



NEWSLETTER

October 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

CELEBRATING VALUE AND TALENT

IN OCTOBER 2025, WE CELEBRATE THE 80TH ANNIVERSARY OF NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH (NDEAM), AN ANNUAL RECOGNITION OF THE POSITIVE IMPACT OF PEOPLE WITH DISABILITIES IN THE AMERICAN WORKFORCE. THIS YEARLY EVENT BEGAN IN 1945 AS A WEEKLONG NATIONAL OBSERVANCE OF THE CONTRIBUTIONS OF PEOPLE WITH PHYSICAL DISABILITIES. IN 1988, CONGRESS DESIGNATED THE COMMEMORATION AS NDEAM, WHICH THEN EVOLVED TO ACKNOWLEDGE THE IMPORTANCE OF INCREASING OPPORTUNITIES FOR PEOPLE WITH DISABILITIES, INCLUDING THOSE WITH MENTAL HEALTH CONDITIONS AND OTHER NONOBVIOUS DISABILITIES, IN THE WORKFORCE. IN 2001, ODEP WAS CREATED AND ENTRUSTED TO ADMINISTER NDEAM, INCLUDING THE SELECTION AND PROMOTION OF ITS ANNUAL THEME.

2025 NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH (NDEAM): CELEBRATING VALUE AND TALENT



DRAIL'S THIRD ANNUAL



FOR MORE INFORMATION CALL 209-521-7260 OR GO TO DRAIL.ORG

NEW LOCATION
1101 SYLVAN AVE
MODESTO, CA 95350

OCTOBER 3, 2025
10AM - 2PM

CAN'T ATTEND BUT WANT TO DONATE?

TO BE A VENDOR CONTACT: INFO@DRAIL.ORG



OCTOBER IS

LEARNING DISABILITY AWARENESS MONTH



THE 80TH ANNIVERSARY OF NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH (NDEAM)

SENSORY PROCESSING AWARENESS MONTH

I'M JUST ME BECAUSE MONTH

NATIONAL PHYSICAL THERAPY MONTH

BREAST CANCER AWARENESS MONTH

EMBRACING SELF-CARE THIS AUTUMN: A SEASON OF RENEWAL



AS THE AIR TURNS CRISP AND LEAVES CHANGE COLOR, AUTUMN INVITES US TO SLOW DOWN AND RECONNECT WITH OURSELVES. IT'S A NATURAL SEASON OF TRANSITION, MAKING IT THE PERFECT TIME TO REASSESS OUR ROUTINES, CARE FOR OUR WELL-BEING, AND PREPARE FOR THE MONTHS AHEAD.

1. REVISIT YOUR DAILY ROUTINES
AUTUMN'S SHORTER DAYS CAN AFFECT OUR ENERGY AND MOOD. TAKE A MOMENT TO REVIEW YOUR HABITS: ARE YOU GETTING ENOUGH REST? DRINKING ENOUGH WATER? A FEW MINDFUL CHANGES—LIKE GOING TO BED EARLIER OR SETTING ASIDE SCREEN-FREE EVENINGS—CAN IMPROVE YOUR OVERALL BALANCE.

2. NOURISH YOUR BODY WITH SEASONAL FOODS
THIS IS THE SEASON OF PUMPKINS, SQUASH, APPLES, AND WARMING SPICES. COOKING HEARTY SOUPS OR BAKING APPLE CRISPS CAN PROVIDE BOTH COMFORT AND NUTRITION. CHOOSING SEASONAL PRODUCE SUPPORTS YOUR HEALTH AND STRENGTHENS YOUR CONNECTION TO THE RHYTHM OF THE YEAR.

3. CREATE COZY SPACES
AUTUMN IS PERFECT FOR MAKING YOUR ENVIRONMENT WARM AND INVITING. ADD SOFT BLANKETS, WARM LIGHTING, OR A FAVORITE CANDLE SCENT. CREATING A COZY CORNER CAN MAKE SELF-CARE ACTIVITIES—LIKE READING OR JOURNALING—FEEL LIKE A TREAT.

4. PRACTICE MINDFUL REFLECTION
JUST AS TREES SHED THEIR LEAVES, AUTUMN CAN BE A TIME FOR LETTING GO OF HABITS OR THOUGHTS THAT NO LONGER SERVE YOU. JOURNALING, MEDITATING, OR TAKING QUIET WALKS AMONG FALLING LEAVES CAN HELP YOU CLEAR MENTAL CLUTTER AND SET NEW INTENTIONS.

5. STAY CONNECTED
WHILE SELF-CARE OFTEN MEANS TIME ALONE, IT'S ALSO ABOUT NURTURING RELATIONSHIPS. HOST A SMALL GATHERING, CALL A FRIEND, OR VOLUNTEER. MEANINGFUL CONNECTION CAN COUNTER SEASONAL LONELINESS AND UPLIFT YOUR SPIRIT.

