



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

A partnership of Parents And Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the State of Hawaii Health and Human Services Departments, the U.S. Department of Education Office of Innovation and Improvement, HCDCH and Hawaii Community Foundation.

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



Vol. 13. No. 1 **January 2007**

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.

Family Resolutions That Work!

HAPPY NEW YEAR! Does the yearly ritual of making and breaking New Year's resolutions get you down? Here's a fun activity to do as a family to help your kids set goals and achieve them. Gather the family together at the beginning of January to set goals for the New Year!

1. **All for One...** Have each family member choose ONE goal that they can reach in a month. Make sure each person chooses their own goal and that they are relatively easy to attain (losing 3 pounds instead of 5!) This activity is meant to help kids and parents feel success through achievement. After goals are picked, share them with the family. Affirm each other's goals and pledge your support to help reach them.
2. **...and One for All.** Then choose ONE simple goal that the whole family can work on together for a month. Everyone should agree on the goal and be able to contribute to it. For example, begin recycling, read a book together, or have a weekly family night with the TV turned off.
3. **Check In.** At the beginning of each month, check in on everyone's goals. Celebrate successes and help those still working on their goal because no one is a loser unless they quit! Identify what would help them reach their goal. Also, check progress on the family goal. Set new goals for the next month, or keep working on the old ones.
4. **Celebrate, Celebrate, Celebrate.** Celebrating together is important and fun! Make sure you celebrate everyone's effort (whether the goal was met or not) as well as achievement. A special activity or a family night out are great rewards for a family goal achieved.
5. **Seeing is Believing.** Write down your goals and the REASON they're important. Draw pictures of what it will look like when they're achieved. Put them up on the refrigerator as reminders for everyone to keep working.

Here are some things to keep in mind when helping your children set goals. Here's to your success!

- **Be Positive.** This is not an exercise in correcting flaws. Instead of looking at what's **wrong**, focus on what's **right**. Set a goal to lose weight for better health instead of to be less fat.
- **Break Time.** It's easy to forget what time feels like to a kid. Remember when two weeks seemed like forever? For younger kids, break goals into smaller (weekly or even daily) pieces so they see progress before the month is up. Learning to spell five new words a week is easier to focus on than winning the school Spelling Bee!
- **Work With, Not For.** Work with your kids – but don't take over! Let your children know of your interest and support, but be careful they don't think you want to do it for them.

For kids, keep in mind that New Month's (instead of New Year's) Resolutions work! You and your keiki can have all the excitement, anticipation and motivation that comes with the New Year twelve times rather than just once!

Adapted from <http://pittsburgh.about.com/cs/holidays/tp/resolutions.htm>



Parent Project Classes

**The tougher it gets to be a kid...
...the tougher it gets to be parent!**

DATES & TIME: Thursday nights,
January 11th - March 15, 2007
(10 sessions)

LOCATION: Kaneohe Community
Family Center @ 46-028 Kawa St., Suite
A10, Kaneohe.

Costs: \$24.00

Contact: Jean Fong at 220-2320 or June
Kawamura at 733-4737.

Does your teenager have failing grades? Does he/she refuse to go to school? Is he/she using drugs or alcohol, running away or displaying destructive behavior? This 10-week program teaches concrete prevention, identification, and intervention strategies for the most distressing adolescent behaviors.

Kaneohe Community Family Center

Community Resource and Referral

•Phone 235-7747

•Website <http://kfcf.pacthawaii.org>

Hawaii Parental Information and Resource Center (HPIRC)

<http://www.hawaiiipirc.org>

Home Instruction for Parents of Preschool Youngsters (HIPPY)

<http://www.hippyusa.org>

<http://www.hawaiiipirc.org>

Youth Leadership Program

•King Intermediate School

Family Center Services

•Family Support

Neighbor-2-Neighbor Youth Tobacco Prevention

•Koolau Village

•Kulana Nani

Volunteer & Community Service Learning Opportunities

•Clerical and Program Support

•Special Event Child Care



Volunteers Needed!

HIPPY (Home Instruction for Parents of Preschool Youngsters)

Are you available every other Wednesday from 10 a.m. - 12 p.m.? HIPPY in Kaneohe is looking for volunteers to assist at their group meetings. Volunteers will help implement parent/child activities and assist the HIPPY staff in providing supervision for preschool children, ages 3-5. For more information, please contact Sunshine or Leilani at 235-9779.

