



NEWSLETTER

December 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.

DRAIL's Advocacy and Community Education Meeting.

2025

10 AM - 11:30 AM

PEER SUPPORT

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

DRAIL FLU POP UP FLU CLINIC

DECEMBER 2ND AND 8TH, 2025

- THE FLU SHOT AND TESTING ARE FREE OF CHARGE.
- PARTICIPANTS WILL ALSO RECEIVE A \$25 GIFT CARD ONLY WHEN GETTING A FLU SHOT
- COVID-19 AND BIRD FLU TESTING WILL BE AVAILABLE AS WELL FREE OF CHARGE.

DRAIL WILL BE CLOSED

DECEMBER 25, 2025

DECEMBER 26, 2025

DECEMBER IS

NATIONAL SPECIAL EDUCATION DAY

E D U C A T I O N



NATIONAL SPECIAL EDUCATION DAY

EACH YEAR ON DECEMBER 2, WE RECOGNIZE NATIONAL SPECIAL EDUCATION DAY, MARKING THE ANNIVERSARY OF THE INDIVIDUALS WITH DISABILITIES EDUCATION ACT (IDEA) — THE GROUNDBREAKING LAW PASSED IN 1975 THAT GUARANTEED STUDENTS WITH DISABILITIES THE RIGHT TO A FREE AND APPROPRIATE PUBLIC EDUCATION IN THE LEAST RESTRICTIVE ENVIRONMENT.

THIS DAY CELEBRATES THE PROGRESS MADE IN BUILDING INCLUSIVE CLASSROOMS WHERE ALL STUDENTS CAN LEARN, GROW, AND REACH THEIR FULL POTENTIAL. IT ALSO REMINDS US THAT THE FIGHT FOR ACCESSIBILITY, EQUITY, AND UNDERSTANDING IN EDUCATION CONTINUES. MANY STUDENTS WITH DISABILITIES STILL FACE BARRIERS SUCH AS LACK OF SUPPORT, LIMITED ACCOMMODATIONS, OR STIGMA — AND IT TAKES COLLECTIVE ADVOCACY TO KEEP MOVING FORWARD.

NATIONAL SPECIAL EDUCATION DAY HONORS TEACHERS, FAMILIES, ADVOCATES, AND STUDENTS WHO WORK EVERY DAY TO ENSURE INCLUSION IS NOT JUST A GOAL BUT A REALITY. IT'S A TIME TO RECOGNIZE THE IMPORTANCE OF INDIVIDUALIZED EDUCATION PLANS (IEPS), COLLABORATION BETWEEN SCHOOLS AND FAMILIES, AND ONGOING COMMUNITY INVOLVEMENT TO HELP EACH STUDENT SUCCEED.

AS WE CELEBRATE THIS DAY, LET'S CONTINUE TO PUSH FOR STRONG SPECIAL EDUCATION PROGRAMS, EQUITABLE RESOURCES, AND INCLUSIVE SCHOOL CULTURES. TOGETHER, WE CAN HELP CREATE CLASSROOMS WHERE EVERY STUDENT IS SEEN, SUPPORTED, AND VALUED FOR THEIR UNIQUE STRENGTHS AND ABILITIES.

CALIFORNIA GOVERNOR'S RACE: YOUR VOICE, YOUR POWER ON JUNE 2

CALIFORNIA'S NEXT GUBERNATORIAL ELECTION IS COMING UP SOON! ON JUNE 2, VOTERS WILL HELP DECIDE WHO WILL LEAD OUR STATE AND SHAPE THE FUTURE OF MAJOR ISSUES LIKE HOUSING, HEALTHCARE, EDUCATION, TRANSPORTATION, CLIMATE ACTION, AND DISABILITY RIGHTS.

THE GOVERNOR'S DECISIONS AFFECT EVERY PART OF LIFE IN CALIFORNIA, FROM HOW RESOURCES ARE DISTRIBUTED TO HOW PROGRAMS ARE SUPPORTED IN OUR COMMUNITIES. THIS MAKES EVERY VOTE COUNT AND EVERY VOICE MATTER.

