

Imperial Beach News

March 5, 2012

In This Issue

- Grandparents raising grandchildren
- Courage to Call
- Cyber Safety Tips for Parents
- Local Heroes Story time
- SANDAG Regional Beach Sand Project Update
- Port CIP FY 2014-2018 Application Submitted

Send us your Feedback!

We want to hear from you! Share your feedback on how you think we are doing, or

Grandparents raising grandchildren

If you or your friends are grandparents with the responsibility of raising grandchildren, you may be interested in participating in a meeting held by the County. Please see **the event flyer** for more event information. You may also view **an article from the Union Tribune** offering suggestions and support information for those raising grandchildren.

Courage to Call

Courage to Call is a non-profit organization in San Diego County that provides numerous services to Veterans, Active Duty Military, Reservists, National Guard and Military families. The organization assists with some of the items listed below and much more. For more information, see a copy of the **Courage to Call brochure** that was posted to the city website.

- Employment services
 - Food, housing and shelter
 - Rent and utility assistance
 - Counseling services
 - Family and legal resources
 - VA and other benefits and information
 - Veterans transition services
 - Low-cost or no-cost recreation
-

Cyber Safety Tips for Parents

ways you think we can improve. Your input is valuable to us.

Go to our [Feedback Form](#)

Follow us on Twitter!
[@CityofIB](#)

Contact Us

City Hall (619) 423-8300
825 Imperial Beach Blvd.
Imperial Beach, CA 91932
www.cityofib.com

Please join the Imperial Beach Branch Library on Wednesday, March 14th at 6:00 p.m. for a Cyber Safety informative event for Parents. See [the Event Calendar](#) for more event details and a copy of the flyer.

Local Heroes Story time

Please join the Imperial Beach Branch Library on Wednesday, March 14th at 10:00 a.m. for Local Heroes Story time with the Imperial Beach Fire Department. See [the Event Calendar](#) for more event details and a copy of the flyer.

SANDAG Regional Beach Sand Project Update

At this week's Shoreline Preservation Technical Working Group meeting, SANDAG staff gave an update on the Regional Beach Sand Project (RBSP) II. SANDAG has entered a contract with Great Lakes Dredge and Dock for construction of RBSP II. Unfortunately, all bids came in quite a bit over the engineer's estimate. However, the cities of Solana Beach, Encinitas and Carlsbad all agreed to contribute additional funds to the project and SANDAG has applied for additional funds from the Department of Boating and Waterways in order to proceed with the project as designed. At this point, therefore, the project is moving forward. Given the availability of the dredging company chosen, however, the project is now anticipated to begin in either late July or early August with the increasing likelihood that Imperial Beach will be first to receive sand. A benefit of the selected dredging company is that they have a much larger dredge than the one used during RBSP I (double the capacity) which greatly reduces the time in which the project can be completed. The placement of sand at Imperial Beach, which is expected to move from the south to north along the beach, will take approximately 30 days to complete. This May or June, SANDAG staff will update the City Council on the project and will also give an overview of the public outreach effort that will be implemented. This outreach effort is expected to include advertisement in the local media, via the City's website, and via the City's newly-launched twitter page.

If you have any questions about the project, please contact Greg Wade at 619-628-1354.

Port CIP FY 2014-2018 Application Submitted

This week, City staff submitted applications to the Port District for projects to be considered for funding in the Port's FY 2014-2018 Capital Improvement Program (CIP). Together, City Departments combined to submit the following applications:

On-Tidelands Projects:

1. Carnation Avenue Street End Improvement Project
2. Dahlia Avenue Street End Improvement Project
3. Imperial Beach Pier Westward Expansion
4. Imperial Beach Pier Plaza Tot-Lot Improvement/Reconstruction
5. South Seacoast Restroom and Shower Facility
6. Sand Abatement for Street Ends
7. Remaining Street End Improvements (Ebony, Admiralty, Descanso, Cortez, Beach, Elkwood, Encanto)
8. Dempsey Center Multi-Purpose Room Enhancements
9. Pier Plaza Surveillance System

Off-Tidelands Projects:

1. Seacoast Drive Streetscape Improvements
2. Bayshore Bikeway Access Improvements at Bikeway Village
3. Seacoast Drive Surface Parking Lot Improvements
4. Property Acquisition to Facilitate Visitor-Serving Development (properties adjacent to Pier Plaza and the Palm/Seacoast Parking Lot)

[Unsubscribe from
this newsletter](#)

Port staff will now begin their review of project applications and have tentatively scheduled workshops for the Port Board of Commissioners on April 4, 2012 (which will discuss the current CIP projects) and in May or June to discuss the FY 2014-2018 CIP for which applications were just submitted. Stay tuned for further updates.

Trust - Protect - Respect - Confide - Learn - Comfort



GRANDPARENTS

Raising Grandchildren

Live Well, San Diego!

Some 24,000 grandparents in San Diego County have primary responsibility for their grandchildren. Being a grandparent who's also parenting later in life has its unique challenges and rewards. Fortunately, San Diego County has many resources for these special families.

