



*Family Service Association  
James A. Venable Community Center  
The Cabazon Newsletter*

*August, 2010*

**Family Service Association  
Submitted By: James A. Venable  
Community Center**



**Back to School Tips  
(See Page 9 inside.)**

**Center Hours**

Monday-Friday  
8:00am-5:00pm

**Address:**

50390 Carmen Ave.  
P.O. Box 349  
Cabazon, CA 92230  
Phone: 951-922-1097  
Fax: 951-849-2961



**It's Back to School,  
Thursday, August 26, 2010.**



**You can make a difference in a child's life!**

Let's give our kids a head start and the opportunity to be all that they can be by providing the tools necessary to support their educational pursuits: pens, pencils, notebooks, paper, hand calculators, backpacks, etc. and, if possible, monetary contributions toward the purchase of these items.

If you would like to participate, bring or mail your donation to the James A. Venable Community Center, 50390 Carmen Avenue, P.O. Box 349, Calimesa, CA 92230. If you have questions, please call the Center at (951) 922-1097.

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## SPECIAL POINTS OF INTEREST

- Family Service Association: Learn more about us and the various programs that we offer from: Counseling services, Senior Nutrition, Community Center Services, Adult Day Break, Child Care Services and more. Visit our website at: <http://www.familyservicervca.org>
- Once a month **Free Blood Pressure testing**: Thursday, August 19th, 11:30 AM -12:30 PM
- **Commodities Distribution**:  
Morning distribution: From 10 am-12:00 pm  
Tuesday, August 10th  
Tuesday, August 17th

THE COMMUNITY CENTER HAS APPLICATIONS AVAILABLE FOR RENTAL OF THE GYM, COMMUNITY ROOM, AND KITCHEN FOR BIRTHDAYS, SPECIAL EVENTS AND SPORTS USE.  
For more information, please call the Center at 951-922-1097.

## HIGHLIGHTS



Thanks to our Community Center Grant Sponsors  
for supporting and strengthening our programs.



### RETIREMENT OF STEVE THOMAS PARK SUPERVISOR

After 22 years of service with the Riverside County Cabazon Park and Recreation, Steve Thomas, Park Supervisor, is retiring effective August 7, 2010.

We would like to extend our sincere appreciation for Steve's hard work and dedicated service. We will miss him, but we know he is going on to a well deserved retirement.

Best wishes, Steve!

# HIGHLIGHTS: CONTINUED



The James A. Venable  
Community Center Is Once Again a  
"Cool Center"

Community Action Partnership of Riverside County is coordinating Cool Centers to Provide drop-in sites for vulnerable individuals, seniors, the disabled and others.

Riverside County Department of Public Health will issue "Heat Warnings" to the Center. On heat warning days we will display the Cool Center Board to alert you that we are a Cool Center for the day. Water and snacks will be offered as available on heat warning days.

The Community Center is open Monday through Friday 8 AM to 5:00 PM. You are more than welcome to come for a cool day. Please let us know if you have questions or concerns:

James A. Venable Community Center

50390 Carmen Avenue

Cabazon, CA

(951) 922-1097



# HIGHLIGHTS: CONTINUED

Fellowship in the Pass

Is Offering

Griefshare Services For Those Who have Suffered a Loss.

When: Tuesday, July 6, 2010

6:30 p.m.

For approximately 14 weeks.

Where: James A. Venable Community Center

503 Carmen Avenue

Cabazon, CA

For further information call:

(951) 845-2693

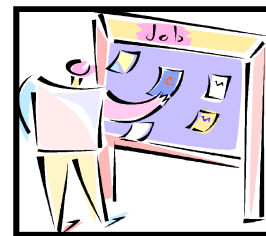
or e-mail

[www.griefshare.org](http://www.griefshare.org)



## HIGHLIGHTS: CONTINUED

### EMPLOYMENT OPPORTUNITIES BULLETIN BOARD & JOB SEARCH BINDER NOW AVAILABLE



Postings of Employment Opportunities are available on the **EMPLOYMENT OPPORTUNITY BULLETIN BOARD** here at the Center and a **JOB SEARCH BINDER** is available at the Front Desk.

Upon request you will be provided with a copy of those listings you are interested in following.