NOW IS THE TIME TO GET INFORMED AND GET READY. TAKE A FEW MINUTES TO LEARN ABOUT THE CANDIDATES AND WHAT THEY STAND FOR. FOLLOW DEBATES, INTERVIEWS, AND RELIABLE NEWS SOURCES SO YOU CAN MAKE THE CHOICE THAT BEST REPRESENTS YOUR VALUES AND PRIORITIES.

MANY CALIFORNIA COUNTIES USE THE VOTER'S CHOICE ACT (VCA) MODEL, WHICH MEANS VOTE CENTERS AND BALLOT DROP-OFF LOCATIONS OPEN BEFORE ELECTION DAY. THAT GIVES YOU MORE TIME AND FLEXIBILITY TO VOTE EARLY AND AVOID LONG LINES. CHECK LOCAL ANNOUNCEMENTS AND MAKE A PLAN TO VOTE WHEN IT'S MOST CONVENIENT FOR YOU.

IT'S ALSO A GREAT TIME TO CHECK THAT YOUR VOTER INFORMATION IS CURRENT, SUCH AS YOUR NAME, ADDRESS, AND PREFERRED VOTING METHOD, AND REMIND FRIENDS AND FAMILY TO DO THE SAME.

WHEN WE PARTICIPATE, WE HELP SHAPE A CALIFORNIA THAT REFLECTS ALL OF US. MARK YOUR CALENDAR FOR JUNE 2, GET INFORMED, AND MAKE YOUR VOICE HEARD EARLY AT YOUR LOCAL VOTE CENTER!

REGISTER OR PRE-REGISTER TO VOTE

AND CHECK YOUR REGISTRATION

STATUS

SINCE AUGUST, A DRAIL ADVOCATE HAS BEEN WORKING CLOSELY WITH THE CONSUMER, WHO IS PREPARING FOR RETIREMENT AND EXPERIENCING DIFFICULTY COMPLETING PAPERWORK INDEPENDENTLY. THE ADVOCATE PROVIDED ONGOING SUPPORT, INCLUDING ASSISTING WITH PAPERWORK AND COMMUNICATING WITH THE SOCIAL SECURITY ADMINISTRATION TO GET UPDATES ON HER APPLICATION FOR SPOUSAL AND RETIREMENT BENEFITS.

THROUGHOUT THIS PROCESS, THE CONSUMER FACED SEVERAL PERSONAL HARDSHIPS, INCLUDING THE LOSS OF A FAMILY MEMBER AND THE TRANSITION TO LIVING ON HER OWN. DESPITE THESE CHALLENGES, SHE REMAINED PATIENT AND DETERMINED.

AFTER SEVERAL MONTHS OF WAITING, HER PERSEVERANCE PAID OFF, SHE WAS APPROVED FOR BOTH SPOUSAL AND RETIREMENT BENEFITS. THESE BENEFITS NOW PROVIDE HER WITH ENOUGH INCOME TO MAINTAIN HER INDEPENDENCE AND MEET HER DAILY NEEDS. SHE EXPRESSED IMMENSE RELIEF AND GRATITUDE, NOTING THAT SHE ALREADY FEELS A POSITIVE DIFFERENCE IN HER MENTAL HEALTH, STABILITY, AND OVERALL PEACE OF MIND.

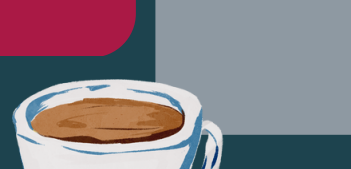
Contact Us

(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



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.

WINTER SAFETY & EMERGENCY PREPAREDNESS

COLD WEATHER CAN BRING NEW CHALLENGES, ESPECIALLY FOR PEOPLE WHO USE MEDICAL DEVICES, MOBILITY AIDS, OR RELY ON POWER FOR ACCESSIBILITY EQUIPMENT. TAKING TIME TO PREPARE BEFORE STORMS OR OUTAGES CAN HELP KEEP YOU SAFE AND CONNECTED.

