

### 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.

DRAIL's Advocacy and Community Education Meeting.  
2025  
10 AM - 11:30 AM

### PEER SUPPORT

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





### AUGUST IS...

**NATIONAL WELLNESS MONTH**  
CELEBRATE NATIONAL WELLNESS MONTH DURING THE ENTIRE MONTH OF AUGUST. IT'S TIME TO PRIORITIZE YOUR SELF-CARE, REDUCE STRESS, AND CREATE HEALTHIER HABITS TO FEEL LIKE YOUR BEST SELF!

**CHILDREN'S EYE HEALTH AND SAFETY MONTH**  
CHILDREN'S EYE HEALTH AND SAFETY MONTH IS A TIMELY REMINDER TO PREPARE OUR CHILDREN FOR THE CLASSROOM AND ATHLETICS.

### INTERNATIONAL ASSISTANCE DOG WEEK

(IADW) BEGINS THE FIRST SUNDAY IN AUGUST AND RECOGNIZES ALL THE DEVOTED, HARDWORKING ASSISTANCE DOGS HELPING INDIVIDUALS MITIGATE THEIR DISABILITY-RELATED LIMITATIONS.



**ASSISTANCE DOG ETIQUETTE**  
WHILE ON DUTY, ASSISTANCE DOGS HAVE A JOB TO DO. WITH THIS IN MIND, IF YOU SEE SOMEONE WITH AN ASSISTANCE DOG, DON'T GET TOO CLOSE OR TRY TO PET IT. WHETHER IT SAFELY GUIDES ITS MASTER OR PROVIDES OTHER SERVICES, DISTRACTIONS ARE DANGEROUS. IF YOU MUST APPROACH, SPEAK TO THE HANDLER. KEEP YOUR OWN PET RESTRAINED AND AT A DISTANCE. DON'T ASSUME A NAPPING SERVICE DOG IS OFF-DUTY. IF YOU SEE A SERVICE DOG WITHOUT ITS OWNER, THAT MAY BE A SIGN OF TROUBLE. SEEK HELP IF YOU ARE ABLE AND LET THE DOG LEAD YOU TO ITS MASTER.  
WHILE THERAPY AND EMOTIONAL SUPPORT DOGS PROVIDE A VALUABLE BENEFIT, THEY ARE NOT ASSISTANCE DOGS. THEY RECEIVE DIFFERENT TRAINING.

SERVICE ANIMALS ARE: DOGS  
ANY BREED AND ANY SIZE OF DOG  
TRAINED TO PERFORM A TASK DIRECTLY RELATED TO A PERSON'S DISABILITY

SERVICE ANIMALS ARE NOT:  
REQUIRED TO BE CERTIFIED OR GO THROUGH A PROFESSIONAL TRAINING PROGRAM  
REQUIRED TO WEAR A VEST OR OTHER ID THAT INDICATES THEY'RE A SERVICE DOG

EMOTIONAL SUPPORT OR COMFORT DOGS, BECAUSE PROVIDING EMOTIONAL SUPPORT OR COMFORT IS NOT A TASK RELATED TO A PERSON'S DISABILITY

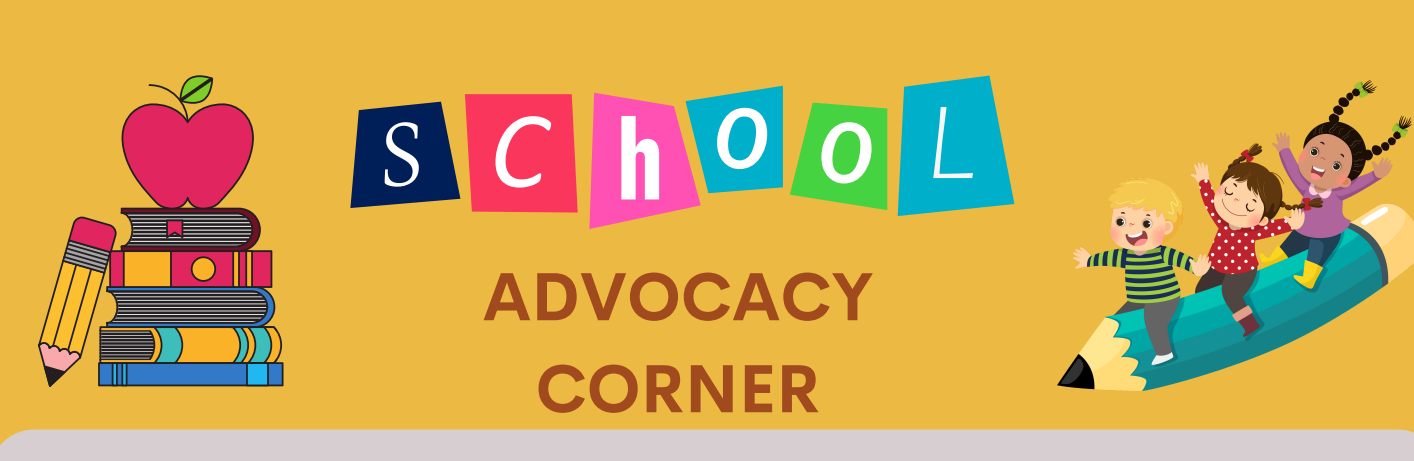
ASKING IF A DOG IS A SERVICE ANIMAL  
IF YOU ARE WORKING AT A BUSINESS OR STATE/LOCAL GOVERNMENT FACILITY AND IT IS UNCLEAR TO YOU WHETHER SOMEONE'S DOG IS A SERVICE DOG, YOU MAY ASK FOR CERTAIN INFORMATION USING TWO QUESTIONS.  
YOU MAY ASK:

