

JULY 2023



# CCDBG TIMES



California Indian Manpower Consortium, Inc.  
Child Care and Development Block Grant Program

## HAPPY SUMMER!

It's finally summertime, the best time of year to go outside and explore! Summer also provides many opportunities for physical activities to keep young minds stimulated during these long summer days. The CIMC CCDBG Program hopes that this newsletter inspires you to take your little ones outside and enjoy some fresh air and quality time together!



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# CONDOR

SUCCESS AND CAREER ACADEMY



Through the CIMC Condor Success and Career Academy, students can complete school, earn a high school diploma, or complete a pathway certification program.

## What can be offered to your child:

- ✓ Live instructional support 24/7
- ✓ Blended Learning
- ✓ Credit Accrual and Recovery
- ✓ Virtual Courses
- ✓ Test Preparation
- ✓ Individualized Content
- ✓ Grade Recovery
- ✓ And SO much more!

If you are interested in signing your child up or if you would like to learn more about the program, visit our website: <https://condoracademy.org/>

California Indian Manpower Consortium, Inc.  
738 North Market Boulevard  
Sacramento, California 95834  
(916) 920-0285 | (800) 640-2462 | TTY: (800) 748-5259



# CSBG



## COMMUNITY SERVICES BLOCK GRANT PROGRAM

- Nutrition services for limited food resources
- Housing Assistance
- Utility Assistance
- Education Assistance
- Employment Assistance



Scan the QR Code or visit <http://www.cimcinc.org> to learn more



MOVE YOUR WAY.

# 60 A DAY!

## Help your kids get more physical activity

Use this tool to find ways to fit more activity into their day.

<https://health.gov/moveyourway/get-kids-active>



PLAYWORKS



Explore hundreds of games by group size, available space and equipment, appropriate ages, and developmental skills.

<https://www.playworks.org/game-library/>



United States  
CONSUMER PRODUCT  
SAFETY COMMISSION



Everyday thousands of products are recalled due to safety hazards. Visit the website below to make sure nothing in your household has been recalled.

<https://www.cpsc.gov/Recalls>



## Workforce Development Program

THE CIMC MOVEMENT: CREATING POSITIVE CHANGE FOR NATIVE COMMUNITIES

- ★ ASSESSMENT AND INDIVIDUAL EMPLOYMENT PLAN
- ★ JOB READINESS TRAINING
- ★ JOB DEVELOPMENT AND PLACEMENT

Visit <http://www.cimcinc.org> to learn more!

# California WATER WATCH

"This site offers the most current local and statewide water conditions down to your region and even your neighborhood. This information is updated dynamically from a variety of data sources. Everyone is welcome to research, learn, and stay informed about California's most precious resource -- water."

<https://cww.water.ca.gov/>



To learn more about the statewide water restrictions, scan the QR code or visit:



[www.waterboards.ca.gov](http://www.waterboards.ca.gov)

## WATER FOOTPRINT<sup>®</sup> CALCULATOR

To see what your water footprint is, scan the QR code or visit:



[www.waterboards.ca.gov](http://www.waterboards.ca.gov)



#SaveOurWater



Scan me!

"California is experiencing climate shifts that bring more extreme weather, resulting in a massive swing of our driest three years on record moving into some of the wettest weeks in recent history. Despite these storms, we are still in a drought. We must come together to change the way we think about and use water. Simple actions we can take right now will help save water in a big way."

**CONSERVE WATER, RAIN OR SHINE**

Get more water saving tips at [saveourwater.com](http://saveourwater.com)



## California Indian Manpower Consortium, Inc.

The CIMC Movement: Creating Positive Change for Native Communities

CONNECT WITH US FOR OUR LATEST NEWS & UPDATES!



Watch out for future posts with important information!

Scan me!

# WAYS TO SAVE WATER



"SINCE WATER IS A LIMITED RESOURCE AND IT IS IMPORTANT TO EACH OF US EVERY DAY, WATER CONSERVATION IS ESSENTIAL. BY FOLLOWING THESE WATER CONSERVATION TIPS YOU CAN HELP CONSERVE WATER EVERY DAY."

