

NEWSLETTER

SEPTEMBER 2024

YOU ARE
ENOUGH
DON'T FORGET
THAT

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.

September 17th- Making Home Made Granola Bars

September 24th - Making Sensory Bottles

PEER SUPPORT

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

Save the Date!

Join us for the Second Annual Disability Awareness Day hosted by DRAIL!
Date: Friday, October 18, 2024
Time: 10 AM - 2 PM Location: Centre Plaza, 1001 K Street, Modesto, CA
All Ages/All Disabilities Welcome. Bring your friends and family for a day of fun and awareness!
Free Entry!

Spread the word and let's make this day memorable!

If you would like to be a vendor please email dsteagall@drail.org or 209-579-3310

ADVOCACY CORNER

STUDENT TRANSITION CHECKLIST

- 1. KNOW YOURSELF**
 - THINK ABOUT WHAT YOU'RE GOOD AT AND WHAT YOU ENJOY DOING.
 - EXPLORE DIFFERENT JOB OPTIONS AND THINK ABOUT WHAT EDUCATION OR TRAINING YOU MIGHT NEED.
 - 2. SET GOALS FOR EDUCATION AND WORK**
 - TALK WITH TEACHERS AND FAMILY ABOUT WHAT YOU WANT TO DO AFTER HIGH SCHOOL.
 - TRY OUT JOBS THROUGH INTERNSHIPS OR VOLUNTEER WORK.
 - CREATE A RESUME AND PRACTICE JOB INTERVIEWS.
 - 3. LEARN INDEPENDENT LIVING SKILLS**
 - PRACTICE MANAGING MONEY, COOKING, AND DOING CHORES.
 - LEARN HOW TO USE PUBLIC TRANSPORTATION OR GET YOUR DRIVER'S LICENSE.
 - 4. BUILD SOCIAL AND ADVOCACY SKILLS**
 - PRACTICE TALKING ABOUT YOUR NEEDS AND GOALS.
 - GET INVOLVED IN COMMUNITY ACTIVITIES OR GROUPS.
 - 5. TAKE CARE OF YOUR HEALTH**
 - LEARN HOW TO MANAGE YOUR HEALTH AND MAKE YOUR OWN APPOINTMENTS.
 - UNDERSTAND ANY HEALTH NEEDS YOU HAVE AND HOW TO TAKE CARE OF THEM.
 - 6. USE TECHNOLOGY**
 - GET COMFORTABLE WITH ANY TOOLS OR TECHNOLOGY YOU'LL NEED FOR WORK OR SCHOOL.
 - 7. KNOW YOUR RIGHTS AND RESPONSIBILITIES**
 - LEARN ABOUT YOUR RIGHTS AS AN ADULT, LIKE VOTING.
 - TALK WITH YOUR FAMILY ABOUT ANY LEGAL OR FINANCIAL PLANNING YOU MIGHT NEED.
- THIS CHECKLIST IS DESIGNED TO BE A SAMPLE GUIDE, AND IT'S IMPORTANT TO CUSTOMIZE IT BASED ON INDIVIDUAL NEEDS AND GOALS. REGULAR COMMUNICATION BETWEEN THE STUDENT, PARENTS, AND EDUCATORS IS KEY TO A SUCCESSFUL TRANSITION.

SEPTEMBER IS...

NATIONAL SPINAL CORD INJURY AWARENESS MONTH

NATIONAL PAIN AWARENESS MONTH

NATIONAL SUICIDE PREVENTION MONTH

BLOOD CANCER AWARENESS MONTH

SELF IMPROVEMENT MONTH

SEPTEMBER 8 IS 988 DAY

SEPTEMBER 26, 2024 ANNIVERSARY OF THE REHABILITATION ACT

SUCCESS STORIES

THE STOCKTON UNIFIED SCHOOL DISTRICT CHANGED THE LOCATION OF ONE OF THEIR CLASSES, CAUSING CONCERN FOR TEACHERS ABOUT STUDENT TRANSPORTATION. THE ORIGINAL 15-MINUTE BUS LINE WAS REPLACED WITH AN HOURLY SERVICE, AND THE CLOSEST STOP WAS A BLOCK AWAY.