- IS THE DOG A SERVICE ANIMAL REQUIRED BECAUSE OF A DISABILITY?
- WHAT WORK OR TASK HAS THE DOG BEEN TRAINED TO PERFORM?

YOU ARE NOT ALLOWED TO:

- REQUEST ANY DOCUMENTATION THAT THE DOG IS REGISTERED, LICENSED, OR CERTIFIED AS A SERVICE ANIMAL
- REQUIRE THAT THE DOG DEMONSTRATE ITS TASK, OR INQUIRE ABOUT THE NATURE OF THE PERSON'S DISABILITY

BECAUSE SERVICE ANIMALS ARE NOT REQUIRED TO WEAR VESTS, A DOG THAT IS WEARING A VEST IS NOT NECESSARILY A SERVICE ANIMAL. THE DOG STILL NEEDS TO BE TRAINED TO PERFORM A TASK FOR A PERSON WITH A DISABILITY TO BE A SERVICE ANIMAL.



PARENTS AND CAREGIVERS OF CHILDREN WITH DISABILITIES ARE OFTEN CONFUSED ABOUT WHICH LAWS PROTECT THEIR CHILDREN FROM DISCRIMINATION AND PROVIDE ACCESS TO EDUCATIONAL AND RELATED SERVICES IN PUBLIC K-12 SCHOOLS.

THERE ARE THREE MAIN LAWS THAT ADDRESS THE RIGHTS OF STUDENTS WITH DISABILITIES IN PUBLIC SCHOOLS:  
THE INDIVIDUALS WITH DISABILITIES EDUCATION ACT (IDEA)  
SECTION 504 OF THE REHABILITATION ACT  
TITLE II OF THE AMERICANS WITH DISABILITIES ACT (ADA)

THESE THREE LAWS WERE WRITTEN AND PASSED AT DIFFERENT TIMES IN US HISTORY. SECTION 504 WAS FIRST PASSED IN 1973, IDEA IN 1975, AND THE ADA IN 1990. BECAUSE THEY ARE NOT PART OF SOME GRAND, OVERARCHING PLAN, IT CAN BE CONFUSING TO DIFFERENTIATE WHEN AND HOW THEY APPLY TO STUDENTS WITH DISABILITIES. IN THIS FACTSHEET, WE DESCRIBE HOW THESE LAWS DIFFER, SO PARENTS CAN UNDERSTAND THE LEGAL BASIS FOR BOTH THEIR CHILD'S CIVIL AND EDUCATIONAL RIGHTS AND CAN ADVOCATE FOR THEM IN PUBLIC SCHOOLS. THIS DOCUMENT IS A STARTING POINT FOR FAMILIES TO UNDERSTAND THE VARIOUS LAWS THAT AFFECT THEM AND HOW THEY INTERRELATE.

### WHAT DO THESE LAWS COVER?

THESE LAWS EACH ADDRESS DIFFERENT PARTS OF THE EDUCATIONAL PICTURE FOR STUDENTS WITH DISABILITIES.

THE ADA IS A BROAD LAW THAT PROVIDES CIVIL RIGHTS PROTECTIONS TO ALL INDIVIDUALS WITH DISABILITIES IN THE US IN MANY DIFFERENT ASPECTS OF LIFE. TITLE II OF THE ADA PROHIBITS DISCRIMINATION BY STATE AND LOCAL GOVERNMENTS, WHICH INCLUDES PUBLIC SCHOOLS.

