

APRIL 2025

COMMUNITY CENTER? ALL WORKSHOPS WILL BE ON ASSIGNED

WHAT'S HAPPENING IN OUR

TUESDAYS AND WILL BE HYBRID FROM 10:00AM-11:30AM. UNLESS NOTED OTHERWISE. **APRIL 1, 2025 10 AM - 11:30 AM**

DIY FACE MASK WORKSHOP APRIL 22, 2025 10 AM - 11:30 PLANTING

SEEDS WORKSHOP

DRAIL'S ADVOCACY AND COMMUNITY EDUCATION MEETING

APRIL 30, 2025 10 AM - 11:30 AM

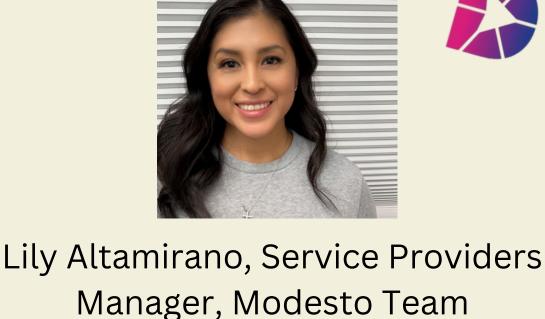
The Alzheimer's Association will be presenting.

PEER SUPPORT Every Thursday on ZOOM! _ 10:00am

-11:30am

Members

Meet some DRAIL Team

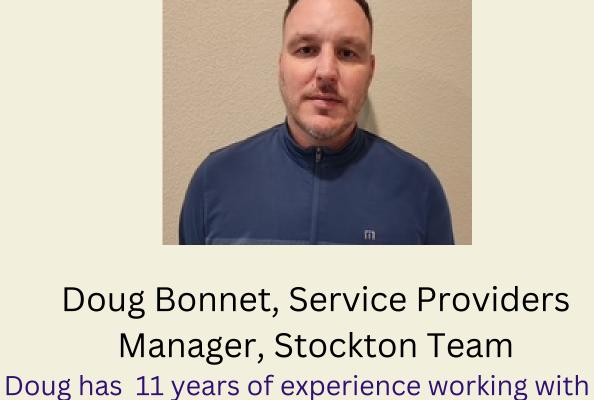




Lily has 8.5 years of experiencing working with individuals with disabilities and 4 years of that

time as a manager within the Independent Living Network. Lily has an Associates degree in Criminal Justice and a Bachelor's Degree in Human Services and and Family Services. Lily is a mother of five, two of whom have disabilities. This personal experience helps her better understand consumer needs and motivates her to assist her team more effectively.





Regional Center, recently joining the DRAIL management team. We are so excited he has

individuals with disabilities at Valley Mountain

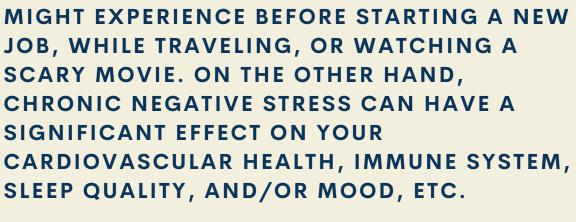
joined our journey to serve our community. Doug has a Bachelors degree in Mass Communications and Journalism. **APRIL IS...**



AUTISM AWARENESS MONTH

EARTH DAY 04/22 STRESS AWARENESS MONTH

AND EARLY DETECTION MONTH



DID YOU KNOW THAT THERE IS SUCH A THING

AS "GOOD STRESS?" IT'S THE FEELING YOU

HERE ARE SOME TIPS FOR YOU TO MANAGE YOUR STRESS! 1. Supportive relationships go a long way! Spend time with friends, family, and mentors. 2. Engage in 30-60 min of

sufficient, high-quality sleep

nutritious diet. 5. Take care of your mental health. Step away from

4. Make sure you're eating a

healthy, balanced, and

constant distressing news feeds or social media content. 6. Engage in mindfulness

exercise daily.