STAFF COLLABORATED WITH SAN JOAQUIN RTD TO ADDRESS THE ISSUE. DURING A MEETING, SJRTD EXPLAINED UPDATES TO IMPROVE BUS LINES AND TIMINGS. THE NEW LINE RUNS EVERY 30 MINUTES, WITH STOPS CONVENIENTLY LOCATED NEAR THE SCHOOL.

STAFF ALSO IDENTIFIED POTENTIAL SAFETY CONCERNS AT A BUSY INTERSECTION. IF TEACHERS FIND THE CROSSWALK TIMER TOO SHORT, THEY CAN CONNECT WITH THE ADA COORDINATOR. SJRTD FACILITATED CONTACT WITH THE PROGRAM MANAGER FOR ACCESS SAN JOAQUIN COUNTY.

WITHIN A WEEK, ASSURANCE WAS PROVIDED TO TEACHERS, ENSURING SAFE AND TIMELY TRANSPORTATION FOR STUDENTS. DRAIL STAFF ALSO ESTABLISHED NEW CONNECTIONS.

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

988 LIFELINE CHAT AND TEXT

988

988 HAS BEEN DESIGNATED AS THE THREE-DIGIT DIALING CODE THAT WILL ROUTE CALLERS TO THE NATIONAL SUICIDE PREVENTION & MENTAL HEALTH CRISIS LIFELINE AND INCREASE THE ACCESSIBILITY OF THE LIFELINE FOR INDIVIDUALS. THE NATIONAL SUICIDE PREVENTION LIFELINE PROVIDES CONFIDENTIAL EMOTIONAL SUPPORT TO PEOPLE IN SUICIDAL CRISIS OR EMOTIONAL DISTRESS 24 HOURS A DAY, 7 DAYS A WEEK, ACROSS THE UNITED STATES.

WHAT TO EXPECT

1) YOU'LL HEAR AN AUTOMATED MESSAGE FEATURING ADDITIONAL OPTIONS WHILE YOUR CALL IS ROUTED TO YOUR LOCAL LIFELINE NETWORK CRISIS CENTER. PRESS 1 FOR THE VETERANS LINE AND PRESS 2 FOR SPANISH.

2) WE'LL PLAY YOU A LITTLE MUSIC WHILE WE CONNECT YOU TO A SKILLED, TRAINED CRISIS WORKER.

3) A TRAINED CRISIS WORKER AT YOUR LOCAL CENTER WILL ANSWER THE PHONE. THIS PERSON WILL LISTEN TO YOU, UNDERSTAND HOW YOUR PROBLEM IS AFFECTING YOU, PROVIDE SUPPORT, AND GET YOU THE HELP YOU NEED.

[HTTPS://WWW.988CALIFORNIA.ORG/](https://www.988california.org/)

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

ALL DRAIL OFFICES WILL BE CLOSED ON SEPTEMBER 2, 2024

WHAT'S HAPPENING IN OUR SURROUNDING COUNTIES?

THIS MONTH IN AMADOR COUNTY...

SECOND ANNUAL "TOGETHER WE CAN" HEALTH FAIR, A COMMUNITY EVENT FILLED WITH ACTIVITIES AND RESOURCES. THEY WILL TRANSFORM THE ITALIAN PICNIC GROUNDS INTO A HARVEST-THEMED FAIR COMPLETE WITH KID ZONE, FREE ENTRY, RAFFLE, AND FREE FLU SHOTS! MARK YOUR CALENDARS FOR SEPT 21 FROM 11AM TO 2PM. 209-223-6407 [CLICK HERE FOR INFO](#)

THIS MONTH IN CALAVERAS COUNTY...

