

December 2024 Newsletter



WHAT'S HAPPENING IN OUR COMMUNITY CENTER?

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

December 3rd
How to build a Self-Care routine
([click here to register](#))

December 17th
Cardboard gingerbread house
([click here to register](#))

PEER SUPPORT
Every Thursday on ZOOM! 📺
10:00am - 11:30am

DRAIL OFFICES WILL BE CLOSED ON WEDNESDAY, DECEMBER 25, THURSDAY, DECEMBER 26, AND WEDNESDAY, JANUARY 1, 2025

ADVOCACY CORNER

WHEN SUPPORTING PEOPLE WITH DISABILITIES, THERE ARE TWO MAIN WAYS TO HELP—LOUD AND SILENT SUPPORT. BOTH ARE IMPORTANT!

LOUD SUPPORT
LOUD SUPPORT MEANS BEING OPEN AND PUBLIC ABOUT YOUR SUPPORT. THIS CAN INCLUDE:
-SPEAKING UP FOR ACCESSIBILITY: TALKING ABOUT THINGS LIKE RAMPS, ACCESSIBLE BATHROOMS, AND JOB ACCOMMODATIONS.
-SHARING INFORMATION: TELLING OTHERS ABOUT DISABILITY ISSUES TO HELP THEM UNDERSTAND.
-JOINING EVENTS: ATTENDING DISABILITY AWARENESS DAYS OR RALLIES TO SHOW YOU CARE.
-STANDING UP TO DISCRIMINATION: CALLING OUT UNFAIR TREATMENT WHEN YOU SEE IT.

SILENT SUPPORT
SILENT SUPPORT IS MORE PRIVATE. IT CAN INCLUDE:
-MAKING YOUR SPACE ACCESSIBLE: QUIETLY MAKING SURE YOUR HOME OR BUSINESS IS ACCESSIBLE.
-HELPING FRIENDS DIRECTLY: GIVING SUPPORT TO PEOPLE WITH DISABILITIES IN YOUR LIFE, LIKE HELPING THEM FIND RESOURCES.
-LEARNING ON YOUR OWN: EDUCATING YOURSELF TO BE A BETTER ALLY.
-HELPING BEHIND THE SCENES: VOLUNTEERING OR DONATING WITHOUT NEEDING PUBLIC RECOGNITION.

COMBINING BOTH
SOME PEOPLE DO BOTH. THEY SPEAK UP SOMETIMES AND GIVE QUIET SUPPORT OTHER TIMES.
BOTH TYPES OF SUPPORT MATTER! LOUD SUPPORT RAISES AWARENESS, AND SILENT SUPPORT GIVES PERSONAL HELP. TOGETHER, THEY MAKE THE DISABILITY MOVEMENT STRONGER AND MORE INCLUSIVE.

DECEMBER IS...

UNIVERSAL HUMAN RIGHTS MONTH

NATIONAL HAND WASHING AWARENESS WEEK DEC. 1-7TH

NATIONAL INFLUENZA VACCINATION WEEK DEC. 1-7TH

NATIONAL SPECIAL EDUCATION DAY DECEMBER 2

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES DAY DECEMBER 3

SUCCESS STORIES

CONSUMER HAS PHYSICAL DISABILITIES AND WAS CONCERNED OF SUFFERING FROM INJURIES IN THEIR HOME. CONSUMER APPLIED FOR A GRANT IN STOCKTON AND WAS UNFORTUNATELY DENIED DUE TO THEIR ADDRESS BEING IN AN UNINCORPORATED AREA. AFTER MUCH RESERACH, WE WERE ABLE TO FIND ANOTHER GRANT AND WITH THE APPROVAL OF DEPARTMENT OF REHABILITATION CONSUMER WAS ABLE TO RECIVE A COMMUNITY LIVING FUND GRANT FOR HOME MODIFICATIONS. THEY ARE EXTREMELY SATISFIED WITH THE WORK DONE AND FEEL SAFER IN THEIR HOME WITHOUT THE RISK OF SLIPPING AND FALLING.