3. Make it a habit to get

whenever possible.

in parks and local green spaces.

SUCCESS STORIES

exercises like meditation, yoga

and/or breathing exercises.

7. Spend time out in nature, like

WE ARE PROUD TO BE THE #1 REQUESTED DISABILITY SERVICE PROVIDER IN STANISLAUS COUNTY, HIGHLIGHTING THE CRITICAL ROLE WE PLAY IN SUPPORTING INDIVIDUALS

WITH SOCIAL SECURITY ADVOCACY.

DRAIL CONTINUES TO MAKE A

POWERFUL IMPACT IN THE

COMMUNITY!

A SPECIAL RECOGNITION GOES TO DRAIL STAFF MEMBER MARGARITA, WHO RECEIVED A WELL-DESERVED **SHOUTOUT FOR ALWAYS GIVING 100%** TO EVERY PERSON SHE SERVES AT THE **ACCESS CENTER—THANK YOU FOR** YOUR DEDICATION!

ADVOCACY SUCCESSES: ✓ A CONSUMER SUCCESSFULLY

WE'RE ALSO CELEBRATING KEY

TRANSITIONED FROM A SHELTER INTO THEIR OWN HOME! **✓**ADVOCATES SECURED 3 **OVERPAYMENT WAIVERS WITH**

\$10,000 BEING WAIVED AND IMPROVING FINANCIAL QUALITY OF LIFE FOR 3 INDIVIDUALS WITH DISABILITES. THESE WINS REFLECT DRAIL'S

APPROVAL OF \$1,000, \$8,000 AND

UNWAVERING COMMITMENT TO EMPOWERING INDIVIDUALS AND CREATING REAL CHANGE. STAY CONNECTED FOR MORE UPDATES ON

HOW WE CONTINUE TO SERVE AND

ADVOCATE FOR OUR COMMUNITY!

Contact Us 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.

(209) 521-7260

Offices are open from

Monday to Friday, 8:00am - 12:00pm

1:00pm - 5:00pm 1101 Sylvan Avenue,

1. In a large bowl, combine the

and cumin, if using. Mash until the ingredients are combined but still a bit chunky. 2. Fold in the tomatoes, if using. 3. Season to taste and serve.

DRAIL JOIN DRAIL AT AUTISM AWARENESS NIGHT WITH THE STOCKTON PORTS! DRAIL IS PROUD TO PARTNER WITH THE STOCKTON

PORTS FOR AUTISM AWARENESS NIGHT ON FRIDAY, APRIL 11, AT 7:00 PM. ENJOY A FUN-

FILLED EVENING AT THE BALLPARK WHILE SUPPORTING AUTISM AWARENESS AND INCLUSION IN OUR COMMUNITY. -STOCKTON BALLPARK -SPECIAL GROUP DEALS:

\$10 FIELD BOX TICKET \$15 FIELD BOX TICKET + HOT DOG, CHIPS & SODA SCAN THE QR CODE ON THE FLYER FOR

DISCOUNTED TICKETS! FOR MORE INFORMATION, CALL 209-644-1900.

LET'S MAKE THIS A NIGHT TO REMEMBER! **Each Ticket** Cash: \$15

Card: \$16

DRAIL (includes processing fee) Purchase deadline April 1, 2025



WATCH THE SAN FRANCISCO GIANTS WHILE SUPPORTING INDEPENDENT LIVING. TICKETS ARE \$15 CASH OR \$16 BY CARD (PROCESSING FEE INCLUDED). **BLEACHER SEATS IN SECTIONS 140 & 141.**

ACCESSIBLE SEATING AVAILABLE—CONTACT US FOR DETAILS. **PURCHASE DEADLINE: APRIL 1, 2025** FOR TICKETS & INFO, EMAIL INFO@DRAIL.ORG OR CALL 209-521-7260 (ASK FOR HEATHER OR DANIELLE).