**BELOW ARE A FEW SIMPLE CHANGES YOU CAN MAKE IN YOUR DAILY LIFE TO REDUCE THE AMOUNT OF WATER YOUR HOUSEHOLD USES EVERYDAY!**



TURN OFF WATER WHEN BRUSHING TEETH SAVES 8 GALLONS PER PERSON EACH TIME YOU BRUSH YOUR TEETH



FILL THE BATHTUB HALFWAY OR LESS SAVES 17-25 GALLONS OF WATER PER BATH



WASHING FULL LOADS OF CLOTHES SAVES 15-45 GALLONS PER LOAD



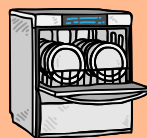
FIX LEAKS SAVES 27-90 GALLONS OF WATER PER DAY



TAKE 5-MINUTE SHOWERS INSTEAD OF 10-MINUTE SHOWERS SAVE 12.5 GALLONS PER SHOWER WITH A WATER-EFFICIENT SHOWERHEAD



RECYCLE INDOOR WATER AND USE IT TO IRRIGATE YOUR GARDEN CUTS WATER USE BY 30%



USE A DISHWASHER INSTEAD OF HANDWASHING SAVES UP TO 24 GALLONS PER LOAD OF DISHES



INSTALL HIGH-EFFICIENCY TOILETS SAVES 6-35 GALLONS PER DAY



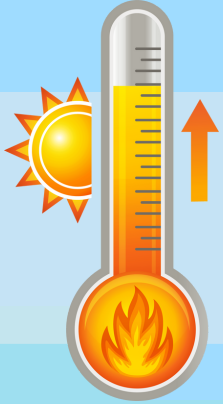
**CONSERVE WATER, RAIN OR SHINE**

Get more water saving tips at [saveourwater.com](http://saveourwater.com)

# SUMMERTIME SAFETY TIPS



Keep an eye on your local weather before going outside to avoid any serious heat related illness.



Protect kids from the sun's harmful rays - wear sunscreen and seek shade.



Practice safety around water at all times.



Stay hydrated! When playing in the sun make sure kids drink lots of water.



Wear appropriate attire and safety gear when doing outdoor activities such as bike riding and hiking.



For more information, visit [CDC.GOV](https://www.cdc.gov)

# THE BENEFITS OF PHYSICAL ACTIVITY FOR CHILDREN

## ACADEMIC PERFORMANCE

- Improves attention and memory •

## MUSCULAR FITNESS

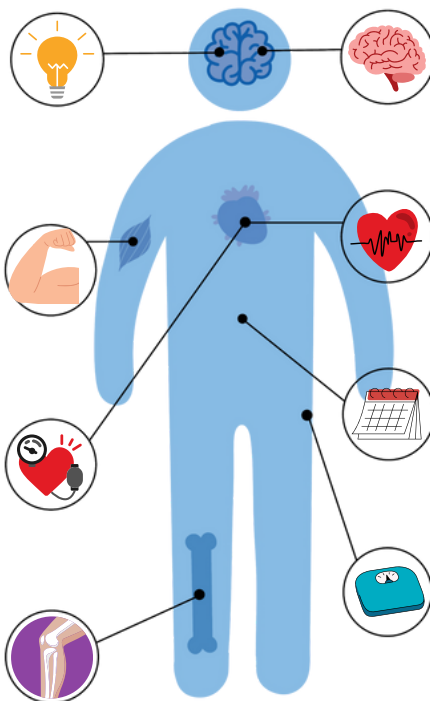
- Builds strong muscles and endurance •

## CARDIOMETABOLIC HEALTH

- Helps maintain normal blood sugar levels •

## BONE STRENGTH

- Helps strengthens bones •



## BRAIN HEALTH

- Reduces risk of depression •

## HEART AND LUNG HEALTH

- Improves blood pressure and aerobic fitness •

## LONG-TERM HEALTH

- Reduces risk of several chronic diseases •

## LONG-TERM HEALTH

- Helps reduce body weight and body fat •

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>



## Key Guidelines for School-Aged Children and Adolescents

- ✓ It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.
- ✓ Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily:
  - **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.
  - **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
  - **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.

[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf#page=52](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf#page=52)



# THINGS YOUR CHILD CAN DO TO BE ACTIVE

Below are examples of aerobic, muscle, and bone-strengthening physical activities for children and adolescents. Check out the [Physical Activity Guidelines for Americans, 2nd Edition](#) for more information about the recommended levels of physical activity for children.