For more information please call Nancy at the Center:

**951-922-1097**

### **GOOD NEWS!!!**

**Family Service Association  
Is Reaccredited.**

**(Excerpt from the Press Enterprise dated July 27, 2010)**

**“The Council on Accreditation reaccredited the Family Service Association,”** announced President and CEO Dom Betro. **“The Council compares organizations’ administration and service delivery against national standards of best practices that emphasize services be accessible, appropriate, culturally responsive, evidence-based and outcomes-oriented.**

**Accreditation also confirms that the organization’s services are provided by skilled and supported workers and that all people are treated with dignity and respect, “** stated Betro.

# HIGHLIGHTS: CONTINUED



## SPECIAL THANKS

Supervisory Marion Ashley  
 Riverside County EDA Parks and Recreation for  
 running the  
 “MARS Program (Mobile Activities Recreation Services)”  
 Summer Camp 2010. The program has been a success bringing  
 summer activities, field trips and smiles to many  
 children’s faces.



## SPECIAL THANKS to Family Service Association

“Summer Meals for Kids Program”  
 Children were able to come to the Center and receive  
 nutritious meals for breakfast and lunch Monday-Friday.

Thanks to the FSA Team and Catering for a Cause for preparing the meals.

### A Registered Nurse will be here to do:

#### Free Blood Pressure Testing

When: Thursday, August 19th

Time: 11:30 PM - 12:30 PM



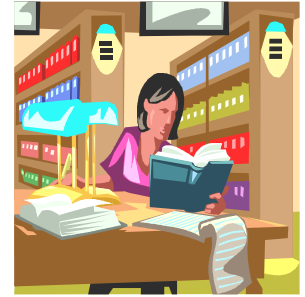
A special thanks to the Visiting Nurses Association for volunteering to  
 serve our Community. If you have any questions, please call

951-922-1097

# HIGHLIGHTS: CONTINUED



**Cabazon Branch Library**  
**50171 Ramona Street**  
**951-849-4082**  
**Open Monday-Thursday from:**  
**1:30 pm-5:00 pm**



## Cabazon Story Time, 2010

### Events:

- ☺ **Cabazon Story Time every Monday from 4:00pm-4:45pm**
- ☺ **Book Discussion Group Thursday, August 26th from 2:00pm-3:00pm.**

**“The Life of Pi” by Yann Martel**

**James A. Venable Community Center**  
**&**  
**Family Service Association**  
**Presents**

## **Playtime/Storytime**



**Playtime has been suspended for the summer and may resume in the Fall. Storytime will continue on the third Wednesday of each month at 10:00 a.m. in the Community Room.**

**There were 30 Storytime participants for the month of July.**

## HIGHLIGHTS: CONTINUED

### The Work Force Development Center Mobile Unit I

Temporarily the Work Force Development Center Mobile Unit I will not be coming to the Center while they are exploring other alternatives for providing employment assistance to Cabazon residents. We will keep you informed as to their progress.

In the interim, if you are in need of work you may contact:

The Workforce Development  
Center  
Hemet Office  
1025 N. State Street  
Hemet, CA 92543  
(951) 791-3500

Please note: Jobseekers can pre-register for services by going to [www.rivcojobs.com](http://www.rivcojobs.com) and creating a user account.



## Free Educational and Health Presentations



### **FREE PRESENTATIONS at the Community Center:**

For more information on these presentations,  
please contact Nancy Lamb at the Center 951-922-1097



#### Desert AIDs Presentation

##### HIV/AIDS

Monday, August 2, 2010

11:30 a.m. to 1:00 p.m.

A representative from Desert AIDS Project will be here to provide information on HIV/AIDS: anonymous testing; private consultation and other vital information.

#### Banning Library Presents

##### Storytime

Wednesday, August 18, 2010

10:00 a.m.

Jaime Smith presents Storytime in her unique style, bringing fun as well as education. Snacks will be provided as available.



#### Visiting Nurses Association

Thursday, August 19, 2010

11:30 a.m. to 12:30 p.m.

Visiting Nurses Association will provide blood pressure monitoring and information on an individual basis.



#### La Vista Prevention Services

Thursday, August 26, 2010

11:30 a.m. to 1:00 p.m.

Joyce Burleson will be here at the Center to provide information on their services including Medicare, medications, drug interaction, insurance, etc.



For the month of July we provided 7 presentations with 90 attendees.