SECTION 504 IS MORE LIMITED, IT PROVIDES CIVIL RIGHTS PROTECTIONS TO ALL INDIVIDUALS WITH DISABILITIES IN PROGRAMS THAT RECEIVE FEDERAL FUNDING, WHICH INCLUDES MOST PUBLIC SCHOOLS. BOTH THE ADA AND SECTION 504 ARE NONDISCRIMINATION LAWS THAT DO NOT PROVIDE ANY FUNDING TO THE COVERED ENTITY.

FINALLY, IDEA IS NOT AN ANTIDISCRIMINATION LAW; IT IS A STATUTE THAT MANDATES FREE APPROPRIATE PUBLIC EDUCATION (FAPE) IN THE LEAST RESTRICTIVE ENVIRONMENT (LRE) FOR STUDENTS WITH DISABILITIES ELIGIBLE UNDER IDEA. NOTE THAT FREE APPROPRIATE PUBLIC EDUCATION (FAPE) AND LEAST RESTRICTIVE ENVIRONMENT (LRE) ARE LEGAL TERMS DEFINED IN IDEA. IDEA PROVIDES FEDERAL FUNDING TO SCHOOLS TO SUPPORT IDEA ELIGIBLE STUDENTS.

HOW DO THESE LAWS RELATE?  
PART OF THE REASON IT IS CONFUSING TO DIFFERENTIATE BETWEEN THESE LAWS IS BECAUSE THEY OVERLAP IN THEIR COVERAGE, THEIR DEFINITIONS OF DISABILITY, THEIR ELIGIBILITY, AND THEIR PLANNING REQUIREMENTS. THESE LAWS ALSO OVERLAP IN THE TYPES OF SERVICES, MODIFICATIONS, AND ACCOMMODATIONS THEY SUPPORT.

### SUCCESS STORIES

ADVOCATE BEGAN WORKING WITH CONSUMER SINCE JUNE 2024. SERVICES BEGAN WITH COMPLETING A SOCIAL SECURITY APPLICATION. CONSUMER HAS RECENTLY REACHED BACK OUT TO DRAIL FOR ADDITIONAL SSA ADVOCACY IN UNDERSTANDING FORMS AND CONNECTING WITH REPRESENTATIVES. ASIDE FROM THAT THEY HAVE REQUESTED INDEPENDENT LIVING SKILLS TRAINING. THEIR GOAL IS TO OBTAIN A JOB WHERE THEY CAN FEEL COMFORTABLE IN, THEY BELIEVE THAT IN THE PAST THEIR DISABILITY HAS BEEN DISCRIMINATED AGAINST. WE HAVE REBUILT THEIR RESUME TO AN OUTLINE THAT THEY CONSIDER WILL IMPRESS FUTURE EMPLOYERS. DURING OUR SESSIONS THE CONSUMER EXPRESSED DISCOURAGEMENT IN THE PROCESS OF FINDING EMPLOYMENT, THEY FELT THERE WASN'T A PLACE FOR THEM WHERE THEY WOULD GET RESPECT AND PATIENCE. STAFF WAS ABLE TO DISCLOSE PERSONAL CHALLENGES DUE TO DISABILITY, THIS HELPED THE CONSUMER TO FEEL HOPEFUL THAT THEY COULD OBTAIN A JOB. WE SPOKE OF STRUGGLES IN SCHOOL AND COMMUNITY, THE CONSUMER FELT HEARD AND READY TO CONTINUE LOOKING FOR EMPLOYMENT. THEIR OVERALL GOAL IS TO BE AS INDEPENDENT AS POSSIBLE.

### CONNECT WITH YOU COUNTY BOARD MEMBERS

WHAT IS A BOARD OF SUPERVISORS — AND WHY SHOULD YOU CONTACT THEM?  
EVERY COUNTY HAS LOCAL LEADERS WHO HELP MAKE IMPORTANT DECISIONS. THESE LEADERS ARE OFTEN CALLED THE BOARD OF SUPERVISORS.

WHAT DO THEY DO?  
THE BOARD OF SUPERVISORS IS MADE UP OF PEOPLE WHO ARE ELECTED TO REPRESENT DIFFERENT AREAS OF THE COUNTY. EACH PERSON IS CALLED A SUPERVISOR AND SPEAKS UP FOR THE PEOPLE IN THEIR DISTRICT.

