Cocopah Times Newsletter

COCOPAH INDIAN TRIBE | SEPTEMBER 2026 ISSUE

Cocopah Elders 55+
MINDFULNESS OF HEALTH
Event

Come join us for a peaceful, supportive, and engaging afternoon focused on mindfulness, wellness, and connection for our Cocopah Elders.

FRIDAY, SEPT. 18, 2026
11:00 AM - 3:00 PM
COCOPAH CULTURAL CENTER

Lunch and plenty of snacks provided. Raffles & Goodie Giveaways!

A supportive space to relax, connect, and strengthen your mindfulness of health.

EVENT ACTIVITIES INCLUDE:

Elder-Focused Wellness Activities & Resources
Storytelling • Gardening
Birdwatching
Relaxation Hand Massage
Guided Meditation • Arts & Crafts
and much more!

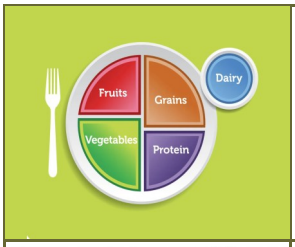
If you're a Cocopah Elder looking to explore mindfulness, wellness, and community connection — this event is for you.

Honoring Our Elders Through Mindfulness & Health

To RSVP or learn more, contact THMP Wellness Center or Elder Nutrition at **(928) 627-2681.**
ELDERS 55+ AND CAREGIVERS WELCOME
Transportation assistance is available. Please RSVP at least 24 hours in advance if transportation is needed.

TITLE IV-XX - SENIOR NUTRITION

SEPTEMBER LUNCH MENU

MONDAY ña luun	TUESDAY ñaaraar ña xwak	WEDNESDAY ñaaraar ña xmuk	THURSDAY ñaaraar ña spap	FRIDAY ñaaraar ña srap
	1 Ham Past Bake, Green Beans and Corn	2 Chicken Sandwich and Mac & Cheese	3 Beef Stroganoff, Green Beans & Dinner Roll	4 Denver Omelet with Toast
7 	8 Chicken Fideo & Rolled Tacos	9 Ceviche, Saltines and Jamaica Water	10 Chorizo and Eggs, Tortillas and Salsa	11 Salisbury Steak with Grilled Onions & Cole Slaw
14 Grilled Lemon Chicken Thighs with Wild Rice	15 Corn-Green Chili Soup, Crackers and Corn Bread	16 Cajun Fish, Red Potatoes & Corn	17 Pancakes, Bacon & Fruit Cups	18 Meatball Sub & Side Salad
21 Chicken Caesar Salad & Chips	22 Mexican Lasagna and Cilantro Lime Rice	23 Vegetable Soup, Grilled Cheese	24 Native Tacos, Salsa & Side Salad	25 
28 Ham & Cheese Pinwheels, Baby Carrots & Ranch	29 Shepherds Pie & Roasted Mushrooms	30 Tuna Sandwich & Ants on a Log		

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

The Reality of Starting Pre-School: Tears, Cheers and How to Cope

The first day is done. Maybe it went great or there were tears (yours or theirs, or both). Either way, here's the truth nobody tells you. The first day isn't actually the hard part. The next few weeks are. This is when the newness wears off and real adjustment begins. When young children are tired, behavior at home can get bumpy. Parents start second-guessing routines and schedules. If that's where you're at right now, here are some preschool transition tips to help your child settle in—and how to take care of yourself while you do it.

Why your kid melts down the moment they get home

If your well-behaved preschooler has a meltdown the second they get home, you're not doing anything wrong. This has a name: restraint collapse. It's a lot for young children to navigate new routines, faces and rules and social settings. Then, they come home to you, their safest person, and let it all out. The best response isn't a lecture. Instead, it's a calm, low-key homecoming.

How to help your child settle into home:

● Offer a healthy snack ● Sit near them with a low-key activity ● Stay away from screens for the first hour and before bedtime ● The big feelings usually pass faster when they're not met with more pressure.