**PROVIDED BY 5TH DISTRICT  
SUPERVISOR MARION ASHLEY  
RIVERSIDE ECONOMIC DEVELOPMENT AGENCY  
2010 MOVIE IN THE PARK**

**WHEN:** Thursday, August 19, 2010

**WHERE:** James A Venable Park Cabazon

**TIME:** Pre-show activities start at 5:00 p.m.  
Bring the family to enjoy our MARS  
program featuring games, arts and crafts.

**MOVIE:** "How To Train Your Dragon"  
Starts at dusk. Bring a picnic dinner and blanket!

For more information call: (951) 696-0100

## BACK TO SCHOOL TIPS



### FROM YOUR FRIENDS AT THE CENTER:

(The school year begins this month: Monday, August 26th)

- \*Fill out emergency contact sheets and any other required forms.
- \*Make sure your child has all the required immunizations.
- \*Stock up on school supplies. If you are unsure of what supplies, you can check with the school for a list of required supplies.
- \*Plan/arrange lunch for your child.
- \*Arrange transportation.
- \*Help your child prepare for school. Communicate with your children and ask them how they feel, many students feel nervous about the 1st day of school.
- \*Make sure they get plenty of sleep.
- \*If you have any questions, contact the school your child is attending or contact the school district.

The following is the address and telephone number for Banning Unified School District:  
161 W. Williams Street, Banning, CA 92220, 951-922-2706; or Cabazon Elementary School,  
50575 Carmen Avenue, Cabazon, CA 92230, 951-922-0252.

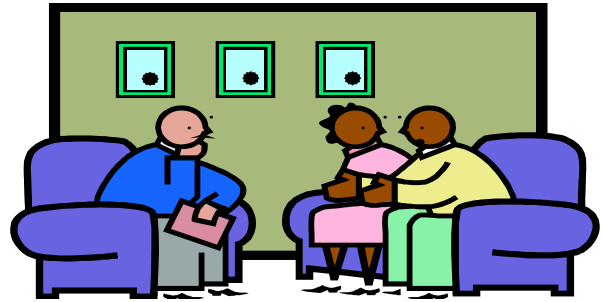
# Free Counseling for Medi-cal Eligible Clients at the James A. Venable Community Center

## Eligibility Requirements

*Does your child(ren) suffer from one or more of the following symptoms?*

- ◆ *Depression: Withdrawing from family and friends, irritable, change in eating and sleeping habits, no longer pursuing activities that were once pleasurable, academic failure*
- ◆ *Unusual fears or anxiety, sudden change in behavior, easily startled*
- ◆ *Has suffered a traumatic experience, been abused, witnessed abuse*
- ◆ *Suicidal, homicidal, self injurious behaviors*
- ◆ *On Probation, expelled from school, pending expulsion due to challenging or violent behaviors*

*If your answer is YES to one or more, your child might qualify for free counseling services*



If your child(ren) has Medi-cal and meets eligibility criteria, services may be FREE. If you are interested in services and would like to go through the screening process, please contact the front desk at your local Community Center. If you are calling after Center hours please contact one of our clinic support staff at the Moreno Valley Clinic 951-369-8036.

James A. Venable  
Community Center  
50390 Carmen Avenue  
Cabazon, CA 92230  
P 951-922-1097  
F 951-849-2961

**Cabazon Fellowship Church meets at the Center**

Church is held every Sunday

from 11:00 AM—12:30 PM and

Bible Study every Wednesday at 7:00 PM.



**Neighborhood Watch Meeting at the  
Community Center**

For more information on scheduled dates, please call:

the Cabazon Sheriff's Department

at 951-922-7100.



## HEALTH AND NUTRITION MAKE A COMMITMENT TO BETTER YOURSELF!!

### COMMODITIES DISTRIBUTION DAYS FOR JULY:

Note: Commodities available to all ADULT residents of Cabazon and Whitewater.

Distribution:

TUESDAY, August 10th

TUESDAY, August 17th

10:00 AM - 12:00 Noon

Remember this is a first-come first-serve basis program. We will be happy to serve you. Please be sure to bring appropriate picture I.D. and/or document showing physical address.

Because there will be an increase in the amount of commodities distributed it will be NECESSARY for you to bring your own bags, and/or boxes to pick up food. Thanks.

