Cocopah Times Newsletter

COCOPAH INDIAN TRIBE

AUGUST 2026 ISSUE

BE READY FOR

MONSOON SEASON

IN THE DESERT SOUTHWEST

Monsoon storms can bring heavy rain, flash flooding, strong winds, dust storms, lightning, and even hail.

PREPARE NOW. STAY SAFE.

KNOW THE RISKS

FLASH FLOODING
Heavy rain can cause dangerous flooding—even in washes that are dry most of the year

STRONG WINDS & DUST STORMS
Reduce visibility, cause damage, and can strike suddenly.

LIGHTNING
Arizona and New Mexico have some of the highest lightning rates in the U.S.

HAIL
Can damage roofs, vehicles, crops, and outdoor equipment.

BEFORE MONSOON SEASON

TAKE TIME NOW TO PREPARE YOUR HOME, PROPERTY, AND PLAN.

- ☐ **CLEAN GUTTERS & DRAINS** — Remove leaves and debris to allow water to flow freely.
- ☐ **SECURE OUTDOOR ITEMS** — Bring in or tie down patio furniture, decor, and trash bins.
- ☐ **TRIM TREES & BRANCHES** — Reduce the risk of branches breaking in high winds.
- ☐ **INSPECT YOUR ROOF** — Check for damage or loose materials before the first storms.
- ☐ **KNOW YOUR WASHES** — Avoid driving or walking in flooded washes. Turn Around, Don't Drown.
- ☐ **STAY INFORMED** — Sign up for local alerts and monitor weather updates.

BUILD OR UPDATE YOUR 72-HOUR KIT

Be prepared to be on your own for at least 72 hours after a storm or emergency.

WATER
1 gallon per person per day (3 gallons for 3 days).

FOOD
Non-perishable, easy-to-prepare foods and snacks for 3 days.

FIRST AID
Include medications, bandages, antiseptic, pain relievers, and prescription meds.

LIGHT & POWER
Flashlights, extra batteries, headlamp, and a battery or hand-crank radio.

COMMUNICATION
Cell phone + charger, power bank, and a copy of important phone numbers.

IMPORTANT DOCUMENTS
IDs, insurance, medical info, contacts–store in a waterproof bag.

CLOTHING & SHELTER
Weather-appropriate clothing, sturdy shoes, rain gear, blanket or sleeping bag.

HYGIENE
Toiletries, hand sanitizer, wipes, feminine supplies, toilet paper, and moisture items.

TOOLS & SUPPLIES
Multi-tool, duct tape, paracord, plastic sheeting, tarps, garbage bags, and gloves.

CASH
ATMs and card systems may not work during outages.

DON'T FORGET PETS AND KIDS!
Include pet food, water, leashes, medications, baby supplies, and comfort items.

KEEP IT READY

- Check your kit every 6 months.
- Replace expired items and rotate food and water.
- Store your kit in an easy-to-carry container in a cool, dry place.
- Make sure everyone in your household knows where it is.

KNOW WHERE TO GO

Identify shelters or safe locations near you.

Have multiple routes in case roads flood.

BE PREPARED.
BE SAFE. STAY INFORMED.

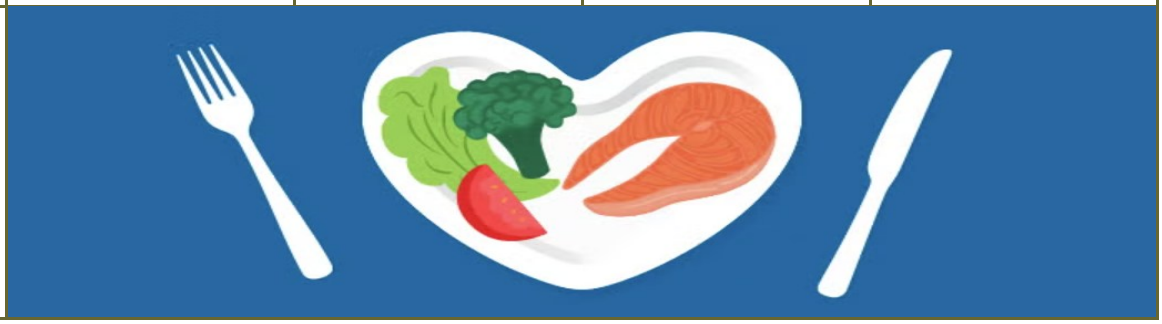
LOCAL RESOURCES

- NOAA Weather Radio
- Ready.gov
- Your County Emergency Management Office
- Local News & Weather Apps

