



# Soboba Tribal Family Services

## June Newsletter



### **Soboba Tribal Social Service Staff:**

Nancy Currie, Director  
Donald Salcedo, Case Manager  
Catherine Gonzalez, Legal Admin Assistant

Monday through Friday  
8:00am to 4:30 pm  
(951) 487-0283

Check us out online at [www.soboba-nsn.gov](http://www.soboba-nsn.gov)  
in the Departments tab.

### **June 15<sup>th</sup> is Elder Abuse Awareness Day**

Every year an estimated 2.1 million older Americans are victims of elder abuse, exploitation or neglect. Experts believe that for every case of elder abuse or neglect reported, as many as five cases go unreported. Our elders deserve better and everyone can act to protect them.

If you suspect abuse or neglect, call the 24-hour Riverside County Adult Protective Services Hotline at (800) 491-7123. They will gather all information needed to address your concern, although you do **not** need to provide your name or contact information, unless you choose to.

You may also contact Soboba Tribal Family Services and we will assist you.

### **Curtailing Abuse Relating to the Elderly (C.A.R.E.)**

The C.A.R.E. Program provides services to victims of elder abuse and consumer crime in Riverside County. C.A.R.E. investigates incidents of consumer fraud against elders (65+) or dependent adults (18-64) and assists the person in resolving the situation and protecting themselves. C.A.R.E. also provides presentations, trainings, and information sessions about how to recognize and report elder abuse.

749 N. State Street Hemet, CA 92543

Please call toll-free **1-800-476-7506** or contact one of the following offices:

Hemet - (951) 791-3568; Indio - (760) 863-7661;  
Jurupa - (760) 955-2653; Lake Elsinore - (951) 245-3323;  
Moreno Valley - (951) 486-6828

### **Alternatives to Domestic Violence 24-hour Hotline**

Riverside City and out of County: (951) 683-0829  
Remainder of Riverside County: (800) 799-SAFE (7233)  
TDD Line – (800) 787-3224

*If you are in immediate danger call 9-1-1*

### **Summer Fun For Kids**

With summer here, parents need practical ideas for kids' entertainment. Try out a few of these ideas that kids and families can do to have fun throughout summer.

1. **Have a puzzle race.** Use 100-piece puzzles and see who finishes first.
2. **Play a card game.** Maybe crazy eights, spoons or poker. Take your pick.
3. **Play a board game.** Candyland, chess or Monopoly, depending on age and types of games the kids like.
4. **Read a book aloud together.**
5. **Make good use of nearby parks.** Go to your local parks website, print the schedule of activities and tape it to the refrigerator.
6. **Pack a picnic.** And plop down to eat it just about anywhere, at a free concert, in a state park or in your own backyard.
7. **Experiment with new hairdos.** Let the kids try out not-permanent colors or braids. Or maybe a spiked look.
8. **Take an early morning bird walk.**
9. **Grow vegetables.** And then eat them.
10. **Grow flowers.** And then arrange them .
11. **Go to the beach.** Whether it's the ocean, lake or bay.
12. **Do summer crafts.** Check out crafting websites like [www.dltk-holidays.com/summer/](http://www.dltk-holidays.com/summer/) and [www.thelongthread.com/?p=4054](http://www.thelongthread.com/?p=4054) for ideas.
13. **Let the kids cook dinner.** In fact, make a tradition of it. Visit [www.KidsHealth.org](http://www.KidsHealth.org), click "For Kids" and check out "Recipes and Cooking". Try recipes like *Chex Chicken* or *Disappearing Zucchini Muffins*.
14. **Host the kids' friends for a sleepover.** And the maybe your kids will be invited next, giving you a free evening.
15. **Go to a nearby museum that you've never been to before.**
16. **Make homemade ice cream in a bag.** Visit [www.spoonful.com/recipes/homemade-ice-cream-bag](http://www.spoonful.com/recipes/homemade-ice-cream-bag)
17. **Contact Soboba Cultural Department for a schedule of their activities.**
18. **Do fun experiments with household supplies.** Visit [www.KidsHealth.org](http://www.KidsHealth.org), click "For Kids", then click "Movies and More" and try some of the experiments like "Senses Experiment – Tasting With Your Nose" or "Candy Experiment – Lifesaver Lights".

