



IACAW

E-SAMACHAR



2022 • FALL EDITION



I am going to start the 4th and final E-samachar of 2022 with a little history. IACAW started about 49 years ago soon after a small group of immigrants from India came to this country to make a better future for the next generation. They quickly realized that most of their friends and families were oceans away and they found themselves missing “home”. And this organization gave them a much-needed connection to their mother country. Many of these people are still active in IACAW and they have passed along this same sense of pride and belonging to generations of Indian-Americans that have followed.

With this guidance and support throughout the years we have all as a community managed to preserve our culture, but at the same time evolve with changing times. In Mahatma Gandhi’s famous words, “No culture can live if it attempts to be exclusive.” Our association members have always encouraged and welcomed people of all cultures and walks of life to join with us in celebrating our deep Indian roots.

I find it hard to believe that this year is almost over. It has been a true pleasure to serve as president of IACAW. Since the last publication, we have continued on with many more events. In September, we had Ganesh Chaturthi Puja celebrating the birth of Lord Ganesha. We had a prayer service and aarti, followed by a delicious Indian meal. Next, in October, we celebrated Navratri (translated nine nights) and danced the night away two weekends in a row! In November, we had our Annual Diwali Dinner and General Body Meeting. At Diwali, we got to celebrate the coming of the New Year with our fellow community members sharing good times and well wishes with friends and family. Finally in December, our members came together at the Member Appreciation Dinner where we honored the recipients of Academic Achievement Awards sponsored by Drs. Sanat and Madhu Dagli and the recipient of the Sports Excellence award sponsored by Dr. Swati and Pankaj Desai. Congratulations to all the students who received these awards and you will be able to read about each one of them in this Newsletter.

Our biggest event of the year was our Heritage of India Festival back in-person after 2 years. With the hard work and dedication of the festival committee members and volunteers we were able to surpass our fundraising goal. Our membership has also increased this year. The combined new memberships (which include annual, single, and life members) has gone up by almost 40% from last year.

Last but not least, I want to thank the entire 2022 Executive Committee and the many volunteers and mentors for your guidance, support, and continued dedication to IACAW. Each and every one of you have helped me in different ways and you each brought a unique talent and quality to the group that together really made us a strong unit. I truly appreciate your hard work and thank you for making this such a rewarding and fun experience for me!

Kindest Regards,

Lisa Shah
2022 IACAW President

Executive Committee



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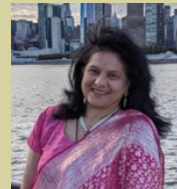


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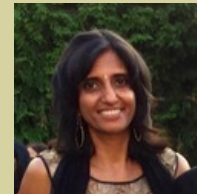
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E-Newsletter	Vaishali Bhattacharyya, Suchitra Joshi & Chitra Taneja
Social Media	Dinbandhu Shah, Dina Patel & Chandresh Shah
Website	Chandresh Shah, Dinbandhu Shah & Lisa Shah

Scan the QR code for membership opportunities

For volunteer opportunities, please email us at

IACAWsocial@gmail.com



IF YOU HAVE ANY QUESTIONS, CONCERNS, COMMENTS AND IDEAS, PLEASE CONTACT US AT
IACAWESAMACHAR@GMAIL.COM

All the Events of the Year, 2022!

The list below are all the events we had in 2022. Stay tuned as we plan for 2023. We will share all the dates of our events through the newsletters, emails, [website](#), [Facebook](#) and [Instagram](#).

Events from 2022



Date

Event

Sun. 2/13

Musical Night live from India!

Sun. 4/3

Holi

Sun. 5/15

Talent Show

Sun. 7/17

Summer Picnic

Sun. 8/7

Heritage of India Festival (HIF)

Sat. 9/10

Ganesh Chaturthi

Sat. 10/1

Navaratri (night 1)

Sat. 10/8

Navaratri (night 2)

Sat. 11/5

Annual Diwali Dinner

Sun. 11/20

General Body Meeting Election

Sun. 12/4

Member Appreciation Dinner



**Look out for these and
more events in
2023!**



PAST EVENTS

Here is a glimpse of Ganesh Chaturthi, Garba, Diwali Gala and Member Appreciation Dinner...



