

SPECIAL POINTS OF INTEREST:

- **Upcoming Survey** to learn more about the needs of grandparents caring for grandchildren in Maui—to participate or for additional information, contact Heather Greenwood, 244-3242 ext 226

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Stress Management for the New Year

Stress in small amounts is healthy, but too much can cause health problems that affect grandparent's ability to care for their grandchildren. Begin the new year off right by choosing a couple activities each week to help reduce stress.

Here are some ideas:

1. **Take a walk.** You can do this alone or with the grandchildren. Exercise helps reduce stress and improve health. Even 10 minute

walks are beneficial.

2. **Relax!** Give yourself permission to close a door, sit in a comfortable position, listen to some quiet music, close your eyes, and breathe deeply. Even 5 or 10 minutes will help.

3. **Join a Support Group.** There are 3 support groups monthly on Maui—see the back page for details.

4. **Take time for yourself.** Find a

hobby or activity you enjoy and make an "appointment" for yourself to participate in the project.

Taking time to care for yourself shows love to your grandchild. It is an important investment in your future and theirs.

If you have additional stress management ideas, please contact Heather Greenwood, HNK Newsletter editor, at 244-3242 ext 226

Kupuna Wisdom

In a recent Grandparent Support Group, the Tutu were talking about what helps them stay healthy. Here is some of their words of wisdom.

- "Sometimes I'm afraid to take a break so I make phone calls to friends. They keep me positive and strong."
- "I read. Sometimes I have to just close the

door and give myself permission to read a good book."

- "I make my home my own sanctuary, a place I love to be."

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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 Boys & Girls Clubs of Maui, Child and Family Services, Department of Education, Department of Health, Department of Human Services, Hawaii Families as Allies, Hui No Ke Ola Pono, Kaunoa Senior Services, Keiki Kokua, Legal Aid Society of Hawaii, Maui Unit, Maui County Early Childhood Resource Center, Maui County Office on Aging, Maui County Police Department, Maui Family Support Services, Neighborhood Place of Wailuku, Tutu and Me Traveling Preschool, and University of Hawaii Manoa Cooperative Extension Service.

Kupuna Resources

Hi'i Na Kupuna Coalition

The Hi'i Na Kupuna Coalition needs grandparents like you to join and be the voice of others on Maui. We meet the 3rd Thursday of each month at 8:30am at the Central Maui Boys & Girls Clubhouse (100 Kanaloa Ave, Kahului—next to the Skate Park). One of our projects in 2010 is to conduct a needs assessment to find out what resources are most needed so we can focus our attention in those areas. Contact Heather Greenwood for more information.

Grandparent Support Groups

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

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

Boys & Girls Clubs of Maui—Respite for Grandparents!!!

Grandparents can take advantage of one of the many Boys & Girls Clubs of Maui after school programs by enrolling grandchild for an annual fee of \$5/ child or \$10/family (ages 9-17). Services include:

- Daily after school programs
- Programs during school breaks
- Weekly programs focusing on character development, career development, sports, recreation, health, and much more!
- Contact 242-4363 for additional information.