COMMUNITY CENTER? All workshops will be on assigned Tuesdays

WHAT'S HAPPENING IN OUR

and will be hybrid from 10:00AM-11:30AM

unless noted otherwise. DRAIL's Advocacy and Community Education

Meeting 2025 <u>10 AM - 11:30 AM</u>

PEER SUPPORT **Every Thursday on ZOOM!** __ 10:00am

-11:30am

DRAIL'S THIRD ANNUAL

UNIQUE AND UNITED **NEW LOCATION**

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

FOR MORE

DRIVE MODESTO, CA 95354 **OCTOBER 3, 2025** 10AM -2PM

EAST LA LOMA PARK

2001 EDGEBROOK

TO BE A VENDOR CONTACT: INFO@DRAIL.ORG

DONATE?

CAN'T ATTEND

BUT WANT TO

DRAIL WILL BE CLOSED

SEPTEMBER SPANISH HERATAGE MONTH SEPTEMBER 15 - OCTOBER 15 2025 **IS...**

SEPTEMBER 1, 2025 IN OBSERVANCE

OF LABOR DAY

AND HELP OTHERS.

STEP:

DAY SEPTEMBER 13 NATIONAL DAY OF FORGIVENESS 9/27

NATIONAL CELIAC DISEASE AWARENESS

NATIONAL DISEASE LITERACY MONTH **SELF-CARE AWARENESS MONTH**

NATIONAL DISEASE LITERACY MONTH

ABOUT ILLNESSES SO YOU CAN TAKE CARE OF YOURSELF

DISEASE LITERACY MEANS KNOWING BASIC FACTS

HERE'S HOW TO BUILD YOUR KNOWLEDGE STEP-BY-

• UNDERSTAND THE NAME, CAUSE, AND HOW IT

AFFECTS THE BODY. • EXAMPLE: IS IT CAUSED BY A VIRUS, BACTERIA, OR **SOMETHING ELSE?**

- KNOW HOW IT SPREADS • LEARN IF IT'S CONTAGIOUS (PASSED FROM PERSON
- TO PERSON) OR NOT. • EXAMPLE: SOME DISEASES SPREAD THROUGH THE

LEARN WHAT THE DISEASE IS

- AIR, OTHERS THROUGH FOOD, WATER, OR CONTACT.
- RECOGNIZE THE SIGNS AND SYMPTOMS • LEARN WHAT CHANGES TO LOOK FOR IN YOUR BODY.

• EXAMPLE: FEVER, COUGH, TIREDNESS, PAIN, RASH,

- UNDERSTAND PREVENTION
- OR CHANGES IN APPETITE.
 - EXAMPLES: VACCINATIONS, WASHING HANDS, USING MASKS, EATING HEALTHY, EXERCISING,

• LEARN WAYS TO PROTECT YOURSELF AND OTHERS.

- AND AVOIDING UNSAFE SITUATIONS. ASK QUESTIONS AND GET CLARITY
- WHEN TALKING TO DOCTORS, NURSES, OR PHARMACISTS, ASK:
- WHAT DOES THIS MEAN? WHAT ARE MY OPTIONS? WHAT HAPPENS IF I DO NOTHING?
- FIND AND USE TRUSTED INFORMATION • USE HEALTH INFORMATION FROM RELIABLE PLACES LIKE THE CDC, WORLD HEALTH ORGANIZATION, OR
 - YOUR LOCAL HEALTH DEPARTMENT. • BE CAREFUL WITH UNVERIFIED SOCIAL MEDIA POSTS OR RUMORS.
- FOLLOW TREATMENT PLANS • IF YOU GET SICK, UNDERSTAND YOUR TREATMENT AND FOLLOW INSTRUCTIONS.
 - O ASK FOR WRITTEN STEPS IN PLAIN LANGUAGE IF YOU NEED THEM.
- SHARE WHAT YOU LEARN • TALK TO FRIENDS, FAMILY, AND COMMUNITY MEMBERS SO MORE PEOPLE KNOW THE FACTS.
 - SHARING CORRECT INFORMATION CAN HELP STOP THE SPREAD OF ILLNESS.