PAST EVENTS

Here is a glimpse of Ganesh Chaturthi, Garba, Diwali Gala and Member Appreciation Dinner...



To see more pictures of events from past years, please visit us on

MEMBER FEATURE

Recognizing Priya Kapoor-Salian

excerpt taken from
Westchester Magazine November 6, 2022

As Westchester County continues to grow and adapt amid times of change, these inspiring women lead the way in the 914. One of the 24 women mentioned was

Priya Kapoor-Salian
Co-owner/Chef
RaaSa



Photography by Ken Gabrielsen | Shot on location
at the Hudson River Museum, Yonkers

Growing up in Chappaqua with parents from India, Priya Kapoor-Salian ate the cuisine of her ancestors every day. Her present-day patrons would likely stew with envy, but for young Kapoor-Salian, “I got tired of the same food and became interested in cooking.” Already at ease in the kitchen, as “it’s important in Indian culture for a woman to learn to cook,” Kapoor-Salian took the tastes she knew and blended them with more foreign flavors, particularly Cajun. “I created all different dishes and recipes for the holidays,” she says, “and I became addicted to the Food Network.” Her passion led to hospitality-and-hotel-management school, where she met her future husband. Together, they went from washing dishes and bussing tables to the kitchens of some of NYC’s top restaurants. They took ownership of RaaSa eight years ago and continue to swap shifts at the stove. “I treat RaaSa like a child,” says Kapoor-Salian. “I give it so much care.” As for her staff: “Because we worked our way up, I know the pressures. I work just as hard as they do.” Many of the daily specials are Cajun-inflected dishes she concocted at home to enhance family mealtimes, earning RaaSa a 2020 Michelin Bib Gourmand nod and ensuring that Kapoor-Salian and her customers never tire of the same food.

—MGL

IACAW congratulates Priya on being an inspiration to all women and in particular to all Indian American women.

If you would like to nominate a member to be featured in our newsletter, please email at iacawpresident@gmail.com

