



Mai Family Services
Support when you need it most

WE SUPPORT...

BUILDING A STRONGER AND A HEALTHY COMMUNITY

Free Helpline (888)664-8624

- [Vatsala Upadhyay- MaiFS President-Elect!](#)
- [Volunteer Spotlight- Dr. Sheela Madipelli!](#)
- [Parenting Your Adolescents By Preeti Venkataraman, MD](#)
- [Fundraising Gala - Starlit in Harmony!](#)
- [Successful DV Awareness Event!](#)
- [STOP Grant Program Updates!](#)
- [Did You Know?](#)

Vatsala Upadhyay - MaiFS President-Elect!



MaiFS is extremely happy to welcome Vatsala Upadhyay as President-elect. Vatsala is the Enterprise Lead IT Solution Architect in the Enterprise Architecture and Digital Transformation team at Seco Tools. She has over 30 years of experience in collaboration solutions and CRM applications across multiple platforms. Masters in Computer Applications from BIT, Mesra with Executive MBA degree, she has professional certifications in Project Management, Scrum, ITIL, and Six Sigma. She has also been a national-level volleyball player and is a techno-geek, who believes that there is a solution for every problem, just that we need to look deep enough. She completed her term as the President of the Michigan Chapter of ASEI and is now on the executive committee of the National ASEI board.

She had previously been a part of the Mai Family Services board and has been participating in its volunteer activities including the virtual event on International Women's Day and Yaaden (Golden Club even in August 2021). Congratulations Vatsala!

Volunteer Spotlight- Dr. Sheela Madipelli!



Sheela is a very soft spoken and gentle lady who makes you feel comfortable the moment you start a conversation with her. By profession Sheela is a Pediatric Physician. After completing her studies and residency in India and arriving in the US, she dedicated years to completing residency here and starting a very fulfilling career. MaiFS has been fortunate to have her on the volunteer team for more than 8 years now. She is always ready to help with everything that is involved in organizing an event at MaiFS right from helping with marketing of the event to ushering, setting up and wrap up after the event. Apart from fundraising events she is always ready and willing to help the clients directly by offering services and donations of both time as well as things like household furniture and assistance where needed.

Sheela believes that when a person is away from their family in a faraway place and is facing a difficult situation, every small assistance provided, every word of encouragement and support offered makes a huge difference in their outlook. Having had an experience of availing services from MaiFS at one time, she believes in giving back in every smallest possible way by offering emotional and practical assistance to those who need it now. Her work is not limited to MaiFS clients only and she helps a NGO in India that works to provide medical supplies to new mothers and infants from underprivileged sections of the society. Helping kids with special needs is a cause that is very close to her heart and she hopes more trained personnel will make a choice to volunteer their time to help this cause.

We at MaiFS are glad to have Sheela on our team and look forward to working together with her for a long time in future!

Parenting Your Adolescents By Preeti Venkataraman, MD



During adolescence, peers play a large role in social and emotional functioning. In the Southeast Asian community, we add an additional factor the cultural disconnect between the family's culture and the greater culture in which the child lives. Ignoring either culture will lead to problems.

Issues that commonly come up include sleep overs, dances, dating, and overnight trips with the school that include both boys and girls. Children almost always feel tugged between what their parents want them to do and what their friends are doing. The final decision. Of course, what as a parent you allow is based on your comfort level and your child's development. However, forbidding things and not discussing with your teenager why you won't allow them to do something can be a set up for negative outcomes.

Parents are stuck between wanting the best for their children, wanting them to fit in in the greater society and maintaining their own ethical cultural and social mores. One fallacy often is to forbid something because the minute something becomes forbidden fruit you, as a parent, lose complete control of it. Something very important to remember is that your job as a parent between the ages of 12 and 18 is to get them to a place where they can make positive decisions and be able to live and engage in the world independently.

What can you as a parent do to help your preteens and teenagers navigate these waters?

1. **COMMUNICATION** It is extremely important to have open lines of communication with your children. Open and honest communication is a key to any good relationship, including that between a parent and child. Let your children know that they can come to you and talk about anything.
2. **BUILD RELATIONSHIPS** Be aware of who your children hang out with. Have them over to the house. Get to know their parents and communicate with the parents of your children's friends.
3. **ENGAGEMENT** Involvement in sports community activities and extracurricular activities help to provide structure and build relationships. This also teaches them valuable social skills in a positive environment.
4. **MONITOR** Learn and educate your children about social media, the negative impact of social media on emotional health. Teach them how to use social media as a tool rather than social media controlling them. Set up times that are family time when everyone puts away their phones and play board games spend family time together and discuss their week etc.
5. **TEACH** Practice with them how to get out of social situations in which they feel uncomfortable. Teach them to be assertive. For example, if they are in a situation in which they feel unsafe let them know they can call you immediately to come get them, no questions asked.
6. **TRUST** Most importantly build trust between your child and yourself and learn to trust your gut! Give them responsibilities slowly and as they meet them give them a little more freedom.

Fundraising Gala - Starlit in Harmony!