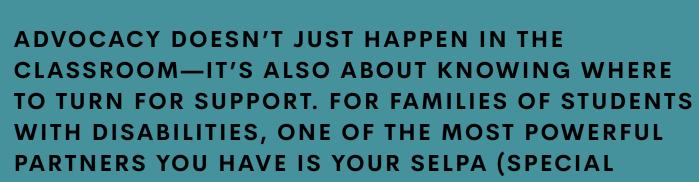
WHEN WE UNDERSTAND DISEASES BETTER, WE CAN

MAKE INFORMED CHOICES, PROTECT OUR HEALTH, AND SUPPORT HEALTHIER COMMUNITIES.

ADVOCACY CORNER

PARTNERING FOR STUDENT SUCCESS:

CONNECT WITH YOUR SELPA



THRIVE.

EDUCATION LOCAL PLAN AREA).

SELPAS MAKE SURE STUDENTS WITH DISABILITIES

RESOURCES THEY NEED TO SUCCEED. THEY WORK

WITH FAMILIES, SCHOOLS, AND COMMUNITIES TO

ENSURE EVERY STUDENT HAS THE CHANCE TO

RECEIVE THE SERVICES, PROGRAMS, AND

WHY CONNECT WITH YOUR SELPA?

AND LEARN ABOUT LOCAL PROGRAMS.

KNOW YOUR RIGHTS - LEARN ABOUT THE SUPPORTS AND SERVICES YOUR CHILD IS ENTITLED TO. STRENGTHEN YOUR CHILD'S IEP - GET HELP MAKING SURE YOUR CHILD'S PLAN TRULY MEETS THEIR NEEDS. **ACCESS TRAINING & RESOURCES - JOIN** WORKSHOPS, GET PARENT-TO-PARENT SUPPORT,

GET HELP WITH CHALLENGES - SELPAS CAN ASSIST

WITH PROBLEM-SOLVING WHEN DISAGREEMENTS

HOW TO CONNECT: • CONTACT YOUR SELPA OFFICE DIRECTLY. ATTEND PUBLIC SELPA MEETINGS TO STAY INFORMED. ASK ABOUT JOINING THE COMMUNITY ADVISORY COMMITTEE (CAC) TO HAVE A VOICE IN LOCAL DECISIONS.

• FOR STANISLAUS, SAN JOAQUIN, AMADOR,

CALAVERAS, AND TUOLUMNE COUNTIES

YOUR SELPA IS MORE THAN A RESOURCE—IT'S A PARTNER IN YOUR CHILD'S EDUCATION. THE SOONER YOU CONNECT, THE STRONGER YOUR **VOICE WILL BE IN SHAPING THE FUTURE FOR YOUR**

WITH SCHOOLS ARISE.

SUCCESS STORIES

STUDENT.

FIND YOU LOCAL SELPA

A CONSUMER WHO EXPERIENCED A TRAUMATIC

THE FIRST TIME ON SEPTEMBER 24, 2024. DUE TO THEIR DISABILITY, IT WAS DIFFICULT FOR THEM TO COMPLETE THE STEPS NEEDED TO GET HELP. DESPITE THIS, DRAIL STAFF CONTINUED TO PROVIDE SUPPORT AND FOLLOW UP REGULARLY. THE ADVOCATE WORKED CLOSELY WITH THE SOCIAL SECURITY ADMINISTRATION (SSA) TO MOVE THE CONSUMER'S SUPPLEMENTAL SECURITY INCOME (SSI)

BRAIN INJURY (TBI) IN 2019, CONTACTED DRAIL FOR

APPLICATION FORWARD. ON AUGUST 4, 2025, THE CONSUMER CONTACTED DRAIL TO SHARE THAT THEIR SSI CLAIM HAD BEEN APPROVED. THEY WILL RECEIVE \$8,448.58 IN BACK PAY DATING BACK TO JANUARY 22, 2025 — A TIME WHEN THEY WERE EXPERIENCING HOMELESSNESS.













CLOSEST INDEPENDENT LIVING CENTER. THE CONSUMER EXPRESSED GRATITUDE FOR THE HELP AND INFORMATION.