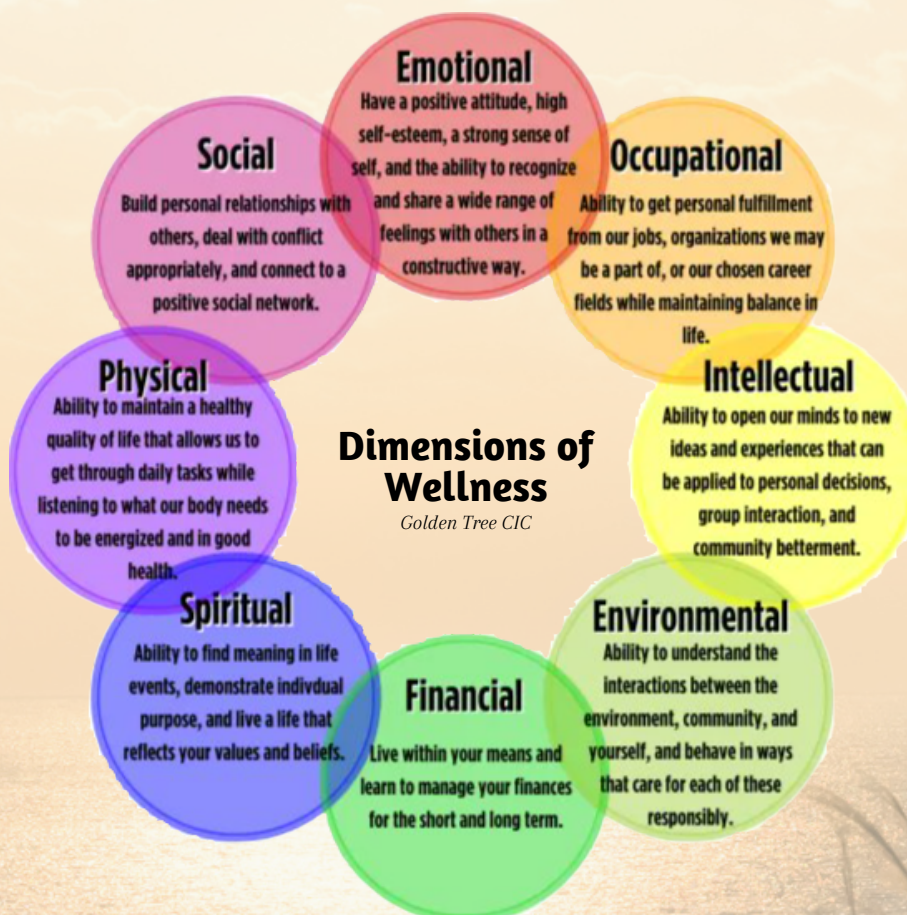
Wellness Ways



As the heat of the summer fades and cooler days begin, the season of celebrations also starts in our lives, bringing families and friends together in appreciation of each other. With the colder days setting in, the colors of fall fading away and animals taking a long winter's rest, it is a perfect time for us to reflect on the year that has passed.

As we move through our daily lives, it is important to take a pause once in while to reflect on our actions, thoughts and feelings in various aspects of our lives. Who do we really want to be and where do we really want to go? Have we forgotten about other aspects of life as we focus on one area? It is easy to get off balance but with these pauses and reflections we are able to consider the balance of life.

We all live different lives and have different responsibilities so what works for one person may not work for another but most of us are striving for a well-balanced life. There are 8 aspects of life that need to be considered when seeking a well-balanced life, as shown in the Wheel of Life below:



This is a perfect tool to help us to understand how we spend our time and energy in each area. It enables you to reflect and gain some insights into the balance of life and how content you feel in different areas. With self-reflection in each area, you can adjust your time and energy in order to create the balance you seek!

Written by Vaishali Bhattacharyya



Recipe Remedies!



Chitra Taneja

Recipe by Dish by Rish – Tried & Approved by Chitra Taneja

PANEER & POMEGRANATE PARCELS

COOK TIME:

30 min prep; 40 min cook time

SERVINGS: 20 PARCELS



[Dish By Rish Website](#)

Ingredients

- 1 pack filo pastry (Cut into thirds, and then halved)
 - You can also use the filo pastry cups (ready made in frozen section)
- 250 g paneer grated
- 1 small white potato boiled and grated
- 1/2 green pepper finely chopped
- 1/2 red pepper finely chopped
- 1 medium red onion finely chopped
- 3 cloves garlic minced
- 1 green chilli minced
- Pinch dried kasuri methi
- 2 tbsp tomato paste/puree
- 1 tsp paprika/chilli powder
- 1/2 tsp garam masala
- 2 tbsp oil of choice
- Salt
- 5 tbsp fresh pomegranate
- 4 tbsp butter
- 3 tsp chaat masala

Go to Dish by Rish website for recipes for [Coriander & Mint Chutney](#), [Tamarind & Date Chutney](#) and [Cumin Yogurt](#).



Hiral Trivedi



Masala Chai

How to Make Dry Tea Masala Powder



- 1 teaspoon crushed cardamom
- 1 teaspoon crushed cloves
- 1 teaspoon crushed ginger powder
- 1 teaspoon crushed star anise
- 1 teaspoon crushed cinnamon
- ½ teaspoon crushed nutmeg

Place 2 cups of water, 4 tea bags and 2 teaspoons of tea masala powder in a pot. Then simmer for a few minutes. Next, add 2 tablespoons of milk and sweetener. Brew them for a few minutes. Remove the tea bags and enjoy!

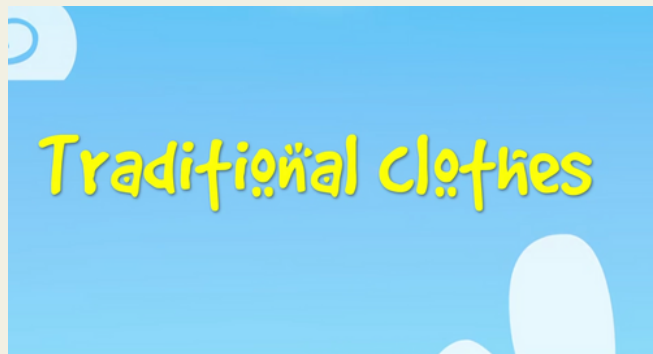
- By Hiral Trivedi

IACAWesamachar@gmail.com



Kids Korner

Click on the images and enjoy these animated stories!



