

MaiFS Voice

December 2016 Newsletter

Support when you need it most



Free Helpline (888)664-8624

www.maifs.org

It's the Season to be Jolly, a time to avoid the little folly!

The fall season rolls into the Holidays. All over the lights shine, bells jingle, laughter echoes but for many it is a time of inner turmoil, the bulb does not turn on, the darkness is overpowering. A shadow of depression, a black mood sets in as we draw the cover of an artificial smile, we mingle and try to make merry.

No, I do not want to be a gloom-monger. The ads and the holiday songs want us to brighten up but the pit of our stomach feels hollow, the butterflies inside flutter, for some reason there is an empty feeling.

Work is going well, finally we have met a dream partner, the kids are eventually learning to be independent, or we have moved into what everyone refers to as the golden year. Whatever the age, the stage in our lives for some reason there is a thundering inside, a storm that will not burst into spring showers or the monsoon rain.

Welcome to the mood of depression, something so many of us feel at this time of the year. It's ok; it's normal to feel that way, after all our expectations have been raised. Once we acknowledge that, we can move forward, take steps to get ahead, look out and see the glimmering of the silver lining.

It's at times like these folks at MaiFS can be of little help. No, they may not be able to solve all problems, but there is always a helping hand, a listening ear and so much more if we reach out.

Latika Mangrulkar
LMSW, ACSW

Report on the Cultural Sensitivity in Serving South Asians Workshop/Presentation at Farmington Hills

On Wednesday, November 16th, MaiFS hosted first of its kind in its history, an Awareness event for addressees consisting of mainstream organizations. The event was held at Farmington Public Library. More than 12 different agencies who help domestic violence and sexual assault victims and their families, Law enforcement agencies, State agencies and individual practitioners attended this event. Mona Sashital presented an overview of MaiFS and Latika Mangrulkar spoke about Cultural Sensitivity serving South Asians. The presentations were followed by healthy discussion on building healthy community. Thanks to the following agencies: MSCEDSV (Michigan Coalition to End Domestic & Sexual Violence), Safe House, First Step, HAVEN, Auburn Hills, Farmington, Farmington Hills Police Departments, Oakland County Sheriff's office, Macomb County Prosecutor's office, MAPAAC (Michigan Pacific American Affairs Commission), Oakwood/Beaumont Hospital- Dearborn, and some Therapists for being an attentive audience.

Mona Sashital

Introducing: The STOP Grant/Mai Family Services Empowerment Program

We are very pleased to announce that we have been awarded the Michigan Department of Health and Human Services' STOP Violence Against Women Formula Grant Program (STOP Grant). This funding provides us with the resources to develop and implement an Empowerment Program that will enable victims and survivors of domestic abuse get back on their feet. The Program will include the following components - a DV survivors Support Group, ESL classes to improve facility with the language, a "Job Skills" training program in computer literacy and other job related skills, and a financial literacy program. We will provide details as we develop the Programs which will be launched on April 1st 2017.

Mai Family Services is humbled by the opportunity to serve our community on such a large scale. The grant allows us to expand our vision of empowering women through our programs.

For STOP Grant Program information, please contact Rashmi Umarji, at rashmiu@maifamilyservices.com

2016 Total Number of Clients Served: 108

Number of Carried over from 2014 & 2015: 37 (9 from 2014 + 28 from 2015)