Sudden behavior changes might just be exhaustion

As little ones take in the world around them, they're constantly learning, socializing and practicing their skills. A child who seems suddenly defiant, clingy or extra emotional this week might just be running on empty. This is a good week to move bedtime earlier, even by 20 or 30 minutes. Skip extra weeknight activities if you can. Sleep debt shows up as behavior problems way more often than we expect, especially in the first month of a new routine.

How to keep a consistent routine

You might've had a smooth morning day one and a rough one the following day. That's normal. Kids need repetition to build trust in a new routine, not just one good day to prove they can handle it. Stick to the same short goodbye each morning: a hug, a phrase and a wave, then go. Consistency matters more than perfection. Even if tomorrow's drop-off is hard, following the same routine is what helps build a sense of safety over time. On that note, give yourself and your child enough time for mistakes and unexpected interruptions as you get ready for the day.

Don't read too much into one bad day (or one bad week)

It's easy to treat every rough drop-off or tough evening as a sign that something is wrong. But adjustment isn't a straight line. Some days will be easier than others, and that's expected, not a red flag. Give it a few weeks before drawing conclusions about how your child is adjusting overall. Look at the pattern, not the moment. If things are trending better, even slowly, that's a good sign—even on the days that feel like a step backward.

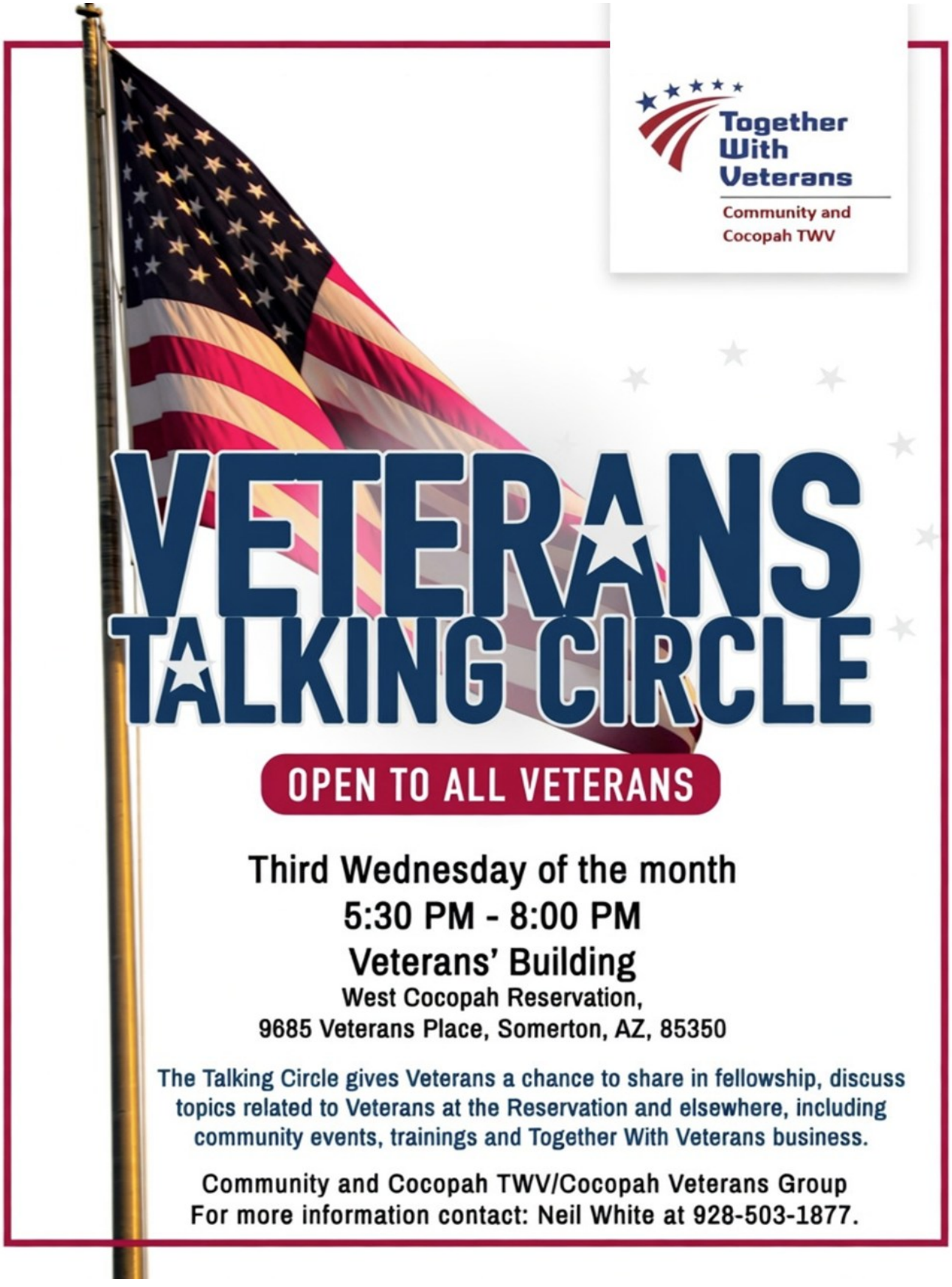
Giving yourself grace as a parent

Parents go through a transition here, too, and that part often gets skipped. Guilt, worry and a strange kind of grief are all common when your child starts spending big chunks of their day somewhere else, with someone else. Those feelings are normal. They don't mean you made the wrong choice. Give yourself the same patience you're giving your child this week. This adjustment is new for both of you, and it gets easier for everyone at roughly the same pace.

The bottom line is the hardest part of starting preschool or any kind of child care usually isn't the first day. It's the weeks that follow, when the excitement fades and real adjustment sets in. Stay consistent, protect sleep and give it time. Most kids find their footing within a month, even when the few weeks feel unstable. If your child's adjustment feels harder than expected after a few weeks, connect with their educator, caregiver or pediatrician for extra support.