**We Need
your help!**

Calling all JUNIOR artists!!!



We invite you to enter a **FLYER DESIGNING CONTEST**. We have many events every year and we can use your **inspiration & creativity**. Please submit your designs for any of the events listed in our events calendar to iacawesamachar@gmail.com. We would like to use them for next year.

Good Luck!

Just for J • U • N • I • O • R • S Just by

Sponsored by Drs. Madhu & Sanat Dagli

"The life of inner peace, being harmonious and without stress, is the easiest type of existence."

— Norman Vincent Peale.

Whenever I tell people I'm Indian, their first response usually goes one of several ways:

Oh wow! That's cool. Were you born there?

Oh, so you must really like to eat spicy food, right?

Do you do, you know (gestures vaguely at hands), henna on your hands? Do you speak Indian?

Oh, it must be really hot there, right?

Do you like to drink chai tea? Starbucks has that, I think.

As a younger child, I would sometimes struggle to respond to these questions. At my school, I was one of the only Indian students, so I was kind of the de-facto "representative" of India. Almost an ambassador, if you will, if ambassadors had to learn their multiplication tables whilst desperately trying to remember who the president of India was and why we still didn't have kings (in my defense, I was a third-grader; I barely knew who the president of the US was at the time).

Now that I'm older, I still face some of that same pressure. But I consider myself lucky. Lucky that I have so many experiences with India that I can speak about something other than Ashtanga Yoga and chai tea lattes. People still ask me some of the questions I discussed above and I never mind answering them, since there's usually no malicious intent behind them. However, it's never satisfying to me to answer their questions and just leave. After all, I'm not an encyclopedia. As a real, human being, one who's had experiences and thoughts and feelings of her own, I always like to throw in my own personal anecdotes. Some of them can be heartwarming while others are more serious. I've discussed my experiences with everything from henna (more commonly called "Mehndi" in India), language (there are hundreds), and food (each region has its own speciality).

But one thing I've never discussed before is the atmosphere of India. Truthfully speaking, I'm not even sure that's the right word for the thing I'm trying to describe; maybe ambience is a better word to use here. Oxford Online Dictionary states the definition to be, "The character and atmosphere of a place," and I definitely feel that this is an aspect of India that I have seldom talked about before. Maybe because it doesn't come up often or because I take it for granted, going there so often. Anyone who's traveled before knows that every place has its own unique "feel" to it. Even within New York, there's different ambiances between the city I live in and New York City, which is only forty minutes away.

In a place as large as India, where can I even begin? I could try to go region by region, but that would take too long. I could try to provide an over-gentrified version, but that would be a disservice to its diversity. I thought about this question for a while before I realized, oh. This is a personal essay. I can just write about how I feel when I'm there. There are, of course, many emotions I feel when I go to India. The plane ride there is tense with excitement and nerves. Arriving at the airport is fighting through a wave of jet lag-induced exhaustion. Seeing my extended family is emotional.

Just for J • U • N • I • O • R • S Just by

Sponsored by Drs. Madhu & Sanat Dagli

But if I had to sum the experience up in one word, I would say: peaceful. How, some might ask me. Is it through the yoga you do? The meditation you practice? The food you eat?

Maybe it is. Or maybe it's not. Who knows? I don't meditate, and I only practice yoga on occasion (shameful, I know). But I can say with certainty that I feel peaceful when I go to India. And it isn't just one thing that does it for me. It starts at the airport and stepping out into the humid air, catching a rickshaw or taxi home. It continues as we settle into life there - going down every morning for a bag of fresh milk, leaving the laundry up to dry, going to the temple during the Saturday afternoon rush. Going to family on the weekends, sitting in living rooms listening to grown-ups talk and feeling comfortable. Watching the roads from the upstairs balcony windows...Admittedly, the traffic can get hectic, but that, in a way, holds its own kind of peace; I've fallen asleep before to the sound of honking cars and people yelling. Those naps have always been some of the most refreshing I've ever taken because I'm unburdened by the things around me. Haven't we all dreamt of being children again and having no expectations placed on us? That's how I feel when I'm in India and there's only the present moment to consider. I think that this is a big part of the reason why I feel so peaceful there.

