

NEWSLETTER

APRIL 2025

WHAT'S HAPPENING IN OUR COMMUNITY CENTER?

ALL WORKSHOPS WILL BE ON ASSIGNED 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 Thursdays on ZOOM! 🗓️ 10:00am -11:30am

Meet some DRAIL Team Members



Lily Altamirano, Service Providers Manager, Modesto 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 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.



Doug Bonnet, Service Providers Manager, Stockton Team

Doug has 11 years of experience working with individuals with disabilities at Valley Mountain Regional Center, recently joining the DRAIL management team. We are so excited he has joined our journey to serve our community. Doug has a Bachelors degree in Mass Communications and Journalism.

APRIL IS...



AUTISM AWARENESS MONTH

NATIONAL PARKINSON'S AWARENESS MONTH

NATIONAL CANCER PREVENTION AND EARLY DETECTION MONTH

EARTH DAY 04/22

STRESS AWARENESS MONTH



DID YOU KNOW THAT THERE IS SUCH A THING AS "GOOD STRESS?" IT'S THE FEELING YOU MIGHT EXPERIENCE BEFORE STARTING A NEW JOB, WHILE TRAVELING, OR WATCHING A SCARY MOVIE. ON THE OTHER HAND, CHRONIC NEGATIVE STRESS CAN HAVE A SIGNIFICANT EFFECT ON YOUR CARDIOVASCULAR HEALTH, IMMUNE SYSTEM, SLEEP QUALITY, AND/OR MOOD, ETC.

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 exercise daily.**
3. **Make it a habit to get sufficient, high-quality sleep whenever possible.**
4. **Make sure you're eating a healthy, balanced, and nutritious diet.**
5. **Take care of your mental health. Step away from constant distressing news feeds or social media content.**
6. **Engage in mindfulness exercises like meditation, yoga and/or breathing exercises.**
7. **Spend time out in nature, like in parks and local green spaces.**



SUCCESS STORIES

DRAIL CONTINUES TO MAKE A POWERFUL IMPACT IN THE COMMUNITY! 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.

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!

WE'RE ALSO CELEBRATING KEY ADVOCACY SUCCESSSES:

✅ A CONSUMER SUCCESSFULLY TRANSITIONED FROM A SHELTER INTO THEIR OWN HOME!

✅ ADVOCATES SECURED 3 OVERPAYMENT WAIVERS WITH APPROVAL OF \$1,000, \$8,000 AND \$10,000 BEING WAIVED AND IMPROVING FINANCIAL QUALITY OF LIFE FOR 3 INDIVIDUALS WITH DISABILITIES.

THESE WINS REFLECT DRAIL'S 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!



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.

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



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.



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! ❤️



JOIN DRAIL FOR A BASEBALL NIGHT FUNDRAISER AT ORACLE PARK ON FRIDAY, MAY 2, 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](mailto:info@drail.org) OR CALL 209-521-7260

(ASK FOR HEATHER OR DANIELLE). TRANSPORTATION NOT INCLUDED.

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?

THIS MONTH IN AMADOR COUNTY

Bubble fun, crafts, face painting, games, games, 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 Day](#) 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

Mark your calendars - Crafty Chicks Spring Market is back for an 8th year! This event 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 \$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 world-wide locations. Dealers from far and wide gather to share their knowledge and stock of minerals and demonstrations of lapidary techniques. A wide variety of gemstone jewelry and rough, breathtaking mineral and rock 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. This is a popular community event that helps people recognize the importance of caring for the planet and its natural resources. This year's call to action is "Choose Planet Over Plastic." Through diverse and engaging exhibitions, hands-on-activities, arts and entertainment, the community gets together to learn 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 Arts in the community. Come downtown and walk from shop to shop and view artists work in galleries, restaurants, bars, and theaters. Everything from photography to paintings and even interactive art.

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 19th for Entrance Fee-Free Day!

Gorgeous waterfalls, meadows, granite cliffs, giant sequoias, and other national wonders awaits!

Date: Saturday, April 19th, 2025
Time: All day
Location: Yosemite National Park



HEALTHY EATING

GUACAMOLE EDITION!

INGREDIENTS

- 3 avocados, ripe
- ¼ cup diced red onion
- ¼ cup finely chopped fresh cilantro
- Cest and juice of 2 limes
- 1 small jalapeño pepper, diced
- ½ teaspoon sea salt, plus more to taste
- (optional) ½ teaspoon ground cumin
- (optional) 1 to 2 Roma tomatoes, seeded and diced



INSTRUCTIONS

1. In a large bowl, combine the avocados, onion, cilantro, lime zest and juice, jalapeño, salt, 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.

