

# **USEFUL INFORMATION**

**May 10, 2024**

**INDEX -1 OF 2**

**Slides 1 and 2 - Index**

**Slides 3 - Notary Public Service**

**slides 4, 5 and 6 - Info. Home Care for Elderly**

**Slide 7 - List of Indian Associations**

**Slides 8 & 9 - List of Indian Temples**

**Slide 10 - ITA - Senior Social Group (SSG)**

**Slide 11 - Monday & Thursday Morning Yoga at ICC**

**Slide 12 - Millan's meetings on 1st, 3rd & 5th Tuesdays at ICC**

**Slide 13 - Karaoke at ICC**

**Slide 14 - Blanket for the needy project**

**Slide 15 - Membership of Indian Cultural Center (ICC)**

**Slide 16 - Mata ki Chawki Program**

**Slide 17 - Ekal Vidyalay Program**

**Slide 18 - Art of Living Foundation Centers**

**Slide 19 - Evenings with ICC Members at ICC**

**Slide 20 - ICC Scholarship Dinner & Fundraiser event**

**Slide 21 - Annul Picnics**

**Slide 22 - Useful Information WhatsApp & Sri Sri Ravi Shankar's knowledge sheet e mails**

**Slide 23 - iPad & iPhone classes at Cherry Hill Library**

**Slide 24 - iPad & iPhone classes at ICC**

# **USEFUL INFORMATION**

**May 10, 2024**

**INDEX - 2 OF 2**

**Slide 25, 26, 27, 28 and 29- Pain INSTACURE**

**Slide 30 - Indyethnic items**

**Slide 31- WelCare Diagnostics Medical Laboratory**

**Slide 32 & 33 Tiffin & Catering Service by Shailesh Shah**

**Slides 34 - Catering Service by Shaili Chauhan**

**Slide 35 - Tiffin & Catering Service by SMVS Swaminarayan Mandir,**

## **NOTARY PUBLIC SERVICE**

**A Notary Public is a public officer of the State of New Jersey who serves as an impartial witness to the signing of documents and to the acknowledgement of signatures of documents.**

**This service is provided, at no charge to our community members, by the following persons:**

- **Mr. Ghansyam Dave**  
**Phone No.: (856) 366-7500 (c)**  
**e mail address: [ghanu.dave@gmail.com](mailto:ghanu.dave@gmail.com)**  
**Home Address: 117 Peabody Lane, Marlton, NJ**
- **Mr. Dalpatbhai Patel**  
**Phone No.: (609) 332-8636 (c)**  
**e mail address: [dalpatcpatel@gmail.com](mailto:dalpatcpatel@gmail.com)**  
**Home address: 525 Route 68, Columbus, NJ**

# HOME CARE FOR ELDERLY

1. Griswold Home Care for Camden County in Berlin, NJ  
(856) 823-4915 [www.griswoldhomecare.com](http://www.griswoldhomecare.com)

**Services provided:** 1. Companion Care. 2. Homemaking Care. 3. Hospice and Palliative Support Services. 4. Personal Care. 5. Respite care. 6. Live in/Overnight Home Care. 7. Alzheimer's & Dementia, 8. Post Surgery & Rehab 9. Neuromuscular 10. Fall Prevention & Recovery 11. Overnight and 24/7 Care

2. Sunlight Care, 3001 Chapel Avenue West, Suite 100, Cherry Hill  
  
(856) 780-4003, <https://www.sunlightcare.com>

**Services provided:** 1. Companion Care. 2. Personal Care. 3 Live-in Home Heath Care.

# HOME CARE FOR ELDERLY

## Page 2 of 3

### 3. Bayada

- Address: 1415 Route 70 East, Suite 200, Cherry Hill, NJ 08034
- Phone Number: (856) 673-0707
- <https://www.bayada.com/offices/nj/cherry-hill/1415-route-70-east/assistive-care>