This idea of peace continues as we visit family and go to the countryside. That's where my ancestral family's home used to originally be before we moved to the city. I sometimes think about what life might be like if we'd stayed. In the country, everything is quiet. When I stand still, the only thing I can hear around me is the rustling of the bushes as wind blows through them, or cowbells, somewhere off into the distance. There are rarely many cars, especially the deeper you go in. Traveling by foot, the mud squishes underneath my feet and dew clings to my legs. Everything feels slower here, like being caught in syrup. It's not a bad thing either; sometimes, I feel like life moves too fast in the city and everything is fleeting. Being there, even for a few days, is like a stop. Even when everything else feels blurry, my time there is like a permanent photo, a snapshot that I can still remember years later.

I suppose that can be said about my time in India in general. Many people search for inner peace, but I think I've found mine during the summers I go to India. Of course, each visit is different from the last, but the feelings always remain, lingering on the plane ride back to the US. Eventually, they fade, but I always know I have next summer to look forward to. It's just a matter of waiting.

Written by Saumya Sawant

If your child has an essay that you'd like us to consider sharing, please send it to us at
Iacawesamchar@gmail.com



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Happy Holidays!

Visit us on



Academic Merit Awards

IACAW believes in promoting, supporting and sponsoring events that foster literary curiosity and intellectual talents of youth in our community. With this in mind, we are pleased to announce the recipient of the following award:



Garu Agarwal, Lisa Shah

This year's award goes to **Garu Agarwal!** Garu is a 12th-grade student who currently resides in Yorktown Heights. His parents are Gaurav Agarwal and Kirti Agarwal. He attends Lakeland High School in northern Westchester. Garu is active in Hindu Swayamsevak Sangh, and he has been part of the organization for over a decade. Garu is also engaged in his school, as he has founded the robotics and math teams for his high school.

Most importantly, Garu has been conducting research at IIT Kharagpur where he is predicting seizures. In his free time, Garu likes to play card games with his family and friends. Garu also enjoys listening to music through vinyl records, and he even sells his own vinyl records out of wood through his personal business.

If you or anyone you know is interested in applying for this award, please visit IACAW.org for more information on eligibility criteria.



Academic Merit Awards

IACAW believes in promoting, supporting and sponsoring events that foster literary curiosity and intellectual talents of youth in our community. With this in mind, we are pleased to announce the recipient of the following award:



Karan Keerthy, Lisa Shah

This year's award goes to **Karan Keerthy**! Karan is an esteemed senior at Briarcliff High School within the top 5% of his graduating class. His parents are Dr. Shiva and Shivaleela Keerthy. His success in school and high GPA led to him being awarded the St. Michael's College Book Award and Hugh O'Brien Leadership Award.

Karan also takes a big part in his community by volunteering at his local children's center. At school and in his free time, he loves to play soccer, tennis, and chess. Finally, Karan is a strong and focused student intending to pursue STEM in college.

If you or anyone you know is interested in applying for this award, please visit IACAW.org for more information on eligibility criteria.



Academic Merit Awards

IACAW believes in promoting, supporting and sponsoring events that foster literary curiosity and intellectual talents of youth in our community. With this in mind, we are pleased to announce the recipient of the following award:



Nitya Shukla, Lisa Shah

This year's award goes to **Nitya Shukla**! Nitya is the daughter of Dhaval and Jalpa Shukla and an accomplished student at Briarcliff High School. She hopes to pursue biomedical engineering research in the future. Nitya has had experience working at a robotics internship, volunteering at a hospital, and tutoring children in her community.

She enjoys playing tennis, traveling, and reading in her spare time.

If you or anyone you know is interested in applying for this award, please visit IACAW.org for more information on eligibility criteria.



Excellence in Sports Award

With support of our life member Pankaj and Swati Desai, ICAW has established a new annual award for excellence in sports in the amount of \$1000.

