



Mai Family Services
Support when you need it most

WE SUPPORT...

BUILDING A STRONGER AND A HEALTHY COMMUNITY

www.maifs.org

Free Helpline (888)664-8624

Welcome aboard new volunteers!

A Volunteer Orientation meeting was held on Saturday 9/20/14 at MaiFS Board Member Kusum Rashid's home. About 13 people attended and signed the required guidelines and confidentiality documents. As part of our process, all the attendees participated in MaiFS 101. One of the seasoned volunteers spoke to the new recruits about her rewarding experiences with Mai Family Services. All the volunteers were enthusiastic, participated in the Q and A sessions, and seemed ready to help with their talents, skills and time to further the MaiFS mission. We are constantly looking for volunteers, please visit <http://www.maifs.org/VolunteerForm.aspx>

Leadership Summit fosters new opportunities

MaiFS is deeply thankful to all those who attended the first "Community Leadership" meet on Sunday 9/14. Here are some of the organizations/individuals that participated in our discussion: Ann Arbor Maharashtra Mandal; Bangladesh American Public Affairs Committee; Detroit Telugu Association; Michigan Tamil Sangam; Muslim Family Services; Troy Telugu Association; Stephanie Chang (Running for State Rep). Some of the ideas that were discussed:

1. Create a MaiFS champion in each community organization- the champion will act as a liaison between MaiFS and the respective community org. All matters and issues related to MaiFS will be translated by the champion to their internal members. Also, MaiFS will be updated of any new events.
2. Banner/Blurb/Logo of MaiFS in all community websites with a link to www.maifs.org
3. MaiFS board members (2 individuals) will provide organization highlights and challenges at executive meetings of the respective organizations. A pitch to address the services provided by assessing the immediate needs and work on a long term support strategy.
4. Have a table/booth or a 3-5 min stage time to address individuals gathered at large events and conferences conducted by the local organizations
5. Create a MaiFS workshop/training to increase awareness amongst individuals - place/time/audience.
6. Add MaiFS tagline/blurb/ short article on a periodical basis in the community newsletters that are distributed via email/print.
7. MaiFS as a beneficiary for any event that is being planned and conducted by the respective organizations exclusively targeting specific services- Domestic abuse, Substance Abuse, Immigration issues etc.

Thanks to Ann Arbor Maharashtra Mandal, Maharashtra Mandal of Detroit and MiBihar for stepping forward and offering their platforms to increase awareness. Special thanks to Sivaram Yarlagadda – MaiFS Board Member and volunteer Vijay Marupudi for hosting and helping with the event.

He kicked... my dignity was stripped!!!

True story by a Domestic Violence survivor in Michigan.



Messages like "It's Your Fault", "She must be too American" still resonate in my ears. Abusers are accepted back into society but why do I have to constantly defend my reasons for leaving or be isolated from my community? Growing up in India, I always embraced my culture and thought how wonderful it was that everyone cared so much about everyone else. It is not until my "bad luck" that I realized who really did care about me. Many took so much joy in gossiping about my situation. I wished others only took time to understand how abuse operates.

I have endured the abuse of my husband. He kicked me in the stomach while I was pregnant; he made me abort my unborn child because she was not a he, and treated me like a servant. He controlled my every move, tracked my phone calls, and did not allow me to pursue any career. At the

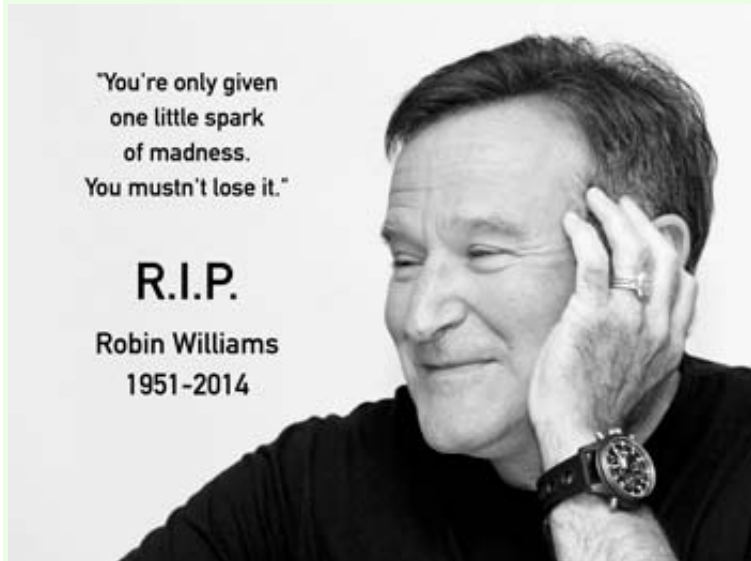
same time, he told me he did it for my own good, to protect me. He made me believe I could do nothing right to the point where I questioned my own sanity.

He told others that I was crazy-- YES; I did become crazy living in this way. In my darkest moment, I don't know what came over me- I called Mai Family Services. At a time when I had no one, Mai Family Services was there. They did not judge me. They

were my family when my own would not accept me back. If it were not for them, I may even be dead today. So now I call on all of you-- Please let others know that there is help. Stop gossiping and understand that this is probably happening to someone you hold dear. 1 out of 4 women will be affected by domestic violence. My voice alone will not stop abuse but together we can.

OCTOBER is National Domestic Violence Awareness Month – let us work towards creating more awareness by building a strong support system. Let us begin our fight to end domestic violence.

A Picture Suddenly Crashed! - Written by Latika Mangrulkar



A hot humid day, mid-summer's day, suddenly the picture frame crashed. The super successful comedian Robin Williams had succumbed to that dreaded illness: Depression.