### 4. United Methodist Communities

- Phone Number: (856) 300-2424
- <https://umcommunities.org/homeworks/>

### 5. Aleph Home Care

- Phone number: (856) 685-5700
- <https://www.alephsnj.org/services>

# HOME CARE FOR ELDERLY

## Page 3 of 3

### 6. Comfort Keepers

241 Kings Highway E, Haddonfield, Cherry Hill, NJ  
(856) 556-3552 [www.comfortkeepers.com](http://www.comfortkeepers.com)

#### **Services provided:**

Personal care to maintain activities of daily living, Safety Supervision, including personal emergency response systems and medication safety, Senior transportation to safely provide rides for seniors to and from appointments or activities, Technology support to help keep seniors in touch with family and friends, Respite care to provide temporary relief for family and other primary caregivers, Specialized care services, including Alzheimer's and dementia care, 24-hour care, and post-hospital care and 24/7 care.

### 7. Maple Home Care of NJ LLC

923 Haddonfield Road, Suite 300, Cherry Hill, NJ 08002, (856) 452-4040

**Services provided:** Activities of Daily Living, All Caregivers are certified Home Health Aides, Caregivers trained in care for Alzheimer's/Dementia, Special program for Veterans

## **LIST OF INDIAN ASSOCIATIONS**

### **Indian Cultural Center (ICC)**

- **Address: 820 Route 73 South, Marlton, NJ**
- **Website: [www.iccofsj.org](http://www.iccofsj.org)**
- **Membership: Donation of \$1,001 for a family lifetime membership**
- **General Body meeting once a year in December**

### **Hindu Senior Citizen of South Jersey (HSCSJ)**

- **Address: Bi-weekly General Body meetings held at ICC, 720 Route 73 South, Marlton, NJ**
- **Website: [www.hinduseniors.org](http://www.hinduseniors.org)**
- **Membership: \$50 for lifetime membership per person**

### **Gujarati Samaj of Tristate Area (GST)**

- **Website: [www.gstnj.org](http://www.gstnj.org)**
- **Membership: None (\$0)**
- **Provides social, cultural, recreational and community programs**

# LIST OF TEMPLES

Page 1 of 2

## India Temple Association (ITA)

- Address: 25 E Taunton Avenue, Berlin, NJ 08009
- Phone number: (855) 696-2634
- Website: [www.indiatemple.org](http://www.indiatemple.org)
- Membership: Donation of \$125 for family lifetime membership

## BAPS Shri Swaminarayan Mandir

- Address: 1 Carnegie Plaza, Cherry Hill, NJ 08003
- Phone number: (856) 751-7600
- Website: [www.baps.org](http://www.baps.org)
- Membership: None (\$0)
- Sunday Sabha starts at 4pm

## SMVS Shri Swaminarayan Mandir

- Address: 99 Burnt Mill Road, Cherry Hill, NJ 08003
- Phone number: (856) 673-3633
- Website: [www.smvs.org](http://www.smvs.org)
- Membership: None (\$0)
- Saturday Sabha starts at 4pm



## **LIST OF TEMPLES**

**Page 2 of 2**

### **Shri Swaminarayan Temple ISSO**

- **Address: 2101 Garry Road, Cinnaminson, NJ 08077**
- **Phone number: (855) 829-4776**
- **Website: <https://www.swaminarayan.info>**
- **Membership: None (\$0)**
- **Sunday Sabha starts at 4pm**

### **The Jain Sangh, Inc of PA/NJ/DE Cherry Hill Jain Derasar**

- **Address: 3401 Cooper Avenue, Pennsauken Township, NJ 08109**
- **Website: <http://www.jainsangh.50webs.com>**
- **Membership: None (\$0)**

### **Sikh Gurudwara of Pine Hill**

- **Address: 1110 Blackwood - Clementon Road, Pine Hill, NJ 08021**
- **Phone number: (856) 464-9835**
- **Website: [www.gnssdv.com](http://www.gnssdv.com)**
- **Membership: None (\$0)**