The Desai Award for Excellence in Sports

\$1000 Prize will be given
to the applicant that
meets all the criteria



Kareen Bar, Pankaj and Swati Desai, Lisa Shah

This year's award goes to **Karina Bar**! Karina is an 11th grade student who currently resides in Briarcliff Manor. Her parents are Neha and Jay Bar. She attends Briarcliff High School. Karina has excelled in not one but three different sports in high school: Cross Country, Track and Field, and Soccer. She was named Section 1 all-league athlete in Track and Field. In Soccer, her team won the Mt. Pleasant Cup Tournament back to back where she was starting goalie on the team as well as being league champions.

Especially notable about Karina, is that this year she was selected into the NY State Public High School Athletic Association (NYSPHSAA) as one of the two student athlete representatives for all of Section 1 for NY State. As a representative, she was invited to attend a leadership conference in Syracuse, NY!

If you or anyone you know is interested in applying for this award, please visit ICAWE.org for more information on eligibility criteria.



JOSHI FAMILY CATASTROPHE FUND



Joshi Family Catastrophic Help Education Fund Availability Notification-2021

Indian American Cultural Association of Westchester is very grateful to announce availability of the Joshi Family Catastrophic Help-Education Fund, fully contributed and set up by

Dr. Anil and Anju Joshi.

If you know any qualifying candidate/s please feel free to refer them to IACAW to apply for assistance.

**Please send a letter of interest / need to:
IACAW - Joshi Family Catastrophe Fund**

**P.O. Box 358
Dobbs Ferry, NY 10522
OR**

Visit www.iacaw.org to download an application

Eligibility & Grant Awarding Criteria

1. The applicant family shall be a IACAW member for at least one full calendar year prior to the catastrophe, for example if a member experiences a catastrophe during FY 2022 the family must be a IACAW Annual or Life member for the calendar year 2021 and must have paid the membership dues by last day of the month of June of the previous year which in this example is June 30, 2021, and
 - a. The "Catastrophe" here means "A sudden death or disaster or misfortune with one or both parents becoming permanently or temporarily disabled which results in the substantial loss of income earning activities either permanently or temporarily as they did prior to the catastrophe".
2. An income earning member of the family has died or became suddenly sick or physically incapacitated for any reason, preventing the member from working and earning the income necessary to support their family, and
3. The family member currently has at least one of their biological/legal child/children enrolled full-time in an accredited undergraduate program in the United States, and
4. The family receiving the grant is eligible to reapply once during the calendar year for the grant when eligible, and
5. The family has submitted a completed the attached Application Form, and [Click HERE](#) to find out more about the eligibility and grant awarding criteria and to download an application
6. The completed application includes all necessary supporting documents that may include, but are not limited to the following: Full time enrollment in a US accredited undergraduate program related supporting documents, Medical or other documents supporting the medical or other catastrophe, out of work/loss of income related supporting documents, previous year income tax returns and current income support to prove the substantial reduction of income impacting the educational support to their biological/legal child/children, etc.
7. The "Joshi Family Catastrophic Help-Education Fund Committee" will determine the final award of up to \$10,000 to the eligible applicant until the contributed fund balance is fully awarded.
8. The "Joshi Family Catastrophic Help-Education Fund Committee's" decision will be final in all matters.





JOSHI FAMILY CATASTROPHE FUND



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Executive Committee 2023



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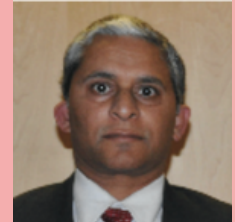
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Neha Bar
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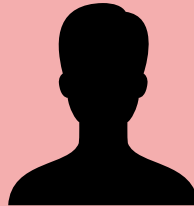


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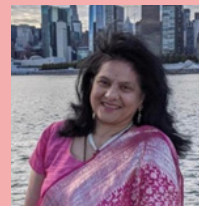


Rohit Pandya
Joint Secretary
president.iacaw2013@gmail.com

Committee Members



Gaurav Agarwal



Suchitra Joshi



Chandresh Shah



Dinbandhu Shah



Lisa Shah



Hariraj Singh

Scan the QR code for membership opportunities



For volunteer opportunities, please email us at

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