SCAN THE QR CODE IN THE IMAGE TO BUY **YOUR TICKETS ONLINE!** (BE SURE TO NOTE "SF GIANTS BASEBALL FUNDRAISER GAME TICKETS) WHAT'S HAPPENING IN OUR **SURROUNDING COUNTIES?**

TRANSPORTATION NOT INCLUDED.

and more games! Photo op area and prizes as well! This free and fun event will have interactive booths, music, crafts, food and games for

everyone to enjoy. Plymouth's Spring Family Fun

Bubble fun, crafts, face painting, games, games,

THIS MONTH IN AMADOR COUNTY

<u>Day</u> hopes to see you there! Date: Saturday, April 12th, 2025 Time: 11:00 AM - 3:00 PM Location: 9415 Main Street Plymouth, CA 95669 THIS MONTH IN CALAVERAS COUNTY

features a large gathering of makers/sellers of all things vintage, repurposed, handmade! All curated to bring you a unique collection of vendors, with raffles & food trucks too! Entry is

Mark your calendars - Crafty Chicks Spring

Market is back for an 8th year! This event

\$2; parking is free. Keep up with Crafty Chicks **Road Show** here! Date: Saturday, April 12th, 2025 Time: 10:00 AM - 4:00 PM Location: Calaveras County Fairgrounds 2465 Gun Club Road, Angels Camp, CA 95222 THIS MONTH IN MARIPOSA COUNTY The "Mountains of Minerals" show serves as a

focal point to share mineral specimens from

gather to share their knowledge and stock of

minerals and demonstrations of lapidary

and rough, breathtaking mineral and rock

world-wide locations. Dealers from far and wide

techniques. A wide variety of gemstone jewelry

specimens, fossils, crystals, beads and mineral

related crafts of all sorts will be available from many vendors. Adult admission is \$5. Free for kids under 14 and free parking. Date: Saturday, April 12th, 2025 and Sunday, April 13th, 2025 Time: 10:00 AM - 5:00 PM Sat. & 10:00 AM - 4:00 PM Sun. Location: 5007 Fairgrounds Rd, Mariposa, CA 95338 THIS MONTH IN SAN JOAQUIN COUNTY Join the annual Stockton Earth Day Festival under

the oaks of Stockton's picturesque Victory Park.

people recognize the importance of caring for the

planet and its natural resources. This year's call

This is a popular community event that helps

to action is "Choose Planet Over Plastic."

Through diverse and engaging exhibitions,

hands-on-activities, arts and entertainment, the community gets together to learns how to address environmental issues affecting us locally and nationally. Free attendance. More information on Stockton Earth Day can be found here. Date: Sunday, April 27th, 2025 Time: 10:00 AM - 4:00 PM Location: 1001 N Pershing Ave, Stockton, CA 95203 THIS MONTH IN STANISLAUS COUNTY

This is a FREE community event celebrating the

Everything from photography to paintings and

from shop to shop and view artists work in

galleries, restaurants, bars, and theaters.

even interactive art.

Arts in the community. Come downtown and walk

This event takes place every third Thursday of the

month. More information on the Modesto Art Walk here. Date: Thursday, April 17th, 2025 Time: 5:00 PM - 8:00 PM

Location: Downtown Modesto THIS MONTH IN TUOLUMNE COUNTY Visit Yosemite National Park on April

HEALTHY EATING

INGREDIENTS

cilantro

taste

• 3 avocados, ripe

• 1/4 cup diced red onion

GUACAMOLE EDITION!

19th for Entrance Fee-Free Day!

Gorgeous waterfalls, meadows,

other national wonders awaits!

Date: Saturday, April 19th, 2025

Location: Yosemite National Park

Time: All day

granite cliffs, giant sequoias, and



cumin • (optional) 1 to 2 Roma tomatoes, seeded and diced

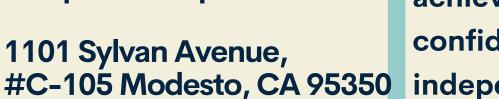
INSTRUCTIONS

avocados, onion, cilantro, lime

zest and juice, jalapeño, salt,

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.