# Cocopah Times Newsletter

COCOPAH INDIAN TRIBE | OCTOBER 2026 ISSUE


COCOPAH INDIAN TRIBE

## FALL 2026
# ENVIRONMENTAL & SAFETY CLEANUP



## CLEANUP SCHEDULE

7:00 am - 12:00 pm

**WEST RESERVATION:**
- Monday, October 26th
- Tuesday, October 27th

**EAST RESERVATION:**
- Wednesday, October 28th
- Thursday, October 29th

**NORTH RESERVATION:**
- Friday, October 30th

This is in addition to normal collection days and is strictly for the pickup of ordinary household bulk.

Man Power will assist Elders and those with disabilities. Please call in advance for assistance.

FOR MORE INFORMATION CALL
MAN POWER DEPT. (928) 627-0616 • HOUSING DEPT. (928) 627-8863
OR EPO DEPT. (928) 627-2025

**All items must be placed out on curb**

**Acceptable Items**
- Refrigerators, stoves, washing machines & other appliances
- Furniture
- Electronics
- Tires without rims (5 per household)
- Bagged lawn clippings

**Unacceptable items**
- Chemicals/paint/soils/poisons
- Large auto parts
- Large tree stumps
- Large concrete
- Dead animals
- Sewage/rotten meat

## TITLE IV-XX - SENIOR NUTRITION

# OCTOBER LUNCH MENU

| MONDAY<br>ña luun | TUESDAY<br>ñaaraar ña xwak | WEDNESDAY<br>ñaaraar ña xmuk | THURSDAY<br>ñaaraar ña spap | FRIDAY<br>ñaaraar ña srap |
|---|---|---|---|---|
|  | | | 1<br>Hot Dogs with all the Fixings, Coleslaw & Baked Beans | 2<br>Chile Relleno with Beans & Rice |
| 5<br>Stuffed Calzone, Baby Carrots & Ranch | 6<br>BBQ Pork Dinner, Oven Roasted Potatoes & Spinach | 7<br>Oven Roasted Chicken, Macaroni & Cheese, Green Beans | 8<br>Salisbury Steak, Mashed Potatoes, Gravy, Roll | 9<br>Albondiga Soup, Cabbage, Corn, Bolillo Bread |
| 12<br> | 13<br>Pork Tenderloin, Rice, Side Salad, Roll | 14<br>Vegetable Wonton Soup, Noodles, Egg Rolls | 15<br>Fried Fish Sandwich, French Fries, Coleslaw | 16<br>Caprese Ravioli, Italian Vegetable, Garlic Bread |
| 19<br>Potato, Egg, Bean, & Cheese Burrito, Salsa | 20<br>Ribs, Potato Salad, Corn on the Cob | 21<br>Chicken Noodle Soup, Cesar Side Salad, Garlic Bread | 22<br>Sweet and Sour Pork, White Rice, Steamed Cabbage | 23<br>Beef Tamale, Rice and Beans |
| 26<br>Sloppy Joes, Steak Fries, Green Beans | 27<br>Chicken Sandwich, Side Salad, Chips | 28<br> | 29<br>Cream of Wheat, Berries, Blueberry Muffin | 30<br>Sliced Turkey, Stuffing, Gravy, Peas, Carrots, Roll |

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.

## COUNCIL HIGHLIGHTS

Quarterly Evening Council Meetings:

- Council voted to move forward with a trial of holding evening Council meetings once per quarter, with the first evening meeting scheduled for October 9, 2026. The meeting time will be determined during a special meeting in September.

- Somerton Art Festival: The Cocopah Museum and Councilwoman Jennifer Townsend, who also serves on the Somerton Parks & Recreation Commission, will participate in storytelling at the Somerton Art Festival on October 1, 2026 held at the Somerton Council Park at 801 Council Ave., Somerton, Arizona 85350. Event is from 5:00pm to 8:00pm.

- ASU Partnership: Council approved a partnership with Arizona State University that will provide eligible Cocopah membership, employees, and family members with a 10% tuition benefit.

- Cocopah & Quechan Collaboration: Monthly joint meetings with the Quechan Tribal Council continue, with discussions focused on collaborative efforts to help ensure quality patient care for our communities.

- Border Patrol Meetings: Regular meetings with local Border Patrol have resumed and will once again take place monthly.

- Cocopah Council participates in monthly AI gaming meetings, monitoring the future of Tribal gaming.

# FIRST THINGS FIRST

## Caring for Baby Teeth

**Healthy Teeth for Young Children**

Even before your baby's first tooth shows up, they've got a full set of 20 baby teeth developing under the gums. These little teeth matter a lot. They help your child eat, talk, smile and save space for their adult teeth. If baby teeth get cavities or fall out too early, it can lead to pain, infections or future dental problems—like crooked or crowded permanent teeth.

