

## SPECIAL POINTS OF INTEREST:

- Five Protective Factors: Social Connections
- Grandparent Forum

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## Social Connections—Our 'Ohana!

This issue continues our exploration of the factors or characteristics of strong families with factor #2—Social Connections.

*What are social connections?* They are relationships with friends and family. These people lend a hand in times of emotional, physical, or financial need. In Hawaii, “'Ohana” embodies this concept. Those with an extensive 'ohana have options during tough times.

### Types of Social Connections

1. *Technology Connections.* Telephones, the internet, and email make it easier to keep in touch with friends who live near or far. But technology alone can't provide all the social connections needed by today's grandparents.
2. *Personal Connections.* Nothing can replace good old-fashioned friendships with those who live nearby. Traditionally, those in Hawaii built their lives around others. Together, people can do much more than any one person can do alone.

### Building Social Connections

Most keiki love meeting new people, making friends, and playing together. When adults follow their keiki's example, they strengthen their social connections. Below are some ideas for building social connections.

1. *Talking Story.* Grandparents raising grandchildren are busy. But taking a few minutes to talk story with other grandparents, parents, or neighbors help to build relationships that can help everyone.
2. *Playing!* Having fun with others is a great way to develop relationships in a safe setting. It can also help reduce stress and provide much needed relaxation.
3. *Potlucks.* In Hawaii, we love combining food and friends. Potlucks provide grandparents with respite time and opportunities to develop and strengthen relationships.
4. *Sports activities.* While keiki are playing sports, get to know the other grandparents and parents on the team. Or join a sports team of your own!
5. *Classes and workshops.* People who attend classes often have much in common with other class members. Learn about one another and plan time outside of class to get together.
6. *Support groups.* Join a support group—there are many throughout the community! Or, begin your own support group. Support group information is listed on the back of this newsletter.

What would you add to this list?

## Grandparent Forum

Join Hi'i Na Kupuna at our Grandparent Forum to talk about the services and resources you and other grandparents need.

**Date:** Friday April 15th  
**Time:** 12:30-2pm OR 5:30-7pm  
**Location:** Community Services Bldg  
(UH Maui College)  
**Registration:** Call Heather, 269-7396

The Hi'i Na Kupuna Newsletter is developed by the University of Hawaii Cooperative Extension Service, Intergenerational and Aging Programs, in conjunction with Hi'i Na Kupuna Community Coalition. To learn more about the Coalition or other Intergenerational and Aging Programs, contact Heather Greenwood at 244-3242 ext 226 [heather.greenwood@hawaii.edu](mailto:heather.greenwood@hawaii.edu).

**Childcare and food provided! Register today.**

## Kupuna Resources

### Hi'i Na Kupuna Coalition

The Hi'i Na Kupuna Coalition needs grandparents like you to join. Let your voice be heard! We meet the 3rd Tuesday of each month from 12:30-2pm am at the Community Services Building on the UH Maui College Campus. Contact Heather Greenwood at 244-3242 ext 226 for more information.

### Grandparent Support Groups

Join a support group today. Call the hosting organization for more information:

- Raising Our Keiki's Keiki (ROKK), 1st Thurs and 3rd Wed 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

### Upcoming Events

Hawaii Nature Center Spring Break programs. Contact 244-6500 to learn about scholarships for foster children and their siblings during Spring Break!

Kamalama Parenting: Parenting Through Traditional Hawaiian Values. Contact Neighborhood Place of Wailuku for dates, times, and information: 986-0700.

Caregivers Day at the Capital. March 29, Capital Building, Honolulu.

Keiki Fest, April 9, UH Maui College Campus

Hi'i Na Kupuna's Grandparent Forum. April 15, 12:30-2pm OR 5:30-7pm. UH Maui College Campus. Contact 269-7396 for more information.

Special Parent Information Network (SPIN) Conference, April 16,, Oahu, UH Manoa Campus Center Ballroom.  
[www.spinhawaii.org](http://www.spinhawaii.org)

Pacific Rim International Conference on Disabilities, April 18-19, Oahu, HI Convention Cntr, [www.pacrim.hawaii.edu](http://www.pacrim.hawaii.edu)

Tap Into Child Safety booth at Queen Kaahumanu Center hosted by Kaunoa's RSVP program, May 7, Judy's Gang will perform on stage at 3pm. The booth will feature displays, information and hand-outs on one or more child safety topics.