If picking up commodities for another person, please be sure to complete "Alternate Pick-up Request Form" available at Reception at least two weeks prior to scheduled commodities distribution.

We served approximately 143 people for the Month of July.



## Carol's Kitchen Program

Serves free food to the community.

All ages are invited.

Food is served on Mondays and Thursdays  
from 11:30 AM - 1:00 PM, excluding holidays.



## FREE Senior Nutrition Program

Come have lunch and meet new friends!!!!

If you are over 60 years old, come to the Center  
and apply for this program Tuesdays,  
Wednesdays and Fridays. Served from 11:30 AM - 12:30  
PM only.

You can enjoy a healthy hot meal.

Donations will be accepted.

Please see attached menu.



Currently we have 45 seniors enrolled.

## SENIOR NUTRITION LUNCH MENU JULY 2010

Senior Citizens age 60 and older are invited to attend lunch Tuesdays, Wednesdays and Fridays, 11:30 a.m. to 12:30 p.m. Enrollment is required. Staff at the Center can assist you to complete the enrollment form.

<u>2 MONDAYS</u>	<u>3 TUESDAYS</u>	<u>4 WEDNESDAYS</u>	<u>5 THURSDAYS</u>	<u>6 FRIDAYS</u>
	Au Gratin Taco Bake Capri Vegetables Orange Juice Pineapple Pudding	BBQ Chicken Sandwich** Baked Beans Cole Slaw Apricots Cake		Chicken Patty w/Country Gravy Mixed Vegetables Garlic Mashed Potatoes Applesauce Whole Wheat Bread
9	10 Pepper Steak Broccoli Rice Pilaf Diced Peaches Whole Wheat Bread	11 Chicken Cacciatore Zucchini Herbed Spaghetti Tropical Fruit Peach Crisp Whole Wheat Bread	12	13 Turkey & Cheese Sandwich** Carrot Salad Cottage Cheese Fruit in Season Oreo Cookies Whole Wheat Bread
16	17 Sliced Turkey w/ Gravy Spinach Mashed Potatoes Fruit in Season Whole Wheat Bread	18 Cranberry Orange Chicken Mixed Vegetables Garden Rice Tropical Fruit Cake Whole Wheat Bread	19	20 Amish Casserole** Green Beans Fruit in Season Oatmeal Cookie Whole Wheat Bread
23	24 Beef Tips w/ Mushrooms Brussels Sprouts Noodles Diced Pears Sugar Cookie Whole Wheat Bread	25 Hot Dog Casserole* Green Salad Rice Fruit in Season Whole Wheat Bread	26	27 Tuna Salad Plate Hard Boiled Egg Tomato Wedges Orange Juice Apple Crisp Crackers
30	31 Cheese Burger** Baked Beans Potato Salad Jell-0 w/Fruit Brownie			

\*Menu is subject to change. \*\*High Sodium Days.

\*Milk 2% served with every meal.

**County of Riverside Community Health Agency  
Department of Public Health has a  
Teen Clinic in Banning.**

**When:**

Thursdays

Hours: 12:30 p.m. - 4:00 p.m. -

(Walk-in Registration ends at 4:00 p.m.)

**Where:**

Banning Family Care

3055 W. Ramsey

Banning, CA 92220

(951) 849-6794



The Clinic offers No Cost Pregnancy testing, Birth Control, Testing for STD, Annual Female/Male Exams. All testing, treatment and information is confidential.

\*Family Service Association and James A. Venable Community Center are not responsible for direct communications between parties.



**The Gym is available for free:**

**For children to play sports. We have Volleyball  
and Basketball equipment available.**

The Gymnasium will be available to the public Monday through Friday from 8:00 a.m. to 4:50 p.m. The closing time will allow the Center to complete all functions by 5 p.m., its usual operating hours. This change is also noted in the Gym Schedule located on the last page of the Newsletter.

**GYM HOURS ARE SUBJECT TO CHANGE AS NEEDED FOR OTHER PROGRAMS**



## Cabazon Child Development Center

State Preschool Program

Free for income qualified families. Children ages 3 to 5 years.

*\*Morning and Afternoon Classes\**

Free breakfast (a.m.), lunch (p.m.) & snacks (all day care)!

