

## SPECIAL POINTS OF INTEREST:

- Welcome to the Summer Edition of Hi'i Na Kupuna!
- Share your thoughts and wisdom with us!
- Request to receive this newsletter electronically each quarter!

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## Safe and Inexpensive Activities

Welcome to the Summer 2009 issue of Hi'i Na Kupuna. In celebration of summer, the kupuna at the Maui Family Support Services ROKK Group decided it was a good time for a listing of fun, inexpensive, and safe activities for the summer months.

Here is the ROKK Group's "Favorite Summer Activities List":

1. Area Park: Giggle Hill Park—kupuna in upcountry loved this park because of the location and the fun structures.

2. Area Park: Keopulani Park in Wailuku—

kupuna in central Maui raved about this park on Kanaloa Ave. One kupuna commented, "there's plenty of parking and we had as much fun as the keiki—we were like little kids again." Another said they brought coolers, lunch, and blanket and stayed from 9am-4pm.

3. Snorkeling with an underwater camera. Disposable underwater cameras are now reasonably priced and can easily keep keiki of all ages engaged for some time.

4. Iao State Park. One

kupuna suggested

visiting Iao and letting the keiki look for crawdads near the taro patches.

5. Tutu & Me Traveling Preschool. Another kupuna encouraged others to get involved with play groups such as the Tutu & Me Traveling Preschool.

The common theme from the ROKK Group was be creative and enjoy the natural activities of our island. If you have more ideas for safe and inexpensive activities, please let us know by calling Heather Greenwood (Hi'i Na Kupuna Editor) at 244-3242 ext 226.



## Kupuna Wisdom

Some daughters and daughters-in-law in the ROKK Grandparent Support Group recently paid tribute to their mother / mother-in-law for the active role she continues to play in the care of her

grandchildren and great grandchildren. They say, "She is the backbone of the family and she never complains." So many of our kupuna truly are the backbone of the 'ohana. Consider taking a few

minutes (like these daughters and daughters-in-law) to express your gratitude for all that our kupuna do for us.

## Cooperative Extension Service

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The Hi'i Na Kupuna Newsletter is developed by the University of Hawaii Cooperative Extension Service, in conjunction with Hi'i Na Kupuna Community Coalition. Active members of the coalition include the following agencies:

- Hui No Ke Ola Pono
- Legal Aid Society of Hawaii, Maui Unit
- Maui County Office on Aging
- Maui Family Support Services
- Neighborhood Place of Wailuku
- Tutu and Me Traveling Preschool
- University of Hawaii Cooperative Extension Service, Intergenerational & Aging Programs

To receive an electronic copy of this quarterly newsletter, send your email address to [heather.greenwood@hawaii.edu](mailto:heather.greenwood@hawaii.edu).

# Kupuna Resources

## Grandparent Support Groups

Join a support group today. Times may change, so call the hosting organization for more information!

- Raising Our Keiki's Keiki (ROKK), 1st Wed of Each Month and 3rd Thursday of Each Month, 9am-12:30pm, Maui Family Support Services, 242-0900
- Queen Liliu'okalani Children's Center, last Thurs of Each Month, 5:30—7:30, 242-8888

## Medical Consent, Act 208, 2005 Legislative Session

Many grandparents and other adult caregivers who do not have legal guardianship have experienced difficulty receiving medical care for their keiki. In 2005, the Caregiver Consent for Medical Services Act was passed and allows adult caregivers over age 18 to consent for medical services for the minor children in their care. Medical services include immunizations, dental, vision, medical, and mental health services. An authorized affidavit must be completed—ask your keiki's doctor's office for this affidavit form.

## Grandparents Fighting Meth

Keiki are growing up in a different world from their parents and many kupuna are looking for resources to help their keiki stay safe from the dangers of drugs, particularly meth. To learn more about Meth prevention, visit the Meth360 Project website at <http://www.drugfree.org/Meth360/>

ROKK (Raising Our Keiki's Keiki) Grandparent Support groups are another drug prevention tool. The groups spend part of every session discussing drug prevention and learning from one another.