## **ITA - SENIOR SOCIAL GROUP (SSG)**

- **ITA-Senior Social Group (SSG)**
- **Meeting every Friday from 12:15pm to 2:30pm**
- **Address: Gibson House, 535 E Main Street, Marlton, NJ 08053**
- **If you want to attend these meetings please inform Bhulabhai Bhakta. Phone number: (856) 983-0769, e mail address: [bhak555@aol.com](mailto:bhak555@aol.com)**
- **Activities: Prayer, Meet and greet, community news update, songs, jokes. Lunch or light snack, tea.**
- **Membership: Membership of India Temple Association is required.**

# Monday & Thursday Yoga At ICC

**Time: 9:00am to 10:00am**

- **Instructors: Benu Dhawan & Hina Desai**  
Substitute instructors: Kashmira Modi & Natubhai Desai
- **Members: \$2 for each class. Non-members: \$3 for each class**
- **Members: \$6 per month for one class per week, \$12 per month for two classes per week. Non-members: \$10 per month for one class per week, \$20 per month for two classes per week.**
- **Members: For the entire year of 2024:**  
**\$40 for one class per week, \$80 for two classes per week. Non-members: \$60 for one class per week and \$120 for two classes per week.**  
**Note: select 1 for one class and select 2 for 2 classes while registering.**
- **Please register for one class per week or two classes per week per your choice. For further information please contact:**  
**Natubhai Desai 856-424-3083**  
**Adish Jain 860-218-5269**

**MILLAN MEETINGS ARE HELD AT INDIAN CULTURAL CENTER  
(ICC) ON 1st, 3rd and 5th TUESDAYS OF THE MONTH**

- **ICC Address: 820 Route 73 South, Marlton, NJ 08053**

**Millan**  
**SENIORS**

*Let's get together*

over tea/coffee for chit chat and play cards,  
carrom, table tennis etc. with no agenda for  
**FREE**

*Registration not required, Walk-ins welcome*  
**1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Tuesdays – 10 AM to 12:30 PM**





## Indian Cultural Center (ICC)

[www.iccofsj.org](http://www.iccofsj.org)

Tel: 855-ICCOFSJ (422-6375)

### ICC Karaoke



As a courtesy to other participants and help us conduct smooth & enjoyable event, kindly follow the guidelines and instructions below:

- Online registration is required for participants.
- Food and drink items are not allowed in ICC 2nd floor classrooms.
- Participants are advised to bring portable electronic media with tracks saved offline.
- Cell phones to be in silent / off mode in the classrooms during the event.
- Please refrain from conversing with other guests while singer is performing.
- Each participant will have a maximum of 6 minutes per song.
- Participants should be ready with the track.
- ICC will decide on the schedule depending on the number of participants.
- If a participant is not ready at the scheduled slot one must wait for the next available slot.
- To encourage and support the participants, all are requested to stay until the end of the event.

*ICC guidelines and instructions are subject to change at any time.*

**Members  
\$3 per session**

**Non-Members  
\$5 per session**

Indian Cultural Center  
820 Route 73 South  
Marlton, NJ 08053

**For further information please contact:**

Sangeeta Rashatwar	609.685.2755
Nilkanth Shah	609.923.6711
Mukund Modi	856.278.6539

# **BLANKETS FOR THE NEEDY PROJECT**

## **Normal procedure:**

- **Donation money is collected in the 3rd week of December. (In 2023 \$4,300 was donated by our community members).**
- **In general all the blankets are purchased from Walmart.**
- **Mainstays Super soft Plaid polyester Plush blankets, Twin 66"x90", suitable for Adults are purchased from Walmart at \$15 per blanket.**
- **After Christmas 60% of the blankets are distributed at 525 Dr. Martin Luther King Blvd., Camden (Dollar store parking lot) by local volunteers.**
- **60% of the blankets are distributed in the 2nd week of January 2024 at Logan Circle, Philadelphia by Sai Center of Medford (Lead person: Mr. Prabhakar Purigali, (609) 923-1358, address: 7 Ridgemount Drive, Marlton, NJ 08053**
- **Walmart is requested to deliver 40% of the blankets to Prabhakar's home at Marlton.**

