

# COMMUNI-qué



Winter 1987

## FCC WELCOMES HEAD START

The first Head Start program in unincorporated Pierce County opened this fall at the Pacific Lutheran University Family and Children's Center. Operated by the Franklin Pierce School District in the PLU East Campus facility, the program is only the second in the entire county. It is funded through Educational Service District 121.

The U.S. Department of Health and Human Services determined that southern Pierce County had the highest number of unserved children in Washington State. "We are authorized to serve 68 families," said Barbara Lee, the program's family service worker. "We reached that number before we opened, and there is a waiting list." The number still represents less than 25 percent of those identified as eligible for the program, she added.



At the dedication ceremonies President William Rieke and Superintendent Richard Harris each praised the newest opportunity for the school district and university to work together.

Head Start's location at FCC offers unique advantages. University students from the Marriage and Family Therapy program, Special Education, and Social Work receive practical experience working with children and their families. Head Start is a total community effort aimed at helping families in Parkland.



## FCC CHRISTMAS PARTY

In December, 350 children and parents participated in the Family and Children's Center Christmas Party. Students from Washington and Franklin Pierce

High Schools contributed 150 new toys for children in the various FCC and school district programs. Contributions from civic groups, neighborhood block parties and local merchants provided small gifts for the brothers and sisters of all the children. Donations of clothing and toys from community churches, local schools, and residents stocked a clothing and toy bank for the families. Scores of volunteers from the high schools, university and community helped with the preparation.

Community support made the Christmas Party a success. THANKS, EVERYONE!



PACIFIC LUTHERAN UNIVERSITY

## CHILDREN IMPORTANT TO HEAD START WORKER



Barbara Lee, the Family Service Worker for the new Head Start Program in the Franklin Pierce School District, has had many years of experience working with children. Her role as the

mother of two, combined with her teaching experience, allows her to bring a broad perspective to her job.

Barbara obtained her B.A. in Education from Western Michigan University and is currently enrolled at PLU completing her M.A. in Special Education with a specialization in Early Childhood and Family Studies. Her teaching experience includes elementary school, cooperative nursery school, and handicapped children from birth to three years old. She also coordinated the Pierce County Collaborative Pre-School Incentive Grant. Presently she teaches part-time at Pierce College.

Barbara's duties as Family Service Worker include the recruitment of families and children, encouraging parent involvement, and helping families to solve day to day crises by linking them to community resources. Although she serves as a liaison with community agencies and the FPSD Preschool Special Education program, she would like families to learn to utilize community resources independently, "advocating for their own needs."

Having access to the services of the FCC for Head Start families is one of the benefits Barbara sees in both programs being located in one facility. She looks forward to working with FCC program directors in the referral process and feels "excited about working cooperatively with the community in serving children and families for the Franklin Pierce School District."

## "PROUD" PROJECT BEGINS IN PARKLAND

How do residents of an area long associated with social and economic decline convince potential businesses and families that their community is a desirable place to live and work? It is a long process requiring the sustained effort of many people, but clearly the first important steps are underway in Parkland.

One community group, Parkland Revitalization Opportunities Through Urban Development (PROUD) has been formed under the auspices of the Parkland Spanaway Council of the Chamber of Commerce. The goals of the PROUD group are to improve economic conditions and business services in Parkland and to increase community participation in planning for Parkland. Over the past year PROUD has developed a neighborhood revitalization network linking residents and community leaders with resources in economic and community development. In the coming year, PROUD will conduct a study of the commercial areas along Garfield Street and Pacific Avenue. The data from this study coupled with residential data compiled by the Pierce County Office of Community Development will form the basis for a Parkland Revitalization Plan.

PROUD will hold several public meetings to assure that the Parkland revitalization effort meets the needs of the business community and the concerns and interests of the neighborhood as well. The first public meeting is scheduled for

WEDNESDAY, MARCH 18  
7:00 to 9:00 pm Room G-12  
Parkland School Building (lower level)  
South 121st and Pacific  
Tacoma, WA 98447

If you are interested in learning more about PROUD please call 535-7652.

## COUPLE JOINS EFFORTS ON WELLNESS

Fujiko and Wayne Gardner, instructors in the "Second Wind" program, provide a team effort in the concept of self-care. Fujiko is an expert in the martial art of aikido and Wayne is a pioneer in foot reflexology in the Tacoma area.



Fujiko, born and raised in the Fife area near Tacoma, met and married Wayne 29 years ago. When Wayne was serving as sports director in Korea, she and their three children spent

several years in Japan, where she learned aikido. Fujiko describes it as "one of the gentlest forms of martial arts, which uses the inner energy flow rather than creating a conflict or clash."

Wayne obtained his B.A. in biological science from Midland Lutheran College and his M.A. in guidance and psychology from the University of Nebraska. He defines reflexology as a concept that subscribes to the principle that there are reflex areas in the feet and hands which correspond to all parts of the body. The method employed involves using the thumb and fingers on the reflex area.

Wayne and Fujiko regard foot reflexology and aikido as aids in relieving tension and enabling people to physically and mentally cope with stressful situations. In Wayne's words, the "Second Wind" program "offers a great opportunity for classes of this kind. It is reasonable in cost, interesting, and beneficial throughout an entire lifetime. The knowledge can be carried forever."

## SENIORS "SECOND WIND"ING UP A STORM

"Second Wind" is one of the most successful, longest running programs of the Family and Children's Center. Emphasizing wellness for the total person, it offers a myriad of classes for adults over 50. A great variety of individuals participate in the classes, and bring with them a wealth of life's experiences to share with each other. Many students have attended since the program's inception.

Virginia Rawson, Senior Aide and Coordinator of "Second Wind", reports that "the people who enroll in our program are interested in different classes from the standard offerings." Massage, Foot Reflexology, Aerobics, Aqua-Rhythmics, Photography, International Dancing, Microcomputing, Bridge, Golf, Genealogy, and the "gentle" self-defense class of Aikido are just a few of the choices that are available. The winter semester features a Hula class and "Archaeology for Armchair Adventurers." In the spring there will be a class on Parkland History and a trip to a llama farm!



Classes are held in the Fall, Winter and Spring. Sessions last approximately eight weeks. Each session ends with a pot-luck luncheon. Cost is \$12 registration fee per session, and \$2 per course. For more information or to be added to the mailing list, please call 535-7389 from 9:00 a.m. to 2:00 p.m. Monday through Thursday.

OF SPECIAL INTEREST

Wellness Clinic

Hours for the newly opened Wellness Clinic of the Family and Children's Center are 9-11:00 am and 1:30-3:00 pm Monday through Thursday. Adult and child services provided include physical exams, immunizations, blood pressure checks, and school and sports physicals. For more information and to set appointments, call 535-7354.

Infant-Toddler Screening

The Pierce County Health Department is conducting infant-toddler screening for children from birth to three years old. The free screening is being conducted by a team of nurses, occupational and physical therapists, and trained volunteers from the health department, Pacific Lutheran University, the schools and community.

If you would like more information about Infant Toddler Screening call 591-6526.

COMMUNI-QUE

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"Second Wind"

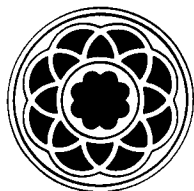
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