



# Newsletter

NOVEMBER 2024



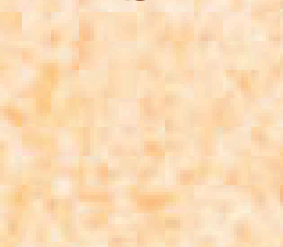
**DRAIL OFFICES WILL BE CLOSED ON  
MONDAY, NOVEMBER 11TH,  
THURSDAY, NOVEMBER 28TH  
FRIDAY, NOVEMBER 29, 2024**

## WHAT'S HAPPENING IN OUR COMMUNITY CENTER? (SEE DETAILS)

### WORKSHOPS

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

**November 5th-  
Cooking Class  
Chicken Cobbler  
[Click here to Register](#)**



### PEER SUPPORT

Every Thursday on ZOOM!

**10:00am - 11:30am**

### ADVOCACY CORNER

**EMPOWER YOURSELF: A GUIDE TO SELF-ADVOCACY  
AFTER A NEW DIAGNOSIS**

GETTING A NEW DIAGNOSIS CAN FEEL SCARY AND  
CONFUSING. BUT IT'S ALSO A CHANCE TO TAKE  
CONTROL OF YOUR HEALTH AND YOUR FUTURE. SELF-  
ADVOCACY MEANS STANDING UP FOR YOURSELF,  
MAKING SURE YOUR NEEDS ARE MET, AND GETTING  
THE RIGHT HELP.

**HOW TO ADVOCATE FOR YOURSELF:**

**LEARN ABOUT YOUR CONDITION:**

**KNOWLEDGE GIVES YOU POWER. TAKE TIME TO  
UNDERSTAND YOUR DIAGNOSIS. READ FROM  
RELIABLE SOURCES, AND ASK YOUR DOCTOR ANY  
QUESTIONS YOU HAVE. THE MORE YOU KNOW, THE  
BETTER DECISIONS YOU CAN MAKE.**

**COMMUNICATE WITH YOUR HEALTHCARE TEAM:**

**PREPARE FOR APPOINTMENTS: WRITE DOWN YOUR  
QUESTIONS OR CONCERNS BEFORE YOU GO TO THE  
DOCTOR.**

**ASK FOR CLARIFICATIONS:**

**IF SOMETHING ISN'T CLEAR, ASK YOUR DOCTOR TO  
EXPLAIN IT IN A WAY YOU UNDERSTAND.**

**REQUEST ACCOMMODATIONS:**

**IF YOU NEED EXTRA HELP, LIKE MORE TIME OR AN  
INTERPRETER, ASK FOR IT.**

**KNOW YOUR RIGHTS:**

**THE AMERICANS WITH DISABILITIES ACT (ADA):**

**THIS LAW GIVES YOU THE RIGHT TO ASK FOR  
ACCOMMODATIONS AT WORK, SCHOOL, AND IN  
PUBLIC SPACES.**

**KNOW YOUR RIGHTS SO YOU CAN ASK FOR WHAT  
YOU NEED, LIKE A FLEXIBLE SCHEDULE AT WORK OR  
EXTRA TIME FOR TESTS.**

**BUILD A SUPPORT SYSTEM:**

**JOIN SUPPORT GROUPS: CONNECTING WITH  
OTHERS WHO HAVE YOUR DIAGNOSIS CAN GIVE  
YOU COMFORT AND GOOD ADVICE.**

**LEAN ON FRIENDS AND FAMILY:**

**DON'T BE AFRAID TO ASK FOR HELP OR SHARE  
YOUR FEELINGS WITH THE PEOPLE YOU TRUST.**

**TAKE CARE OF YOUR MENTAL AND EMOTIONAL  
HEALTH:**

**A NEW DIAGNOSIS CAN BE TOUGH EMOTIONALLY.  
IF YOU NEED IT, TALK TO A COUNSELOR AND TAKE  
CARE OF YOURSELF BY DOING THINGS YOU ENJOY.**

**SET BOUNDARIES:**

**LET PEOPLE KNOW WHAT YOU CAN AND CAN'T DO. IT'S  
OKAY TO SAY "NO" OR TAKE TIME FOR YOURSELF.**

**SELF-ADVOCACY IS EMPOWERING**

**SELF-ADVOCACY IS MORE THAN JUST SPEAKING UP—  
IT'S ABOUT TAKING CHARGE OF YOUR FUTURE. WITH  
THE RIGHT KNOWLEDGE AND SUPPORT, YOU CAN  
MAKE SURE YOUR NEEDS ARE MET AND LIVE LIFE THE  
WAY YOU WANT.**