Located behind the James A. Venable Community Center

\*\*\*Also, all day child care program 6:30 AM to 6:00 PM  
Ages 3 to 5 years old.

For more information  
call 951-849-7535

## MARS SUMMER PROGRAM FOR YOUTH



The Riverside County Economic Development Agency is offering Mobile Activities Recreation Services (MARS) for children ages 6-13 years of age here at the James A. Venable Community Center from 9:00 a.m. to 12:00 noon, Mondays, Tuesdays, Thursdays and Fridays until school reopens. The program will end August 20, 2010.

Arts and crafts, games and sports in the park or in the gymnasium (depending on the weather) will be available.



**COME JOIN THE FUN!!!**



If you would like further information, you may contact Scarlett Buzek at (951) 696-0100



## Summer Meals for Kids at No Charge

The Family Services Association is providing summer meals for kids—18 years and younger—at no charge.

When: June 15, 2010 - August 22, 2010  
Monday through Friday

Where: James A. Venable Community Center

Meals & Times: Breakfast, 8:00 a.m.—10:00 a.m.  
Lunch, 12:00 noon - 2:00 p.m.

For more information, please contact the Center at (951) 922-1097.

Note: All children under the age of 12 years must be accompanied by an adult. (The Center's policy is that all children 12 years of age and under must be accompanied by an adult while at the Center.)

## COMMUNITY CENTER COMPUTER LAB WILL OPEN:



## THE COMPUTER LAB WILL BE OPEN AS FOLLOWS:

### Effective change in Summer: Monday, August 2nd-Thursday, August 26th:

Adults 18 and over: open Monday-Friday open from 8am-1pm  
Children and Youth Schedule: Monday-Friday from: 1pm-4:30m

### Effective: Friday, August 27th Back to School Computer Lab hour are: ADULTS 18 AND OVER SCHEDULE\*:

Monday, Tuesday, Thursday, Friday: 8:30 AM - 2:00 PM

Wednesday: 8:30 AM - 1:00 PM

### CHILDREN AND YOUTH SCHEDULE\*:

Monday, Tuesday, Thursday, Friday: 2:30 PM - 4:30 PM

Wednesday: 1:00 PM - 4:30 PM

(There is homework time available if needed.)

Note: The Computer Lab will only be open to the children and youth upon a staff member or Adult Volunteer availability. If there is no availability the lab will be closed for the scheduled time.

*THE COMMUNITY CENTER IS OFFERING  
A FREE  
AFTER SCHOOL ACTIVITIES RECREATION PROGRAM:  
Starts: Thursday, AUGUST 16TH-THROUGH JUNE 16,  
2011*

*An application is required to  
be completed by  
parents for enrollment.*



## **FREE SNACKS**

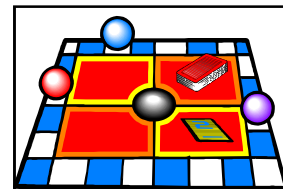
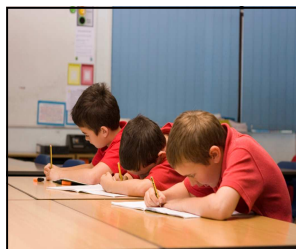
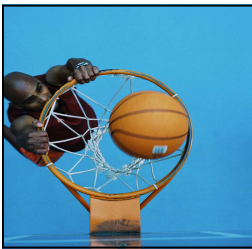
Monday & Wednesday  
2:30 PM - 3:30 PM

## **RECREATION**

Gymnasium use, Board Game activities in the Community Room and Computer Lab use. (For computer lab hours for children see page 19)

Monday-Friday  
2:30 PM - 4:30 PM

For Questions regarding this program, please contact Carol Lappin at 951-922-1097.



## Pass Transit Systems-

922-3243

Bus Services for Cabazon, Banning, and Beaumont

## Banning Dial A Ride-

922-3252

Curb to Curb for Banning and Cabazon

## Long Term Care Ombudsman

1-800-464-1123. Investigates long term care facility complaints

## Department of Motor Vehicles-

1-800-777-0133

## Paralegal Services:

1-888-455-4257

Legal assistance for senior citizens

## Senior Ombudsman Service:

686-4402

Information and referral for senior subsidized housing options and eligibility

## San Gorgonio Memorial Hospital:

951-845-1121

## Senior Nutrition Program:

849-1920

Hot lunch program and home delivery meals (call between 9am and 11am)

## Senior Home Repair:

1-800-510-2020

## Social Security

1-800-772-1213

## T.R.I.P. 1-800-510-2020

Reimbursement program for volunteer drivers for senior citizens or persons with disabilities

## VETS Express

1-909-825-7084 X2778

Transportation to the VA Hospital

## Help line/Crisis Hotline- 686-4357

24 hour crisis suicide intervention hotline.

