



NEWSLETTER

AUGUST 2024



WHAT'S HAPPENING IN OUR COMMUNITY CENTER?

WORKSHOPS

ALL WORKSHOPS WILL BE ON ASSIGNED TUESDAYS AND WILL BE HYBRID FROM 10AM-11:30AM. UNLESS NOTED OTHERWISE.

August 6th- How to Make Hummus

August 27th - Snow Dough

PEER SUPPORT

EVERY THURSDAY ON ZOOM
10:00AM -11:30AM

CONSUMER ADVISORY COMMITTEE
Every Third Wednesday
9 AM- 10 AM

ADVOCACY AND COMMUNITY EDUCATION
Last Wednesday of every month
10 AM - 11:30 AM

Click the link below to fill and inquiry form for any of these meetings or Workshops

DRAIL SERVICES



ADVOCACY CORNER

Voting
Check your registration status or Register to Vote
Click the link below: Register To Vote
Local election office directory (National search)
Vote America
Personalized Voting Information
See What's On Your Ballot
Check Your Voter Registration
Find Your Polling Place
Discover Upcoming Debates In Your Area
And Much More!
Vote 411

AUGUST IS...



NATIONAL EYE EXAM MONTH

NATIONAL IMMUNIZATION AWARENESS MONTH

SPINAL MUSCULAR ATROPHY AWARENESS MONTH

MEDICALERT AWARENESS MONTH

NATIONAL WELLNESS MONTH

SUCCESS STORIES



Please know that seeing your email made my 9-year-old son's day. He never forgot meeting you in Modesto at the office. It was with great joy to get this newsletter.

FOOD BANKS & PANTRY

For listings of food banks and pantries in the Amador, Calaveras, Mariposa, San Joaquin, Stanislaus, and Tuolumne counties, click here: [Food Bank/Pantry](#).

List is continuously updated

CLEANING TIPS

WHAT ARE THE GOLDEN RULES OF CLEANING?

The golden rules of cleaning you should always follow:

- Always clean up sooner, rather than later.
- Do the dry cleaning and then wet.
- Always try with the least harmful approach.
- Follow the 'top-to-bottom' cleaning direction.
- Allow your cleaning products to do their job.
- Bring your supplies with you.
- Always aim to test a cleaning product first.
- Read all instructions.

DRAIL'S SERVICES

DRAIL services are tools that assist people with disabilities to live more independent lives. Independence requires support for both the physical and emotional needs of the individual. DRAIL services are designed to empower individuals to achieve personal goals, renew confidence and enable independence.

CONTACT US:

(209) 521-7260

OFFICES ARE OPEN FROM MONDAY TO FRIDAY

8:00AM – 12:00PM
&
1:00PM – 5:00PM

1101 SYLVAN AVENUE, #C-105
MODESTO, CA 95350

WHAT'S HAPPENING IN OUR SURROUNDING COUNTIES?

THIS MONTH IN AMADOR COUNTY...

Attention Amador County residents! The Green Waste Voucher Program 2024 is here! Get your free vouchers for green waste disposal, valid for 4 cubic yards at ACES Pine Grove Transfer Station. Vouchers are handed out monthly from March to August, one per household, on a first-come, first-serve basis. Check the schedule for pickup dates and make sure to bring your ID. Sponsored by Amador Air District. For more info, call (209) 257-0112. Stay green and help protect our air quality!

THIS MONTH IN CALAVERAS COUNTY...

Find all of the current events and festivals here on the Calaveras Events Calendar to make your time in Calaveras County even more fun and enjoyable. Click the link below to go to a local Farmers market, Concert or a play. [Calaveras Events Calendar](#)

THIS MONTH IN MARIPOSA COUNTY...

FREE MOVIE NIGHTS IN THE PARK August 3
Mariposa Park movie playing Elemental

Looking for some FREE summer fun that the whole family can enjoy?

The Parks and Recreation Division holds Free Movie Nights in the Park during the summer for the whole community. The movies begin playing at dusk. All are welcome, and concessions will be available for purchase! Closed Captions always available.

Movies start at dusk approximately 8:45 p.m.

THIS MONTH IN SAN JOAQUIN COUNTY...

Join the celebration of Black Breastfeeding Awareness Month on Friday, August 9th, from 3:30 PM to 6:30 PM at Huddle Cowork + Create, located at 110 N. San Joaquin St., Stockton, CA. Enjoy food, gifts, prizes, and more, with special giveaways for the first 50 participants. Discover the benefits of breastfeeding and ways to support the community. Special guests, activities, and opportunities to make a difference will be available. Don't miss this enriching event! [Register Here](#)

THIS MONTH IN STANISLAUS COUNTY...

Join us for upcoming events, classes and programs at Stanislaus County Library. All events are free and open to the public. Registration required where noted. to learn more link, is below.

[Events Calendar](#)

THIS MONTH IN TUOLUMNE COUNTY...

National Parks Fee-Free Day
Upcoming Dates 2024:

Aug. 4: Anniversary of Great American Outdoors Act

Sept. 28: National Public Lands Day

Nov. 11: Veteran's Day

Time: All Day

Admission: Free

Location: Yosemite National Park
Yosemite National Park, Event Type:
Sporting & Recreation Events



ADRC OF THE MOTHERLODE

"Do you need to find local help? Try our 24/7 online resource directory! Find many services and programs available to older adults and people with disabilities living in Alpine, Amador, Calaveras, Mariposa, and Tuolumne Counties. Start a new search at: [ADRC of the Motherlode](#)"

INTERNATIONAL YOUTH DAY

HEALTHY EATING

FETTUCCINE WITH CREAMY RED PEPPER-FETA SAUCE

2 tablespoons olive oil

1 small onion, chopped

2 to 3 garlic cloves, peeled and chopped

One 16-ounce jar roasted red peppers, drained and chopped

1/2 cup low-sodium chicken stock or vegetable stock

1 cup crumbled feta cheese or a 6-ounce block

1 pound whole-wheat fettuccine

Salt

Freshly ground black pepper

2 tablespoons chopped fresh parsley leaves

Heat the oil in a heavy skillet over medium-high heat. Saute onion and garlic until soft, about 10 minutes. Add roasted peppers and saute until heated through. Remove from heat and let cool slightly. Place mixture in the bowl of a food processor with stock and all but 2 tablespoons of the feta. Process until combined and smooth, about 30 seconds. Cook pasta according to package directions. Drain, reserving 1/2 cup pasta water. Toss pasta with sauce, adding pasta water by the tablespoon, if needed. Sauce should cling nicely to pasta. Season with salt and pepper, to taste. Divide among pasta bowls. Sprinkle with parsley and remaining feta cheese.

DONATION DROP-OFFS

Donation Locations in Stanislaus County

Donating items in good condition to those in need is a great way to reduce garbage going to the landfill. Consider donating the following items to your nearest Goodwill, Habitat for Humanity ReStore, Hope Chest Thrift Store, or Salvation Army before discarding them:

Auto parts, Bikes, Books, Building materials, Car batteries, Cars, CDs, Clothing, Construction & Demolition materials, Dishes, DVDs, Electronics, Eyeglasses, Furniture, Household appliances, Mattresses and Box springs, Paint, Power tools, Sports equipment, Toys, Trophies, and Vacuums.

Please call ahead to make sure they can accept your items.

Click here for [Locations](#)

DRAIL'S MISSION

To partner with individuals with disabilities, their families, and their support teams to increase their independence, advocate for their rights, and create fully inclusive communities.