



# Kane`ohe Community Family Center (KCFC) Family Center News

E-mail us at:  
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<http://kfcf.pacthawaii.org>

*A partnership of Parents and Children Together and the Castle Complex Department of Education,  
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*The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.*

## Preventing Holiday Burnout



Feeling stressed this holiday season? Overwhelmed? Perhaps even disinterested in holiday activities which used to excite you? These are common symptoms of "holiday burnout," which can come with the extra demands and expectations associated with the preparation for, and celebration of, the holiday season. Before the season gets into full swing, consider these helpful tips to prevent holiday burnout:



**Don't overextend yourself.** Night after night of entertaining, decorating, and attending parties can be exhausting. Establish the right level of activity for you and your family, and draw the line.



**Separate the holiday traditions you truly enjoy from those you feel you "have" to do.** Focus on the activities that bring you and your family the most joy, rather than trying to do them all.



**Include exercise in your holiday routine.** Exercise can reduce stress and help with sleep.



**Scale down gift giving.** With extended families, consider a lottery, where each family member gives a gift to only one other person. And remember...the best presents come from the heart. Have children create gifts for family members.

Remember, the holidays should be filled with love and happiness, not stress and anxiety! Don't forget to take the time to reflect upon and prioritize what is most important to you and your loved ones during this time of year.

Adapted from: "Prevent Holiday Burnout," [http://www.stress.about.com/cs/holiday/survival/a/aa121300a\\_p.htm](http://www.stress.about.com/cs/holiday/survival/a/aa121300a_p.htm)

## Tips for Making New Year's Resolutions



- **DO** be realistic. Pick a safe goal with a realistic time frame.
- **DON'T** make too many resolutions. You don't have to cover all areas you'd like to change.
- **DO** plan intermediate goals. Think about where you'd like to be in a few months, and check yourself then. Achieving these smaller goals will give you a sense of accomplishment and motivation for the bigger projects.
- **DON'T** set resolutions whose success is beyond your control. Getting a particular job, for example, depends not only upon your own initiative, but also upon other factors (the economy, the job market, etc.) Instead, resolve to take the steps toward finding a new job. That way, the success of your resolution is completely within your control.
- **DO** use the buddy system. Rely on your friends to support you, and do the same for them. Social support is a great way to strengthen motivation.

Adapted from: "Tips for Making New Year's Resolutions," [http://www.stressabout.com/cs/holiday/survival/a/aa010102\\_p.htm](http://www.stressabout.com/cs/holiday/survival/a/aa010102_p.htm)

### Families for R.E.A.L.

(Resources & Early Access to Learning)  
Parent & Child Classes for Families with Infants, Toddlers & Preschoolers.



Session II

December 6, 2004 - February 25, 2005  
Kapunahala Elementary School  
45-828 Anoi Road, Rm. A-1  
Kane`ohe, HI 96744



Classes are Free!

For more information or to register, please call 233-5656.  
State of Hawaii Department of Education:  
Family Support Services

**Kane`ohe Community  
Family Center**

**COMMUNITY RESOURCE  
AND REFERRAL**

•Phone 235-7747  
•Website <http://kcfc.pacthawaii.org>

**HAWAII PARENTAL  
INFORMATION AND  
RESOURCE CENTER  
(HPIRC)**

<http://www.hawaiipirc.org>  
•Parenting Classes  
•Family Fun Activities  
•Home Instruction For Parents of  
Preschool Youngsters (HIPPY)

**FAMILY LITERACY  
PROGRAMS**

•Kulana Nani

**SUPPORT AND  
SELF-HELP GROUPS**

•Na Tutu - Grandparents Raising  
Grandchildren  
Coalition and Support Group

**NEIGHBOR-2-NEIGHBOR**

•Ko`olau Village  
•Kulana Nani

**VOLUNTEER & COMMU-  
NITY SERVICE LEARNING  
OPPORTUNITIES**

•Family Activity  
Night Volunteers  
•Neighbor-2-Neighbor Mentors  
•Reading/Homework Tutors  
•Clerical and Program Support  
•Special Event Child Care

The *Family Center News* is printed monthly by the Kane`ohe Community Family Center (KCFC), a program of Parents and Children Together (PACT).