**DRAIL CAN HELP!**

**DRAIL IS HERE TO SUPPORT YOU AS YOU ADVOCATE  
FOR YOURSELF. WE OFFER SERVICES, WORKSHOPS,  
AND RESOURCES TO HELP YOU UNDERSTAND YOUR  
RIGHTS AND IMPROVE YOUR QUALITY OF LIFE.**

**CONTACT US TODAY TO SEE HOW WE CAN HELP.**

## NOVEMBER IS...

**NATIONAL SUPPORT  
CAREGIVERS MONTH**

**HOSPICE & PALLIATIVE CARE  
MONTH**

**DIABETES AWARENESS MONTH**

**EPILEPSY AWARENESS MONTH**

**NATIONAL ALZHEIMER'S  
DISEASE MONTH**

**VETERANS DAY 11/11**



**DAYLIGHT SAVING TIME ENDS**

**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!

## SUCCESS STORIES

Consumer that worked  
with the DRAIL WIPA  
team to meet  
Educational Goal. Has  
now completed their  
goal with a  
certification. They are  
self sufficient and  
working in the field of  
certification.

**COMING SOON...**



**CAREGIVER SUPPORT GROUP!!**

**COMING SOON!**

**OUR CAREGIVER SUPPORT**

**GROUP IS LAUNCHING SOON!**

**JOIN US ON THURSDAYS FOR A**

**SAFE SPACE WHERE**

**CAREGIVERS CAN SHARE**

**EXPERIENCES, RECEIVE**

**SUPPORT, AND HAVE SOME FUN.**

**IF TRANSPORTATION IS A**

**CONCERN, NO WORRIES — YOU**

**CAN JOIN US ON ZOOM!**

**WE WANT TO HEAR FROM YOU!**

**PLEASE TAKE THIS SURVEY SO**

**THAT WE CAN SUPPORT YOU THE**

**BEST WAY WE CAN.**

**LET'S SUPPORT ONE ANOTHER!**

Please take our [Survey!](#)

Find caregiver support groups [here!](#)

## 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...

-MOTHER LODGE JOB TRAINING November 7, 2024

Provides resources and services that are focused on  
assisting with job search, training information and career  
assistance.

1 Prosperity Court Sutter Creek, CA 95685 (209) 223-3341

-Volcano Theatre presents "A Christmas Foundling"

7:30 PM - 9:00 PM 16142 Main Street Volcano, CA 95689

-Veterans Day Parade

Monday, November 11, 2024 Main Street, Jackson. All  
veterans welcome to participate. Be sure to sign up and  
join the American Legion Post 108 Veterans Day Parade.

### THIS MONTH IN CALAVERAS COUNTY...

-7th Annual Crafty Chicks Holiday Market

Find the perfect gift this holiday season with 60+ vendors!  
Handmade, Holiday, and Vintage gifts! FREE PARKING -  
FREE KIDS ENTRY (10 years old or younger) - \$3.00

TICKETS!

Calaveras County Fairgrounds 2465 Gun Club Road, Angels  
Camp, CA 95222

-Holiday Marketplace at Calaveras Fairgrounds

November 30th 9am to 5pm Dec 1st 9am to 3pm

2465 Gun Club Road, Angels Camp, CA 95222

Spirit of Winter Festival Holiday Marketplace. Unique  
holiday gifts, support crafters and small businesses. Free  
parking/\$6 entry fee, 15 & under free.

### THIS MONTH IN MARIPOSA COUNTY...

-Dia De Los Muertos November 2, 2024 5:00 PM

7407 St Catherine St Hornitos, CA 95325

Hornitos' ghost town vibe makes it a perfect place to  
celebrate Dia De Los Muertos/All Souls Day.

-Ornament Decorating Workshop

November 29, 2024 1:00 pm - 3:00 pm

Round up the kids for a fun family craft experience and  
decorate an ornament with paint, glitter, stickers, ribbon,  
and more! Guests can choose from a variety of styles, and  
decorating supplies will be provided on your tables.

Children age 12 and under must be accompanied by an adult.  
Open to all overnight guests as well as the general public.  
Reservations are recommended.

\$10 per ornament - Includes decorating supplies

### THIS MONTH IN SAN JOAQUIN COUNTY...

-Astronomy Viewing November 9, 2024 4520 W Eight Mile Rd,

Stockton, CA 95209 Members of the Stockton Astronomical  
Society will volunteer to setup their telescopes for the public  
at S.J. County Oak Grove Regional Park on the Saturday closest  
to the First Quarter Moon.

In the past years the Nature Center would be open with  
astronomy based activities. If the sky is not clear the event may  
be canceled and we will try again the next month.