HERE ARE SOME TIPS TO HELP YOU STAY READY THIS WINTER:

–CHECK YOUR EQUIPMENT: MAKE SURE BACKUP BATTERIES FOR MEDICAL OR MOBILITY DEVICES ARE FULLY CHARGED.

–PLAN FOR POWER OUTAGES: KEEP EMERGENCY CONTACTS HANDY, KNOW HOW TO REACH YOUR UTILITY COMPANY, AND REGISTER FOR ALERTS.

–STAY WARM AND SAFE: DRESS IN LAYERS, KEEP BLANKETS NEARBY, AND AVOID USING UNSAFE HEAT SOURCES INDOORS.

–KNOW YOUR RESOURCES: DRAIL'S DISABILITY DISASTER ACCESS & RESOURCES (DDAR) PROGRAM CAN HELP CONSUMERS PREPARE FOR PUBLIC SAFETY POWER SHUTOFFS (PSPS) OR WEATHER EMERGENCIES WITH EDUCATION AND ACCESSIBLE PLANNING.

A FEW SMALL STEPS CAN MAKE A BIG DIFFERENCE. CHECK IN WITH YOUR NEIGHBORS, SHARE RESOURCES, AND REACH OUT TO DRAIL FOR SUPPORT IF YOU NEED HELP BUILDING YOUR PERSONAL EMERGENCY PLAN.

988: YOU ARE NOT ALONE

IF YOU EVER FEEL SAD, SCARED, HOPELESS, OR LIKE YOU MIGHT HURT YOURSELF, HELP IS HERE. YOU CAN CALL OR TEXT 988 ANYTIME, DAY OR NIGHT. YOU WILL BE CONNECTED TO SOMEONE WHO CARES AND CAN HELP YOU FEEL SAFE.

988 IS FREE AND PRIVATE. YOU DON'T NEED INSURANCE, AND YOU DON'T HAVE TO GIVE YOUR NAME. THE PEOPLE WHO ANSWER ARE TRAINED TO LISTEN, SUPPORT YOU, AND HELP YOU FIND LOCAL SERVICES IF YOU WANT THEM.

YOU CAN REACH OUT TO 988 FOR: THOUGHTS OF SUICIDE OR SELF-HARM FEELING DEPRESSED, ANXIOUS, OR OVERWHELMED WORRYING ABOUT SOMEONE ELSE PROBLEMS WITH DRUGS OR ALCOHOL ANY KIND OF EMOTIONAL PAIN OR MENTAL HEALTH CRISIS YOU CAN CALL, TEXT, OR CHAT ONLINE AT 988LIFELINE.ORG.

HELP IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK, IN ENGLISH, SPANISH, AND MORE THAN 240 OTHER LANGUAGES.

IF YOU ARE A VETERAN, YOU CAN PRESS 1 AFTER CALLING TO REACH THE VETERANS CRISIS LINE.

SAVE THIS NUMBER: 988.

SHARE IT WITH YOUR FRIENDS AND FAMILY, BECAUSE EVERYONE DESERVES SOMEONE TO TALK TO.

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

EVERY YEAR ON DECEMBER 3, PEOPLE AROUND THE WORLD COME TOGETHER TO CELEBRATE THE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES (IDPD). THIS DAY HIGHLIGHTS THE ACHIEVEMENTS, CREATIVITY, AND LEADERSHIP OF PEOPLE WITH DISABILITIES WHILE CALLING ATTENTION TO THE ONGOING NEED FOR ACCESSIBILITY, INCLUSION, AND EQUALITY IN EVERY COMMUNITY.

THE THEME OF IDPD IS ABOUT EMPOWERMENT AND PARTICIPATION — CREATING SPACES WHERE PEOPLE WITH DISABILITIES CAN FULLY ENGAGE IN ALL AREAS OF LIFE: EDUCATION, EMPLOYMENT, HOUSING, TRANSPORTATION, AND COMMUNITY LEADERSHIP.

