

NEWSLETTER

July 2024



DRAIL
Disability Resources Agency
for Independent Living

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.

-How to make Ice Cream in a bag,
July 2nd 10am-11:30am

-Rock Painting, July 23 10am -

11:30am

PEER SUPPORT

-Every Thursday on ZOOM
10:00am - 11:30am

Coming Soon once a month
Peer support in person

ADVOCACY CORNER

How to Request Workplace Accommodations:
5 Simple Steps

1. Know Your Rights

Understand the ADA: Familiarize yourself with the Americans with Disabilities Act and your rights under it.

2. Identify Your Needs

Assess job tasks: Determine which tasks require accommodations and identify the specific accommodations you need.

3. Prepare Your Request

Be specific: Clearly outline your accommodation needs and how they will help you perform your job effectively.

Obtain documentation: Get supporting documentation from your healthcare provider if necessary.

4. Communicate with Your Employer

Request a meeting: Schedule a meeting with your supervisor or HR to discuss your needs.

Be proactive and positive: Explain how the accommodations will enhance your job performance.

5. Follow Up and Utilize Resources

Document the conversation: Keep records of your request and any agreements made.

Follow up: Check back if you don't receive a timely response.

Seek support: Use resources like the Job Accommodation Network (JAN) and consider legal advice if needed.
Click Here: [Ask JAN](#)

THE MONTH OF JULY IS...

National Fragile X Syndrome Awareness

Cleft Lip and Cleft Palate Awareness and Prevention

Disability Pride Month

Independence Day 7/4

American Disability Act Day
7/26

WHAT'S HAPPENING IN OUR SURROUNDING COUNTIES?

THIS MONTH IN AMADOR COUNTY:

THE AMADOR COUNTY FAIR WILL OPERATE:
THURSDAY: JULY 25th - 9 AM CLOSE: 12:00
Midnight FRIDAY: JULY 26th - 9 AM CLOSE: 1:00 AM
SATURDAY: JULY 27th - 9 AM CLOSE: 1:00 AM
SUNDAY: JULY 28th - 9 AM FAIR OVER at Midnight
EXHIBIT BUILDINGS WILL CLOSE 10 PM NIGHTLY
Click link for more info: [Amador County Fair](#)

THIS MONTH IN CALAVERAS COUNTY:

The Bear Valley Music Festival This vibrant and diverse music festival brings together renowned artists and ensembles from various genres, including classical, jazz, rock, and pop, for an enriching and entertaining experience. For more information click the link: [Bear Valley Music Festival](#)

THIS MONTH IN MARIPOSA COUNTY:

-Logger Steam Train
1-Hour Ride • Come enjoy the Yosemite Mountain Sugar Pine Railroad • All ages! Hop on the Moonlight Special and Get Your Yosemite Mountain Sugar Pine Railroad Tickets! Visit website here: <https://ymspr.com/>

THIS MONTH IN SAN JOAQUIN COUNTY:

4TH OF JULY PARADE IN DOWNTOWN STOCKTON
Stockton's Fourth of July Parade is a wonderful community event enjoyed by all ages. This exciting Independence Day event takes place in downtown Stockton on Thursday, July 4, 2024 at the Weber Point Events Center.
Parade - Begins at 11:00am at the corner of Weber and El Dorado - north on El Dorado to Oak, left on Oak to Center, left on Center south to Weber Avenue.
Admission: Free
Festival - Begins at 12:00 noon at Weber Point Events Center.
Fireworks - Begin at 9:30pm

THIS MONTH IN STANISLAUS COUNTY:

The 3rd Annual Fabulous 50s Car Show at the Park at Modesto Stop by the Park for an exclusive car show, BBQ, raffle and live music, featuring our friends at the Modesto Area Street Rod Association. Saturday, July 27, 2024 4 - 7pm PDT
2832 Healthcare Way, 2832 Healthcare Way, Modesto
RSVP for your spot at the event here: <https://www.eventcreate.com/e/modesto-car-show> or call (209) 545-1378

To be in the know of things to do in the County click this link:

[Stancounty Living & Visiting](#).

