HAPPENING NEXT WEEK- AUGUST 2, 2022 FREE WORKSHOP FOR SENIORS

Elder Care and Elder Law experts are presenting a workshop on "Planning for the Second Half - 9 things you must know " on Tuesday, August 2, 2022 from 10:30 AM to 1:00 PM at Farmington Community Library, 32737 W 12 Mile Rd, Farmington Hills.

There will be several companies, organizations and Area Agency for Aging representatives sharing information about in-home care givers, Assisted Living, Group Homes, Medicare, Medicaid, Senior Service Resources for transportation etc.

Light refreshments will be served.

Register at NO COST today at https://maifs.org/senior-workshop-registration/

Please share widely with your contacts. Hope to see you all there.

Please send your questions to info@maifamilyservices.com. They will be addressed during the workshop.
SAVE THE DATE
When: Tuesday, August 2nd
From: 10:30AM-1:00PM
Where: 32737 W 12 Mile Rd,
Farimington Hills, MI 48334
Pre-Registration required.

Golden Club MaiFS Presents
Planning for the Second Half:
9 Things You Must Know
Presented by: Mannor
Law Group, Elder Law
and Elder Care

To Register
Please use the link below or the QR code:
https://maifs.org/senior-workshop-registration/
MaiFS is hosting its 2nd Annual Senior Day Event, a program for seniors by seniors on Sunday, August 21, from 2:00 PM to 5:00 PM at IGGF, 44815 Cherry Hill, Canton.

This program is FREE to Golden Club Basic and Premium Members. There is a cost of $15/non-member and can be collected at the gate or at the time of registration.

Light refreshments will be served.

Please register here https://maifs.org/yaadein-registration/.

Share it widely with your friends and enjoy the in-person event to celebrate the Seniors.
MaiFS is hosting its 13th Annual WALK TO STOP DOMESTIC VIOLENCE event on Sunday, September 11th at Lakeshore Park, 601 S Lake Dr, Novi, MI 48375.

This is a fun filled event for entire family with lots of activities such as warm-up, cool-down, face-painting, clown, balloon sculpturing and food.

The registration cost is $20/Adult, $10/youth (ages 11 - 17) and children under 10, at no cost.

All proceeds go towards helping the Domestic Violence survivors. Please contact us at info@maifs.org for sponsorships.

Please register here today at https://maifs.org/walkathon-registration/
PARENTING YOUR ADOLESCENTS

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?

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 to know that they can come to you and talk about anything.

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. 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.

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.

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. 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.

Author: Preeti Venkataraman, MD
NOVEMBER 12, 2022
ANNUAL FUNDRAISER

A magnificent evening Of Payals and Zardozi will be the backdrop of Mai Family Services 14th Annual Fundraiser.

For the first time, MaiFS is using films (considered to be Asia's biggest driver of entertainment) as the landscape of expression and communication. Michigan talent is unparalleled and this event provides the right platform to bring together several art forms like fashion, music and dance as the afternoon unravels several genres of films that have left a lasting impact in the minds of the audience.

The grand ensemble has a narrative that depicts royalty in the larger-than-life paradigm focusing on reflection, deceit and ambition. The edgy contemporary films depict making choices and experiencing adventure, humor and making mistakes. The movies of resilience will bring forth wisdom and maturity in living life - with respect, dignity and confidence and taking charge/control of one’s own decision in one’s own circumstances.

Typical to the empowerment services offered by Mai Family Services, the underlying subtle nuances is something the audience would enjoy in the grand tapestry of fun, meaning and engagement.

There will be food available for purchase.

Please check the details below in the attached flyer.

For sponsorships and vendor-booths, email us at info@maifs.org

Reserve your seats today at https://tugoz.com/mai
MAIFS ANNUAL FUNDRAISER PRESENTS

A Grand Magnificent Evening...

Of Payals and Zardoji

Saturday, November 12th, 2022
Seaholm High School Auditorium
2436 W Lincoln,
Birmingham, MI 48009
Doors open at 5:00 PM

Dance Ensemble by Mathangi Dance Company, MirayaFit and Rasikas
Bollywood Fashion by Taj Cottage
Music by Amit Deshpande and Aditi Andurkar
Emcees: Vyjayanthi & Satish Subramanian

Ticket price: $200 (VIP); $100; $60; $35
Buy Tickets at https://tugoz.com/mai

Email: info@maifamilyservices.com | Phone: 248-767-4542

Visit www.MAIFS.org to learn more.
UPCOMING TRAINING & EVENT

Stay tuned for more details or email us at info@maifamilyservices.com to learn more.

- **Volunteer Training** - Saturday, September 24th
- **Annual Holiday Banquet** - Saturday, December 3rd

Thank you for supporting Mai Family Services!

Our mailing address is:
MAI FAMILY SERVICES
32401 W. Eight Mile Rd
Livonia, MI 48152