## **MEMBERSHIP OF INDIAN CULTURAL CENTER (ICC)**

**Donation of \$1,001 is necessary for a Family Lifetime Membership of ICC.**

**As we all know ICC was created for the benefit of our community. Lots of donated money and volunteer hours were spent to bring what ICC is today. Therefore, we should show our support by becoming a family lifetime member by donating \$1,001 to ICC.**

**In case you need help someone has made generous offer of donation of \$250 to ICC on your behalf. In this case you only need to donate \$751 to ICC for your Lifetime membership.**

# **MATA KI CHOWKI PROGRAM**

- **Every year in June there will be Mata Ki Chowki program sponsored by India Temple Association at Indian Cultural Center.**
- **For further information please call Nidhi Agrawal at (856) 520-3451 or Nitin Khanna at (267) 475-6932 or Rashmi Julka @ (856) 873-6447**



# **EKAL VIDYALAYA**

- **Annual fundraising event takes place every year sometime in summer.**
- **Website [ekal.org](http://ekal.org)**
- **For further information contact Harshadbhai Mehta at (856) 772-6840**

# ART OF LIVING FOUNDATION CENTERS

## General

**The Art Living Foundation was established by Sri Sri in 1981  
Log on to [www.artofliving.org](http://www.artofliving.org) for further information.**

- **South Jersey Art of Living, 1 Lucas Lane, Voorhees.**
- **For further information please call Avinash Keswani at (732) 213-0960 or Santosh Keswani at (856) 899-7205.**
  
- **Art Of Living - Marlton.**
- **For further information please call Bharat Kenjle at (856) 470-8620 or Aparna Kenjle at (917) 453-2216.**
  
- **Moorestown Art of Living.**
- **For further information please call Jasleen Sobti Ph. D. at (856) 924-8989 and Samarvir Minhas (917) 696-6840.**



## **Indian Cultural Center**

Dream becomes Reality

### **EVENINGS WITH ICC MEMBERS AT ICC**

- **ICC welcomes members from 5pm to 7pm from Sundays to Thursdays for a get together in the evening**
- **There is no agenda for this gathering.**
- **Members can play cards, table tennis, carom, or just meet and greet other members and talk.**
- **Currently serving free tea.**
- **For further information please contact Prafulbhai Patel, ICC Facility Manager, at (302) 310-3279**

# **ICC SCHOLARSHIP DINNER AND FUNDRAISER EVENT**

- **Annual fundraising event takes place every year in January at ICC.**
- **Website [www.iccofsj.org](http://www.iccofsj.org)**
- **For further information contact Dr. Rakesh Gupta at (609) 5095-1945**

## **ANNUAL PICNICS**

**In August of each year summer picnic is organized by the following organizations**

- **Hindu Senior Citizens of South Jersey (HSCSJ)**
- **Gujarati Samaj or Tri-states (GST)**
- **BAPS Swaminarayan Temple of Cherry Hill, NJ**

## USEFUL INFORMATION WHATSAPP

- We have 'Useful information' WhatsApp Group.
- As of May 10, 2024 we have **300** participants.
- All administrators post all items with good intentions.
- We expect that it will be received by the participants in a same manner.
- If you or any of your friends wants to join this WhatsApp Group please send his/her cell phone number at (856) 424-3083.

## SRI SRI RAVI SHANKER'S KNOWLEDGE SHEETS e MAILS

- We have **204** participants who receive Sri Sri Ravi Shanker's knowledge sheets via e mail on a daily basis 365 days a year.
- If you want to receive the e mail on a daily basis, please send your e mail address at (856) 434-3083.

