



Mai Family Services
Support when you need it most

WE SUPPORT...

BUILDING A STRONGER AND A HEALTHY COMMUNITY

Free Helpline (888)664-8624

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YAADEIN - A Great Success!

Mai Family Services, a nonprofit South Asian organization focusing on domestic abuse and violence, has launched the Golden Club for the Seniors in the community. The first event, an astounding success, was held on Saturday, August 21st, at the beautiful, new Sri Sharadamba temple - SVBF North - Sringeri Vidya Bharati Foundation in Farmington Hills. The event was emceed by the Michigan broadcasting veteran Mr. Narendra Sheth of Geetmala Radio, who also helmed the Harmonica for a short while, mesmerizing the audience.

The Senior event aptly titled Yaadein (meaning “Memories”) witnessed a sold-out audience with seniors from across Michigan interacting and networking with each other. A few seniors shared their experiences over time along with some eye-catching dances and songs by the senior community members. Dr. Yogesh Shukla had the audience on their feet with some yesteryear songs. The senior women’s group performed a beautiful dance choreographed by Varsha Ambardekar as the “dancing seniors.” Sunetra and Niranjan Humbad teased the crowd with some sizzling dances. One of the active volunteers of the MaiFS Golden Club, Jolly Daniel, spoke about focusing on smaller goals that would lead to bigger results. The Golden Club team headed by Sujit Kulkarni and Suneeta Prakash invited more members to enroll and participate. Dr. Usha Ram, one of the founding members of Mai Family Services, delivered a short message about finding meaning and wisdom at every milestone while cherishing life and blessings no matter the age.

Serving individuals 60+, the organization invites all Michigan South Asian community members to join the MaiFS Golden Club and enjoy the benefits of the club. The benefits include:

- » FREE membership and resources.
- » Several fun events - park walks, movie nights, book clubs, potluck, etc.
- » Access to life's necessities - groceries, postal mail, tech help, etc.
- » Weekly calls from trained volunteers to beat isolation and loneliness.
- » Opportunity to connect across generations.

The event was organized and planned by Mai Family Services board members and volunteers. Special thanks to Anu Gopalakrishnan, Mona Sashital, Narendra Seth, Vatsala Upadhyay, Lalita Kambhampati, Sai Vemuri, Usha Paparaju, Suneeta Prakash, Sujit Kulkarni, Yogita Chhettri, Smita Khosla, Rina Patel, Daksh Mehta, Kalyani Chaganti, Preeti Tyagi, Madhura Marathe, Dhanya Menon, Jolly Daniel, Varsha Patre, Kusum Rashid, Deepali Kozarekar & Shashi Sharma.

To **enroll** in the MaiFS Golden Club, please call **248-477-4985**.

Glimpses of YAADEIN!

Thank you to all the attendees for making **YAADEIN** a huge success. Here are the glimpses of **NEW YAADEIN** you created at the event.



YAADEIN photo album available [here](#). Enjoy!

A Prayer Message by Dr. Usha Ram!



As professor Eshwaram said, “Life is a journey”.

In this journey we tried to be a model child, good friend, ideal spouse, caring parents & dotting grandparents. We lived in an extended family and left our मातृभूमि to make better future and we built our extended family here to stabilize ourselves. Now that we are close to our destination, we need each other more than ever.

So, our promises from Mai Family Services,

If you are needing help or someone to provide care we want you to know we will always be there for you. You will not be a number, a bar code or disease. And when you are needing strength we will be your Hercules’s strength. You are not an obligation, a bother or a pest, you are more than just person. You are our cherished guest. We will treat you with kindness and be just. When you are in our care know you are someone you can trust. You can put your mind at ease. Let your body and soul rest & heal. We will be your advocate, your protective “Man of Steel”. We may have just met, you are in our heart and you will forever be part of us. So, if your needing help for things you hadn’t planned we will be reaching out for you with a gentle loving hand.

P.S. And now at this stage if we are facing isolation, loneliness, disease or death, let’s be a family and support system as we grew up in India.

What Did Attendees Say About the Golden Club Event-YAADEIN !



