



DRAIL
Disability Resources Agency
for Independent Living

NEWSLETTER

July 2025

ADA
35
Celebrate
July 26, 2025

Americans with Disabilities Act

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.

June 25, 2025

10 AM - 11:30 AM

PEER SUPPORT

Every Thursday on ZOOM! 10:00am

-11:30am



DRAIL OFFICES

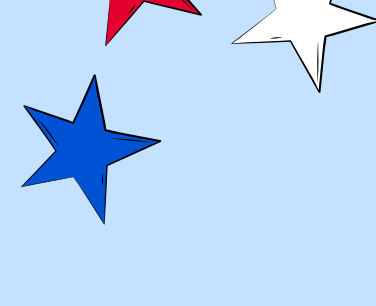
CLOSED JULY 4TH

IN OBSERVANCE OF

INDEPENDENCE DAY

JULY IS...

JULY 4TH INDEPENDENCE DAY



JULY 26, 2025

35TH ANNIVERSARY OF THE ADA

• THIS HISTORIC CIVIL RIGHTS

LAW PROTECTS THE RIGHTS OF

PEOPLE WITH DISABILITIES.



Americans with Disabilities Act

FLAG FOR DISABILITY PRIDE

FLAGS SYMBOLIZE SOLIDARITY, PRIDE, AND ACCEPTANCE. IN 2019, WRITER ANN MAGILL, WHO HAS CEREBRAL PALSY, CREATED THE ORIGINAL DISABILITY PRIDE FLAG. MAGILL WAS MOTIVATED TO CREATE THE FLAG AFTER A LESS THAN PRIDE-FILLED EXPERIENCE AT AN ADA ANNIVERSARY EVENT.

THE ORIGINAL FLAG FEATURED BRIGHTLY COLORED ZIGZAGGING STRIPES OVER A BLACK BACKGROUND. THE ZIG-ZAG SYMBOLIZED THE BARRIERS PEOPLE WITH DISABILITIES FACE. HOWEVER, THIS DESIGN CAUSED SYMPTOMS IN INDIVIDUALS WITH VISUALLY TRIGGERED DISABILITIES WHEN VIEWED ON DEVICES. FOLLOWING COMMUNITY SUGGESTIONS, MAGILL REFINED THE FLAG: SHE STRAIGHTENED THE STRIPES, MUTED THE COLORS, AND REORDERED THEM TO ACCOMMODATE RED-GREEN COLORBLINDNESS. SHE SHOWED HOW OUR COMMUNITY WORKS TOGETHER WHEN WE FACE CONFLICTING ACCESS NEEDS!

THE NEW FLAG DESIGN IS A COLLABORATIVE EFFORT, REPRESENTING THE COMMUNITY'S UNITY WHEN ADDRESSING CHALLENGES. MAGILL WAIVED HER COPYRIGHT, PLACING THE FLAG IN THE PUBLIC DOMAIN FOR EVERYONE TO USE AND REMIX.

THE DIAGONAL BAND OF SIX COLOR STRIPES CUT ACROSS THE BARRIERS SEPARATING THE DISABLED FROM SOCIETY, REPRESENTING LIGHT AND CREATIVITY CUTTING THROUGH DARKNESS.

EACH OF THE SIX COLOR STRIPES HOLD MEANING:

RED: PHYSICAL DISABILITIES.

GOLD: NEURODIVERSITY.

WHITE: INVISIBLE DISABILITIES AND UNDIAGNOSED CONDITIONS.

BLUE: EMOTIONAL AND PSYCHIATRIC DISABILITIES.

GREEN: SENSORY DISABILITIES, INCLUDING DEAFNESS, BLINDNESS, AND OTHER SENSORY DISABILITIES.

FADED BLACK BACKGROUND: MOURNING AND RAGE FOR VICTIMS OF ABLEIST VIOLENCE AND ABUSE.



ADVOCACY CORNER

WHAT IS THE ADA AND WHY IT MATTERS THE AMERICANS WITH DISABILITIES ACT (ADA) IS A CIVIL RIGHTS LAW THAT WAS PASSED IN 1990. IT PROTECTS PEOPLE WITH DISABILITIES FROM DISCRIMINATION AND HELPS ENSURE EQUAL RIGHTS IN EVERYDAY LIFE. THE ADA IS WHY WE HAVE CURB RAMPS, ELEVATORS WITH BRAILLE, ACCESSIBLE BUSES, AND THE RIGHT TO BRING SERVICE ANIMALS INTO PUBLIC PLACES.