**Caring for Baby Gums and Teeth**

You don't have to wait for teeth to appear. Here's how to begin:

- Wipe your baby's gums with a clean, damp cloth every day
- Once the first tooth comes in (usually around 6 months), start brushing 2 times a day with a soft infant toothbrush and a smear of fluoride toothpaste (about the size of a grain of rice)
- Never share spoons, cups or toothbrushes—it spreads germs that cause cavities
- Don't put your baby to bed with a bottle of milk, juice or anything sugary
- Plan their first dentist visit when their first tooth comes in or by their first birthday

**Help When Your Baby is Teething**

Teething can make babies fussy, drooly or eager to chew everything. You can help soothe them with:

- A gentle gum massage using a clean finger
- A chilled teething ring or wet washcloth
- A pacifier that's been cooled in the fridge

**How to Prevent Tooth Decay**

1. Brush Every Day
   - Starting brushing when the first tooth comes in.
   - From 6 months to 3 years: Use a smear of fluoride toothpaste
   - Age 3 and up: Use a pea-sized amount
   - Brush twice a day—after breakfast and before bed
2. Limit Sugar
   - Skip sugary snacks and drinks, especially before bed. Offer water between meals and try snacks like fruit, cheese, or whole grain crackers. Teach your child about "anytime foods" (healthy) and "sometime foods" (treats).
3. Don't Share Germs
   - Avoid sharing utensils, food or cleaning a pacifier with your mouth. Your child is born without cavity-causing germs, but they can pick them up from you.
4. Visit the Dentist Every Year
   - Your child needs a dental check-up starting at age 1 and every year after. Early visits help prevent problems and save money later.

**No Dental Insurance?**

Check these low cost options:

- Tribal Dental Clinics ○ Fort Yuma Hospital, 401 Piacho Road, Winterhaven, CA 92283, (760) 572-4226
- Community health centers with sliding scale fees ○ Sunset Health: Somerton, 115 North Somerton Avenue, Somerton, AZ 85350, (928) 627-2051
- Ask your local WIC or Head Start for help

**What is Fluoride—And Why it Helps**

Fluoride is a natural mineral that strengthens teeth and helps prevent cavities. If you suspect a cavity, look for:

- White spots or lines near the gums
- Brown spots on the teeth
- These can be signs of early decay. Don't wait—make a dental appointment right away.

**Cavity Prevention is a Family Affair**

Taking care of your teeth during pregnancy is an important part of keeping your baby healthy. Oral health problems can be more common during this time, so it's a good idea to brush, floss and see the dentist regularly. Starting healthy habits during pregnancy helps protect your baby's teeth, too—because cavity prevention is a family effort. When you care for your own smile, you're also setting your child up for a healthy start and a happy smile of their own.

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

## ANNOUNCEMENT



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### IMMERSIVE LANGUAGE PILOT PROJECT DEMONSTRATION

# CONTINUING THE COCOPAH LANGUAGE

SATURDAY, OCTOBER 17TH
10:00 AM TO 3:00 PM
COCOPAH CULTURAL CENTER
WEST COCOPAH RESERVATION

**Who should attend:**

Current or former fluent speakers of the Cocopah Language
*(a former fluent speaker is one who previously spoke Cocopah on a regular basis but has not recently engaged in conversations using the language)*

**Purpose:**

- To demonstrate an immersive approach to learning the Cocopah Language
- To discuss the current status of our Cocopah language speaking community and the future of the language
- To discuss whether an immersive language program or other approaches could benefit the community
- To gauge who may be interested in supporting or teaching the Cocopah Language
- To gain community support in preserving the Cocopah language

**Agenda:**

| | |
|---|---|
| 1000 am | -Welcome; Introductions; Demonstrations |
| 1215 pm | -Lunch *(Provided)* |
| 1pm | -Conversation Activities; Discussion; Out-brief |
| 3 pm | -Conclude |

For further information call Florence Fitch at (928) 323-5013 or Jennifer Townsend (928) 345-8321.

## ANNOUNCEMENT



## PARKS & RECREATION



# Cocopah Calendar Ahead 2026

| | |
|---|---|
| **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 |
| **October 26** | **EPO Community Cleanup** • 7am-12pm • West Reservation |
| **October 27** | **EPO Community Cleanup** • 7am-12pm • West Reservation |
| **October 28** | **EPO Community Cleanup** • 7am-12pm • East Reservation |
| **October 29** | **EPO Community Cleanup** • 7am-12pm • East Reservation |
| **October 29** | **EPO Community Cleanup** • 7am-12pm • North Reservation |
| **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 |
| **December 25** | **Christmas Day** • Government Offices Closed |

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

**September**

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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

**October**

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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

**November**

| Su | Mo | Tu | We | Th | Fr | Sa |
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| 29 | 30 | | | | | |

**December**

| Su | Mo | Tu | We | Th | Fr | Sa |
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| 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**

**CANCELED**

**For the Month of October**

# COMMODITY DISTRIBUTION

**Thursday October 1, 2026**

**9:00 AM to 12:00 PM**

**&**

**Thursday October 15, 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 **NOVEMBER** issue is: **October 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: _____

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