## Alternatives to Domestic Violence

1-800-339-SAFE

## Banning Library

21 W. Nicolet St.

951-849-3192

## Cabazon Library

50171 Ramona Ave.

Danny Reed: 951-849-4082

Cabazon Library@yahoo.com

## The Rape Crisis Center

Toll Free 866-686-7273

Provides support and services to survivors of sexual assault

## Stroke Recovery Center

760-323-7676

Serving the needs of stroke survivors and support for families.

## WIC Referral Services:

1-800-455-4942

## Problem Gambling:

1-800-322-8748

Problem Gamblers Help line

## Riverside County Registrar of Voters

951-486-7200 or 800-773-8683

## Riverside County Animal Services:

1-888-636-7387 or 951-358-7387

## Southwest Area of Narcotic Anonymous-

951-652-5326

24 Hour Help line

## HIV Testing:

To learn more about living with HIV call:

1-800-342-2437

## County of Riverside Health Services Agency Department of

### Public Health in Banning:

909-849-6794

### Cabazon Fire Station:

951-849-2316

### Cabazon Post Office

50360 Ramona Road

800-275-8777

### Cabazon Sheriff Station:

951-922-7100

### Cabazon Water District:

951-849-4442

### Cabazon Elementary School:

922-0252

### Banning Unified School District:

951-922-2706

### Office on Aging:

800-510-2020

### Riverside County Information Line: # 211

# AUGUST 2010, Gym Schedule & Highlights

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Note: Carol's Kitchen serves free Lunch every Monday and Thursday 11:30am -1:00 ppm (excluding Holidays)	<b>2</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon *Desert AIDS Presentation 11:30 am—1 pm	<b>3</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon *Presentation	<b>4</b> Gym open 8 AM - 4:50 PM half court	<b>5</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon	<b>6</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon  *Senior Nutrition 11:30 am-12:30 pm	<b>7</b>
<b>8</b>	<b>9</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon	<b>10</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon *Commodities 10:00 am-12:00 pm *Senior Nutrition 11:30 am-12:30pm	<b>11</b> Gym open 8 AM - 4:50 PM half court  *Senior Nutrition 11:30 am-12:30 pm	<b>12</b> Gym open 8 AM-4:50 PM half court  *MARS 1/2 Court 9:00 am-12Noon	<b>13</b> Gym open 8 AM - 4:50 PM half court  *MARS 1/2 Court 9:00 am-12Noon  *Senior Nutrition 11:30 am-12:30 pm	<b>14</b>
<b>15</b>	<b>16</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am—12 Noon  *Presentation Molina Health- care 11:30 am-1:00 pm	<b>17</b> Gym open 8 AM - 4:50 PM half court *:00 am-12 Noon *Commodities 10:00 am-12 pm *9:00 am-3:00 pm *Senior Nutrition 11:30 am-12:30pm	<b>18</b> Gym open 8 AM - 4:50 PM half court  *Banning Library Storytime 10:00 a.m.  *Senior Nutrition 11:30 am-12:30 pm	<b>19</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon *Visiting Nurses Assn Blood Pressure Monitoring 11:30 am-12:30 pm	<b>20</b> Gym open 8 AM-4:50 PM  *9:00 am-12 Noon  *Senior Nutrition 11:30 am-12:30 pm	<b>21</b>
<b>23</b>	<b>24</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon	<b>25</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon  *Senior Nutrition 11:30 am-12:30 pm	<b>26</b> Gym open 8 AM - 4:50 PM half court  *Presentation LaVista Prevention Services *Senior Nutrition 11:30 am-12:30 pm	<b>27</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon	<b>28</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon  *Senior Nutrition 11:30 am-12:30 pm	<b>29</b>
<b>30</b>	<b>31</b> Gym open 8 AM - 4:50 PM half court *MARS 1/2 Court 9:00 am-12 Noon					