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

ANNOUNCEMENT



COUNCIL & JUDICIAL

Council Highlights

- The Tribal Council continues ongoing discussions at both the local and federal levels with U.S. Border Patrol.
- The North Restoration Project was officially named **"Cocopah Stronghold,"** by the 2024–2026 Tribal Council. Irrigation systems are currently being installed.
- After 28 years of dedicated service to the Cocopah Indian Tribe, Bonnie Atwell, Executive Director of Gaming, is retiring. We thank her for her years of commitment and service to our Tribe.
- Joint meetings regarding Indian Health Services with the Quechan Tribal Council have begun and will now take place on a monthly basis.
- La Cabaña restaurant has moved to the Korner Store Kitchen/drive thru expanding their hours 6AM-6PM Monday-Saturday.
- The Solar Farm project remains pending, with an official date for when the project will become operational yet to be announced.

Keeping Our Community Informed

Each month, we will continue to share highlights of the work being carried out by the Tribal Council, including important discussions, decisions, projects, and matters affecting our community. It is our responsibility to keep our people informed and aware of the work being done on behalf of the Cocopah Indian Tribe.

NOTICE FROM TRIBAL COURT

Child Support Liens

If you did not receive any Child Support Payments for the year 2026, you can Motion this Court to reopen your child support case and request a Lien Order for the amount to be deducted from the Respondent's 2027 Profit Share. A hearing will be held regarding the Lien request.

This Motion must be filed by 4:00 p.m. Wednesday October 7, 2026 and there is a $50.00 fee to reopen each case. This fee will not be waived. After the deadline, this Court cannot create a Lien for Child Support.

Respectfully,

Tribal Court

CVT

Congratulations!! WIOA participant

FRANKLIN J. HEMMERS

For successful completion of the 160 Clock Hour CDL Certificate Program at Yuma Truck Driving School and obtaining the AZ MVD Commercial Driver License.

REPTILE DISCOVERY

EDUCATIONAL PRESENTATION

By Sharon Maurer



Join us for a fascinating educational session where you will learn about some of the incredible snakes from Arizona.

Feeling brave? You will even have the chance to touch a real snake if you dare!

FREE SNACKS AND DRINKS WILL BE PROVIDED

TUESDAY SEP 29

4:30-5:30 P.M.