AT DRAIL, WE RECOGNIZE THAT DISABILITY IS PART OF HUMAN DIVERSITY, AND WE ARE PROUD TO SUPPORT A COMMUNITY THAT VALUES INDEPENDENCE, ADVOCACY, AND SELF-DETERMINATION. BY LISTENING TO AND UPLIFTING THE VOICES OF PEOPLE WITH DISABILITIES, WE CONTINUE TO BUILD A STRONGER, MORE INCLUSIVE CENTRAL VALLEY.

LET'S HONOR THIS DAY BY CELEBRATING DISABILITY PRIDE, BREAKING DOWN BARRIERS, AND WORKING TOGETHER TOWARD A MORE ACCESSIBLE WORLD FOR EVERYONE.

hello winter

ARDC OF THE MOTHERLODE

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

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



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.

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.

SUPER FUDGY HEALTHY BROWNIES (GLUTEN FREE, GRAIN FREE, DAIRY FREE, PALEO)



• 4 1/2 OZ (125 G) 80%+ DARK CHOCOLATE, CHOPPED (YOU CAN USE CHOCOLATE WITH A LOWER COCOA SOLIDS PERCENTAGE – IN THIS CASE, YOU WILL NEED TO REDUCE THE AMOUNT OF COCONUT SUGAR)

• 1/4 CUP (50 G) COCONUT OIL, SOFTENED AT ROOM TEMPERATURE (BUT NOT MELTED)

• 3 MEDIUM EGGS, ROOM TEMPERATURE

• 3/4 - 1 1/4 CUPS (100 - 175 G) COCONUT SUGAR (LESS IF YOU'RE USING CHOCOLATE WITH A LOWER COCOA SOLIDS PERCENTAGE)

• 1 CUP (90 G) ALMOND FLOUR

• 1/4 CUP (30 G) COCOA POWDERPINCHE OF SALT

• 1/2 - 1 CUP DARK CHOCOLATE CHUNKS AND CHIPS (OPTIONAL)

PRE-HEAT THE OVEN TO 355 °F (180 °C) AND LINE AN 8X8 INCH (20X20 CM) BAKING PAN WITH GREASEPROOF/BAKING PAPER.

IN A HEAT-PROOF BOWL ABOVE A POT OF SIMMERING WATER, MELT THE DARK CHOCOLATE AND COCONUT OIL TOGETHER. SET ASIDE.

USING A STAND MIXER WITH THE WHISK ATTACHMENT, OR A HAND MIXER WITH THE DOUBLE BEATER ATTACHMENTS, WHISK THE EGGS AND COCONUT SUGAR UNTIL PALE, FLUFFY AND TRIPLED IN VOLUME. THIS WILL TAKE ABOUT 5 - 7 MINUTES.

SLOWLY DRIZZLE IN THE MELTED CHOCOLATE WHILE WHISKING ON LOW SPEED. WHISK UNTIL THE CHOCOLATE IS FULLY INCORPORATED.

SIFT THE ALMOND FLOUR, COCOA POWDER AND SALT INTO THE EGG-CHOCOLATE MIXTURE, AND GENTLY FOLD IN THE DRY INGREDIENTS (USING A SPATULA) UNTIL NO CLUMPS REMAIN.

STIR MOST OF THE CHOCOLATE CHUNKS AND CHIPS INTO THE BROWNIE BATTER, THEN TRANSFER THE BATTER INTO THE PREPARED BAKING PAN. SMOOTH OUT THE TOP, AND SPRINKLE OVER THE REST OF THE CHOCOLATE CHUNKS AND CHIPS.

BAKE IN THE PRE-HEATED OVEN AT 355 °F (180 °C) FOR 18 - 20 MINUTES, OR UNTIL AN INSERTED TOOTHPICK COMES OUT WITH MOIST CRUMBS ATTACHED (FOR FUDGY BROWNIES) OR EVEN WITH SOME HALF-BAKED BATTER ATTACHED (FOR GOOEY BROWNIES).

SERVE THE BROWNIES EITHER STILL WARM OR ONCE COOLED.

THE HEALTHY BROWNIES KEEP WELL IN A COOL DRY PLACE IN A CLOSED CONTAINER FOR 3 - 4 DAYS.

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.