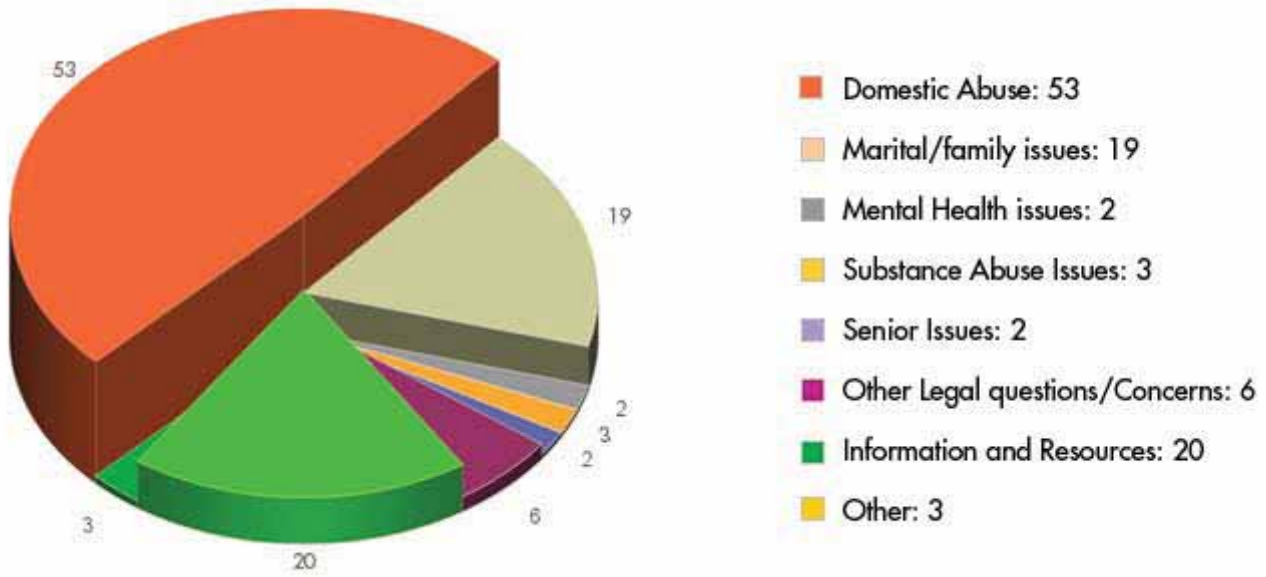
New in 2016: 71

New in December: 6

Domestic Abuse: 53

Marital/family issues: 19

Mental Health issues: 2
Substance Abuse Issues: 3
Senior Issues: 2
Other Legal questions/Concerns: 6
Information and Resources: 20
Other: 3



MaiFS Holiday Banquet enlightens and sparkles!

Mai Family Services conducted its annual Holiday Banquet on December 3rd at the St. Toma Banquet Hall in Farmington Hills. The event was well represented by various organizations like MAPI, TiE-Detroit, STOP, MAPAAC and APIA. The evening was electrifying with some beautiful performances by Aparna Nair and team, Bolly Burn dance team and spectacular solo by Sagar Mehta. The music was enchanting with Michigan's best singing talent Amit Deshpande, Vasudha Komaragiri and Ulka Bhide who belted old and new songs.

Outgoing President Mona Sashital in her emotional speech conveyed the message of making the organization sustainable and how Mai Family Services has come a long way from just being another organization to a meaningful journey for many. Incoming President Anu Gopalakrishnan clarified the vision for the organization and how it becomes important for each and every individual in the community to work together irrespective of differences and opinions. The team of 2017 was introduced.

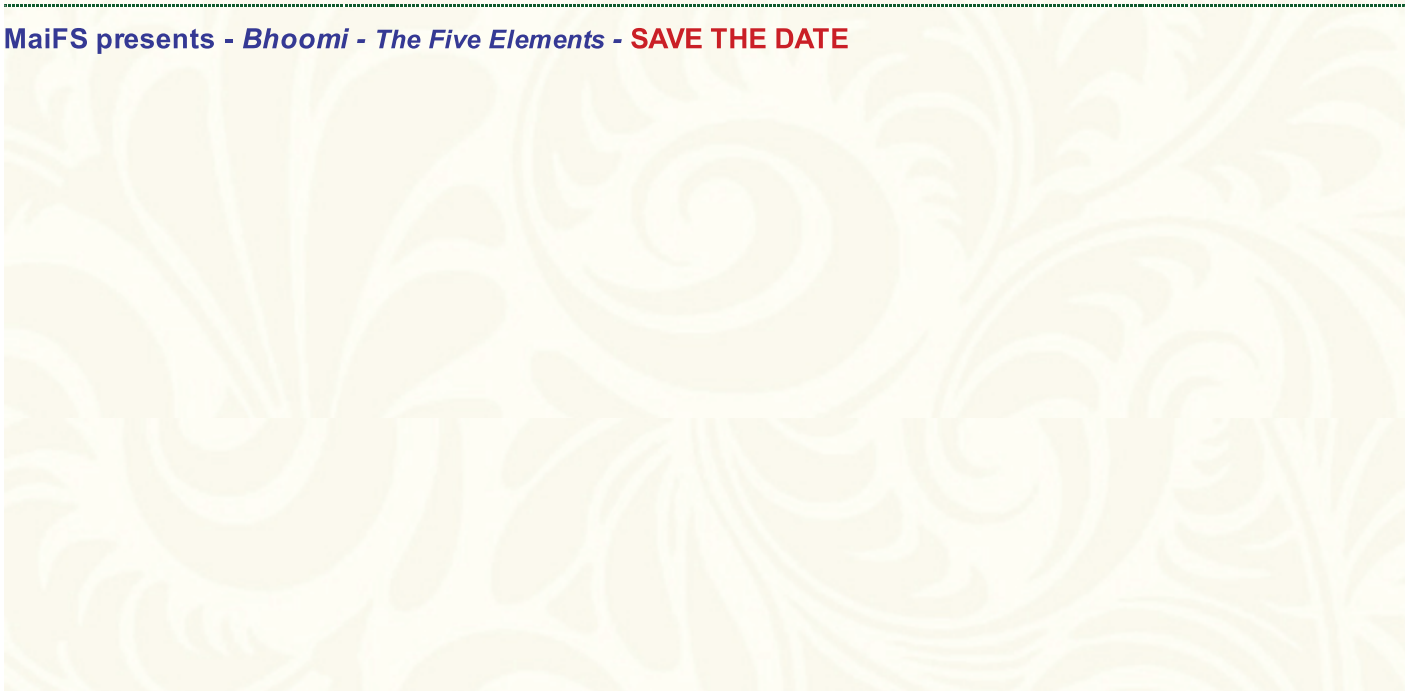
DJ Minesh Parikh added the extra charm with his voice and also played some dance beats as the volunteers and the audience lit up the night celebrating harmony and positive spirit, Ravin Bhandari captured the moments with some beautiful clicks. Suvai of Ann Arbor provided the sumptuous food. The volunteers exhibited an extravagant dessert table that is not exclusive to the banquet. Thanks to the numerous volunteers and attendees, the event was a grand success. Mai Family Services looks forward to a fulfilling 2017. Say NO to violence and abuse.