At our age, our attention span is not as long as it used to be and I am happy to say that most of the speeches and introductions were short. In future there should be a time limit on the main presentations. That is the only suggestion I have. Thanks, - Sheila Dhandha

You did a very good job! Everything was perfect. I enjoyed every moment of the event. God Bless you!
Sincerely - Jyoti Pilgaonkar

Rama and I have enjoyed the first senior's gold club event. It was well organized and run on time. The last item "Antakshari" could have more attended if it was better organized to protect every participant's interest and more time on agenda. Overall very good program. Thank you and regard - Dhiru Patel

Thanks for the invite to share my view/vision/memories (Yaadein)...
I do speak time to time depending on subject....let me know if I can be of any help in the future.... Tx - Mahesh Desai

We will join the club. Looking forwards to more events.

Right now, we are relatively independent. Nice to know that there is help should need arise.

It was very interesting and successful program with Narendra bhai as mc, Dr. Usha Ram inspirational speech, music and entertainment. Thanks, MAIF for organizing - Devi Dani

The event was very well organized. Great turn out too.

As far as the feedback goes, we didn't like the Yaadein segment. Went on and on!

Everything else was excellent. Nice to see the younger generation helping.

Thanks for all the good work you put in. - Kanak Varde

We really enjoyed the first meeting of the Golden Club. You all did an amazing job! You put in so much effort and hard work to make it a success. I know I will certainly join the club. With your creativity, I know you will come up with a lot of activities for seniors.

Good job, MaiFS! Delightful evening! Met so many friends that I had lost touch with so thank you! And a thank you to all the volunteers without them this is not possible. Any time you need help just holler!! - Abha Singh

Job well Done! by MAIFS team.

It was nice initiative...Hope it catches on....

School in the age of COVID by Dr. Preeti Venkataraman!

What do we need to do to keep our Families safe?

As summer comes to an end and families are returning from vacations and looking forward to the upcoming school year many questions are being asked about how we keep our children safe. There's conflicting information from multiple sources, and how do we Figure out how to keep our children and our families safe. Complicating all of this is now the new onset of more virulent Variants.

Sanitization The first and most important preventative measure is washing your hands with soap and water when you can't. wash with soap and water, use a sanitizer. In the early Part of the pandemic. There was a lot of concern that fomites: clothing. bags, boxes, etc. would transmit the viruses. We now know that this is not true. So how that applies to school is books desks backpacks are not ways that the virus can be carried from one place to another or from one person to another.

To mask or not to mask? Masking is another highly effective way to prevent spread of infection. The CDC and larger medical community highly recommend masking both indoors and outdoors. I would highly recommend that all children even those vaccinated wear a mask in school. If I was to choose a place not to wear a mask I would say outdoors.