AUTUMN REMINDS US THAT CHANGE CAN BE BEAUTIFUL. BY WEAVING SELF-CARE PRACTICES INTO YOUR ROUTINE NOW, YOU CREATE A FOUNDATION OF WELL-BEING TO CARRY INTO THE WINTER MONTHS. WHETHER IT'S THROUGH COZY RITUALS, NOURISHING FOODS, OR QUIET REFLECTION, THIS SEASON OFFERS COUNTLESS WAYS TO RENEW AND RESTORE YOURSELF.



Selfcare IS NOT SELFISH



ADVOCACY CORNER

"I'M JUST ME" MOVEMENT: CELEBRATING BELONGING AND RESPECT

OCTOBER HIGHLIGHTS THE "I'M JUST ME" MOVEMENT, WHICH REMINDS US THAT BELONGING IS MUCH MORE THAN A FEELING — IT'S ABOUT ACCEPTANCE, RESPECT, AND UNDERSTANDING.

THIS MOVEMENT RECOGNIZES THAT EACH INDIVIDUAL IS UNIQUE, AND THAT IS WHY DRAIL'S DISABILITY AWARENESS DAY THEME THIS YEAR IS "UNIQUE AND UNITED."

AT DRAIL, OUR ADVOCACY REFLECTS THIS PHILOSOPHY EVERY DAY. WE WORK TO ENSURE THAT PEOPLE WITH DISABILITIES CAN FULLY PARTICIPATE IN COMMUNITY LIFE, FOSTERING DIGNITY, CONNECTION, AND A SENSE OF BELONGING FOR EVERYONE.

HOW YOU CAN JOIN THE MOVEMENT THIS MONTH:

- ATTEND OR HOST CONVERSATIONS ON BELONGING IN YOUR LOCAL COMMUNITY.
- SUPPORT POLICIES THAT EXPAND ACCESS TO OPPORTUNITIES.
- SHARE YOUR STORY OF RESILIENCE OR ALLYSHIP TO INSPIRE OTHERS.

TOGETHER, BY EMBRACING THE "I'M JUST ME" MOVEMENT, WE NOT ONLY RECOGNIZE OUR DIFFERENCES BUT ALSO CREATE SPACES OF BELONGING WHERE EVERYONE FEELS VALUED, SPACES THAT MAKE OUR RESILIENCE STRONGER AND OUR COMMUNITIES MORE VIBRANT.



★ JOIN US!

CELEBRATE WITH US AT DRAIL'S DISABILITY AWARENESS DAY

FRIDAY, OCTOBER 3, 2025

FROM 10 AM – 2 PM

1101 SYLVAN AVE, MODESTO, CA 95350.

ADMISSION IS FREE, THERE WILL BE A MEAL, RAFFLE, PHOTO BOOTH, AND PLENTY OF OPPORTUNITIES TO CONNECT WITH OTHERS UNDER THE THEME "UNIQUE AND UNITED."

FOR MORE INFORMATION OR TO GET INVOLVED WITH DRAIL'S ADVOCACY EFFORTS.



SUCCESS STORIES

DRAIL'S DISABILITY DISASTER ACCESS & RESOURCE CENTERS (DDARC)

THE DISABILITY DISASTER ACCESS & RESOURCES PROGRAM WAS ESTABLISHED TO ENSURE THAT PEOPLE WITH DISABILITIES AND OLDER ADULTS WITH ACCESS AND FUNCTIONAL NEEDS ARE INTEGRATED INTO CALIFORNIA'S PLANNING, RESPONSE AND RECOVERY PROCESSES OF ALL DISASTERS AND EMERGENCIES. DRAIL IS ONE OF TWENTY OF CALIFORNIA'S INDEPENDENT LIVING CENTERS THAT ARE WORKING PARTNERSHIP WITH CFILC AND THE DISABILITY DISASTER ACCESS & RESOURCE (DDAR) PROGRAM AS DISABILITY DISASTER ACCESS & RESOURCE CENTERS (DDARC).

DRAIL DELIVERED

10 BACKUP BATTERIES

- FOR PEOPLE USING CPAP MACHINES AND NEBULIZERS

DELIVERED 4 SOLAR PANELS

- TO GO WITH THE SMALLER BATTERIES TO BE ABLE TO RECHARGE DURING AN OUTAGE

DELIVERIES WERE MADE TO AMADOR AND CALAVERAS COUNTIES

IN 2024 DRAIL WAS ABLE TO DELIVER AROUND 70 BATTERIES TO AMADOR, CALVERAS, MARIPOSA AND TUOLUMNE

IF YOU WOULD LIKE TO BE ADDED TO DRAIL'S WAITLIST

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

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.