-WALK FOR HOPE SEPTEMBER 21, 2024
CALAVERAS BIG TREES STATE PARK
REGISTER AT SIERRAHOPE.ORG OR [WALK FOR HOPE](#)
TELEPHONE: (209) 736-6792 EMAIL: INFO@SIERRAHOPE.ORG

- HEALTH FAIR SEPTEMBER 21, 2024
11:00 AM THROUGH 2:00 PM ITALIAN PICNIC GROUNDS
FREE DRIVE-THRU AND WALK-UP FLU SHOTS
HEALTH SCREENINGS, INCLUDING GLUCOSE AND BLOOD PRESSURE CHECKS
COMMUNITY RESOURCES KIDS-ZONE MORE RESOURCES WILL BE ADDED DAILY
THE EVENT IS FREE FOR ALL COMMUNITY MEMBERS. FOR MORE INFORMATION, YOU CAN CONTACT AMADOR COUNTY PUBLIC HEALTH AT 209-223-6407. WEBSITE: AMADORGOV.ORG

THIS MONTH IN MARIPOSA COUNTY...

COME JOIN IN ON 2 DAYS OF FUN! THERE IS SOMETHING FOR EVERYONE TO ENJOY AT COYOTE FEST. THE EVENT KICKS OFF WITH A MORNING PARADE FOLLOWED THROUGHOUT THE DAY BY A CAR SHOW AND HOWLING CONTEST. THERE WILL BE VENDORS FOR FOOD AND ARTISAN WARES. ITS A HOWL OF A GOOD TIME, DON'T MISS OUT. FOR MORE INFORMATION VISIT THE EVENT WEBSITE. START: SEPTEMBER 28 END: SEPTEMBER 29 WEBSITE: [HTTPS://WWW.COYOTEFEST.ORG/](https://www.coyotefest.org/)

THIS MONTH IN SAN JOAQUIN COUNTY...

-GREEK FOOD FESTIVAL SEPTEMBER 6-8, 2024
TICKETS - \$5
CHILDREN 11 AND UNDER FREE WITH A PAYING ADULT. FREE PARKING!
TICKETS ARE AVAILABLE AT THE DOOR, THERE ARE NO PRE-SALE TICKETS.
LOCATION ST. BASIL GREEK ORTHODOX CHURCH 920 W MARCH LN, STOCKTON, CA 95207
[STOCKTON GREEK FOODFEST](#)

-LODI GRAPE FESTIVAL

SEPTEMBER 12-15, 2024

A FOUR DAY EVENT FILLED WITH GREAT ENTERTAINMENT, FOOD, VENDORS, GRAPE AND COMMODITY MURALS, COMPETITIVE EXHIBITS, CARNIVAL, WINE TASTING, AND SO MUCH MORE. [LODI GRAPE FESTIVAL](#)

THIS MONTH IN STANISLAUS COUNTY...

59TH GREEK FOOD FESTIVAL, SEPTEMBER 21 AND 22, 2024.
313 TOKAY AVE. MODESTO, CA 95350
209-522-7694

TICKETS: PRE-SALE TICKETS: \$20 AT THE DOOR: \$22
TICKETS ARE AVAILABLE ONLINE AT WWW.GOANNUNCIATION.ORG

THIS MONTH IN TUOLUMNE COUNTY...

-TCBH SUICIDE PREVENTION AWARENESS MONTH EVENT
DATE & TIME: FRIDAY, SEPTEMBER 27, 2024, 10 A.M. TO 2 P.M.
LOCATION: TUOLUMNE COUNTY ENRICHMENT CENTER, 101 HOSPITAL ROAD, SONORA, CA 95370
EVENT FEATURES: FOOD, GAMES & ACTIVITIES PRIZES
RESOURCES FROM VARIOUS AGENCIES
FOR MORE INFORMATION, YOU CAN CONTACT 209-533-7114

-39TH ANNUAL CHILDREN'S FAIR
SATURDAY, SEPTEMBER 21ST, 10 A.M. - 2 P.M. LOCATION: WEST SIDE MEMORIAL PARK, TUOLUMNE, CA 95379
FREE ENTRY FOR THE WHOLE FAMILY!
MAGICIAN & JUGGLER, FACE PAINTING & TWISTED BALLOONS, KONA ICE - SHAVED SNOW CONES, ACTIVITIES, GAMES, & MORE!

