



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, HCDC and Hawaii Community Foundation.

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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.

GERM Watch:

How to keep the whole family from getting sick

When one of the kids comes down with a cold or stomach bug, you don't want the whole household to get sick. Good news: you can limit the rest of the family's exposure to illnesses.



Try these tips from doctors for containing the germs:



Scrub, scrub, scrub: Since most viruses and bacteria are spread when a person touches someone sick, it is important to practice good hand washing. Frequently wash your hands and your kids' with soap and warm water for 15 seconds. If you don't have access to water, use wet wipes or liquid hand sanitizers to keep your hands clean.

One for one: Sharing is a part of family life but as a general rule limit the sharing of germs by avoiding food, cup and utensil sharing. While there is no need to quarantine your sick children, keep healthy family members away from the sick children as much as possible.

Use your elbow: While covering your mouth when you cough may seem to be the polite thing to do, if you don't wash your hands immediately, you'll spread germs. Train kids to turn their heads and cough or sneeze into their elbow. It's an easy way to prevent spreading viruses.

Clean germ carriers: When a family member is sick, household objects may have germs on them, so sharing them can spread illnesses. Use soap and water or a disinfectant, such as rubbing alcohol to prevent your child's siblings from picking up the same germs. If your little patient has been on the sofa channel-surfing all day, wipe down the remote before other family members use it. The same goes for the phone if your child has been talking on it while sick.

Practice prevention: With most common childhood illnesses, you're contagious for 24 hours before you have any symptoms, so a lot of the contagions have been passed on before you know it. For that reason, as the saying goes, prevention really is the best medicine. Practice frequent hand washing, make sure the kids eat a healthy diet, get lots of rest, and get the flu vaccine. For more information ask your doctor.



Adapted from: <http://www.kaboose.com/features/healthykids/sick-days-germ-watch.html>

Women's History Month

Throughout U.S. history, women of every race and class have made contributions that have helped to shape and strengthen the country. In 1987, Congress declared the month of March Women's History Month to recognize these contributions and to promote the teaching of women's history.



These events are free and open to the public:

Slim Hopes: Advertising and the Obsession with Thinness, Jean Kilbourne

Wednesday, March 7, 12:40 pm in Akoakoa 105

Award-winning video "Slim Hopes" offers a new way to think about life-threatening eating disorders.

What Are You Doing with Your Hands?

Thursday, March 8, 12:40 - 1:20 pm in Akoakoa 105

Come hear Lieutenant DeCaires talk about her experiences being a female in a male-dominated profession.

Flattened Diplomacy in Corporate Globalization

Tuesday, March 13, 4:00 pm in Akoakoa 105

Mary (Ann) Wright, Former US Diplomat

Keynote Speaker, Professor Haunani-Kay Trask

Wednesday, March 14, 12:40 pm in Akoakoa 105

Come be a part of this inspiring conversation with Dr. Trask, a leader in the Native Hawaiian community.

Senator Colleen Hanabusa, First Female

President of the Senate

Thursday, March 15, 4:00 pm in Akoakoa 105

Come enjoy Senator Hanabusa talk about her experiences as the first female President of the Senate.

Men, Women, and Global Capital, Professor Ruth Hsu, University of Hawaii at Manoa

Tuesday, March 20, 4:00 pm in Akoakoa 105

Professor Hsu is co-founder of the University Peace Initiative, committed to helping bring about peace with justice.

DreamWorlds 3: Desire, Sex and Power in Music Video

Wednesday, March 21, 12:40 pm in Akoakoa 105

Understanding the continuing influence of music videos and pop culture.

Vilsoni Hereniko

Thursday, March 22, 4:00-6:00 pm in Akoakoa 105

Writer/director/co-producer of The Land Has Eyes will lead a discussion after the viewing of this film.