SALTED BUTTERSCOTCH ZUCCHINI COFFEE CAKE STREUSEL:

- 1 CUP (120G) ALL PURPOSE FLOUR*
- ½ CUP (107G) PACKED DARK BROWN SUGAR
- 1 TEASPOON GROUND CINNAMON
- 6 TABLESPOONS (70G) SALTED BUTTER, MELTED

WET INGREDIENTS:

- ½ CUP (75G) SALTED BUTTER
- 1 MEDIUM TO LARGE ZUCCHINI
- ½ CUP (112G) PLAIN OR VANILLA WHOLE-MILK GREEK YOGURT (USE VANILLA IF YOU WANT A SWEETER CAKE)
- ½ CUP (156G) PURE MAPLE SYRUP
- 2 LARGE EGGS, AT ROOM TEMPERATURE
- 2 TEASPOONS VANILLA EXTRACT

DRY INGREDIENTS AND MIX-INS:

- 1 ¾ CUP (210G) ALL PURPOSE FLOUR
- 1 TEASPOON GROUND CINNAMON
- 1 TEASPOON BAKING POWDER
- ½ TEASPOON BAKING SODA
- ¼ TEASPOON KOSHER SALT
- 1 HEAPIER CUP (180G) BUTTERSCOTCH CHIPS

FOR THE BROWN BUTTER GLAZE:

- 1 TABLESPOON RESERVED BROWN BUTTER
- ½ CUP (52G) POWDERED SUGAR
- ¼ TEASPOON VANILLA EXTRACT
- 1-2 TEASPOONS MILK OF CHOICE, TO THIN GLAZE
- FLAKY SEA SALT, FOR SPRINKLING

HOW TO MAKE THIS DELICIOUS ZUCCHINI COFFEE CAKE

1. MAKE THE STREUSEL TOPPING. MIX ALL OF THE STREUSEL INGREDIENTS (EXCEPT THE BUTTER) IN A BOWL UNTIL WELL COMBINED, THEN POUR IN THE MELTED BUTTER AND MIX UNTIL NICE CLUMPS FORM. I LIKE TO USE MY HANDS TO FORM SOME OF THE CLUMPS. COVER AND PLACE THE BOWL IN THE FRIDGE.
2. BROWN THE BUTTER. BROWN THE BUTTER IN A SAUCEPAN, THEN SET IT ASIDE TO COOL. RESERVE A TABLESPOON TO USE IN THE GLAZE!
3. PREP YOUR ZUCCHINI. USE A CHEESE GRATER TO SHRED YOUR WHOLE ZUCCHINI, THEN SQUEEZE OUT ALL OF THE EXCESS MOISTURE WITH A CLEAN DISH TOWEL OR CHEESECLOTH.
4. MIX THE WET INGREDIENTS. MEASURE OUT 1 CUP OF THE SHREDDED, SQUEEZED-OUT ZUCCHINI AND ADD IT TO A LARGE BOWL. WHISK IN THE REST OF THE WET INGREDIENTS (EXCEPT THE BUTTER) UNTIL WELL COMBINED.
5. MAKE THE BATTER. WHISK TOGETHER ALL OF THE DRY INGREDIENTS IN A SEPARATE BOWL, THEN ADD THE MIXTURE TO THE WET INGREDIENTS AND MIX WITH A WOODEN SPOON UNTIL JUST COMBINED. STIR IN THE BROWN BUTTER UNTIL SMOOTH, THEN FOLD IN THE BUTTERSCOTCH CHIPS.
6. BAKE IT UP. POUR THE BATTER INTO A PREPARED PAN (SEE BELOW FOR OPTIONS!), SPRINKLE WITH THE STREUSEL, AND BAKE.
7. GLAZE & DEVOUR. WHILE THE CAKE IS BAKING MIX TOGETHER ALL OF THE INGREDIENTS FOR THE GLAZE. LET THE CAKE COOL COMPLETELY BEFORE DRIZZLING THE GLAZE OVER IT, THEN SLICE AND ENJOY!

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.

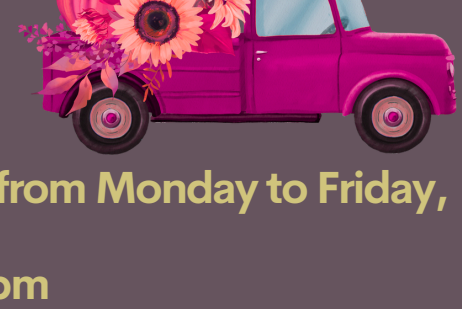
Contact Us

(209) 521-7260

Offices are open from Monday to Friday,

8:00 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.