For any questions or concerns please contact Mike Fila, Emergency Management Officer at 928-750-6612 or filam@cocopah.gov

TITLE IV-XX - SENIOR NUTRITION

AUGUST LUNCH MENU

MONDAY ña luun	TUESDAY ñaaraar ña xwak	WEDNESDAY ñaaraar ña xmuk	THURSDAY ñaaraar ña spap	FRIDAY ñaaraar ña srap
3 - xmuk Sloppy Joe, Green Beans and Corn	4 - spap Beef Stew, House Salad and Roll	5 - srap Grilled Cheese, Tomato Soup and Chips	6- xmxuk Texas French Toast, Scrambled Eggs and Sausage	7 - pxkaa Chicken Soup and Cheese Sticks
10 - saaxuuk Pork Ribs, Mac & Cheese and Roll	11 - saaxuuk maak shith Loaded Baked Potato and Corn Bread	12 - saaxuuk maak xwak Oatmeal, Hard Boiled Egg and Fruit	13 - saaxuuk maak xmuk Beef Sausage and Peppers, Brown Rice	14 - saaxuuk maak spap French Bread Pizza, Italian Pasta Salad
17 - saaxuuk maak pxkaa Chicken Stir Fry, White Rice, Egg Rolls	18 - saaxuuk maak spxuuk BLT Sandwich, Sun Chips	19 - saaxuuk maak xmxmuk Tortilla Soup, Beans and Rice	20 - saaxuuk xwak Pork Chops, Mashed Potatoes, Cabbage, and Roll	21 - saaxuuk xwak maak shith Swedish Meatballs, Egg Noodles, and Broccoli
24 - saaxuuk xwak maak spap Creole Meatloaf, Mashed Potatoes, Corn	25 - saaxuuk xwak maak srap Rolled Tacos, Salsa, House Salad	26 - saaxuuk xwak maak xmxuk Spam and Eggs, White Rice, and Avocado	27 - saaxuuk xwak maak pxkaa Chicken Tender Wrap, Chips and Dip	28 - saaxuuk xwak maak spxuuk Beef Goulash, Glazed Carrots, Roll
31 - saaxuuk xmuk maak shith Spinach and Strawberry Feta Sandwich, Toasted Bread				

Each meal will be served with 2% milk and a variety of fresh fruits.

Menu is subject to change without notice. | Some recipes will be substituted for Kidney-Friendly Diet.

FIRST THINGS FIRST

What Is Infant Mental Health? A Parent's Guide to Emotional Growth

When we talk about infant mental health, we're talking about how babies learn to trust, feel safe, express emotions, explore their environment and build relationships. It includes their early social and emotional development - the way they form secure attachments with you and other caregivers. Early experiences with your baby shape how they learn, handle emotions and connect with others as they grow. Whether we feel it in the moment or not, those everyday moments with them make a huge difference.

Everyday ways to support your baby's emotional development

- Respond to your baby's cues
  As a parent, you quickly learn your baby's unique, nonverbal language cues. Those cues are their signal to you that they need something, and when you comfort, smile at or help your baby calm down, you teach them that the world is safe and their feelings matter.
- Help your baby feel safe and secure
  Ensuring your baby feels secure enough to explore the world and safe when frightened or uncomfortable is essential to their growth and development.
- Talk, sing and play
  Your voice and interactions help build connections that support healthy brain development. Even simple back-and-forth conversation strengthen bonding.
- Create routines
  Predictable routines, like bedtime or feeding, help babies feel secure and understand what comes next.
- Take care of yourself
  Your well-being matters, and managing stress can be tricky for any parent. A supported parent or caregiver can better support a child's needs. Hear from expert Tiffany Stenson on how to give yourself grace when things are overwhelming, and more.

Common questions

Is my baby developing healthy emotional bonds?

