

MaiFS Voice

August 2015 Newsletter

Support when you need it most



Free Helpline (888)664-8624

www.maifs.org

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 greying 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 chalo re, saathi saath chalo re (साथ चलो रे, साथी साथ चलो रे).”

Latika Mangrulkar, LMSW ACSW

BULLYING STOPS HERE! SPEAK OUT.

Over 54 percent of Asian American youth reported experiencing bullying, the highest percentage of any ethnic group surveyed. Bullying includes verbal taunting, exclusion from peer groups, physical assaults, spreading rumors, and cyberbullying.

Red Flags:

- Come home with torn, damaged, or missing pieces of clothing, books, or other belongings
- Have unexplained cuts, bruises, and scratches from fighting
- Have few, if any, friends with whom he or she spends time
- Seem afraid of going to school, walking to and from school, riding the school bus, or taking part in activities with peers
- Take a long, “illogical” route when walking to or from school
- Lose interest in school work or suddenly begin to do poorly in school
- Appear sad, moody, teary, or depressed when he or she comes home
- Complain frequently of headaches, stomachaches, or other physical problems
- Have trouble sleeping or frequent bad dreams
- Experience a loss of appetite
- Appear anxious and suffer from low self-esteem

Tips:

- Never tell your child to ignore the bullying.
- Don’t assume your child did something to provoke the bullying.
- Empathize. Tell your child that bullying is wrong, that it is not his or her fault, and that you are glad he or she had the courage to tell you about it.
- If you disagree with how your child handled the bullying situation, don’t criticize him or her. It is often very difficult for children to know how best to respond.
- Do not encourage physical retaliation.

- Check your emotions. A parent's protective instincts stir strong emotions. Although it is difficult, step back and consider the next steps carefully.
- Contact your school immediately
- Encourage your child to develop interests and hobbies that will help build resiliency in difficult situations like bullying.
- Teach your child safety strategies, such as how to seek help from an adult.
- Make sure your child has a safe and loving home environment.

Credits: SAALT; Violence Prevention Works

The MaiFS June Walkathon - Young and Old take a pledge

The MaiFS June Walkathon 2015 to stop domestic violence was a great success! The event on Sunday June 21st went smoothly as mother nature who blessed us with rain the previous night gave way for a beautiful Sunday morning where volunteers gathered early to set up and manage the logistics. We saw many returning supporters and several new faces. It was gratifying to see that the attendance is growing with every passing year.

Being father's day, the event added an extra sizzle as dads lead the warm-up session with Zumba under the able guidance of Stacy from Lifetime Fitness. After the volunteers short spell of a DV show, the walkathon started with several enthusiastic volunteers wearing bright yellow shirts taking the path and the pledge to stop Domestic Violence in the community. Chaula Thacker's Nadanta team performed a fun dance for the spectators as the walk ended with a beautiful yoga session by the same group celebrating the spirit of the International Yoga Day - a healthy mind leads to a healthy body that in turn leads to a healthy community.

The event was attended by over 300 individuals with delicious refreshments served by the food volunteers. Thanks to all the volunteers and leads who made this happen for Mai Family Services. Thanks to the t-shirt sponsors who stepped in the last minute - Invensys Inc, Reva Consulting, Wireless Vision, Acer Data Labs and [Miindia.com](http://www.miindia.com). A special thanks to all our 2015 sponsors who believe in the cause - (<http://www.maifs.org/2015Sponsors.aspx>)

Thank you to all the participants and patrons who have been a strong support and encouragement. Let's together put a stop to Domestic Violence. For more information, please visit www.maifs.org



MaiFS gains International Exposure!



The International Visitors Council of Metropolitan Detroit (IVC Detroit) in collaboration with the US State Department sponsored the International Visitor Leadership Program. The department invited MaiFS to meet with Indian delegates who were in Metro Detroit exploring the topics of Combating Gender-Based Violence. Mai Family Services' team was happy to share with them the objectives and the programs/services offered by MaiFS. The delegates were excited about having a non-profit American partner and involvement in these important international exchanges. Our participation helped the visitors to have a better understanding of the US and specifically Detroit –seeing our challenges, opportunities, and successes.

