



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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[OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH!](#)

[#Every1KnowsSome1](#) [#TakeAStand](#)

About 1 in 4 women and 1 in 9 men experience severe intimate partner physical violence in their lifetime.

Domestic Violence is one of the most widespread and devastating social problem in our world today. It remains largely unreported due to the silence, stigma and shame surrounding it.

October is nationally observed as Domestic Violence Awareness and Prevention Month in US. It provides us an opportunity to celebrate survivors, honor those who have lost their lives to violence, raise awareness, and affirm our commitment to preventing intimate partner violence in our community.

Please join us in observing **Domestic Violence** Awareness month.

Stand and show your solidarity with survivors of **Domestic Violence**.

Let us all unite and work together to **STOP Domestic Violence**.

Together, we can take the right steps to **STOP** preventing **Domestic Violence** around the globe.

MAIFS BOARD OF DIRECTORS!

MaiFS Board of Directors



Swatee Kulkarni



Mona Sashital



Shanti Menon



Suneet Prakash



Anupama Gopalakrishnan



Usha Ram



Anjali Sharma



Ajeet Kulkarni



Dhanya Menon

Cont. on next page.....



Lalita Kambhampati



Vatsala Upadhayay



Rajiv Sanghvi



Radhika Shukla



Preeti Venkataraman



Nasreen Meah



Sujit Kulkarni



Amit Mandhare

MAIFS MEMBER SPOTLIGHT!



When someone asks you 'How are you?', they probably are just asking that to greet you and have no particular interest in your answer, right? Now, meet the person who is genuinely interested in knowing about your well-being when she asks you that question.

Meet...Lalita Kambhampati. Her smile and the aura of happiness around her face say it all. Here is a person whose face is a direct reflection of the feelings of her heart.

An Engineering graduate from IIT Delhi, one of the premier institutes in India, she rightfully leads the Michigan Chapter of the American Society of Engineers of Indian Origin (ASEI) as their Vice President. Furthermore, she has an Executive MBA degree & a plethora of professional certifications in Project Mgmt., ITIL, and Six Sigma. Professionally, she has 30 years of experience in IT and Project Mgmt. and has extensive technical & functional experience in Peoplesoft and Oracle Cloud applications and mainframe legacy systems. Being an engineer to the core and a lovely human at heart, she has a great passion for technology and says that she would love to use technology in a positive way for the betterment of mankind.

She has been on and off the board of Mai Family Services but never disconnected from it. Lalita has always been an integral part of it and has participated in and coordinated quite a few events. Now that she is back on the board of Mai Family Services, Lalita is warming up to be the Volunteer Coordinator. We look forward to this journey of hers since she has always believed in spreading happiness and positivity wherever she goes.

WHY VOLUNTEER WITH MAIFS - BY NEENA SINGHAL!

After reading about the mission and vision of Mai Family Services, I felt a drive to reach out to help the organization in any way I could. As a future physician, I feel it is my duty to try to empower my future patients not only in aspects of their physical health, but also in their mental and social health as well. Being South Asian, I understand that there may be cultural aspects at play that can make it particularly difficult to feel empowered in an abusive situation. For this reason, I believed it was important to connect our organization - the South Asian Medical Student Association (SAMSA) to Mai Family services. As medical students, being South Asian has shaped our identities in many ways.

However, our identities as medical students has given us a unique perspective on how to manage our multiple cultural identities, and how to use these values to our advantage. I hope that by volunteering with Mai Family Services, we can play a role in helping survivors feel empowered and in control of their health, especially in a situation where they may not feel in control of much else. I also hope that instead of feeling like they may be fighting certain cultural or social norms, survivors can feel like they are putting themselves first, and using their culture to connect to others and empower themselves. Allowing survivors the tools and knowledge to take control of their mental, physical and social health now can prevent additional health outcomes in the future.

Neena Singhal, OMS II

Vice President, Student Government Association

Lead Liaison, Michigan Osteopathic Association

D.O. Candidate, Class of 2024

Michigan State University: Detroit Medical Center

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HEALTH TALK BY DR. NIRU PRASAD!



The physical and mental health impact on children during Covid-19 pandemic. The year 2020 will always be remembered as the world's most widespread and deadly pandemic. The World Health Organization (WHO) declared Covid-19 a pandemic in March 2020, and soon afterward all schools, restaurants, hotels, and local businesses closed as an effort to suppress the virus.

Here we are, almost 17 months later, and we are still unable to control the infections by Covid-19. and the variants due to mutation of the virus. We also have emerging strains of the viruses that are affecting our children and seniors. In the United States, as reported by current CDC protocol, as of last month American children were being affected more due to transmission of sars-cov-2 virus. It is hard to predict how the data will look since it is changing every day.

Here is what we have learnt so far: The symptoms of Covid 19-sars include fever, fatigue, headaches, myalgia, cough sneezing and more non-specific symptoms like flu or seasonal allergies. Current evidence according to CDC and WHO suggest that children with underlying illnesses such as diabetes, hypertension, and chronic asthma suffer more and more and need hospitalizations. Testing, isolation, and quarantine for our school-aged children.

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About the author: Dr. Prasad is certified in Pediatrics and Emergency Medicine. She is a retired emeritus physician of the American College of Emergency Physicians and the American Academy of Pediatrics. She is a senior staff physician affiliated with Henry Ford Health System, St. Joseph Mercy Hospital, and Beaumont Hospital, all in Michigan. Dr. Prasad has received numerous awards for her contributions. She was also inducted to the “Heritage Hall of Fame,” and her portrait is permanently on display in Detroit’s Cobo Hall.

Dr. Prasad is an accomplished author and motivational speaker. She also hosted a radio talk show on WPON 1460, and currently hosts a television talk show on community access TV. “Health Talk” is the longest running program on her local cable network, broadcasting for over twenty-five years now.

ANNOUNCEMENT- UPCOMING EVENTS!

- Sunday, October 3rd- DV Awareness Walkathon by partner agencies
- Saturday, October 9th - In-person appreciation event for MaiFS Caseworkers and Direct Service team to mark October as DV Awareness Month.
- Saturday, October 30th - MaiFS 101 & DV 101 training for new board members, advocates & volunteers.



In Partnership with the Michigan Department of Health and Human Service

STOP Grant Program Updates!

The sixth year of the Stop-Grant becomes effective from October 01, 2021.

In keeping with grant requirements from MDHHS and the Division of Victim Services (DVS), the program will be revamped to make it more beneficial to victims of domestic violence among South Asian Victims. The new structure will provide our DV clients with a greater focus on advocacy services to help them become more empowered and to get out of actual or vulnerable DV situations. We continue to seek new partnerships with South Asian organizations to enlarge our programs. For additional information on our program, please call 248-795-4639, or visit 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!