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

STAY HEALTHY THIS WINTER: QUICK SANITIZING TIPS FOR A CLEANER HOME

- 1.WIPE HIGH-TOUCH AREAS DAILY: CLEAN DOOR HANDLES, LIGHT SWITCHES, AND REMOTE CONTROLS WITH DISINFECTING WIPES OR SPRAYS.
- 2.USE ALCOHOL-BASED SANITIZERS: FOR QUICK HAND SANITIZING, CHOOSE PRODUCTS WITH AT LEAST 60% ALCOHOL.
- 3.SANITIZE YOUR PHONE: WIPE YOUR PHONE WITH AN ALCOHOL WIPE REGULARLY, AS IT COLLECTS GERMS EASILY.
- 4.CLEAN SURFACES BEFORE DISINFECTING: DIRT CAN REDUCE DISINFECTANT EFFECTIVENESS, SO WIPE SURFACES WITH SOAP AND WATER FIRST.
- 5.LET DISINFECTANTS SIT: FOR BEST RESULTS, LET DISINFECTING SPRAYS SIT FOR A FEW MINUTES BEFORE WIPING TO KILL GERMS EFFECTIVELY.
- 6.WASH REUSABLE ITEMS OFTEN: CLEAN CLOTH MASKS, REUSABLE BAGS, AND CLOTH TOWELS FREQUENTLY IN HOT WATER.
- 7.VENTILATE THE AREA: AFTER USING DISINFECTANTS, OPEN WINDOWS IF POSSIBLE TO KEEP THE AIR FRESH.

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.

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.

WHAT'S HAPPENING IN OUR SURROUNDING COUNTIES?

THIS MONTH IN AMADOR COUNTY...

PRESTON CASTLE DATE: DEC 07 - DEC 14, 2024
TIME: 10:00 AM - 2:00 PM 900 PALM DR IONE, CA 95640

CELEBRATE THE HOLIDAYS WITH A HISTORIC TOUR OF PRESTON CASTLE. BE TAKEN BACK IN TIME TO THE EARLY 1900'S AND EXPERIENCE THE MAGIC OF CHRISTMAS PAST. FREE GATE ADMISSION GIVES ACCESS TO SANTA AND THE PRESTON CASTLE GIFT SHOP. PURCHASE A TOUR TICKET ONLINE FOR A MAGICAL STROLL THROUGH THE MAJESTIC PRESTON CASTLE. HISTORIC DOCENTS WILL BE AVAILABLE TO ANSWER YOUR QUESTIONS. GRAB LUNCH OR A SNACK ON THE BACK PATIO AVAILABLE FOR PURCHASE FROM LOCAL FOOD VENDORS.

TO FIND MORE EVENTS HAPPENING IN AMADOR COUNTY

THIS MONTH IN CALAVERAS COUNTY...

Join Calaveras Big Trees State Park staff for fun activities about the park at the Arnold and Murphys Branch Libraries! Held one Wednesday each month from November through March, 2:15 PM - 3:15 PM. First-time attendees receive a Junior Ranger badge!

Questions? Email: calaverasbigtreessp@parks.ca.gov
Arnold Library: 209-795-1009 |
Murphy's Library: 209-728-3036

FOR MORE EVENTS IN CALAVERAS COUNTY

THIS MONTH IN MARIPOSA COUNTY...

Gingerbread House Making Workshop

Celebrate the holiday season at Tenaya in Yosemite with a Gingerbread House Making Workshop! Perfect for families and guests of all ages, create your own gingerbread masterpiece with candies, icing, and holiday cheer.

Date: December 21 and 23, 2024

Time: Begins at 11:00 AM, with seating from 11:00 AM to 1:00 PM

Location: Tenaya at Yosemite 1122 Highway 41, Fish Camp, CA 93623

Children 12 and under must be accompanied by an adult. Open to overnight guests. Pricing is per gingerbread house—reserve early as this popular event sells out!

