



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

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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*

## Get the Family Moving - Together!



Did your list of New Year's Resolutions include both getting in shape and spending more time with the kids? Or, do you find yourself wondering how can you help your child get the recommended one-plus hours of daily physical activity when you can't even make it to the gym? Listed below are ten creative ways to start exercising as a family.



**Go for pre- or post-dinner walks.** Building a walk into your daily schedule ensures that it won't get put off.



**Crank up the music and boogie down.** Clear a small area in the house, put in a CD, and dance together. Let the kids take turns using a flashlight as a strobe.



**Sneak workouts into other activities.** Take the stairs or walk up the escalator whenever possible. When driving somewhere, drive part way and walk the rest of the way.



**Turn TV commercials into fitness breaks.** Invent silly names for simple exercises like squats, push-ups, and sit-ups, and then do them together until the show comes back on.



**Have a weekly sports night.** Designate a certain day of the week for a family fitness activity, and make your way to the nearest park, basketball court, or soccer field.



**Walk the dog.** If you don't own one, go for a walk and look for some in your neighborhood!

Start 2006 by getting active as a family! While these ideas are great for making everyday an opportunity for fitness, they double as quality time with your family.

Adapted from: "10 Ways to Exercise as a Family."  
<http://lifestyle.msn.com/FamilyandParenting/RaisingKids/ArticleBHG.aspx?cp-documentid=35184>

## PACT KCFC Program Spotlight:



Wanda Valencia,  
Family Center Services  
Specialist

"Life" can be hard work, and we all can use additional support from time to time. This month, we would like to highlight Family Center Services Specialist Wanda Valencia and the Family Center Services Program.

Wanda has been with the Kaneohe Community Family Center since March of 2005. What she enjoys most about her job is helping families succeed, reach their goals, and realize their potential.

The Family Center Services Program helps parents, by offering:

- Family support and problem solving ideas
- Parenting support and education
- Help with finding a job, childcare, housing, and/or financial assistance
- Help with crisis situations and everyday family stress
- Information and referral
- Volunteer opportunities

All services are free and confidential. To speak with or set up an appointment with Wanda, please call the Kaneohe Community Family Center at 235-7747.



## Parent Project Class January 19 - March 23, 2006

Parent Project is a course which provides activity-based instruction, support groups, and curriculum addressing destructive adolescent behavior.

**Time:** Thursdays, 5:30 - 9:00 p.m.  
(10 Sessions) Potluck dinner at 5:30 p.m.

**Location:** Kaneohe Community Family Center

**Cost:** \$24

**To register, please call Meryl Suetsugu at 235-9101**

*Presented by the Department of Education and PACT  
Kaneohe Community Family Center*

## Kaneohe Community Family Center

### COMMUNITY RESOURCE AND REFERRAL

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

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

<http://www.hawaiiipirc.org>

### HOME INSTRUCTION FOR PARENTS OF PRESCHOOL YOUNGSTERS (HIPPY)

<http://www.hippyusa.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

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  
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E-mail: [kcfc@pachawaii.org](mailto:kcfc@pachawaii.org)

KCFC Staff:  
Christina Simmons, *Family Center Program Director*  
Gordon Miyamoto, *Site Coordinator*  
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Mariko Oshiro, *PIRC Coordinator*  
Jadine Makinano, *Project Specialist*  
Sunshine Michael, *HIPPY Coordinator*  
Jennifer Bui, *Program Coordinator*  
Wanda Valencia, *Family Center Services Specialist*  
Leilani Roth, *PIRC Assistant/HIPPY Home Visitor*  
Holland Henderson, *Program Coordinator*

## Let's Make a Circus starring The Amazing "Lula"



Juggling, Unicycling,  
Balancing, Magic, Merriment &  
More!

Fun entertainment for elementary and  
preschool children and their families

**Sunday, January 29, 2006  
2:30 p.m.**

**Kaneohe Public Library**

### Windward School for Adults Spring 2006 Registration

**January 9th - 20th, 2006**

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

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

Saturday, Jan. 14th 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.

### Family Program Classes



Classes are open to anyone  
who has an addicted family  
member or close friend.

Thursdays  
7 p.m. - 8:30 p.m.

**Call 236-2600 for more  
information**

### Site of the Month

Hawaii's Chinatown

<http://www.chinatownhi.com/>

\*Chinese New Year \*Walking Tours  
\*History and Heritage \*Chinese Zodiac  
\*Entertainment and Cuisine

# January



- 1st Happy New Year!**  
**7th Alzheimer's Support Group**  
10 - 11:30 a.m. Kaneohe Community Family Center. Learn more about Alzheimer's and the resources that are available to your family. 239-1552
- 9th Community Works in 96744** 5:30 p.m. Kaneohe Community Family Center 235-7747
- 9th Windward School for Adults Spring thru Registration.** Please see ad on this page for registration times. 254-7955
- 20th Kids Hurt Too, Healing Young Hearts & Support Group** 6 - 8 p.m. Formerly known as OGYA Grief Support Group. Queen Liliuokalani Children's Center. Cynthia White 735-2989
- 16th Dr. Martin Luther King Jr. Day Parade** 8 - 11 a.m. Starts at Ala Moana Park, continues to Kalakaua Ave., and finishes at Waikiki Shell parking lot. 384-4038
- 18th Grandparents Raising Grandchildren** 9 a.m. Queen Liliuokalani Children's Center. Bernie at 235-7613
- 19th Kaneohe Neighborhood Board** 7 p.m. at WCC Hale Akoakoa, Rm. 103-105, 523-4815
- 19th Parent Project Class** 6 - 9 p.m. Kaneohe Community Family Center. Every Thursday thru March 23rd. Please see information on previous page. 235-9101
- 21st Night in Chinatown Parade** 4 - 7 p.m. Sponsored by the Chinatown Merchants Association. Begins at Richards and Hotel Street, continues Ewa-bound on Hotel Street, and ends at Smith Street. Sun Hung Wong 595-6417
- 22nd Chinese New Year**
- 28th Community Stewardship Day at Waikalua Fishpond** 7 a.m. - 1 p.m. Contact Windward Ahupuaa Alliance at [waa@hoku.com](mailto:waa@hoku.com)
- 29th Let's Make a Circus** 2:30 p.m. Kaneohe Public Library. Juggling, unicycling, balancing, magic, merriment and more! Fun entertainment for elementary and preschool children and their families. 233-5676

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

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