THE ADA HAS FIVE KEY PARTS (CALLED "TITLES"):

- TITLE I – EMPLOYMENT: YOU HAVE THE RIGHT TO WORK AND ASK FOR REASONABLE ACCOMMODATIONS.
- TITLE II – PUBLIC SERVICES: GOVERNMENT PROGRAMS AND SERVICES MUST BE ACCESSIBLE.
- TITLE III – PUBLIC PLACES: BUSINESSES LIKE RESTAURANTS, STORES, AND HOTELS MUST BE ACCESSIBLE.
- TITLE IV – TELECOMMUNICATIONS: PEOPLE WHO ARE DEAF OR HARD OF HEARING HAVE THE RIGHT TO ACCESSIBLE PHONE AND COMMUNICATION SERVICES.
- TITLE V – MISCELLANEOUS: THIS PART SUPPORTS THE OTHER SECTIONS AND PROTECTS PEOPLE FROM RETALIATION.

THE ADA IS A LAW THAT HELPS PEOPLE WITH DISABILITIES LIVE IN AND BE PART OF THE COMMUNITY—JUST LIKE EVERYONE ELSE.

FOR MORE INFORMATION AND TRAININGS

SUCCESS STORIES

ONE OF OUR ADVOCATES ASSISTED A 26 YEAR OLD WOMAN WITH NEUROPATHY IN ACQUIRING A WALKER. ENABLING HER TO WALK INDEPENDENTLY AND REGAIN MOBILITY.



A CONSUMER CAME IN REQUESTING ASSISTANCE WITH AN OVERPAYMENT RECONSIDERATION. STAFF AND CONSUMER FILLED OUT THE WAIVER FORM EXPLAINING WHY THEY FELT THAT THE BENEFITS SHOULD BE RETURNED. STAFF FAXED THE COMPLETED PAPERWORK TO THE SOCIAL SECURITY ADMINISTRATION. A FEW DAYS LATER THE CONSUMER CALLED STATING THAT THE SSA OFFICE REACHED OUT TO THEM AND SAID THAT ALL MONEY THAT WAS TAKEN AWAY AS AN OVERPAYMENT WOULD BE RETURNED. CONSUMER CALLED STAFF STATING THAT FUNDS WERE ISSUED AND THAT THEY WERE OUT PAYING ALL THEIR BILLS THAT THEY WERE BEHIND ON AND THANKED STAFF REPEATEDLY.

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

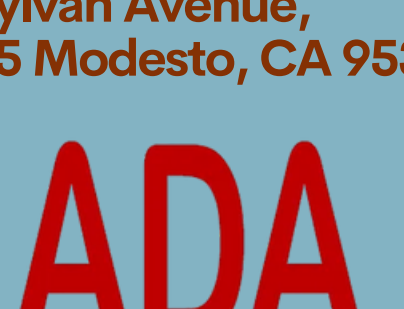
Offices are open from Monday to Friday,

8:00 am – 12:00 pm

& 1:00 pm – 5:00 pm

1101 Sylvan Avenue,

#C-105 Modesto, CA 95350



Americans with Disabilities Act

VIRTUAL ADA TRAININGS/WEBINARS

ADA Lunch & Learn Webinar Series: The ADA 35th Anniversary: What Are Your Rights As A Person with A Disability?

Event Date/Time:

Wednesday, July 16th, 2025

12:00 PM PDT – 1:00 PM PDT

Location:

Online

Description:

Join the Pacific ADA Center in celebrating the 35th anniversary of the Americans with Disabilities Act (ADA). This session will provide an overview of your rights under the ADA and how the law continues to protect people with disabilities in public life. Learn how the ADA impacts everyday experiences in employment, transportation, public services, and beyond.

From the Sponsor:

Region 9 – Pacific ADA Center,

Audience:

Architects/Contractors, Business, Employer, People with Disabilities, State and Local Government, ADA Coordinator, Attorney or Other Legal Professional, Code Officials Responsible for Physical Accessibility Requirements, Consumer Advocate, Educator, Family Member of Person With Disability, Federal or Non-Federal Partner, Industry Representative or Product Developer, Media, Medical Professional, Policy Expert, Practitioners, Religious Organization, Researcher, Service Provider, State/Local Affiliate, Unknown

Topic:

ADA Anniversary, Employment (ADA Title I), General ADA Information, Public Accommodations (ADA Title III), State and Local Government (ADA Title II), Technology (Accessible), Telecommunication (ADA Title IV), Accessible Parking, Accessible Technologies, Disability Awareness/Education, Effective Communication, Medical Assistance, Non-Discrimination, Program Access, Reasonable Accommodation, Reasonable Modification of Policy and Procedures, Service Animals

Credit:

Attendance,

Registration:

Required

Cost:

\$ 0.00

Registration Link:

https://us02web.zoom.us/join/register/WN_DT65HxjuQL_-pccDH7g2wQ?link=external

Registration Deadline:

Tuesday, July 15, 2025

For More Information:

[Pacific ADA Center](#)

Know Your ADA Rights Webinar

Event Date/Time:

Friday, July 25th, 2025

10:00 AM MDT – 12:00 PM MDT

Location:

Virtual

Description:

Join us to celebrate 35 years of the Americans with Disabilities Act (ADA) and learn about your ADA rights. During this two-hour webinar, you will learn:

- The ADA's history and purpose
- Who the ADA protects, and what it covers
- How to access your ADA rights, like asking for an accommodation
- What you can do if you have been discriminated against
- Where you can get more help and resources

We'll also have a live Q&A at the end of the webinar so you can ask your own questions. You'll leave knowing exactly what your ADA rights are and how to use them every day.

Note: ASL Interpreters and captioning will be provided. If you have another access need required for a disability, please email us at email@rockymountainada.org or call 719-444-0268.

General Accommodations:

American Sign Language (ASL)

Open or Closed Captions

From the Sponsor:

Region 8 – Rocky Mountain ADA Center,

Audience:

Business, Employer, People with Disabilities, State and Local Government, ADA Coordinator, Attorney or Other Legal Professional, Educator, Family Member of Person With Disability, Medical Professional, Service Provider

Topic:

Employment (ADA Title I), General ADA Information, Public Accommodations (ADA Title III), State and Local Government (ADA Title II), ADA Center Information, Disability Awareness/Education, Effective Communication

Registration:

Required

Cost:

\$ 0.00

Registration Link:

https://unco.zoom.us/join/register/WN_uA2pImK5Q9GufzaqQ1CQ5A#/registration

Still Rising: 35 Years of Disability Rights and the ADA

Event Date/Time:

Tuesday, July 29th, 2025

10:00 AM PDT – 12:00 PM PDT

Location of Event (Web or City, State):

Web / Virtual Meeting in Zoom

Description:

The Statewide Self-Advocacy Network (SSAN) invites you to celebrate the end of Developmental Disability Awareness Month 2025 by having a virtual conversation with self-advocate leaders from across California. + The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990. Please join us to reflect on how far we have come over the last 35 years and discuss ways we can continue to strengthen the ADA. We want to hear about what the ADA means to you and how you access your community. ASL and Spanish Interpretation will be provided. For other accommodation requests, please email Riana.Hardin@scdd.ca.gov at least 5 days before the event. + REGISTER ONLINE at: <https://us02web.zoom.us/join/register/C0yVD40yR3S96dYLleOjQg#/registration>

+ More Information, visit our website at: <https://scdd.ca.gov/selfadvocacy/>

Cost of Event:

Free

Registration Requirement:

Required

Registration Deadline Date:

Friday, July 25, 2025

For More Information on This Event:

[California Statewide Self-Advocacy Network \(SSAN\)\(link is external\)](#)

Sponsoring Organization(s) of Event:

California State Council on Developmental Disabilities, Statewide Self-Advocacy Network (SSAN)

Audience(s):

- People with Disabilities

Topic:

- ADA Anniversary

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<https://ardcofthemotherlode.myresourcedirectory.com>



for more information call

Area 12 – 209-532-6272

Agency on Aging – 800-510-2020

DRAIL – 209-521-7260



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 EASY HOMEMADE POPSICLES

Equipment

- Popsicle Mold

Ingredients:

- 2 cups fresh berries
- 1 cup vanilla greek yogurt , or your favorite flavor
- 3 Tablespoons honey , add more for desired sweetness

Instructions:

- Purée the berries in a blender. You can add in 1 to 2 Tablespoons of sugar if you'd prefer the popsicles a little sweeter.
- Combine the yogurt and honey in a small bowl.
- Layer the popsicle mold by alternating pouring in the berries and yogurt until it reaches the top (I like to add the berries first).
- Insert popsicle stick into the top and then place into the freezer. Freeze for four hours, or until hard.



Support Disabilities Rights

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.