The poster features a red and white floral border. At the top center is the Mai Family Services logo, which depicts a stylized family silhouette within a circular emblem. Below the logo, the text reads: 'Mai Family Services presents', 'Starlit in Harmony' in a large, elegant script font, 'Holiday Fundraiser with Music and Dance' in a smaller serif font, 'S A T U R D A Y' in spaced-out capital letters, '12/4/21' in large bold numbers, '5:30 PM (REGISTRATION)' in a smaller font, 'FARMINGTON HILLS MANOR' followed by the address '23666 Orchard Lake Rd, Farmington Hills, MI 48336', 'TICKETS: COUPLES \$125 / INDIVIDUALS \$75', 'BUY TICKETS HERE:' followed by a yellow button with the URL 'https://maifs.org/holiday-fundraiser/'. Below the button, it says 'Event & Sponsor Inquiries: Call Mona at 248-767-4542'. At the bottom, a small red box contains the text: 'Mai Family Services is a non-profit organization serving South Asian individuals and families in Michigan in DV situations and crises since 1986.' Two clusters of yellow stars are positioned on either side of the bottom half of the poster.

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individuals and families in Michigan in DV situations and crises since 1986.

All of us at Mai Family Services are cautiously excited to announce that we will be hosting our first in-person event, a Fundraising Gala, on December 4th, 2021. We cordially invite you to attend the event and support the important work carried out by MaiFS.

The COVID pandemic created a surge in demand for services offered by MaiFS. We have supported more clients (abuse victims) and their families in 2020 and 2021. The financial support provided by MaiFS to these clients in 2020 was ten times higher than the 2019 amount. In 2021, so far we have already paid the same amount as the entire 2020 amount. Mai Family Services has supported basic needs such as rent and utilities, food, personal supplies as well as paid for medical and legal fees, school supplies, etc. All of this has caused a huge dent in our financial position.

Hence, the need for donation funds is greater than ever. We hope you will be able to join us on Dec 4th and support us generously during the Fundraising Gala, an evening of great entertainment and food.

Event details:

When: Saturday, December 4th, 2021. Registration & Social hour starts at 5:30 PM

Where: Farmington Hills Manor, 23666 Orchard Lake Rd, Farmington Hills, MI 48336

How to reserve your seats:

Use the link <https://maifs.org/holiday-fundraiser-reg/>

If you have any questions: call 248-767-4542.

ANNOUNCEMENT

- Saturday, October 30th - MaiFS 101 & DV 101 training for new board members, advocates & volunteers.

Successful DV Awareness Event!



MaiFS celebrated October DV Awareness month at Heritage Park in Farmington Hills on Sunday 10/24. Caseworkers, volunteers and board members of the organization came together to reflect, share and engage in relevant conversations regarding DV survivors, the challenges and the potential changes and solutions the organization provides for their living conditions.

Experienced caseworkers Lalita Ghosh, Charu Shah, Sailaja Dronamraju indicated that there is no template for a quick solution as each survivor story is different in its nature and treatment. From helping our survivors get the right tools to combat their emotional and psychological bruises to finding shelter, legal aid, and other resources for better and safe living, the caseworkers have always gone above and beyond their specific roles. MaiFS thanked the caseworkers for the exemplary role they have played over the years.

Usha Paparaju identified the process as the first responder in terms of the intake call and explained with clarity that MaiFS does not turn anyone away. If the calls pertain to services we do not provide, MaiFS has always referred them to other organizations or agencies. Also, maintaining confidentiality in a non-judgmental manner is always key. The fact that board members and volunteers are not privy to the caseworker's confidentiality in handling the survivors was stressed to the audience. All the attendees, including the new volunteers, introduced one another with some humor and wisdom.

Thanks to the volunteers, a generous amount of food was shared and enjoyed by all. A short video and some pictures of the event were taken as support documentation for future grant initiatives and awareness. To learn more about Mai Family Services, please visit <https://maifs.org/>



In Partnership with the Michigan Department of Health and Human Service

STOP Grant Program Updates!

The STOP Grant has been renewed for another year starting October 01, 2021. The contract with the State of Michigan's Division of Victim Services (DVS) has been signed, and a re-structured Domestic Violence (DV) Advocacy for the coming year will be implemented as soon as program logistics are finalized.

The revamped program will provide DV victims and survivors with a greater focus on advocacy services to help them on a path of empowerment. We currently have two active partners in the South Asian community that receive the STOP Grant's DV Advocacy services – The American Chinese Association (ACA), and the Bangladeshi American Public Affairs Committee (BAPAC) serving the Chinese and Bangladeshi community members in Metro Detroit areas. We continue to seek new partnerships to make the program more beneficial to other South Asian communities. For more information on our program, please call Murali Nair @ 248-795-4639, or visit <https://maifs.org/stop-grant/>



DID YOU KNOW?

Some of you may not be aware that your Donation can become Tax-deductible even if you do not Itemize.

To make it deductible, without itemizing, one has to be 70 years of age or older and have an IRA account. Then they just go to their IRA account and send a check to Qualified Charity from that account. This donation amount can even be part of their RMD. In fact, up to \$100,000 can be donated like this every year.

One thing to be aware of at tax time is the 1099 form reports the donation check as Normal distribution and you in turn declare that this check(s) is sent to charity, then your taxable distribution income is reduced by the check(s) amount.

This is how it becomes Tax-deductible without Itemizing. If one is itemizing anyway, then it does not matter.



Donations can be made by **Zelle** at admin@maifamilyservices.com or

By **check** to: MAI FAMILY SERVICES, 32401 W. Eight Mile Rd., Livonia, MI 48152

Please use the **QR code** to scan with your smartphone and donate

Thank you for supporting Mai Family Services!