THIS MONTH IN TUOLUMNE COUNTY:

Fireworks-on-the-Water show will be held on Saturday, July 6 at 9:30 PM. Campsites book up quickly, so visit www.donpedrolake.com/reservations to get your site today! If you have questions, please email dprc@tid.org or call customer service at (209) 852-2396.

To see what else is happening in the county click the link: [Tuolumne Events](#)

DISABILITY DISASTER ACCESS & RESOURCES

THE DISABILITY DISASTER ACCESS & RESOURCES PROGRAM WAS ESTABLISHED TO ENSURE THAT PEOPLE WITH DISABILITIES AND OLDER ADULTS WITH ACCESS AND FUNCTIONAL NEEDS ARE INTEGRATED INTO CALIFORNIA'S PLANNING, RESPONSE AND RECOVERY PROCESSES OF ALL DISASTERS AND EMERGENCIES. DRAIL IS ONE OF TWENTY OF CALIFORNIA'S INDEPENDENT LIVING CENTERS THAT ARE WORKING PARTNERSHIP WITH CFILC AND THE DISABILITY DISASTER ACCESS & RESOURCE (DDAR) PROGRAM AS DISABILITY DISASTER ACCESS & RESOURCE CENTERS (DDARC).

WHETHER YOU'RE AN INDIVIDUAL LIVING WITH ACCESS AND FUNCTIONAL NEEDS, A CAREGIVER OR FAMILY MEMBER, OR A COMMUNITY SERVICE PROVIDER, GETTING RESOURCES AND SERVICES IN PREPARATION FOR AN EMERGENCY/DISASTER CAN MAKE A LIFESAVING DIFFERENCE.

VISIT THE DISABILITY DISASTER ACCESS & RESOURCES WEBSITE TO APPLY: [DISABLED OR ELECTRICITY DEPENDENT SERVICES APPLICATION](#)

OR YOU CAN CALL US AT 209-521-7260 AND WE'LL WALK YOU THROUGH THE APPLICATION PROCESS.

SUCCESS STORIES

Staff had a consumer who reached out to DRAIL after their physical disabilities became more severe and their family advised them to apply for SSDI. Since the first interaction the consumer expressed feelings of anxiousness since they had never applied for any government assistance. Consumer was embarrassed and felt like they would be a burden for the government. Staff was able to explain the process of SSDI and how everyone that pays taxes also pays into social security therefore this assistance is something they are entitled to, given their work history. While completing the application for benefits the consumer provided their entire attention and detail to each question, they wanted to be sure that their answers could be as accurate as possible so that in the future no problems would arise. Staff continued to encourage them during the process, the consumer began to be hopeful about the application. Even after submission when they began receiving correspondence from SSA they felt they could trust DRAIL and reach back out for assistance. They were grateful for the support and advocacy from DRAIL and know to reach back out should they need additional services in the future.

CLEANING TIPS

TRASH CAN

Hot summer weather tends to make your trash can even stinkier than usual. Take your empty bin outside and scrub it with soap and water, then rinse with the garden hose. Another tip is to soak a cotton ball in essential oil (5-15 drops) and toss it into your trash can before putting in a new liner for long-lasting fresh scent.

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.

HEALTH EATING



INGREDIENTS

2 SLICES MULTIGRAIN BREAD
1/4 RIPE AVOCADO

3 OUNCES COOKED BONELESS, SKINLESS CHICKEN BREAST, SLICED

2 SLICES TOMATO

TOAST BREAD. MASH AVOCADO WITH A FORK AND SPREAD ONTO ONE PIECE OF TOAST. TOP WITH CHICKEN, TOMATO AND THE SECOND PIECE OF TOAST.

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

DONATION DROP-OFFS

Donate any unwanted clothing items to nursing homes. Many residents lack family support for clothing and may not have the means or physical ability to purchase their own clothes.

Visit or contact a nearby facility to make a donation.

CONTACT US:

(209) 521-7260

OFFICES ARE OPEN FROM MONDAY TO FRIDAY

8:00AM - 12:00PM

&
1:00PM - 5:00PM

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