The Blood Mobile is Coming To Town!

Windward Mall

January 13th & 27th

7 a.m. - 1:45 p.m.

Windward Community

College

January 18th

7 a.m. - 1:45 p.m.



Before you donate:

- * Include iron-rich foods in your diet
- * Know where you have traveled and when
- * Know the medical conditions you may have and the medications you are taking
- * Drink 8 - 10 glasses of water
- * Get adequate rest
- * Eat a hearty meal

For more info, please call 845-9966 or visit the Blood Bank of Hawaii website at

<http://www.bbh.org>

The *Family Center News* is printed monthly by the Kaneohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

Please direct questions, comments and suggestions to:

The Kaneohe Community Family Center
46-028 Kawa St. Suite A10

Ph. 235-7747 Fax 235-7748

E-mail: kfcf@pacthawaii.org

KCFC Staff:

Christina Simmons, *Family Centers
Program Director*

Gordon Miyamoto, *Site Manager*

Jolene Chang, *Administrative Assistant*

Mariko Oshiro, *PIRC Coordinator*

Jadine Yonemitsu, *Program Coordinator*

Sky Lim, *Project Specialist (Youth)*

Angela Sanderson, *Project Specialist
(Youth)*

Jennifer Bui, *Program Coordinator*

Wanda Valencia, *Family Center Services
Program Specialist*

Sunshine Bolen, *Assistant HIPPY*

Coordinator

Jennifer Fremgen, *HIPPY Home Visitor*

Leilani Roth, *PIRC Assistant/HIPPY Home*

Visitor



January is Glaucoma Awareness Month!

Glaucoma is the second leading cause of blindness in the world. Experts estimate that 50% of people affected by glaucoma don't know they have it because it rarely produces symptoms. People at higher risk of glaucoma include those of African, Asian and Hispanic descent, those over the age of 60, and those with high blood pressure or diabetes.

This month, get your eyes checked and help raise awareness by talking to family and friends. Visit the website below to find out more and request free educational booklets:

The Glaucoma
Research Foundation

<http://www.glaucoma.org>



January



- 1st Happy New Year!**
- 2nd Kaneohe Neighborhood Board Mtg.,** 7 p.m. at Kaneohe Community & Senior Center. Open to the community. 523-4815.
- 3rd Kaneohe Bay Regional Council Quarterly Mtg.,** 7 p.m., at WCC, Hale Akoakoa, Rm. 105. 587-1973.
- 3rd Oogles 'N Goggles Preschool Family Night,** Winter Wonderland, 6 p.m.-7 p.m., Kaneohe Public Library, 233-5676.
- 8th Community Works in 96744 Mtg.,** 5:00 - 7:00 p.m. at Queen Liliuokalani Children's Center. 235-7747.
- 9th Windward Community Children's Council Monthly Meeting,** 6-7:30 p.m., Windward Dept. of Health Conf. Rm. Open to all parents and guardians of special needs children. 586-5363.
- 10th Kahalu'u Neighborhood Board Mtg.,** 7:00 p.m., Key Project. 527-5749.
- 11th Ko'olauloa Neighborhood Board Mtg.,** 7:00 p.m., Hau'ula Community Center. 527-5749.
- 13th Alzheimer's Support Group** 10 - 11:30 a.m., Kaneohe Community Family Center. Learn more about Alzheimer's and resources. 239-1552.
- 15th Martin Luther King, Jr. Day Kids Hurt Too, Healing Young Hearts**
- 23rd Support Group,** 6 - 8 p.m., Queen Liliuokalani Children's Center, Cynthia White, 735-2989.

Windward School for Adults Spring 2007 Registration

January 11th - 24th, 2007

Mon. - Thurs. 8:00 a.m. - 7:30 p.m.

Fridays 8:00 a.m. - 3:00 p.m.

Saturday, Jan. 20th 8:30 - 11:30 a.m.

For more information, please call 254-7955. Brochures are available at satellite city halls, public libraries, Zippy's, and 7-Eleven stores.

KCFC thanks the Castle High School Key Club for their help folding newsletters!