For more detailed information about these events, go to <http://www.wcc.hawaii.edu/womenshistorymonth/2007/events2007.htm>

**Kaneohe Community
Family Center**

Community Resource and Referral

- Phone 235-7747
- Website <http://kcfc.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

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:
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**University of Hawai'i
WINDWARD
COMMUNITY COLLEGE**



Every Tuesday in
March at 12:30 p.m.
in The Student Lounge,
upstairs in Akoakoa, free films
are open to the public.
Schedule is as follows:

- March 6:** *Picture Bride* - 98 min.
- March 13:** *Silkwood* - 131 min.
- March 20:** *Story of Qiu Ju* - 101 min.
- March 27:** *No movie - Spring Break*



Families For R.E.A.L.
Resources and
Early Access to Learning

The program offers age specific classes for parents and their infant, toddler or preschooler. Classes are held once a week for 1.5 hours for ten weeks. Learning components include: parent discussion/support groups and child's play/learning in an age appropriate classroom. Please call 233-5656 for more information.

Spring Session: March 5 - May 25

A.Y.S.O.

Kaneohe - Region 113
2007 Registration at Ben Parker
Elementary, Cafeteria
2:00 p.m. - 7:00 p.m.

➤March 17 ➤April 7 ➤April 21

Open to players 4^{1/2} - 18 yrs. old as of 7/31/07. Players who did not play in the Kaneohe AYSO '06 Fall season must provide a copy of their birth certificate at time of registration.

Cost: \$55.00 per player.
For additional registration information call 235-2976.

Website of the Month

In observance of Women's History Month, CNN Student News contains background information, activities, keywords and on-line resources to help students understand and appreciate the unique contributions of American women.

<http://cnnstudentnews.cnn.com/2005/fyi/special/womens.history.month/>

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



March Spring

- 3rd** Wind Wind Orchids, 10 am - 3 pm at Windward Mall. A beautiful selection of local orchids will be available for purchase.
- 3rd** Sanrio's Grand Opening, 10am - 3pm at Windward Mall. Appearances by the loveable Hello Kitty.
- 4th** Chinese New Year Celebration, 11am - 2pm at Windward Mall. Kung Fu demonstrations and lion dance throughout the mall.
- 5th** Community Works in 96744 Mtg., 5pm - 7pm at Queen Liliuokalani Children's Center. 235-7747.
- 6th** Driver Safety Program at WCC, 8am - 12pm, \$10. Call 235-7433 to register.
- 7th** Oogles'N Goggles Preschool Family Night, "Explore the World", 6 pm, Kaneohe Public Library, 233-5676.
- 8th** Kids Hurt Too, Healing Young Hearts Support Group, 6pm - 8pm, Queen Liliuokalani Children's Center, 735-2989.
- 8th** Koolauloa Neighborhood Board Mtg., 7pm., Hauula Community Center 527-5749.
- 10th** Alzheimer's Support Group 10 am - 11:30 am, Kaneohe Community Family Center. Learn more about Alzheimer's and resources. 239-1552.
- 13th** How To Buy a PC, 6pm - 7:30pm, FREE at WCC, call 235-7433 to register.
- 13th** Windward Community Children's Council Monthly Meeting, 6pm - 7:30pm, Windward Dept. of Health Conf. Rm. Open to all parents and guardians of special needs children. 586-5363.
- 13th** Driver Safety Program at WCC, 8am - 12pm, \$10. Call 235-7433 to register.
- 14th** Kahaluu Neighborhood Board Mtg., 7pm, KEY Project. 527-5749.
- 15th** Kaneohe Neighborhood Board Mtg., 7 pm at WCC, Akoakoa, Rm. 103 - 105.
- 15th** Overcoming Your Speaking Jitters 6pm - 7:30pm, at WCC, call 235-7433 to register.
- 16th** Ohana Concert, featuring the Manao Company at Windward Mall, 6:30 - 7:30pm.
- 19th** Ohana Food Distribution, 3pm - 4:30 pm at KEY Project, Kahaluu.
- 21st** Grandparents Raising Grandchildren 9am, Queen Liliuokalani Children's Center. Call Bernie at 235-7613 for info. about this month's activities!
- 22nd** Kids Hurt Too, Healing Young Hearts Support Group, 6pm - 8pm, Queen Liliuokalani Children's Center, Cynthia White, 735-2989.
- 24th** Alzheimer's Workshop II, 10am - 12pm at WCC. Preventing & Managing Challenging behavior of persons w/Alzheimer's. FREE, call 235-7433 to register.
- 24th** Hope Chapel Kaneohe Bay Annual Easter Egg Hunt & Fun Fair, 10am - 1pm. Bring your friends and family. Call 235-5814 for more information.
- 26th** Prince Kuhio Day, Library closed.