2024

## iPhone & iPad CLASSES AT CHERRY LIBRARY

Subject: How best to use an iPhone and iPad

Dates: All Tuesdays - July 9, 2024; July 16, 2024;  
July 23, 2024; July 30, 2024. Time: 10:30am to 12:30pm

---

Subject: What are the new features of iOS 18

Dates: All Tuesdays - October 15, 2024; October 22, 2024;  
October 29 2024; November 5, 2024. Time: 10:30am to 12:30pm

---

**Instructor: Natu Desai**

---

Location: Lower level, Multicultural Room - Cherry Hill  
Public Library, 1100 Kings Highway N., Cherry Hill

Register online [CHPLNJ.ORG](http://CHPLNJ.ORG), Events or call (856) 677-0300, Option 2



CHERRY HILL  
PUBLIC LIBRARY  
THE HEART OF TOWN

2024  
iPhone & iPad CLASSES AT ICC

Subject: How best to use an iPhone and iPad

Dates: All Fridays - July 12, 2024; July 19, 2024; July 26, 2024; August 2, 2024. Time: 9:30am to 11:45am

Subject: What are the new features of iOS 18

Dates: All Fridays - October 18, 2024; October 25, 2024; November 01, 2024; November 8, 2024. Time: 9:30am to 11:45am

**Instructor: Natu Desai**

Location: Indian Cultural Center, 820 Route 73 South, Marlton - Register online at [www.iccofsj.org](http://www.iccofsj.org)



**Indian Cultural Center**  
Dream becomes Reality

Subject to approval by ICC EC





# PAIN INSTACURE

AYURVEDA AESTHETICS  
[www.paininstacure.com](http://www.paininstacure.com)



For Ayurvedic treatments such as:

- **Shirodhara** - healing treatment by pouring liquid on your forehead
- **Kati Basti** - soothing treatment where a large quantity of warm herbalised oil is retained on your lower back to relieve pain, stiffness and inflammation
- **Janu Basti** - Treatment of knee joint
- **Abhyanga** - Massage of the whole body from the head to toe with warm herb-infused oil
- **Potali Massage Therapy** - Messages with potalis filled with combination of specific herbs, oils and spices that are carefully chosen based on your individual needs and health goal.

Please call Benu Dhawan at  
(844) 467-8228 (c)

**PAIN INSTACURE  
ADAM'S PLACE  
701 White House Road, unit 5B  
(Basement in the rear)**



**Benu Dhawan**

# PAIN INSTACURE

**AYURVEDA AESTHETICS**  
[www.paininstacure.com](http://www.paininstacure.com)



## **Pada Abhyanga (Foot Massage)**

In this procedure massage with the medicated oils is done on both feet.



## **Takradhara (Butter milk stream therapy)**

In Takradhara the buttermilk is poured over your forehead.



## **Nasya (Nasal Therapy)**

In this therapy, the drops of medicated oil are applied in your both nostrils.

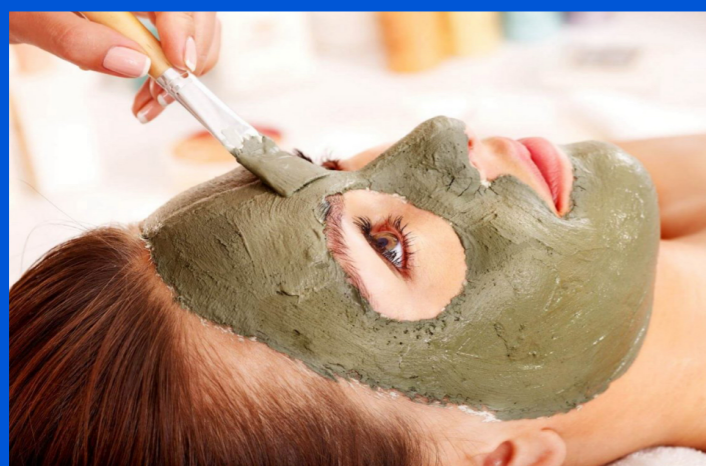
**Please call Benu Dhawan at  
(844) 467-8228 (c)**