Baby show healthy emotional bonding, which is often called secure attachment, through simple, everyday interaction. You may notice baby:

- Looking for you or turning towards your voice
- Calming down when you comfort them
- Smiling when you interact with them;
- Making eye contact during feeding or play
- Showing excitement when reunited after a brief separation
- Exploring their surroundings comfortably while frequently checking back that you are still there

These signs mean your little one feels safe and connected. Your baby comes to you for comfort when being scared or hurt as a safe haven. Your baby looks back to make sure you are still there and shares excitement with you as a secure base when exploring the surroundings. These reciprocal interactions help your baby form a secure attachment. But, being a parent doesn't require perfection - just consistent, loving care and responding to your baby's cues as best you can.

When should I reach out for help?

If you're concerned about your baby's development, emotions or bonding, trust your instincts and talk with your pediatrician or a chld development specialist. There are other resources available, too:

- Birth to Five Helpline: Offers free, confidential support from early childhood experts to help parents and caregivers navigate the challenges of raising young children.
- Ages and Stages: Learn about your baby's development milestones and what to do if you're concerned.
- Zero to Three: Information on early social-emotional development and parent resources
- Arizona Early Intervention Program (AzEIP): Provides support and services for infants and toddlers with development concerns.

When babies feel safe, loved and understood, they build confidence and emotional well-being they'll carry throughout life. The small, everyday moments you share truly matter, and you're already helping your baby grow in the best possible way.

For more information about First Things First, please contact Tribal Regional Specialist, Shawni Laffoon at shawnilaffoon@firstthingsfirst.org

THMP

THMP
BACK-TO-SCHOOL
SPORTS ASSISTANCE

★

Is your child ready for sports this school year?

THMP CAN HELP!

Eligible tribal youth may receive assistance with:

- **REGISTRATION FEES**
- **SPORTS EQUIPMENT**
- **UNIFORMS**
- **ATHLETIC SHOES**

JUST PROVIDE PROOF OF SPORTS REGISTRATION OR PARTICIPATION.



Don't let costs keep your child off the field, court, or track.

Let THMP help support your young athlete!

QUESTIONS? CALL THMP
(928) 627-2681

Limited funding available. First come, first served.

★ **HEALTHY KIDS. ACTIVE KIDS. SUPPORTED BY THMP.** ★



THMP DIABETIC SHOE VOUCHER PROGRAM

Need Diabetic Shoes? THMP Can Help!

Proper footwear can help protect your feet, improve comfort, and reduce the risk of diabetic foot complications.

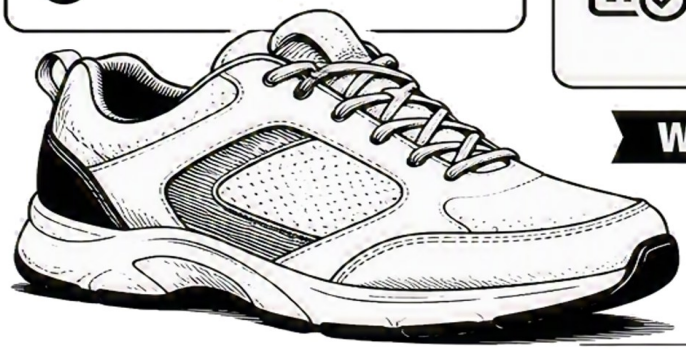
VOUCHER BENEFITS

- Diabetic Shoe Voucher Available for Eligible Tribal Members
- Up to $200 per person
- Limited Funding Available
- First Come, First Served

NEED A PRESCRIPTION?

Yuma Foot Care and Dr. Jessica Duggan, DPM, can help you obtain the prescription required for diabetic shoes.

Don't wait! Schedule your appointment today and take advantage of your Cocopah Diabetic Shoe Voucher.



WHY DIABETIC SHOES?

- Help prevent foot injuries
- Reduce the risk of sores and infections
- Improve support and comfort
- Promote long-term foot health

USE YOUR COCOPAH SHOE VOUCHER TODAY!

QUESTIONS? CONTACT THMP
(928) 627-2681

NEED AN APPOINTMENT? CONTACT YUMA FOOT CARE
(928) 726-6295

Healthy Feet. Healthy Living. Supported by THMP.