COCOPAH COMMUNITY

This event is sponsored by the Cocopah Environmental Protection Office
For more information, please contact Louise Aceves at acevesl@cocopah.gov or (928) 750-9610

Cocopah Eye Voucher



Now More Inclusive

If you have NOT received an eye voucher in the last 12 months,
YOU ARE ELIGIBLE.

Call Today for Support
THMP Cocopah Wellness Center
928-627-2681

We are here to help you access your eye care services.

Choose From Two Locations
Somerton Eye Care
Nationwide Vision

Take Care of Your Vision

Don't wait—your eye health matters.
Call today and get scheduled!

EPO

Why Do Birds Migrate?

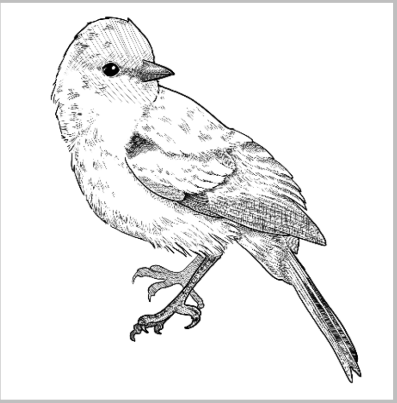
Lots of animals, from whales to wildebeest, make long annual migrations. But birds do it in the most spectacular fashion. They move farther, faster, and in greater numbers than any other animals. On a single autumn night with favorable winds, there can be more than 1 billion birds in the air over the United States alone. Although some birds migrate during daytime, including raptors, waterfowl, and swallows, most birds migrate at night, when atmospheric conditions are calmer and there are fewer predators about.

Birds typically migrate to take advantage of these three resources:
Food: birds that nest in the Northern Hemisphere tend to migrate northward in the spring to take advantage of a few months of plenty, fed by burgeoning insect populations and budding plants.
Breeding Sites: the vast boreal forests and open tundra of the Arctic provide huge expanses for shorebirds and songbirds to nest in, compared with the crowded forests of the tropics—making it worth the long journey.
Daylight: near the equator, daytime is about 12 hours long all year. By traveling to nearer the poles, birds can get much longer daylight, just when they need it most for raising their young. The extra daylight also fuels the abundant plant, plankton, and insect booms that create such a plentiful food supply.

Perhaps surprisingly, weather is not on this list. Escaping cold temperatures is not itself a major factor that drives birds to migrate, since many species, even hummingbirds, can withstand freezing temperatures as long as an adequate supply of food is available.

Desert Spotlight

In the heat of desert arroyos and scrublands, tiny grayish Verdins flash bright colors—a yellow head and chestnut shoulder patch. More slender and small-headed than a chickadee, these restless birds comb the foliage of trees for insects and spiders, sometimes hanging upside down to investigate hard-to-reach places. They supplement their insect diet with fruits and even nectar, which they may sip from hummingbird feeders.
Verdins build unusual spherical nests, often making several per year and using them for roosting throughout the year. This bird of hot, dry country is active during the early morning and often becomes quiet and still in the heat of midday.
Adults are grayish with a yellow head. They have a small chestnut patch at the bend of the wing (the lesser coverts). Juveniles are similar but lack the yellow and chestnut colors.



Verdin
Auriparus flaviceps
Kwṣmany

Cocopah Calendar Ahead 2026

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
November 5	**Commodity Distribution** • 9am-12pm • Next to the Community Center
November 11	**Veteran's Day** • Government Offices Closed
November 19	**Elders Meeting** • 10am • Cocopah Cultural Center
November 5	**Commodity Distribution** • 9am-12pm • Next to the Community Center
November 20	****Early Steps Group Connections** • 11am-1pm • Cultural Center
November 26-27	**Thanksgiving & Day after Thanksgiving** • Government Offices Closed

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

September

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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 SEPTEMBER 17, 2026 at 10:00am

@ the Cultural Center

COMMODITY DISTRIBUTION

Thursday September 3, 2026

9:00 AM to 12:00 PM

&

Thursday September 17, 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 **OCTOBER** issue is: **September 21st 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: _____