Here are some glimpses of the event.





MaiFS presents - *Bhoomi - The Five Elements* - **SAVE THE DATE**





Mai Family Services
presents...



Five Elements

Working Title



Grand Thematic Presentation from Nadanta
Choreographed by
Artistic Director Smt. Chaula Thacker



SAVE THE DATE

Sunday April 2nd, 2017

Time: 2:00 pm - 5:00 pm

(Light refreshments served)

Venue:

Ford Community and Performing Arts Center
15801 Michigan Ave, Dearborn, MI 48126

All proceeds from the annual fundraiser go towards individuals and families in crisis and abuse situations. For more details, visit www.maifs.org

Mai Family Services is a 501(c)(3) non-profit organization serving South Asian individuals and families in crisis. Come join the brigade of volunteers and provide support when we need it the most! Visit www.maifs.org to learn more. FREE Helpline (888)664-8624.

Introducing the Team for 2017

Anu Gopalakrishnan - President
Swatee Kulkarni - President-Elect
Usha Mittal - General Secretary
Mona Sashital - Treasurer
Phalguni Siddapureddy - Executive Director

Asim Alavi - Strategic Governance
Dr. Preethi Venkataraman - Workshop/Training
Asha Reddy - Outreach
Dr. Padmaja Nandigama - Outreach
Dr. Usha Ram - Fundraising
Shanthi Menon - Grants
Vatsala Upadhyay - Systems and Technology
Rajesh Sharma - Events
Preeti Gupta Tyagi - Community Relations
Kalyani Chaganti - Volunteer Coordination

Lalitha Ghosh - Case Worker
Rani Sailaja Dronamraju- Voluntary Case Worker
Tasneem Arastu - Voluntary DV advocate/caseworker
Fatima Iram-Din - Program Assistant for STOP Grant
Rashmi Umarji - Program Lead, STOP Grant
Zeinab Almanfi - Intern, School of Social Work, UDM

Looking to join MaiFS?

Board Position - Treasurer is open! If interested, please send your resume to agopala6@gmail.com



Support Mai Family Services (MaiFS) by starting your shopping at Amazon Smile. To shop, simply go to smile.amazon.com from the web browser on your computer or mobile device.

You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Mai Family Services thanks each of you for your support, generosity and assistance.

Season's Greetings

May god bless your homes, family and friends. Best wishes always!

Visit us at www.maifs.org

Mai Family Services is tax-exempt under section 501 (c)(3), a non-profit organization

MaiFS is a non-profit, tax exempt organization under section 501(c)(3), completely driven by volunteers. We seek your help in keeping this community healthy.

Please support MaiFS! Donate Now. Visit www.maifs.org

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