THEY HELP WITH THINGS LIKE:  
SPENDING COUNTY MONEY  
EXAMPLE: DECIDING HOW MUCH MONEY GOES TO FIX ROADS, SUPPORT PUBLIC HEALTH, OR FUND PROGRAMS FOR SENIORS AND PEOPLE WITH DISABILITIES.

RUNNING SERVICES  
EXAMPLE: MAKING SURE THERE'S FUNDING FOR PUBLIC TRANSPORTATION, HOUSING ASSISTANCE, OR JOB TRAINING PROGRAMS.

CREATING LOCAL RULES (ORDINANCES)  
EXAMPLE: PASSING RULES TO MAKE PUBLIC BUILDINGS MORE ACCESSIBLE OR TO LIMIT HOW CLOSE NEW BUILDINGS CAN BE TO A RIVER OR SCHOOL.

HELPING DURING EMERGENCIES  
EXAMPLE: APPROVING EMERGENCY PLANS FOR WILDFIRES, FLOODS, OR COVID-19 RESPONSES.

OVERSEEING COUNTY STAFF AND DEPARTMENTS  
EXAMPLE: HIRING THE HEAD OF THE COUNTY'S HEALTH DEPARTMENT OR MAKING SURE COUNTY OFFICES ARE SERVING PEOPLE FAIRLY.

WHY WOULD YOU CONTACT THEM?  
HERE ARE SOME REAL REASONS PEOPLE CONTACT THEIR SUPERVISORS:

"THE BUS STOP IN MY NEIGHBORHOOD DOESN'T HAVE A BENCH OR SHADE."  
→ YOU CAN ASK YOUR SUPERVISOR TO HELP IMPROVE IT.

"I'M WORRIED ABOUT RISING RENTS AND WANT MORE AFFORDABLE HOUSING."  
→ YOU CAN SHARE YOUR STORY TO PUSH FOR HOUSING SUPPORT PROGRAMS.

"THERE'S NOT ENOUGH SIDEWALK SPACE FOR MY WHEELCHAIR."  
→ YOU CAN ASK THEM TO FIX SIDEWALKS AND MAKE THE AREA MORE ACCESSIBLE.

"I WANT TO INVITE MY SUPERVISOR TO OUR COMMUNITY DISABILITY AWARENESS EVENT."  
→ MANY SUPERVISORS ARE HAPPY TO ATTEND AND SHOW SUPPORT.

"OUR LOCAL HEALTH CLINIC NEEDS MORE FUNDING."  
→ YOU CAN GIVE PUBLIC COMMENT AT A BOARD MEETING OR SEND AN EMAIL TO EXPLAIN WHY IT MATTERS.

WHY IT MATTERS  
THE BOARD OF SUPERVISORS MAKES DECISIONS THAT AFFECT YOUR DAILY LIFE. IF YOU SPEAK UP, THEY'RE MORE LIKELY TO UNDERSTAND WHAT YOUR COMMUNITY REALLY NEEDS.

YOUR VOICE MATTERS. REACHING OUT CAN LEAD TO REAL CHANGE.

### AMADOR COUNTY BOARD OF SUPERVISORS

CLERK OF THE BOARD (209) 223-6470

PATRICK CREW CHAIR DISTRICT 1  
DAN EPPERSON DISTRICT 2  
JEFF BROWN VICE CHAIR DISTRICT 3  
LOGAN CARNELL DISTRICT 4  
BRIAN ONETO DISTRICT 5

### CALAVERAS COUNTY BOARD OF SUPERVISORS

CLERK OF THE BOARD (209) 754-754-6370

GARY TOFANELLI DISTRICT 1  
AUTUMN ANDAHL DISTRICT 2  
MARTIN HUBERTY VICE CHAIR DISTRICT 3  
AMANDA FOLENDORF DISTRICT 4  
BENJAMIN STOPPER DISTRICT 5

### MARIPOSA COUNTY BOARD OF SUPERVISORS

CLERK OF THE BOARD (209)-966-3222

ROSEMARIE SMALLCOMBE CHAIR DISTRICT 1  
SHANNON POE DISTRICT 2  
DANTE TOSO VICE CHAIR DISTRICT 3  
JENNI KISER DISTRICT 4  
MILES MENETREY DISTRICT 5