ELIGIBLE TRIBAL MEMBERS ★ LIMITED FUNDING AVAILABLE ★ FIRST COME, FIRST SERVED

THMP

THMP PODIATRY SERVICES

Expert Foot Care for Children & Adults

THMP is proud to partner with **Dr. Jessica Duggan, DPM** of **Yuma Foot Care** to provide quality podiatry services for our community.

yuma foot care
JESSICA DUGGAN, DPM

SERVICES INCLUDE:

- Diabetic Foot Evaluations
- Toenail Care & Clippings
- Callus & Corn Care
- Ingrown Toenail Treatment
- Foot & Nail Assessments
- Basic Wound Checks (Non-Emergent)

Care for Children & Adults of All Ages!

WHY CHOOSE THMP PODIATRY SERVICES?

- Established care with Dr. Jessica Duggan, DPM
- Convenient appointments
- Coordination with IHS
- No referral required
- Care for children and adults

DON'T WAIT.
TAKE CARE OF YOUR FEET TODAY!

Healthy feet help keep you moving.
Don't wait to address foot pain, diabetic foot concerns, nail problems, or other foot health needs.

MAKING AN APPOINTMENT IS EASY!

Call **THMP** to schedule your appointment.
928-627-2681
THMP

Call Yuma Foot Care to learn more about services.
928-726-6295
Yuma Foot Care

CONVENIENT • PROFESSIONAL • COMMUNITY FOCUSED

THMP COMMUNITY WELLNESS MEETING

Come Join the Conversation!

Stay informed, enjoy a healthy food spread, and connect with your community.

WHAT TO EXPECT:

- Health & Wellness Updates
- Fun Group Discussions
- Healthy Snacks & Refreshments
- Community Health Resources
- Opportunities to Share Your Wellness Needs

LAST TUESDAY *of Every Month*

(Subject to Change)

YOUR VOICE MATTERS!

Join us as we work together to improve the health and well-being of our community through education, conversation, and support.

Help us better understand how we can support the health and wellness goals of the Cocopah Community.

QUESTIONS OR WANT UPDATES?

Call THMP:
(928) 627-2681

Follow the Cocopah THMP Health & Wellness Center on Facebook for meeting updates and announcements.

LEARN • CONNECT • SHARE • THRIVE

COCOPAH THMP HEALTH & WELLNESS CENTER

Supporting Healthy Communities Together

EPO

Flight of the Monarchs

Each year, millions of monarchs embark on a journey spanning up to 3,000 miles, traveling from Canada and the northern United States to the temperate forests of central Mexico. The phenomenon is remarkable not just for its scale but also for its mystery. No single butterfly completes the round trip. Instead, it takes multiple generations to finish the cycle, with each new generation somehow inheriting the instinct to find its way to the same remote Mexican sanctuaries.

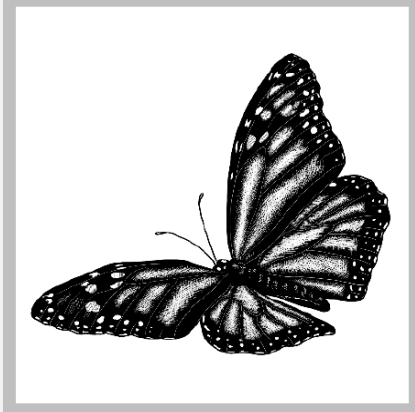
The high-altitude fir forests of central Mexico, particularly in the states of Michoacán and México, serve as the winter refuge for monarchs. Here, the butterflies cluster by the millions. These sanctuaries are more than resting grounds; they are essential to the monarchs' survival. Without these specific microclimates—cool, stable, and humid—the butterflies would not be able to endure the winter months. Local communities in these regions play a crucial role in preserving the forests, as deforestation and illegal logging have long threatened the delicate balance required for this migration to continue.

While the spectacle of monarch migration inspires wonder, the species faces a precarious future. Habitat loss in North America is one of the most pressing challenges. Milkweed, the only plant on which monarchs lay their eggs and the primary food source for their caterpillars, has been rapidly declining due to agricultural expansion and herbicide use. Without milkweed, new generations of monarchs cannot survive. But monarchs are resilient. There's reason to believe they can survive. They may just need a little help from their human friends. And that includes you. Start at home. Plant milkweed.