Benu Dhawan

# PAIN INSTACURE

AYURVEDA AESTHETICS  
[www.paininstacure.com](http://www.paininstacure.com)



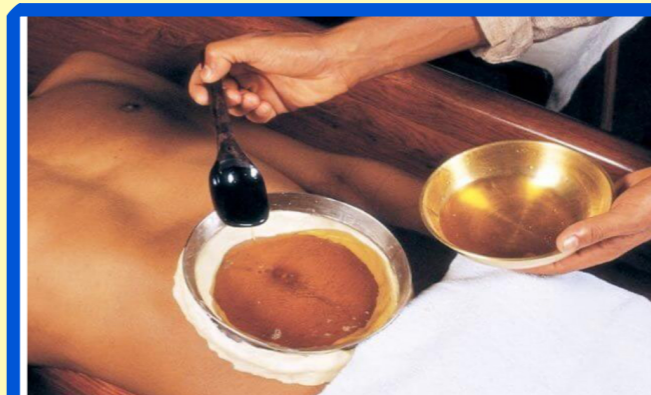
## Mukha Lepam (Traditional Ayurvedic Facial)

It is a medicated paste prepared from herbs that keeps your facial skin healthy.



## Kati Vasti (Lower Back warm oil reservoir therapy)

A ring with dough is made at the lower back in which medicated oil is poured 3 to 4 times for 30 mins. After that the dough is removed and your lower back is massaged in a circular motion with it.



## Nabhi Vasti ( Umbilical oil reservoir therapy)

In this procedure a dough ring is made on your stomach area. The lukewarm medicated oil is poured into this ring. This is done 3 to 4 times for 30 mins. After that, the dough is removed and the stomach is gently massaged in a circular motion.

**Please call Benu Dhawan at  
(844) 467-8228 (c)**



# PAIN INSTACURE

AYURVEDA AESTHETICS  
[www.paininstacure.com](http://www.paininstacure.com)



## Greeva Vasti (Neck oil reservoir therapy)

In this procedure, a ring is made at the back of the neck. Lukewarm oil is poured in this ring for 3 to 4 times for removing pain, stiffness, & inflammation in the neck.



## Uro Vasti (Chest oil reservoir therapy)

A ring with dough is made over your chest region. Lukewarm herbal medicated oil is poured in this ring. This procedure treats all the problems associated with the chest.



## Janu Vasti (Knee joint oil reservoir therapy)

This therapy is done for strengthening the joints & muscles of both knees. In this procedure a dough ring is made over your both knees. Lukewarm medicated oil is poured in this ring for 3 to 5 times with duration of 30 mins. All types of knee problems are treated with this therapy.

**Please call Benu Dhawan at  
(844) 467-8228 (c)**



# PAIN INSTACURE

AYURVEDA AESTHETICS  
[www.paininstacure.com](http://www.paininstacure.com)



## Parisht Vati (Full back therapy)

In this procedure, the whole back is massaged with the medicated oil for getting relief from different type of back problems.

**Please call Benu Dhawan at  
(844) 467-8228 (c)**

# IndyEthnic


(Where Style Meets Elegance)


Puja Gupta



+1 (562) 298-3951

- ❖ Imitation Jewelry
- ❖ Indian Ethnic & Traditional Clothing  
(Suits, Kurtis, Sarees, Gents Kurta, Kids  
Dresses)
- ❖ Home Décor & Craft Items

 [indyethnic@gmail.com](mailto:indyethnic@gmail.com)

 [/indyethnic](https://www.facebook.com/indyethnic)





# WelCare Diagnostics

## Medical Laboratory



**CBC**

**Kidney Function**

**Cholesterol Panel**

**Fasting Glucose**

**TSH**

**Urinalysis with microscopy**

**SGPT (ALT)**

**SGOT (AST)**

**On demand health package only \$119**

**Quantiferon TB Gold**

**\$95 only**

**Measles, Mumps, Rubella (MMR) testing**

**\$65 only**



Call us now!