Type of Physical Activity	Preschool-Aged Children	School-Aged Children	Adolescents
<b>Moderate-intensity aerobic</b>	<ul style="list-style-type: none"> <li>Games such as tag or follow the leader</li> <li>Playing on a playground</li> <li>Tricycle or bicycle riding</li> <li>Walking, running, skipping, jumping, dancing</li> <li>Swimming</li> <li>Playing games that require catching, throwing, and kicking</li> <li>Gymnastics or tumbling</li> </ul>	<ul style="list-style-type: none"> <li>Brisk walking</li> <li>Bicycle riding</li> <li>Active recreation, such as hiking, riding a scooter without a motor, swimming</li> <li>Playing games that require catching and throwing, such as baseball and softball</li> </ul>	<ul style="list-style-type: none"> <li>Brisk walking</li> <li>Bicycle riding</li> <li>Active recreation, such as kayaking, hiking, swimming</li> <li>Playing games that require catching and throwing, such as baseball and softball</li> <li>House and yard work, such as sweeping or pushing a lawn mower</li> <li>Some video games that include continuous movement</li> </ul>
<b>Muscle strengthening</b>	<ul style="list-style-type: none"> <li>Games such as tug of war</li> <li>Climbing on playground equipment</li> <li>Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>Games such as tug of war</li> <li>Resistance exercises using body weight or resistance bands</li> <li>Rope or tree climbing</li> <li>Climbing on playground equipment</li> <li>Some forms of yoga</li> </ul>	<ul style="list-style-type: none"> <li>Games such as tug of war</li> <li>Resistance exercises using body weight, resistance bands, weight machines, hand-held weights</li> <li>Some forms of yoga</li> </ul>
<b>Bone strengthening</b>	<ul style="list-style-type: none"> <li>Hopping, skipping, jumping</li> <li>Jumping rope</li> <li>Running</li> <li>Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>Hopping, skipping, jumping</li> <li>Jumping rope</li> <li>Running</li> <li>Sports that involve jumping or rapid change in direction</li> </ul>	<ul style="list-style-type: none"> <li>Jumping rope</li> <li>Running</li> <li>Sports that involve jumping or rapid change in direction</li> </ul>