Please direct questions, comments and suggestions to:

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Kane`ohe, HI 96744  
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KCFC Staff:

Christina Simmons, *Family Center Dir.*  
Gordon Miyamoto, *Site Coordinator*  
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Sunshine Michael, *HIPPY Coordinator*  
Jennifer Bui, *Program Facilitator*  
Leilani Roth, *HIPPY Home Visitor/ PIRC Assistant*  
Shani Naleieha, *HIPPY Home Visitor*  
Holland Henderson, *Program Coordinator*

**Windward Holiday  
Craft Fair**  
Castle High School Cafeteria  
45-386 Kaneohe Bay Drive  
December 5, 2004  
10:00 a.m. - 2:00 p.m.  
\* Crafts \* Clothing  
\* Plants \* Food  
\* Jewelry  
Bring your family and help  
support Castle High School's  
Project Graduation!  
For more information, please call  
Karen at 247-2305.

*Wreathmaking, etc...*  
A Parent Community Networking  
Centers (PCNC) Community Building  
Workshop  
  
Kane`ohe Community Park  
(Kea`ahala Rd. near Jack in the Box)  
December 1 -3, 2004  
9:00 am - 7:00 pm  
\*\*upper parking lot via Pahuwai Pl.\*\*  
If possible, try to bring plant material from your  
yard or neighborhood. Bring your family and  
friends along, too!  
For more info, Contact Meryl at 235-9101

**Site of the Month**  
<http://www.zuzu.org/daze.html>  
  
Children from around the world  
share memories and experiences  
which make their holidays and  
traditions unique. Add your own  
stories to this website!  
  
KCFC would like to thank volunteers Au Yeung  
Sui Shan, Ryan Rimsinth, and Kathy Tai for help  
with the newsletter this month. We really  
appreciate all of your time and effort!  




# December

- 4th Kaneohe Christmas Parade**  
9 a.m. - Begins in front of Windward Mall and goes through Kaneohe town to Castle High School.
- 4th Honolulu City Lights Honolulu Hale.** Tree-lighting ceremony begins at 6 p.m., and will be followed by Electric Light Parade. Concert begins at 7:30 p.m. Lights will be on display until Jan. 2.
- 5th Windward Holiday Craft Fair**  
10 a.m. - 2 p.m. Castle High School Cafeteria. Karen 247-2305.
- 6th - 10th He`eia Elementary School Book Fair** 8:30 a.m. - 4 p.m. He`eia Elementary School Library. Bev Shinsato 233-5677 x 251.
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- 7th - 15th Happy Hanukkah!**
- 7th Community Works in 96744**  
5:30 p.m. Queen Lili`uokalani Children's Center 235-7747.
- 8th Grandparents Raising Grandchildren** 9 a.m. Queen Lili`uokalani Children's Center, Kane`ohe. All grandparents are welcome. Bernie 235-7613.
- 9th OGYA Grief Support Group for Children, Teens & Family**  
6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 11th - 12th Bishop Museum's Candy Cane Lane** 9 a.m. - 9 p.m. Bishop Museum Gallery and Great Lawn.
- 12th Honolulu Boys' Choir Performance**  
7 p.m. Central Union Church. Performance is free and open to the public.
- 15th KCFC Family Activity Night**  
5:30 - 7:30 p.m. Windward Mall, Center Court area. 235-7747.
- 16th Kane`ohe Neighborhood Board**  
7 p.m. WCC (Hale Akoakoa, Rm.103-105) 523-4815.

**25th Merry Christmas!**

Sponsoring a free or low cost event that may be of interest to Kane`ohe families? Submit information for the KCFC calendar by the 15th of each month. Fax 235-7748. [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)