Your Story Matters! Share how DRAIL has helped you

achieve independence. The best compliment you can give

Contact Us (209) 521-7260

8:00 am - 12:00 pm us is sharing your success story!

1:00 pm – 5:00 pm Email us at info@drail.org, and let 1101 Sylvan Avenue, your journey inspire others.

OPPORTUNITIES, ADDRESS BULLYING, AND MAKE SCHOOLS MORE INCLUSIVE FOR EVERYONE.

COMMUNITY. WHEN STUDENTS, PARENTS,

AND EDUCATORS WORK TOGETHER, THEY

FROM THE CLASSROOM TO THE

COMMUNITY:

HOW SCHOOL ADVOCACY SHAPES CHANGE

CHANGE DOESN'T STOP AT THE SCHOOL

GATES. ADVOCACY BEGINS IN THE

CAN CREATE BETTER LEARNING

WHETHER IT'S PUSHING FOR MORE

ACCESSIBLE LEARNING MATERIALS,

CLASSROOM AND EXTENDS INTO THE

ENSURING EXTRACURRICULAR ACTIVITIES ARE OPEN TO ALL, OR ADVOCATING FOR MENTAL HEALTH SUPPORT, SMALL ACTIONS CAN SPARK BIG CHANGES. ATTENDING SCHOOL BOARD MEETINGS, JOINING PARENT-TEACHER GROUPS, OR PARTICIPATING IN STUDENT COUNCILS ARE ALL POWERFUL WAYS TO MAKE YOUR VOICE

HEARD. WHY SCHOOL BOARDS MATTER

SCHOOL BOARDS MAKE DECISIONS THAT

SHAPE EVERYTHING FROM CLASSROOM

RESOURCES TO STUDENT PROGRAMS. THEY DECIDE ON BUDGETS, POLICIES, AND

PRIORITIES THAT DIRECTLY IMPACT STUDENTS' DAILY EXPERIENCES. BY GETTING INVOLVED, YOU CAN HELP ENSURE THOSE **DECISIONS MEET THE NEEDS OF ALL** LEARNERS. HOW TO GET INVOLVED IN YOUR SCHOOL BOARD

 ATTEND MEETINGS – MOST SCHOOL **BOARD MEETINGS ARE OPEN TO THE** PUBLIC. CHECK YOUR DISTRICT'S WEBSITE

FOR DATES, TIMES, AND AGENDAS.

 SPEAK DURING PUBLIC COMMENT -SHARE YOUR THOUGHTS ON POLICIES, **BUDGET PRIORITIES, OR STUDENT NEEDS.** PREPARE A SHORT STATEMENT IN

ADVANCE.

SUMMARIES.

DESERVE.

DETAILS.

ADVISORY COMMITTEES ON TOPICS LIKE SPECIAL EDUCATION, CURRICULUM, OR SAFETY. • STAY INFORMED - FOLLOW THE SCHOOL

BOARD ON SOCIAL MEDIA, SIGN UP FOR

NEWSLETTERS, AND READ MEETING

JOIN COMMITTEES - MANY BOARDS HAVE

• CONSIDER RUNNING FOR A SEAT -PARENTS, COMMUNITY MEMBERS, AND **EVEN STUDENTS (IN SOME DISTRICTS) CAN RUN FOR ELECTED OR APPOINTED** POSITIONS.

LEARNING ENVIRONMENT WHERE EVERY STUDENT CAN THRIVE. YOUR VOICE IS THE LINK BETWEEN THE CLASSROOM AND THE COMMUNITY—USE IT TO HELP BUILD THE FUTURE OUR STUDENTS

WHEN SCHOOLS AND COMMUNITIES WORK

TOGETHER, THE RESULT IS STRONGER

SUPPORT, MORE RESOURCES, AND A

THE LINKS BELOW CONNECT YOU DIRECTLY TO EACH COUNTY'S SCHOOL DISTRICT OR COUNTY OFFICE OF EDUCATION SO YOU CAN FIND SCHOOL **BOARD MEETING DATES, AGENDAS, AND CONTACT**