Come learn more.

Meet others who share your same needs.

Find support.

SAVE THE DATE

Saturday, April 21, 2012
9:00 a.m. to 1:00 p.m.

The main event will be held at the
Jacobs Center, 404 Euclid Ave., San Diego 92114

Grandparents can choose to participate at regional sites rather than the main site. The keynote speakers will be webcast to these locations, followed by activities, talks and/or workshops unique to each site:

South Bay
Norman Park Center
270 F. St., Chula Vista 91910

East County
Meridian Baptist Church
660 S. 3rd St., El Cajon 92019

North County Inland
San Diego Children's Discovery Museum
320 N. Broadway, Escondido 92025

North County Coastal
North County Lifeline Vista Townsite
642 Vista Village Dr., Vista 92083

Free lunch provided, and childcare available upon request.

For registration, call (toll-free): 855-238-5978



Visit this site for more information about the event, plus updates:
www.211sandiego.org/grandparents

Confianza - Protección - Amistad - Respeto - Amor



ABUELOS

Criando a Nietos
¡Vive Bien, San Diego!

Unos 24,000 abuelos en el Condado de San Diego son los principales responsables por la crianza de sus nietos. El ser abuelo y padre de crianza al mismo tiempo representa retos y ventajas. Afortunadamente, el Condado de San Diego ofrece muchos recursos para estas familias especiales.

Venga a aprender.

Conozca a otras personas que comparten sus necesidades.

Encuentre apoyo.

RECORDATORIO

Sábado, 21 de abril del 2012
9:00 a.m. a 1:00 p.m.

El evento principal tendrá lugar en el
Jacobs Center, 404 Euclid Ave., San Diego 92114

Los abuelos pueden participar en el evento desde otras localidades. Los discursos de los oradores principales serán transmitidos a las siguientes localidades que también ofrecerán sus propias actividades, pláticas y talleres:

Región Sur

Norman Park Center
270 F. St., Chula Vista 91910

Región Este:

Meridian Baptist Church
660 S. 3rd St., El Cajon 92019

Interior Norte:

San Diego Children's Discovery Museum
320 N. Broadway, Escondido 92025

Costa Norte:

North County Lifeline Vista Townsite
642 Vista Village Dr., Vista 92083

Almuerzo gratis; cuidado infantil disponible si es solicitado.

Regístrese llamando al (855) 238-5978



Para más información y actualizaciones sobre el evento, visite:
www.211sandiego.org/grandparents

SUGGESTIONS AND SUPPORT FOR THOSE RAISING GRANDCHILDREN

DEBORAH FITCH

Raising children is hard work, just ask any parent. And just when you think your child rearing days are behind you, sometimes you're asked to raise your grandchildren or to become a "supportive" grandparent – a grandparent who is living with or close to their grandchildren and the children's parents to provide physical or financial support to the family. Often, grandparents take on this responsibility because the children were removed from their own homes by Child Welfare Services, or because of the parent's mental disorder, substance abuse, job losses or abandonment of the child.

If you find yourself in this situation, you are not alone. According to AARP and the 2010 U. S. Census, the number of grandparents raising their grandchildren has increased significantly over the past decade. In the city of San Diego 7,325 households have grandchildren living with them.

It's important to take care of yourself if you are a "grandfamily." If you're feeling stressed, overwhelmed and underappreciated, your health may suffer and limit

your ability to provide for your grandchildren. Here are some suggestions for taking care of you:

- Talk to someone, either a friend, relative or a professional.
- Take a break from parenting and get some respite care.
- Take a parenting class to update your skills and resources.
- Learn to say "no" – set your priorities and stick to them.

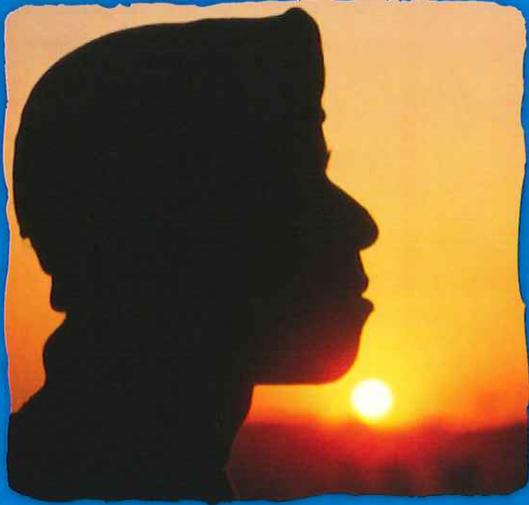
In addition, there are resources available to help grandparents raising their grandchildren. If the children were placed with you by either Child Welfare Services or juvenile delinquency court, you may be eligible for KIN-GAP payments to help care for the children. Your home must be approved as meeting the same standards as for licensed foster family homes with the approval assessment performed by a county social worker. If approved, grandparents are then eligible for the same placement rates as foster parents along with a clothing allowance.

