C Free Helpline (888)664-8624

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# SEPTEMBER 11, 2022 WALKATHON

MaiFS is hosting its 13th Annual l WALK TO STOP DOMESTIC VIOLENCE event on Sunday, September 11th at Lakeshore Park, 601 S Lake Dr, Novi, MI 48375.

This is a fun filled event for entire family with lots of activities such as warm-up, cool-down, face-painting, clown, balloon sculpturing and food.

The registration cost is \$20/Adult, \$10/youth (ages 11 - 17) and children under 10, at no cost.

All proceeds go towards helping the Domestic Violence survivors. Please contact us at <a href="mailto:info@maifs.org">info@maifs.org</a> for sponsorships.

Please register here today at <a href="https://maifs.org/walkathon-registration/">https://maifs.org/walkathon-registration/</a>



# **NOVEMBER 12, 2022 ANNUAL FUNDRAISER**

A magnificent evening Of Payals and Zardozi will be the backdrop of Mai Family Services 14th Annual Fundraiser.

For the first time, MaiFS is using films (considered to be Asia's biggest driver of entertainment) as the landscape of expression and communication. Michigan talent is unparalleled and this event provides the right platform to bring together several art forms like fashion, music and dance as the afternoon unravels several genres of films that have left a lasting impact in the minds of the audience.

The grand ensemble has a narrative that depicts royalty in the larger-than-life paradigm focusing on reflection, deceit and ambition. The edgy contemporary films depict making choices and experiencing adventure, humor and making mistakes. The movies of resilience will bring forth wisdom and maturity in living life - with respect, dignity and confidence and taking charge/control of one's own decision in one's own circumstances.

Typical to the empowerment services offered by Mai Family Services, the underlying subtle nuances is something the audience would enjoy in the grand tapestry of fun, meaning and engagement.

There will be food available for purchase.

Please check the details below in the attached flyer.

For sponsorships and vendor-booths, email us at <a href="mailto:info@maifs.org">info@maifs.org</a>

Reserve your seats today at <a href="https://tugoz.com/mai">https://tugoz.com/mai</a>



# MAI FAMILY SERVICES CELEBRATES WORLD SENIORS DAY

Leaving A Trail for the community to Follow



Mai Family Services (MaiFS) celebrated its second Annual Golden Club program on 21st August - World Seniors Day at IGGF in Canton. The event was a huge success with seniors of the community coming together from various parts of SE Michigan. The event was filled with fun and vibrant entertainment program by seniors. Volunteers of Mai Family Services selflessly committed their time by handling food and other logistics for the seniors. The entire event was filled with such positivity and bliss without a dull moment.

The Golden Club Program aptly titled Yaadein 2.0 made its debut last year. This year, more members of the community shared their stories while networking. A live orchestra of senior singers highlighted some old memorable songs that had the seniors on their feet - dancing and clapping. Dr. Usha Ram (MaiFS Board Member and one of the founding members) welcomed the gathering with a strong narrative on holistic and healthy living. Mr. Manoj Sachdeva (MaiFS patron) who graciously provided the venue for the seniors spoke about togetherness and how it is critical for the senior community to gather regularly for a peaceful and happy mind. Senior women and senior men danced to some lilting tunes, choreographed by our respected community member Mrs. Usha Shah. Mrs. Madhuri Agarwal, Mrs. Senior Pageant winner from Michigan spoke about her commitment to social causes, and her tragic accident that led her to compete for the pageant. Abha Singh and Anand Sharangpani shared some poignant memories of their journey with the community. Rajesh Sharma emceed the event. Mrs. Madhu Kapila and Mr. Inder Thawani presented details around Senior Assisted Living facility in Plymouth for Indian Americans.

Golden Club is a service-oriented program that is geared toward the seniors ages 60+ in Southeast Michigan who need support and help with basic essentials. It is cost free to the members. Members are assisted by trained and certified social workers of MaiFS. Several seniors have registered for the program which offers several fun events - park walks, movie nights, book clubs, potluck etc. The program also offers access to life's necessities - groceries, postal mail and tech help. Trained volunteers serve the premium members of the program with weekly calls to beat isolation and loneliness. The program also provides an opportunity for the seniors to connect across generations with informative resources and tools.

**Senior women dance participants included**: Charu Shah; Usha Shah; Bindu Shah; Ranjana Solanki; Deepa Parekh; Kundan Sata; Beena Kinariwala and Reena Sanghvi

**Senior men dance participants included**: Bharat Shah; Deepak Shah; Pravin Shah; Nat Solanki; Kamlesh Parekh; Vipul Kinariwala and Jayant Sanghvi.

**Live Orchestra participants included:** Dr. Rajesh Bhagat; Geeta Bhagat; Dr. K. Pardnani; Mr. H.B. Singh; Mr. Rajendra Mehta: Mr. Raj Birla

Mai Family Services annual Seniors Day event would not have been possible without the strong and committed volunteers who spent their lovely Sunday celebrating and serving the seniors of the community. Thank you to all the volunteers. Thank you Mr. Suman Rawal for the pictures. For more information and/or questions about the Golden Club Program, please email Usha Paparaju at ushap@maifamilyservices.com

### PLANNING FOR THE SECOND HALF OF LIFE

**ELDER CARE WORKSHOP** 



Mai Family Services hosted an Elder Care Law webinar on August 8th at the Farmington Community Library auditorium. It was very well attended and well received by our seniors. The library provided a large room with ample space and open areas to welcome everyone in-person, after all these months of being isolated.

Our presenter was Bob Mannor, who is a certified Elder Law attorney. In his presentation, he spoke about estate planning, asset preservation, long term care planning, power of attorney, wills and trusts, probate, and probate avoidance. There was a question-and-answer session after the presentation and he patiently answered a lot of the queries. The attendees were served refreshments before the presentation.

We had a few resource tables where some of the local agencies sent their liaisons to answer any questions. Liaisons from SLKD-West Bloomfield (Sub Acute Rehabilitation Facility), Brightstar Care (Private Duty Care) Senior Helpers (Private Duty Care) and Care Patrol (helps families find assisted living, independent living, memory care, and in-home care) brought in goody bags and giveaways. Area Agency on Aging also brought their handouts with information.

We hope to have more in-person webinars like this to educate ourselves and the South Asian community about the various resources available to us.

Suneeta K. Prakash, MA, LMSW, ACMA- SW. MaiFS Golden Club Chair

## JOB OPPORTUNITIES

- Victim Advocate
- Case Worker

#### *How to apply:*

Please e-mail a cover letter detailing your relevant experience and resume to **Jobs@maifamilyservices.com** indicating the position 'Caseworker' or 'Victim Advocacy' you are applying for in the subject line.

Please provide three references.

We will be accepting applications and interviewing candidates on a rolling basis till the positions are filled.

#### **UPCOMING TRAINING & EVENT**

- Volunteer Training Saturday, September 24th
- Annual Holiday Banquet Saturday, December 3rd

Stay tuned for more details or email us at info@maifamilyservices.com to learn more.

# Thank you for supporting Mai Family Services!





#### Our mailing address is:

MAI FAMILY SERVICES 32401 W. Eight Mile Rd. Livonia, MI 48152