Excerpted from [www.workathomemoms.about.com](http://www.workathomemoms.about.com) and [www.kidshealth.org](http://www.kidshealth.org)

## ***Competitive Sports: Helping Kids Play it Cool***

Sports are a great way for kids to have fun, stay fit, improve skills, and make friends. But it's not always fun and games. The pressure to succeed can be overwhelming. Sometimes kids are just too hard on themselves, but more often, kids try to please a parent or coach, and feel like winning is the only way to gain approval or respect.

How kids learn to cope with sports pressure not only affects their performance and enjoyment of the sport, but can affect how they deal with similar challenges throughout life.

### **Kid-Friendly Stress Management**

Teach your child to use these relaxation techniques when the demands of competition start to heat up:

**Deep breathing:** Find a quiet place to sit down and inhale slowly through the nose, drawing air deep into the lungs. Hold the breath there for about 5 seconds, and then release it slowly. Repeat the exercise five times.

**Muscle relaxation:** Contract (flex) a group of muscles tightly. Keep them tensed for about 5 seconds, then release. Repeat the exercise five times, selecting different muscle groups.

**Visualization:** Eyes closed, picture a peaceful place or event, or visualize success. People who advise competitive players often recommend that they imagine themselves completing a pass, making a shot, or scoring a goal over and over. On game day, recalling those stored images can help calm nerves and boost self-confidence.

**Mindfulness:** Focus on the present instead of worrying about the future, and stop negative thinking by focusing on positives. Whether preparing for a competition or coping with a defeat, repeat positive affirmations: "I learn from my mistakes!" "I'm in control of my feelings!" "I can make this goal!"

### **Other things kids can do to keep stress in check:**

**Do a body good.** It's important to eat well and get a good night's sleep, especially before games where the pressure's on.

**Do something fun.** Encourage your child do some type of activity other than the sport they are involved in. Suggest taking a walk, riding a bike, seeing a movie, or hanging with friends to get completely away from the sport that's causing stress.

**Avoid perfectionist thinking.** Don't try to be perfect — and don't expect it in teammates either. Everyone messes up from time to time. Teach your child to forgive themselves and move on.

Sports are about building self-esteem, social skills, and a sense of community. Above all, the point is to have fun. By keeping that as the priority, you can help your child learn to ride the highs and lows that are a natural part of competition.

Excerpted from [www.KidsHealth.org](http://www.KidsHealth.org)

## **Creating Structure and Rules**

Does your child have meltdowns when you change from one activity to another? Do you have trouble getting your child to follow a regular schedule? Consistent routines and rules help create order and structure your day. Things go more smoothly when you and your child know what to expect.

### **Keys to Creating Structure**

1. Consistency, predictability, and follow-through are important for creating structure in the home.
2. Respond to your child's behavior the same way every time. When you are consistent, the behaviors you like will happen more often and problem behaviors are less likely to happen.
3. Routines and daily schedules help you and your child. You both know what to expect each day. Routines can also improve your child's behavior and your relationship with your child.
4. A family rule is a clear statement about behaviors that are never okay, such as hitting and running in the house. You can change your child's behavior when there are clear consequences for breaking the rule..
5. Keep things positive! Reward and praise your child for following routines and rules. This makes it more likely that your child will follow the routines and rules in the future.

Excerpted from the Centers for Disease Control website at <http://www.cdc.gov/parents/essentials/structure/index.html>



**24 – Hour Child Abuse Hotline for  
Riverside County  
(800) 442-4918 or (800) 442-4453**