Depending on eligibility criteria, grandparents can receive federal and state benefits to provide health

care and nutrition including Medicaid for children, the State Children's Health Insurance Program (SCHIP), TANF Child Only Grants (Temporary Assistance to Needy Families), CalFresh (food stamps), or WIC (Women, Infant and Children) program.

Finally, there are support groups available to grandparents raising their grandchildren. Instead of coping alone, you can reach out to others going through similar situations. For information or for a group in a particular area, call (877) 962-4546 or (877) YMCA-4-KIN. If looking for a support group in the Southeastern area of the city of San Diego, contact www.grandparentsconnection.org. Or attend one of their Thursday morning support group meetings held every Thursday from 10 a.m. until noon at the Tubman-Chavez Center on the corner of Euclid Avenue and Market Street. The group is open to all grandparents, relative caregivers or supportive grandparents in the county.

Deborah Fitch is a public child welfare training and curriculum specialist at SDSU School of Social Work's Academy for Professional Excellence.



What is Courage to Call?

Courage to Call is dedicated to helping current and former service members, including those who served in Operation Iraqi Freedom and Operation Enduring Freedom. This dedication extends to military families and loved ones.

All Courage to Call staff have been in the military or have been military family members. They have firsthand knowledge of the rigors of the military and military family life, constant deployments and transitioning out of the military.

They are committed to helping veterans and their loved ones get the services and assistance they need and deserve.

They can help you find supportive information, access and referrals to services throughout San Diego County.

*Courage to Call is led by
Mental Health Systems in collaborative
partnership with 2-1-1 San Diego,
Veterans Village of San Diego and
Mental Health America of San Diego.*

*The program provides guidance,
information, and referral services to
veterans, active duty military, reservists,
national guards, and their families.*

Courage to Call

Business Office:

2165 Kurtz Street, San Diego, CA 92110
Phone (619) 209-4682 | Fax (619) 298-2856

mhs MENTAL
HEALTH
SYSTEMS

Live Well, San Diego!

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

Courage to Call

Veterans Serving Veterans, Active Military,
Reservists, National Guards & Their Families



Call 2-1-1

mhsinc.org/couragetocall

What does Courage to Call provide?

Our veteran-staffed 24/7 Helpline provides free, confidential information, guidance and referrals. When you need assistance, call 2-1-1 to arrange meetings with other veterans and family support partners. Courage to Call can help you identify next steps and develop short-term personal and professional plans.

Types of assistance include:

- Employment services
- Food, housing and shelter
- Rent and utility assistance
- Counseling services
- Family and legal resources
- VA and other benefits and information
- Veterans transition services
- Low-cost or no-cost recreation



Who does Courage to Call serve?

Courage to Call is a countywide San Diego program serving:

Individuals who have served in any branch of the Military, Reserves or National Guard regardless of their discharge status, and those who have left the military and need help finding support and services.

Families and Loved Ones who are concerned about the emotional health and well-being of those who have served in the Military, Reserves or National Guard.

Community organizations, agencies, and providers that want training to improve cultural awareness and understanding for serving those with a military or military family background.

Contact Courage to Call

- For around-the-clock guidance, support, information and/or referrals for a loved one or yourself.
- For veteran and family support and guidance that can help you develop short term prevention-oriented plans to improve your mental wellness.
- For staff training that helps your organization gain a better cultural understanding and awareness for interacting with service members and their families.



*Led by veterans
and their family members*

**Call our 24/7 Helpline:
2-1-1**



CyberSmart CyberSafety for Parents

*A Seminar Presented by
Brian Scott Archibald
The CyberSafe Guy™
SafeFamilyOnline.com*

- Do you really know who is online with your child?
- Do you routinely check your child's browser history?
- Do you have an XBox with Internet connectivity?
 - Does your child have his or her own laptop?
 - Does your child have a SmartPhone?
 - Is your child being CyberBullied?
- Can you locate your child at a moment's notice?
- Do you login to your child's social networking accounts?
- Do you check your parental control software logs and notices on a daily or weekly basis?
- Do you even have parental control software?
 - Is your family *CyberSafe*?

*Wednesday March 14th
6 PM*

Imperial Beach Branch Library

**Imperial Brach Library
810 Imperial Beach Blvd.
Imperial Beach, CA 91932
619-424-6981**

Local Heroes Storytime



Imperial Beach Fire Department & Imperial Beach Branch Library Wednesday, March 14th at 10 AM.



810 Imperial Beach Blvd.,
Imperial Beach, CA 91932
619-424-6981



sandiegocountylibrary



Imperial Beach Branch Library & Friends of the
Imperial Beach Library

Essay Contest

For Children and Teens in Grades 3 - 12



**“What does your Imperial Beach Library mean
to you?”**

Deadline for Entries: Saturday, April 21, 2012 at 5 p.m.

Three categories: Grades 3-5, 6-8, and 9-12

First and second place prizes will be awarded in each category

First place: \$50 Target gift card

Second place: \$25 Target gift card

Pick up an entry form at the library

Imperial Beach Branch Library
810 Imperial Beach Blvd
Imperial Beach, CA 91932
(619) 424-6628
www.sdcl.org