# WORD SEARCH



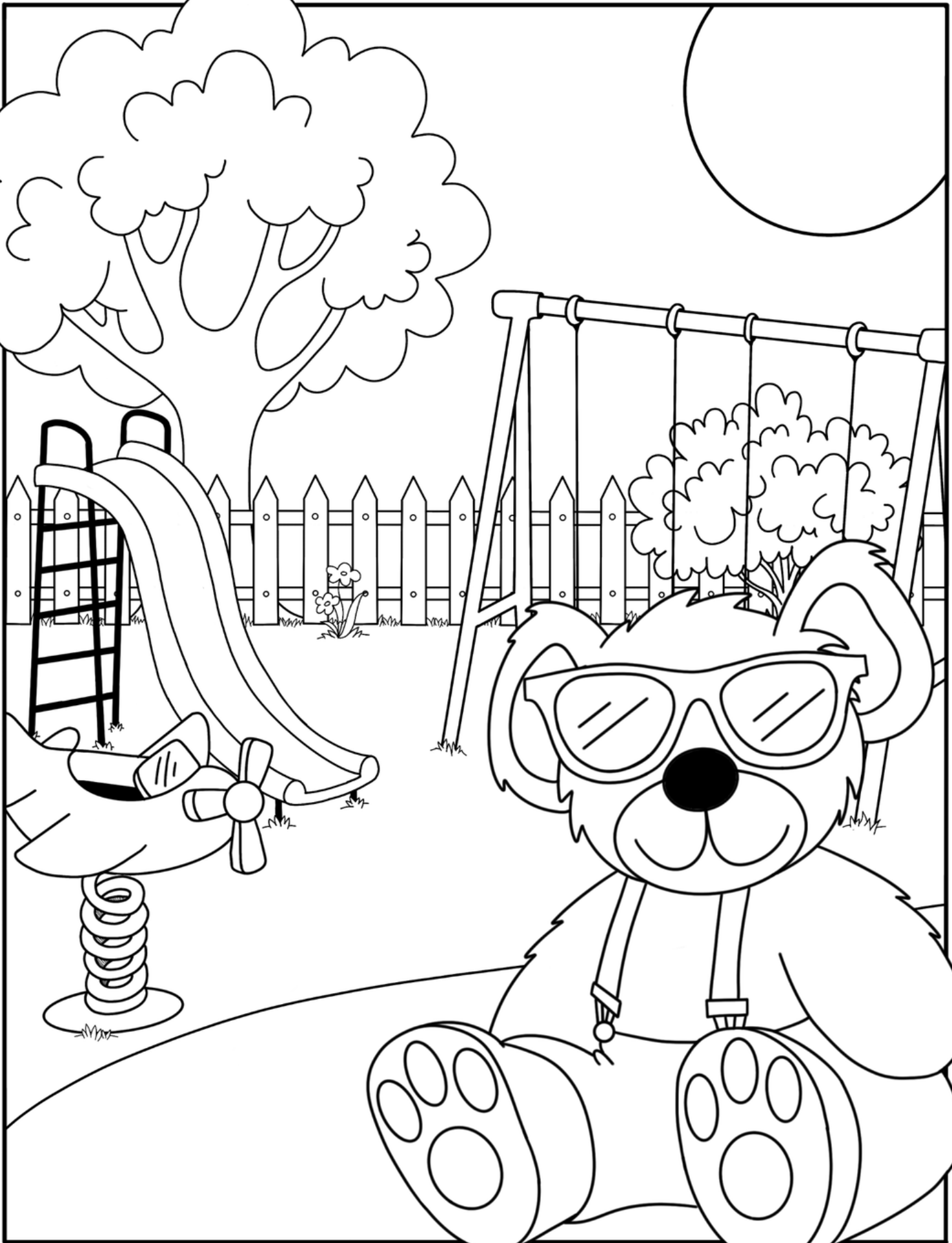
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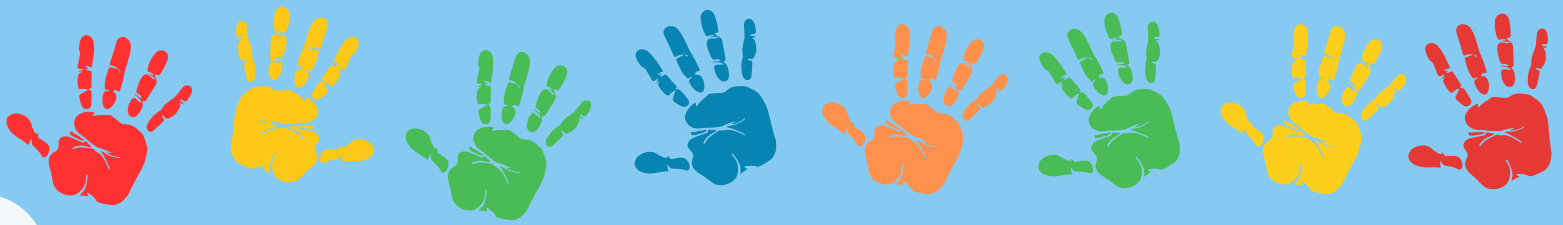
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H	J	A	K	G	C	Y	C	L	I	N	G

- SINGING
- DANCING
- CAMPING
- HIKING
- SWIMMING
- JUMPING
- FISHING
- CYCLING
- SKATING
- SKIING
- CLIMBING
- YOGA









# CIMC CCDBG PROGRAM

## DO YOU NEED HELP PAYING FOR YOUR CHILD CARE?

The CIMC CCDBG Program may be able to help!

### MUST BE FROM ONE OF THESE TRIBES

- Cahuilla Band of Indians • Kletsel Dehe Wintun Nation
- Coyote Valley Band of Pomo Indians • Fort Independence Indian Reservation
- Lone Pine Paiute-Shoshone Reservation • Mesa Grande Band of Mission Indians
  - Morongo Band of Mission Indians • Pala Band of Mission Indians
- San Pasqual Band of Mission Indians • Santa Rosa Band of Cahuilla Indians
  - Santa Ynez Band of Chumash Indians • Lipay Nation of Santa Ysabel
- Sherwood Valley Band of Pomo Indians • Tuolumne Me-Wuk Indians
  - Habematolel Pomo of Upper Lake

## STAFF CAN MAIL OR EMAIL AN APPLICATION TO YOU



Please feel free to contact the CIMC CCDBG Program at (916) 925-3582 or (800) 593-5273 with any questions.



Scan the QR Code to be directed to our website, or go to [CIMCINC.ORG](http://CIMCINC.ORG) to learn more.