer them the perspective of an American-born Indian. Despite our age difference, we always find common ground and make each other laugh." – Divya Nagpal, Program Coordinator

"The seniors really enjoy coming to the center as it is a pleasant getaway from what could be a routine, lonely and boring life. For the seniors at the center, a typical day is never ordinary; it is always a new day of discovering themselves. Seniors learn various activities for the body, mind and soul whether it is yoga or arts and crafts. India Home is a place where seniors are loved and respected for who they are. My relationship with the seniors is beyond that of a coordinator. I learned a lot from their life experiences and I feel that I am growing into a better person. The seniors, too, enjoy a young soul around. India Home is truly a home outside the home! I am glad I worked in a place where I am loved so dearly. – Bhavita Mamilla, Former Coordinator

Research Partnerships: Enabling Us to Serve More Effectively

Though there is a growing population of South Asian seniors, there is a paucity of literature about this population. India Home partners with academic groups to fill this knowledge gap. Our seniors have the option of participating in various non-invasive research studies which aim to increase knowledge about aging with an ethnic background. Our currently active collaborations are as follows:

Albert Einstein College of Medicine & the Mayo Clinic, Rochester

We collaborated on a large scale project studying nutritional habits and their effects on metabolism in South Asian seniors. This research is a part of a larger comparative study looking at the differences in nutrition and metabolism amongst several population groups. The study has been a great opportunity for eligible seniors who will also visit Mayo Clinic in Rochester, Minnesota for some of their testing.

University of Toledo

We are developing this study to study depression and psychosocial health in the South Asian elderly.

Brown University

One of studies conducted by the Brown University group in prior years was accepted and presented at the American Association for Geriatric Psychiatry's annual national conference in Los Angeles, CA in March 2013. The other studies are in the process of submission to various publications and conferences currently.

Media: Endorsing India Home's Work & its Impact on Society

ITV interview

Dr. Aditya Patel and Ms. Megha Mehta spoke about India Home with ITV's Renee Lobo on September 18th, 2013

Get TV

Ms. Ameer Sinha & Ms. Kamla Motihar spoke about India Home's work on September 20th, 2013

NY1 Mark Weprin Segment

Councilman Mark Weprin visited our centers on September 16th at Buddhist Vihara and spoke with Dr. Kalasapudi and our seniors about India Home. He aired the interviews as a part of a segment covering the constituents of his district.

INDIA HOME INC.
Profit & Loss (Cash Basis)
 January through December 2012

Ordinary Income/Expense		Payroll Expenses - Other	91,986.36
Income		Total Payroll Expenses	111,872.84
Direct Public Support		Program Expenses	
Corporate Contributions	6,275.25	Automobile Expenses	
Individ, Business Contributions	78,164.00	Parking & tolls	250.75
Total Direct Public Support	84,439.25	Automobile Expenses - Other	8,395.78
Donations at Program Centers		Total Automobile Expenses	8,646.53
Program Service Fees	10,753.08	Books, Subscriptions, Reference	1,074.01
Total Donations at Program Centers	10,753.08	Cruise expenses	11,312.22
FUND RAISING INCOME	54,345.00	Food & supplies for the program	21,369.25
Grants City of NY	30,002.00	Poconos Trip Expense	2,300.00
IntergenerationalActivities Rev		Supplies	
Cruise Income	15,880.00	Poetry Books	3,000.00
Poconos Trip Income	1,737.00	Supplies - Other	2,289.74
Total IntergenerationalActivities Rev	17,617.00	Total Supplies	5,289.74
Poetry Book Sale	2,230.00	Yoga	8,460.00
Shp Income	10,440.00	Program Expenses - Other	248.00
Total Income	209,826.33	Total Program Expenses	58,699.75
Gross Profit	209,826.33	Rent	5,850.00
Expense		Travel and Meetings	
Administrative Expenses		Conference, Convention, Meeting	735.00
Bank Charges	874.89	Travel and Meetings - Other	2,130.00
Office Expenses	2,149.32	Total Travel and Meetings	2,865.00
Postage, Mailing Service USPS	100.00	Volunteers Day	2,616.85
Postage, Mailing Service - Other	251.88	Web hosting	2,769.33
Total Postage, Mailing Service	351.88	Total Expense	238,986.26
Printing and Copying	151.73	Net Ordinary Income	-29,159.93
Telephone, Telecommunications			
Fax	203.40	Net Income	-29,159.93
Telephone, Telecommunications - Other	4,791.91		
Total Telephone, Telecommunications	4,995.31		
Total Administrative Expenses	8,523.13		
Advertisements & Promotion Expe	700.00		
Annual Report	35.00		
Centre Maintainence	1,867.12		
Contract Services			
Legal Fees	5,540.00		
Contract Services - Other	3,265.00		
Total Contract Services	8,805.00		
Donations out	1,185.00		
Dues	1,251.00		
Employee Sponsorship Expenses	3,150.00		
Finance Charges			
Interest Charged	1,892.66		
Finance Charges - Other	759.16		
Total Finance Charges	2,651.82		
Fund Raising Expenses	11,971.54		
Insurance	13,764.47		
Miscellaneous Expenses	351.05		
PAYPAL CHARGES	57.36		
Payroll Expenses			
Payroll Taxes	19,886.48		
12:32 PM INDIA HOME INC.			

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