THIS MONTH IN SAN JOAQUIN COUNTY...

43rd Annual Delta Reflections Lighted Boat Parade

Join us for Stockton's beloved holiday tradition, the Lighted Boat Parade! Enjoy a dazzling display of illuminated boats along the river, a special gift to the community from the Stockton Yacht Club, Roger Hahn, and many dedicated boaters.

Date: Saturday, December 7, 2024

Time: Starts at 5:00 PM at Windmill Cove; reaches Downtown Stockton Marina & Weber Point around 6:30 PM

Viewing Locations: Downtown waterfront, including the north shore behind Banner Island Ballpark, Stockton Marina, south shore near the marina and waterfront warehouse, and Weber Point.

Parade Highlights: Led by the spectacular Port of Stockton fireboat, Sunrise. Dedicated to Lynn Hahn, remembered for her dedication to the San Joaquin Delta.

Bundle up, bring the family, and enjoy this magical, rain-or-shine event!

Sensitive Santa

A special Santa visit tailored for children with autism and sensory sensitivities! Enjoy a magical, calm experience at Center Court before the mall opens.

Date: Sunday, December 8, 2024 9:00 AM - 10:30 AM

Location: 4950 Pacific Ave, Stockton, CA 95207

Cost: Free visits; photo packages available for purchase

Reservations encouraged for a stress-free visit.

(209) 477-0247

THIS MONTH IN STANISLAUS COUNTY...

2024 MODEL TRAIN SHOW

The San Joaquin Valley Toy Train Operators, Inc. invites you to this year's Model Train Show at the Stanislaus County Fairgrounds.

DATES: DECEMBER 7 & 8

TIMES:

SATURDAY: 10:00 AM TO 5:00 PM

SUNDAY: 10:00 AM TO 3:00 PM

LOCATION: STANISLAUS COUNTY FAIRGROUNDS, 900 N. BROADWAY, TURLOCK, CA

ADMISSION: \$10 (CASH OR CREDIT) - INCLUDES A TICKET FOR DOOR PRIZES.

KIDS UNDER 12: FREE WITH A PAID ADULT.

PARKING: FREE

ENJOY A WEEKEND OF MODEL TRAINS, FUN ACTIVITIES, AND PRIZES!

THIS MONTH IN TUOLUMNE COUNTY...

Elves' Faire

Join us for a festive day of holiday fun at the Sierra Waldorf School! Enjoy artisan vendors, wreath-making, candle dipping, and a children's workshop for holiday gift-making. Other activities include a cake walk, a raffle for decorated tiny trees, and a toy shop with gently used books and toys. Food and seasonal live music will also be available.

Date: Saturday, December 14, 2024

Time: 10:00 AM - 2:00 PM

Location: Sierra Waldorf School, 19234 Rawhide Rd, Jamestown, CA 95327

This event is open to the community. Celebrate the season with us!

NATIONAL HANDWASHING AWARENESS: TIPS FOR GERM-FREE HANDS THIS DECEMBER!

HANDWASHING IS A SIMPLE YET VERY EFFECTIVE WAY TO PREVENT THE SPEAD OF GERMS AND BACTERIA! HERE ARE SOME TIPS TO ENSURE YOU WASH YOUR HANDS PROPERLY!

- WET HANDS THOURUOLY
- USE ENOUGH SOAP
- SCRUB FOR 20 SECONDS
- USE FINGERNAILS TO SCRUB HAND AND CLEAN UNDER NAILS!
- FINALLY, RINSE THOUROUGHLY

Our online resource directory provides information on many services and programs available to older adults and persons with disabilities.

Open your camera app and point it towards the QR code to be taken to the resource directory website.



Online Resource Directory

<https://adrcofthemothertode.myresourcedirectory.com>

ALPINE • AMADOR • CALAVERAS • MARIPOSA • TUOLUMNE

for more information call

Area 12 - 209-532-6272
Agency on Aging - 800-510-2020

DRAIL - 209-521-7260



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](#)

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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