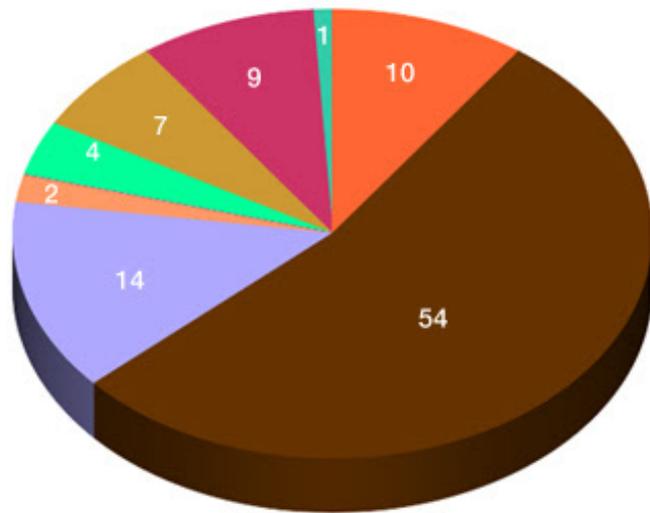
The meeting provided exposure to Indo-American government agencies, law enforcement agencies, the judicial system, shelters and civil society organizations and learn how they work together to prevent violence against women and children. Several ideas were exchanged on how to better support children and adolescents who are victims of gender-based violence. The meeting explored the health impacts and preventative programs in place to address gender-based violence, intimate partner violence, and sexual assault and also examined the cultural challenges that minority groups face, including South Asians, when seeking help in the United States.

Participants from India included: Ms. Vanlalrimawii Chinzah - Project Coordinator, Center for Peace and Development, Ms. Kaneez Fathima - Joint Secretary, Nisa Research and Resource Centre for Women, Ms. Deepshikha - Manager, Prayas Crisis

Intervention Center, Dr. Sudeshna Mukherjee -Professor, Center for Women's Studies, Bangalore University, Ms. Syeda Sakira Sahin - Assistant Professor, Women's Studies Research Centre, Gauhati University, Ms. Shilpi Singh - Director, Bhoomika Vihar, Ms. Sumati Yengkhom - Principal Correspondent, The Times of India.

MaiFS was represented by Mona Sashital, Anu Gopalakrishnan, Latika Mangrulkar and Shanthi Menon.

2015 Total Number of Clients Served till July 31st: **91**



New in July:10

Domestic Abuse: 54

Marital/family issues: 14

Mental Health issues: 2

Senior Issues: 4

Other Legal assistance: 7

Information and Resources: 9

Other: financial Assistance for making final arrangements after death, transporting to India: 1



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 Bazaar - 2015



Charity begins with shopping!!!

Mai Bazaar is here...

The much "touted" Mai Bazaar is around the corner. For all you fashionistas, it cannot get better.

Here's an opportunity to serve a cause by shopping! Mai Bazaar will sell new or gently used Indian clothing for all you fashion conscious women!

Visit our Booth at the India Day event and look at the hand picked selections!!!

ALL SALES PROCEEDS WILL HELP INDIVIDUALS AND FAMILIES IN CRISIS (of South Asian community).

Visit www.maifs.org



INDIA DAY 2015

Saturday, Aug 15, 2015

@

**Suburban Collection Showplace
46100 Grand River Avenue,
Novi, MI 48347**



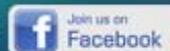
Save the Date

MaiFS celebrates its 7th Annual Holiday Gala on Saturday December 5th 2015 at St. Toma Banquet Hall, Farmington Hills. Do not miss the fun n' excitement. Save the Date to be a part of this sparkling evening filled with music!

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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