How did that happen we asked, someone who had made us laugh - how could he not laugh himself out of his troubles? Why we asked, again and again, where had things gone wrong? Why could someone who had access to world's resources not be able to get help?

There are no easy answers we at Mai Family Services know, but we keep asking, keep learning, keep educating but most of all keep reaching out so that help is accessible however helpless, hopeless we feel. Our clinical team frequently helps clients and tries to diffuse the myths that surround mental health.

In a recent Huffington Post, writer Alena Hall addresses a number of these misperceptions; a brief summary is offered

here with some observations pertinent to our community.

1. Depression and Sadness are the same. A sad mood lifts, but depression can last for a prolonged period.
2. It is a sign of weakness: stigma associated with depression prevents people from seeking help. A complex mental health disorder it has biological, psychological and social consequences.
3. Life's crisis cause depression: there could be reactive feelings of hopelessness-helplessness but events like death, divorce, terminal illness do not lead to depression.
4. It's not a real illness: Mayo Clinic reports people with depression experience physiological differences in their brain and have neurotransmitter and hormonal imbalances that determine the condition and its severity.
5. It's all in the head: The National Institute of Mental Health tells us insomnia, fatigue, unusual changes in appetite, chronic muscle ache or chest pain can be symptomatic of underlying depression.
6. Real Men do not get depressed: There are differences in how men and women exhibit depression. In the South Asian community cultural pressures often prevent men from admitting that they could be depressed. Alcohol or other substances complicate issues and men are more successful in committing suicide.
7. It is genetic: recent research questions the extent of the role hereditary plays.
8. Medication is all that you need: antidepressants are not the complete answer, combined with psychotherapy people can find more effective relief.
9. Medication will be needed for the rest of your life: for estimated 40% psychotherapy works better than medication but each person needs to be assessed to determine what medication will work and for how long it should be administered.
10. Talking about it will make it worse: Supportive proactive conversation can help the individual deal with the stigma and encourage them to seek help.

The splintering of Robin Williams' image maybe a wake-up call-- We may not be able to put back his picture together but let us prevent another image from crashing.

Mai Bazaar on a success spin

MaiFS has completed yet another successful event - Mai Bazaar "Shop for a Cause" booth was buzzing with non-stop activity on Saturday, August 9th at the India Day celebrations . All credit for the grand success of this event goes to our passionate and dedicated volunteers. Event coordinators Nilu Gupta and Shashi Sharma along with their ironing teams have been working for weeks. The team has been collecting the clothes, sorting them out, pricing, ironing and packing in preparation for the BIG DAY on August 9th. Both Nilu and Shashi, without a single moment's break worked tirelessly at the booth from 7:00 AM to 9:30 PM. The volunteers helped with the sales, set up and managing the crowd of interested customers. There was never a dull moment. Our sincere thanks and gratitude to the Mai Bazaar team led by Nilu and Shashi. Special thanks to Kusum for helping out as the coordinator for managing another collection center in Bloomfield Hills and storing all the paraphernalia in her garage for yet another year. This event is a great example of labor of love and passion. Nilu and Shashi along with their spouses, Tilak and Sath have been doing this for last 4 years with similar results each time.



MaiFS thanks Aim for Seva on their generous contribution of \$5000 from their annual event fund raiser proceeds. We hope this partnership continues with equal zeal and commitment. Thank you Srini and Savitri Raman. Please visit www.aimforseva.org

Total cases for 2013 – 2014:

Total number of clients in 2014: **83**

Total number of new clients in 2014: **70**

By Case Type:

Domestic violence: **46**
 Legal Help: **35**
 Counseling: **18**
 Seeking resources for family members/friends: **15**
 Non south Asian's calling for resources: **4**

Mental Health: **3**
 Substance abuse issues: **3**
 Marital Issues: **10**
 Medical Resources: **1**
 Senior Resources: **5**

Upcoming Event - MaiFS Holiday Banquet

CELEBRATE THE SPIRIT OF HOLIDAYS AS
Mai FAMILY SERVICES PRESENTS...

DATE

bollywood night 2014

Saturday December 6th
 Social hour at 6:00 pm
 Program begins at 7:00 pm

Monsignor Alex J. Brunette Activity Center,
 17500 Farmington Road, Livonia, MI 48152

Entertainment by **Manisha Dongre** and
 Live DJ by **Minesh Parikh**

Ticket price **\$35/person**
 Cash Bar
 Complimentary wine bottle for
 table of 10 reservations!
 Raffle Prizes galore!

Dinner, Dancing and Entertainment! Do not miss!

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 Yashil Bank, LMI Chapter

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.

Looking for Senior Support Volunteers

Mai Family Services Launches
Senior Support Services



- Periodic social support by visiting seniors at their homes/care centers.
- Driving and accompanying seniors to the library
- Delivering groceries for home bound seniors
- Catering food to the home bound seniors
- Assisting seniors with selected chores like banking, post office etc.
- Support for the care giver

Mai Family Services is looking for volunteers to kick-off this program. The pilot program will be offered in the areas of Metro Detroit where the volunteers are available or willing to travel.

MaiFS is a non profit organization serving individuals and families in crisis. Over the years, issues concerning the seniors have been on the rise. MaiFS is introducing a new program that caters to the needs of the South Asian seniors in our community.

Please email us at info@maifs.org with "Senior Support Services Volunteer" in the subject line.

For other services and information, visit us at www.maifs.org or FREE Helpline (888)664-8624.

Mai Family Services is a 501(c)(3) non profit organization dedicated to supporting South Asians in need.

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

Like us in Facebook



<https://www.facebook.com/MaiFS>