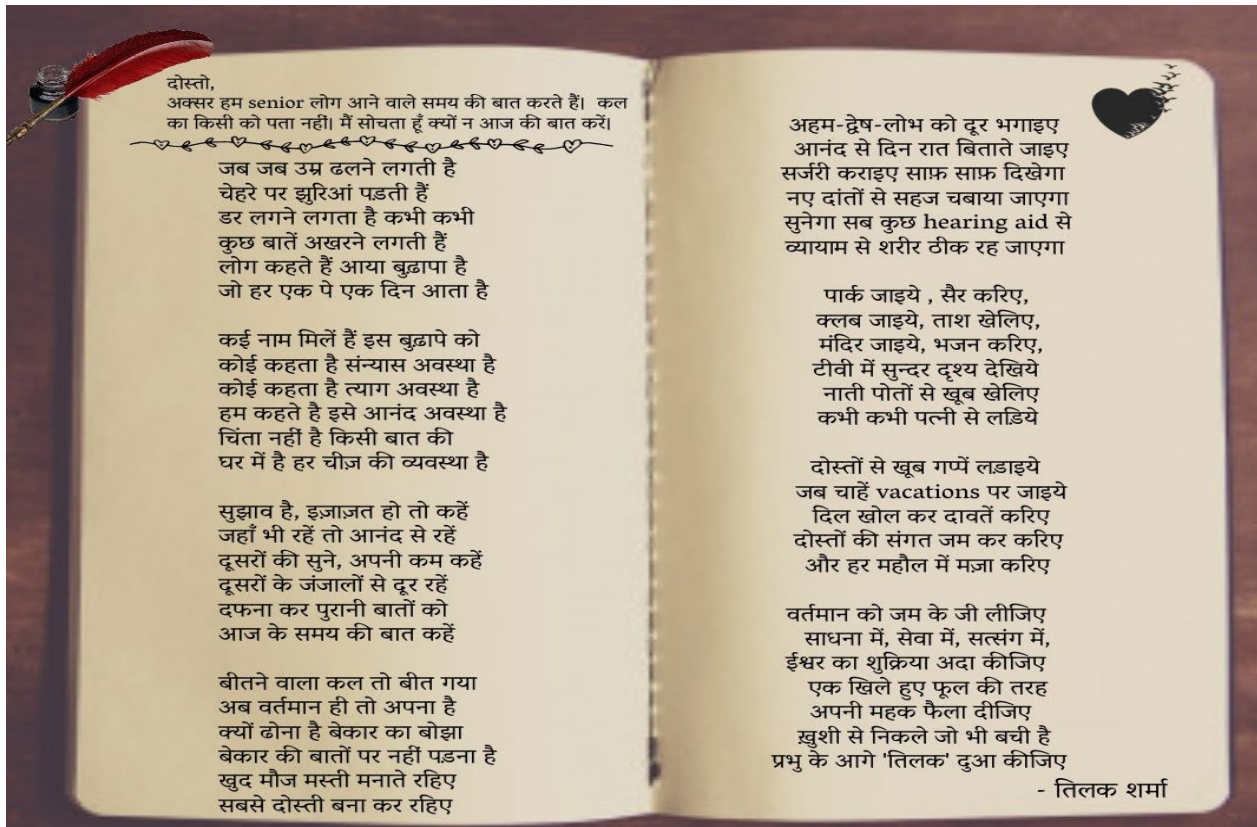
To vaccinate or not vaccinate? Vaccination is one of the most effective tools in our arsenal to prevent the spread of this virus. Again, I would highly recommend that all children 12 and older that are approved for vaccinations get vaccinated. Studies have shown that while some people that are vaccinated may get. One of the newer variants; The length of the illness, the intensity of the illness. And the sequelae of the illness are much less Intense. It has also been shown. That vaccination can prevent hospitalization when someone gets infected with a variant. Any? Person who is. Immune compromised in any way. Or has respiratory illness? Should get vaccinated. The National Organization of Obstetricians and Gynecologists recommends that all pregnant women Get vaccinated.

To socialize or not socialize? Human beings are social creatures, and we like to be together, for children. This is an even more important Factor. They need to learn how to socialize and if we alter their social milieu by shutting down schools or limiting extracurricular activities, we then set them up to develop negative attitudes. This can lead to depression anxiety. Irritability and angry outbursts. If you notice these symptoms in your children and adolescents consider finding them a therapist to help them process their feelings. Children that are intelligent and highly motivated are more likely to react with mood and anxiety changes to stressors such as COVID.

In conclusion COVID and its variants are here to stay. We are early in the process and the more preventative measures we employ the more likely we can survive with minimal disruption to our lives. Like most viruses this will attenuate and adapt. We must also adapt. It is likely that we will need to eventually get yearly immunizations Like the flu shot.

A Beautiful Poem by Tilak Sharma!

"बुढ़ापा"





In Partnership with the Michigan Department of Health and Human Service

STOP Grant Program Updates!

We are excited to announce that the Michigan Department of Health and Human Services (MDHHS) and the Division of Victim Services (DVS) has renewed the STOP Grant Empowerment Program Grant for 2022. With this renewal, we will continue to offer South Asian victims and survivors of domestic violence (DV) living in Oakland, Wayne, Macomb and Washtenaw Counties of Michigan with victim advocacy services and support group sessions to aid in their empowerment and take control of their lives. The sixth year of the Stop-Grant becomes effective from October 01, 2021



Look for the Volunteer Corner article in our next newsletter



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.

DONATE



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!