I matter



ARDC OF THE MOTHERLODE

DO YOU LIVE IN ALPINE, AMADOR, CALAVERAS, MARIPOSA, OR TUOLUMNE COUNTY? IF YOU DO, THEN FINDING LOCAL RESOURCES JUST GOT A LOT EASIER. ARDC OF THE MOTHER LODGE IS HERE TO HELP YOU FIND MANY SERVICES AND PROGRAMS AVAILABLE TO OLDER ADULTS AND PEOPLE WITH DISABILITIES.

ACCESS THE ONLINE DIRECTORY AND START A NEW SEARCH AT: [ARDC OF THE MOTHERLODE MY RESOURCE DIRECTORY](#)

BREAK
the
STIGMA

HEALTHY EATING



- 1 cup of brown basmati rice
- 2 tsp olive oil
- 1 Tbsp ginger, peeled and cut into thin matchsticks
- 2 small red onions, cut into wedges
- 1 1/2 cup broccoli, broken into florets, stem finely chopped
- 2 carrots halved lengthways, then cut into diagonal slices
- 1 red chilli, finely chopped (optional)
- 3/4 lbs chicken breast, cut into thin strips
- 1/2 tsp ground cumin
- 1 tbsp crunchy peanut butter
- 1 tbsp Soy Sauce (More If Needed)
- 1 tbsp brown rice vinegar

STEP 1

Cook the rice following pack instructions. Heat the oil in a non-stick wok over a high heat and fry the ginger and red onions for 2 mins. Add the broccoli stem, carrots and chili, if using, and cook for 1 min.

STEP 2

Tip in the chicken and cumin, stir-fry briefly, then add the broccoli florets and 3 tbsp water. Cover and leave to steam for 3-4 mins, or until the broccoli florets are just tender and the chicken is cooked through.

STEP 3

Meanwhile, mix the peanut butter with the Soy Sauce and vinegar. Stir the sauce into the veg and chicken, then serve over the cooked rice.



SMART TIPS FOR SETTING GOALS

If your aspirations are ill-defined or ambiguous, you're more likely to become delayed -or even completely derailed- when encountering an unexpected situation. To help prevent either from happening, one of the most recommended tips for setting goals is to make sure any goal you set is SMART (Specific, Measurable, Attainable, Realistic, Timely). These five aspects are not in order of importance and should be carefully considered individually before moving forward:

Specific: Run through the "who, what, where, when, and why" of your goal. It can be helpful to write these points in a planner or journal so you can reference them again.

Measurable: In order to know whether you've accomplished your goal or not, you'll need to determine how you'll know. Don't forget to consider ways you can measure your progress along the way.

Attainable: Some of your goals may be loftier than others but in order for it to be considered attainable, you must actually believe that you can achieve it. This belief in yourself is what fuels your excitement and motivation to keep going.

Realistic: If it's not realistic you won't be motivated to take action. This means that the areas outside of your control (e.g., time, space, other people)

Timely: Whether your goal is short or long term, make sure you have a clear idea of what your anticipated timeframe and/or deadline is.

I deserve good things

YOUR STORY MATTERS:
SHARE HOW DRAIL HAS HELPED YOU ACHIEVE INDEPENDENCE
THE BEST COMPLIMENT YOU CAN GIVE US IS SHARING YOUR SUCCESS STORY!
EMAIL US AT INFO@DRAIL.ORG
AND LET YOUR JOURNEY INSPIRE OTHERS