### TUOLUMNE COUNTY BOARD OF SUPERVISORS

CLERK OF THE BOARD (209) 533-5521

MICHAEL HOLLAND DISTRICT 1  
RYAN CAMPBELL DISTRICT 2  
DANIEL ANAIAH KIRK DISTRICT 3  
STEPHEN A. GRIEFER DISTRICT 4  
JARON BRANDON DISTRICT 5

### SAN JOAQUIN COUNTY BOARD OF SUPERVISORS

CLERK OF THE BOARD (209) 468-2350

MARIO GARDEA DISTRICT 1  
PAUL CANEPA CHAIR DISTRICT 2  
SONNY DHALIWA VICE CHAIR DISTRICT 3  
STEVEN J. DING DISTRICT 4  
ROBERT RICKMAN DISTRICT 5

### STANISLAUS COUNTY BOARD OF SUPERVISORS

CLERK OF THE BOARD (209) 525-4494

BUCK CONDIT CHAIR DISTRICT 1  
VITO CHIESA VICE CHAIRMAN DISTRICT 2  
TERRY WITHROW DISTRICT 3  
MANI GREWAL DISTRICT 4  
CHANCE CONDIT DISTRICT 5

### ARDC OF THE MOTHERLODE

Our online resource directory provides information on many services and programs available to older adults and persons with disabilities.

Open your camera app and point it towards the QR code to be taken to the resource directory website.

Online Resource Directory

<https://ardcofthemotherlode.myresourcedirectory.com>

ALPINE • AMADOR • CALAVERAS • MARIPOSA • TUOLUMNE

for more information call

Area 12 - 209-532-6272  
Agency on Aging - 800-510-2020  
DRAIL - 209-521-7260

Aging & Disability Resource Connection  
ARDC of the Mother Lode

Area 12 Agency on Aging

DRAIL Disability Resources Agency for Independent Living

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.

### 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.



### HEALTHY EATING

#### NATIONAL SANDWICH MONTH COPYCAT PANERA FRONTEGA CHICKEN SANDWICH

- INGREDIENTS
- 2 TABLESPOONS MAYONNAISE
  - 2 TABLESPOONS PLAIN WHOLE-MILK STRAINED (GREEK-STYLE) YOGURT
  - 2 TABLESPOONS CHOPPED CHIPOTLE PEPPERS IN ADOBO SAUCE
  - 8 SLICES MULTIGRAIN BREAD
  - 4 OUNCES FRESH MOZZARELLA CHEESE, CUT INTO 4 SLICES
  - 2 CUPS SHREDDED COOKED CHICKEN BREAST
  - 8 THIN SLICES TOMATO
  - ¼ CUP THINLY SLICED RED ONION, SEPARATED INTO RINGS
  - ¼ CUP LIGHTLY PACKED TORN FRESH BASIL
  - COOKING SPRAY

DIRECTIONS  
STEP 1  
COMBINE MAYONNAISE, YOGURT AND CHIPOTLES IN A SMALL BOWL.  
STEP 2  
PLACE 4 BREAD SLICES ON A WORK SURFACE; TOP EACH WITH 1 BREAD MOZZARELLA SLICE. THEN TOP EACH WITH 1/2 CUP CHICKEN, 2 TOMATO SLICES AND 3 RED ONION RINGS; SPRINKLE WITH BASIL. SPREAD 1 1/2 TABLESPOONS CHIPOTLE-MAYO MIXTURE ON EACH OF THE REMAINING 4 BREAD SLICES AND PLACE, MAYO-SIDES DOWN, ONTO THE SANDWICHES. PRESS DOWN FIRMLY.  
STEP 3  
LIGHTLY COAT BOTH SIDES OF THE SANDWICHES WITH COOKING SPRAY. HEAT A GRIDDLE, GRILL PAN OR SKILLET OVER MEDIUM HEAT. WORKING IN BATCHES IF NECESSARY, PLACE THE SANDWICHES ON THE GRIDDLE (OR PAN). PLACE A HEAVY SAUCEPAN OR SKILLET ON TOP OF THE SANDWICHES. COOK UNTIL THE BOTTOMS ARE TOASTED, ABOUT 2 MINUTES. FLIP AND TOP AGAIN WITH THE HEAVY PAN. COOK UNTIL THE OTHER SIDE IS TOASTED, ABOUT 2 MORE MINUTES.

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](mailto:info@drail.org), and let your journey inspire others.

Contact Us  
(209) 521-7260

Offices are open from Monday to Friday,  
8:00 am – 12:00 pm  
&  
1:00 pm – 5:00 pm

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.

