



Mai Family Services

Support when you need it most

WE SUPPORT...

BUILDING A STRONGER AND A HEALTHY COMMUNITY

Free Helpline (888)664-8624

MaiFS Upcoming Event - Walkathon Sep 8, 2019

Mai Family Services
Support when you need it most

Walkathon

Mai Family Services celebrates its ANNUAL SENIORS DAY!
Come join the fun and bring your parents and grandparents along for special treats!!

Registration: 8:30 AM; Walkathon: 9:00 AM; Refreshments: 11:00 AM
Walk-ins are welcome. (No Cash. Only checks will be accepted for Registration fee)
ADULTS: \$20.00 (ages 18+) Includes Park Entry Fee
YOUTH: \$10 (ages 10-17); Children : No Fee (ages 0-9)

- > FOOD FOR ALL ATTENDEES
- > WALKING PATH ACTIVITIES
- > GAMES, FACE PAINTING FOR KIDS

MaiFS 11th Annual
2019
WALK
ATHON

EVERY STEP YOU TAKE MEANS A LOT!

SUNDAY, September 08, 2019, 8:30 AM
@ The Shiawassee Park, 32340 Shiawassee Road Farmington, MI 48336

FOR MORE INFO & REGISTRATION: WWW.MAIFS.ORG

To be a sponsor, please email us at info@maifs.org. All proceeds from the Walkathon will help assist survivors of domestic and family abuse victims. 100% of your donations are tax deductible.

Mai Family Services is a 501(c)(3) non-profit organization serving South Asian individuals and families in abuse situations. Come join the brigade of volunteers and provide support where we need it the most!

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Mai Family Services is hosting its 11th Annual Walkathon to Stop Domestic Violence on Sunday, September 8, 2019. Walk with us to end domestic violence in our community. This is a fun-packed family event for all ages. There

will be lots of activities for seniors, kids, youths and adults. Activities include warm-up/cool-down activity, yoga, face painting and games.

When: **Sunday, September 8th 2019 at 8:30 AM.**

Where: **Shiawassee Park, 32340 Shiawassee Rd, Farmington**

Adults: **\$20/person (Ages 18 and above)**

Youth: **\$10/person (ages 10 to 17), children under 9 are free**

Registration fee includes refreshments. All proceeds go toward living and legal expenses for the survivors.

As the summer is drawing to a close, let us all meet and celebrate the spirit of empowerment. Please come join us and help a worthy cause.

Hope to see you at the Walkathon with your friends and family!

Please [REGISTER](#) here!

Due to a large volume of requests we are sharing a list of contact information of South Asian Domestic Violence organizations in the US.

Please find the name and contact information of South Asian Domestic Violence Organizations in the US [here!](#)

Ekla Chalo Re or is it “ Saathi saath chalo re”

Folks from my generation are familiar with Tagore’s song “Ekla chalo re,” when everyone turns their back on your cries and pain you must learn to walk alone. An existential aloneness we all must deal with yet the journey can become smoother when there is support of the other generations. In a culture where independence and autonomy are primary values inter-generational dialogue becomes even more important. The “sandwich generation” is engaged in raising their own children at the same time they must deal with the demands of ageing parents. As children move away, partners leave or die, the last few years can become particularly difficult—

even when labelled as the “Golden Years.” This hit home a few weeks ago as I entered my seventh decade. “Age is only a number” it is how you live that matters is the cliché’. Surrounded by family and friends ranging from toddlers to septuagenarians, the richness of my life dawned on me. We need not walk alone I thought as we sat around exchanging stories and planned more activities. Those of us who came in the sixties-seventies, along with the secondary immigrants we brought in are changing the face of our community. The graying is increasing, - but are their needs being met, I thought! With the new senior services at MaiFS we are beginning to locate resources, uncover issues, understand that inter generational dialogue is even more vital. It is a conversation that must happen in our kitchens and family rooms as we engage the whole family in creating a path where no one need walk alone. It is not “ekla chalo re” (एकला चलो रे) but “ saath chlao re, saathi saath chalo re (साथ चलो रे, साथी साथ चलो रे).”

Latika Mangrulkar, LMSW ACSW

Dare To Dream



Your contribution and support enables MAIFS to help and support its clients and their children who hope and dream of living violence free lives.

[*Donate*](#)

Recipe:Cacio e Pepe Zucchini



Cacio e Pepe Zucchini Noodles recipe is a perfect combination of one of the most famous Italian pastas with a healthy spiralized vegetable. It requires no cooking and can be served as main or side dish. Enjoy!!!

Thank you for supporting Mai Family Services!