YOU STAY INFORMED AND GET INVOLVED IN YOUR LOCAL SCHOOLS. AMADOR COUNTY UNIFIED AMADOR COUNTY OFFICE OF EDUCATION

CALAVERAS UNIFIED DISTRICT

CALAVERAS COUNTY OFFICE OF EDUCATION

WHETHER YOU LIVE IN STANISLAUS, CALAVERAS,

TUOLUMNE COUNTY, THESE RESOURCES WILL HELP

MARIPOSA, SAN JOAQUIN, AMADOR, OR

MARIPOSA COUNTY UNIFIED

MARIPOSA COUNTY OFFICE OF

EDUCATION

TUOLUMNE COUNTY

SAN JOAQUIN

STANISLAUS COUNTY ARDC OF THE MOTHERLODE

https://adrcofthemotherlode.myresourcedirectory.com

Aging & Disability

ALPINE • AMADOR • CALAVERAS • MARIPOSA • TUOLUMNE for more information ca

Area 12

COUNTIES.

Food bank/pantry

here:

BREASTS

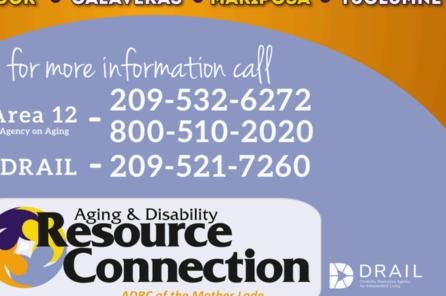
KOSHER SALT

Our online resource directory provides information on

many services and programs

available to older adults and

persons with disabilities.



Online

Resource

Directory

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

THE ORIGINAL MARRY ME CHICKEN

3 TBSP. EXTRA-VIRGIN OLIVE OIL, DIVIDED

4 (8-OZ.) BONELESS, SKINLESS CHICKEN

List is continuously updated.

FOOD BANKS & PANTRY

For listings of food banks and pantries in the Amador, Calaveras, Mariposa, San Joaquin, Stanislaus, and Tuolumne counties, click



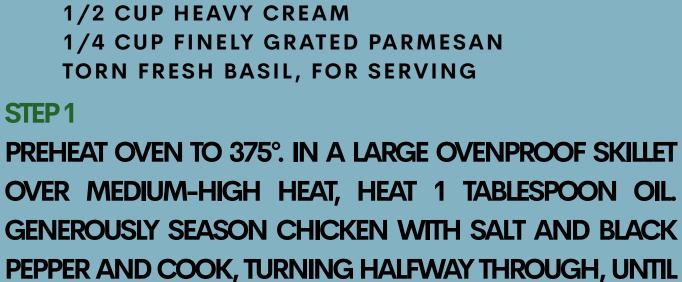
GOLDEN BROWN, ABOUT 5 MINUTES PER SIDE. TRANSFER CHICKENTO A PLATE.

STEP2

PARMESAN; SEASON WITH SALT. BRING TO A SIMMER, THEN RETURN CHICKEN AND ANY ACCUMULATED JUICES TO SKILLET. STEP3 TRANSFER SKILLET TO OVEN. BAKE CHICKEN UNTIL COOKED THROUGH AND JUICES RUN CLEAR WHEN

CHICKEN IS PIERCED WITH A KNIFE, 10TO 12 MINUTES.

TOP WITH BASIL.

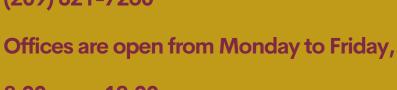


IN SAME SKILLET OVER MEDIUM HEAT, HEAT REMAINING 2 TABLESPOONS OIL. STIR IN GARLIC, THYME, AND RED PEPPER FLAKES. COOK, STIRRING, UNTIL FRAGRANT, ABOUT 1 MINUTE. STIR IN BROTH, TOMATOES, CREAM, AND

ARRANGE CHICKEN ON A PLATTER. SPOON SAUCE OVER.

DRAIL services are tools that assist

people with disabilities to live more independent lives. Independence renew confidence and enable



STEP4

#C-105 Modesto, CA 95350

independence.

requires support for both the physical and emotional needs of the individual. DRAIL services are designed to empower

individuals to achieve personal goals,