**856-685-7602**

**Email: [info@welcaredx.com](mailto:info@welcaredx.com)**



**703 White Horse Rd , Suite - 4 , Voorhees,  
NJ 08043**



Hours :- Monday to Friday: 7 AM to 7 PM, Saturday: 7 AM to 5 PM, Sunday: 7 AM to 12 PM

# CATERING SERVICE

Shaili Chauhan (732) 266-2071

Page 1 of 2

The following items are available:

- **APPETIZER:** Yellow Khaman, White Dhokla, Chans Daal Khaman, Aloo Patties, Dahiwada, Methi Gota, Vegetable Pakora, Panjabi Samosa, Bataka Veda, Paneer Pakora, Onion Pakora, Bajri Vada, Chili Paneer Dry, Chili Potatoes Dry, Gobi Manchurian Dry, Vegetable Manchurian Dry, Chili Mushroom Dry, Vegetable Hakka Noodles, Bataka Poha, Handvo, Khandvi.
- **VEGETABLE ENTREE:** Cabbage Peas, Cauliflower Peas, Suki Bhaji, Rangan Bhartu, Tindora Potatoes, Sev Tomatoes, Peas Potatoes Curry, Chana Masala, Dum Aloo, Vegetable Kadai, Vegetable Makhani, Stuffed Round Eggplant Potatoes, Paneer Makhani, Kadai Paneer, Bhindi Potatoes, Bhindi Masala, Vegetable Manchurian, Chili Paneer, Undhiyu, Shahi Paneer, Palak Paneer, Mutter Paneer, Malai Kofta.

Jain and Swaminarayan food is available upon request



## CATERING SERVICE

Shaili Chauhan (732) 266-2071

Page 2 of 2

The following items are available:

- **DAAL:** Gujarati Tuvar Daal, Vaal Daal, Dahiwala Green Maang, Rasawala Kala Chana, Yellow Dal Tadka, Punchmal Daal, Gujarati Kadhi.
- **BREAD:** Pav, Puri, Roti, Plain Paratha, Methi Thepla, Plain Bhakri.
- **RICE:** Pulav, Plain Rice, Jeera Rice, Sabudana Khichadi, Vegetable Fried Rice, Schezwan Fried Rice, Vegetable Biryani.
- **DESSERT:** Mango Shrikhand, Fruit Shrikhand, Kesar Elaichi Shrikhand, Elaichi Shrikhand, Dry Fruit Shrikhand, Fruit Salad, Gajar Halwa, Soji Halwa, Churma Laddo Sugar, Rice Dudhpak, Sev Dudhpak, Rasmalai, Gulab Jamun.

Jain and Swaminarayan food is available upon request

# CHAAT PATTA KHANNA

Shailesh Shah (856) 745-3308

Tiffin & Catering Service

The following items are available:

- Potato Poha, Halwa Puri, Upma, Dhokla, Masala, puri, Methi Gota,
- Batata Vada, Samosa, Khaman, Khasta Kachori, Dabeli, Pavbhaji, Idli Sambhar, Ragda Petties, Dahivada
- Baigan Bhartha, Malai Kofta, Mix Vegetables, Paneer Tikka Masala, Paneer Butter Masala, Chili Paneer
- Roti, Wheat Paratha, Chili Paratha, Wheat Puri, Thepla, Methi Thepla, Methi Dhebra, Puran Poli.

Jain and Swaminarayan food is available upon request

## **CATERING SERVICE**

**SMVS Shri Swaminarayan Mandir**

**Address: 99 Burnt Mill Road, Cherry Hill, NJ 08003**

**Contact: Shaileshbhai Patel**  
**(267) 974-7448 (c)**