Even a single pot on a patio can help.

Desert Spotlight

Monarch butterflies are pollinators that are well known for their impressive long-distance migration and their recent declines. The species highlights the need for conservation efforts for all pollinators across the nation. With its iconic orange and black markings, the monarch butterfly is one of the most recognizable butterfly species in North America. Their bright coloration serves as a warning to predators that eating them can be toxic, and monarchs obtain these toxins (called cardenolides) by consuming milkweed plants. North American migratory monarchs are divided into eastern and western populations. The Rocky Mountains generally divide these two populations, limiting their contact. However, the two populations are not completely isolated from each other and still occasionally interbreed. There are also non-migratory monarchs that remain year-round at the southern end of their breeding range in North America, including in parts of Florida, the Gulf Coast and California.



Monarch Butterlfy
Dannaus plexippus
Sxmaallap

Brought to you by the Cocopah Environmental Protection Office
For more information, please contact Louise Aceves at acevesl@cocopah.gov

Cocopah Calendar Ahead 2026

August 6	**Commodity Distribution** • 9am-12pm • Next to the Community Center
August 20	**Elders Meeting** • 10am • Cocopah Cultural Center
August 20	**Commodity Distribution** • 9am-12pm • Next to the Community Center
August 21	****Early Steps Group Connections** • 11am-1pm • Cultural Center
September 3	**Commodity Distribution** • 9am-12pm • Next to the Community Center
September 9	**Labor Day** • Government Offices Closed
September 17	**Elders Meeting** • 10am • Cocopah Cultural Center
September 17	**Commodity Distribution** • 9am-12pm • Next to the Community Center
September 25	**Native American Day** • Government Offices Closed
September 29	****Early Steps Group Connections** • 11am-1pm • Cultural Center
October 1	**Commodity Distribution** • 9am-12pm • Next to the Community Center
October 12	**Indigenous Peoples' Day** • Government Offices Closed
October 15	**Commodity Distribution** • 9am-12pm • Next to the Community Center
October 15	**Elders Meeting** • 10am • Cocopah Cultural Center

All events are subject to change without notice.
***For families enrolled in the program*

May

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31						

June

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August

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September

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October

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November

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December

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ANNOUNCEMENTS

Tribal Phone Directory	
Administration	627-2102
ADAPP	627-2161
Cocopah Casino	726-8066
Cocopah Korner	341-1444
Cocopah Resort	722-6677
Cocopah Speedway	344-1563
Cocopah Wellness	627-2681
Community Center	627-5658
Cultural Resources	627-4849
CVT	627-8026
Daycare	627-3729
Education	627-4973
Elderly Program	627-4166
EPO Director x.7454	627-2025
Head Start	627-3197
IHS 1(800) 862- 4911	
Housing	627-8863
IT x.7449	627-2025
Judicial	627-2550
Museum	627-1992
Manpower	627-0616
Pesticide x.7455	627-2025
Prosecutor x.7452	627-2025
Public Works	627-0616
Purchasing x.7448	627-2025
Resort Gift Shop	217-1068
Rio Colorado Golf	627-0057
RV Park	343-9300
Social Services	627-3729
Title VI/XX	627-1148
Tribal Gaming	217-7718
Tribal Police	627-8857
Wild River	627-0980
Youth Home	627-1298

The Elders Cultural Council Meeting is

Thursday August 20, 2026 at 10:00am

@ the Cultural Center

COMMODITY DISTRIBUTION

Thursday AUGUST 6, 2026

9:00 AM to 12:00 PM

&

Thursday AUGUST 20, 2026

9:00 AM to 12:00 PM

DISTRIBUTION WILL BE NEXT TO THE COMMUNITY CENTER.



Cocopah Newsletter Submission Form

The last day you can submit any information for the **SEPTEMBER** issue is: **August 20th by 5:00 p.m.** Any late submissions will be added in the next month's newsletter. Community, Tribal departments and local events submissions are welcomed. We reserve the right to edit all submissions for length, language, multiple submissions, clarity or reject inappropriate submissions. You can complete this Submission Form which includes your name, date, and a contact phone number. Please fax or email us (rodriquezj@cocopah.gov) with all information.

Name: _____ Phone Number: _____

Message: _____

_____

_____