S.J. County charges a Parking Fee of \$6.00 CASH per vehicle but  
the Nature Center and telescope viewing is free. Indoor  
astronomy themed activities for kids (both big & small) will be in  
the Nature Center.

Telescope viewing starts after Sunset, the Moon will be visible in  
the telescopes from the start.

As the sky darkens more objects become visible. Darker and  
clearer sky is better for viewing.

-Native American Heritage Month at the Haggin

November 16, 2024, 1201 N Pershing Avenue Stockton,  
Ca. 95204 Celebrate Native American Heritage Month  
with us at the Haggin Museum!

This special event offers a unique opportunity to  
immerse yourself in the vibrant cultures and traditions of  
Indigenous groups through various interactive  
experiences. Engage in a variety of hands-on activities  
that celebrate traditional lifeways.

Spotlight tours of the Native American Gallery will offer  
a deeper exploration into the history of Native American  
cultures living in our area.

Discover the stories behind key objects and learn about  
the diverse traditions that have shaped Native American  
lifeways across different regions of North America. This  
educational and enjoyable event offers a space for all  
ages to learn and create! No reservations necessary.

Program and activities with regular museum admission.  
Visit [hagginmuseum.org/events](http://hagginmuseum.org/events) for more information.

### THIS MONTH IN STANISLAUS COUNTY...

-Stanislaus County Veterans Services

The Modesto Veterans Day Parade and Ceremony is  
scheduled for Monday, November 11, 2024, starting at  
8:00 AM at the Stanislaus Veterans Center in Modesto,  
CA.

For more information, you can contact the Stanislaus County  
Veterans Services Office at (209) 558-7380

-8th Annual Denair FFA Boosters Truck & Tractor Pull, a  
fundraiser organized by the Denair Ag Boosters. Here are  
the key details: Date: Saturday, November 9, 2024

Location: Jack Lytton Stadium (DHS Football Field)

Event Schedule: Vendor Fair (Free to the Public): 1:30  
PM - 5:30 PM Gates Open: 3:00 PM Ceremonies: 4:00 PM

Main Event: Includes Super Farm Stock Tractor Smokers

-Hughson Fall Festival November 2, 2024 10 AM- 4 PM

2490 Euclid Road Hughson 95326

Come out to the beautiful Arboretum to shop for Holiday  
gifts and decor from local vendors and enjoy something  
yummy from the food court. Check out the giant raffle  
fundraiser ... raffle prizes are donated by our vendors. As  
always, ADMISSION IS FREE and parking is only \$5!

### THIS MONTH IN TUOLUMNE COUNTY...

-Veterans Day Remembrance at Columbia State Historic  
Park

November 11, 2022 Columbia Cemetery, Columbia, CA  
95310

On Veterans' Day in Columbia's historic cemetery at  
10:55 am, the Columbia Foot Dragoons explain the  
significance of Veterans' Day and how it became into  
being, and fire a single volley.

-Hometown Crafters Christmas Fair November 29, 2024

Sonora Opera Hall S. Washington Street, Sonora, Ca  
95370

Handmade craft items by local artisans. Free parking  
and free entry.

## ARDC 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:

[https://ardcofthemotherlode.myresources  
edirectory.com/](https://ardcofthemotherlode.myresourcesdirectory.com/)

## DID YOU KNOW?...

Early onset Alzheimer's can affect people  
as young as 20 years old. Alzheimer's  
disease affects memory, thinking, and  
behavior and there is no cure. Recent  
studies have found that younger people  
can be diagnosed. Since there is no cure  
for this disease, prevention is essential  
for people who are at risk. Everyone  
should get tested early and make lifestyle  
changes that support healthy living. You  
can find more information about early  
onset and prevention on Alzheimer's [here!](#)



## HEALTHY EATING

### Air Fryer Burgers

#### Ingredients

1 pound 90%-lean ground beef

2 tablespoons Worcestershire sauce

¼ teaspoon salt

¼ teaspoon ground pepper

4 slices Cheddar cheese

4 whole-wheat hamburger  
buns, toasted

4 leaves butter lettuce

4 slices tomato

4 slices white onion

¼ cup dill pickle chips

#### Directions

• Preheat air fryer to 375°F for 5  
minutes. Combine beef,  
Worcestershire, salt and  
pepper in a medium bowl.

Form the mixture into 4 (4-  
ounce) patties, about 1/2-inch  
thick.

• Working in batches if  
necessary, arrange the patties  
in a single layer in the air-fryer  
basket. Cook, flipping once,  
until an instant-read

thermometer inserted in the  
center registers 160°F, about 7  
minutes. Top each patty with a  
cheese slice and cook until  
melted, about 30 seconds.

• Assemble the burgers on  
toasted buns with lettuce,  
tomato, onion and pickles.

## 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

