

NEWSLETTER

September 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'S THIRD ANNUAL


Disability Awareness Day
UNIQUE AND UNITED

NEW LOCATION

EAST LA LOMA PARK
2001 EDGEBROOK DRIVE
MODESTO, CA 95354

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

OCTOBER 3, 2025

10AM -2PM

**CAN'T ATTEND
BUT WANT TO
DONATE?**

**TO BE A VENDOR CONTACT:
INFO@DRAIL.ORG**

**DRAIL WILL BE CLOSED
SEPTEMBER 1, 2025 IN OBSERVANCE
OF LABOR DAY**

SEPTEMBER IS...

SPANISH HERATAGE MONTH
SEPTEMBER 15 - OCTOBER 15 2025

NATIONAL CELIAC DISEASE AWARENESS
DAY SEPTEMBER 13

NATIONAL DAY OF FORGIVENESS 9/27

NATIONAL DISEASE LITERACY MONTH

SELF-CARE AWARENESS MONTH

NATIONAL DISEASE LITERACY MONTH

DISEASE LITERACY MEANS KNOWING BASIC FACTS ABOUT ILLNESSES SO YOU CAN TAKE CARE OF YOURSELF AND HELP OTHERS.

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

- **LEARN WHAT THE DISEASE IS**
 - 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 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, OR CHANGES IN APPETITE.
- **UNDERSTAND PREVENTION**
 - LEARN WAYS TO PROTECT YOURSELF AND OTHERS.
 - EXAMPLES: VACCINATIONS, WASHING HANDS, USING MASKS, EATING HEALTHY, EXERCISING, 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.
 - 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

ADVOCACY DOESN'T JUST HAPPEN IN THE CLASSROOM—IT'S ALSO ABOUT KNOWING WHERE TO TURN FOR SUPPORT. FOR FAMILIES OF STUDENTS WITH DISABILITIES, ONE OF THE MOST POWERFUL PARTNERS YOU HAVE IS YOUR SELPA (SPECIAL EDUCATION LOCAL PLAN AREA).

SELPAS MAKE SURE STUDENTS WITH DISABILITIES RECEIVE THE SERVICES, PROGRAMS, AND RESOURCES THEY NEED TO SUCCEED. THEY WORK WITH FAMILIES, SCHOOLS, AND COMMUNITIES TO ENSURE EVERY STUDENT HAS THE CHANCE TO THRIVE.

WHY CONNECT WITH YOUR SELPA?

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, AND LEARN ABOUT LOCAL PROGRAMS. GET HELP WITH CHALLENGES – SELPAS CAN ASSIST WITH PROBLEM-SOLVING WHEN DISAGREEMENTS WITH SCHOOLS ARISE.

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 STUDENT.

FIND YOUR LOCAL SELPA

SUCCESS STORIES

A CONSUMER WHO EXPERIENCED A TRAUMATIC BRAIN INJURY (TBI) IN 2019, CONTACTED DRAIL FOR 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) 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.

ADVOCATE REACHED OUT TO A CONSUMER TO CONTINUE SOCIAL SECURITY APPLICATION PROCESS. DURING THE CALL, THE CONSUMER SHARED THAT THEY HAD MOVED TO ANOTHER STATE BUT STILL WANTED TO MOVE FORWARD WITH THEIR APPLICATION.

ADVOCATE FOUND THE NEAREST SOCIAL SECURITY OFFICE TO THE CONSUMER'S NEW ADDRESS AND GAVE THEM THE ADDRESS AND PHONE NUMBER. ADVOCATE ALSO PROVIDED INFORMATION FOR THE CLOSEST INDEPENDENT LIVING CENTER. THE CONSUMER EXPRESSED GRATITUDE FOR THE HELP AND INFORMATION.

FROM THE CLASSROOM TO THE COMMUNITY:

HOW SCHOOL ADVOCACY SHAPES CHANGE CHANGE DOESN'T STOP AT THE SCHOOL GATES. ADVOCACY BEGINS IN THE CLASSROOM AND EXTENDS INTO THE COMMUNITY. WHEN STUDENTS, PARENTS, AND EDUCATORS WORK TOGETHER, THEY CAN CREATE BETTER LEARNING OPPORTUNITIES, ADDRESS BULLYING, AND MAKE SCHOOLS MORE INCLUSIVE FOR EVERYONE.

WHETHER IT'S PUSHING FOR MORE ACCESSIBLE LEARNING MATERIALS, 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.**
- **JOIN COMMITTEES – MANY BOARDS HAVE 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 SUMMARIES.**
- **CONSIDER RUNNING FOR A SEAT – PARENTS, COMMUNITY MEMBERS, AND EVEN STUDENTS (IN SOME DISTRICTS) CAN RUN FOR ELECTED OR APPOINTED POSITIONS.**

WHEN SCHOOLS AND COMMUNITIES WORK TOGETHER, THE RESULT IS STRONGER SUPPORT, MORE RESOURCES, AND A 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 DESERVE.

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 DETAILS.

WHETHER YOU LIVE IN STANISLAUS, CALAVERAS, MARIPOSA, SAN JOAQUIN, AMADOR, OR TUOLUMNE COUNTY, THESE RESOURCES WILL HELP 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

MARIPOSA COUNTY UNIFIED

MARIPOSA COUNTY OFFICE OF EDUCATION

TUOLUMNE COUNTY

SAN JOAQUIN

STANISLAUS COUNTY

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



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.



THE ORIGINAL MARRY ME CHICKEN

3 TBSP. EXTRA-VIRGIN OLIVE OIL, DIVIDED
4 (8-OZ.) BONELESS, SKINLESS CHICKEN BREASTS
KOSHER SALT
FRESHLY GROUND BLACK PEPPER
2 CLOVES GARLIC, FINELY CHOPPED
1 TBSP. FRESH THYME LEAVES
1 TSP. CRUSHED RED PEPPER FLAKES
3/4 CUP LOW-SODIUM CHICKEN BROTH
1/2 CUP CHOPPED SUN-DRIED TOMATOES
1/2 CUP HEAVY CREAM
1/4 CUP FINELY GRATED PARMESAN
TORN FRESH BASIL, FOR SERVING

STEP 1

PREHEAT OVEN TO 375°. IN A LARGE OVENPROOF SKILLET OVER MEDIUM-HIGH HEAT, HEAT 1 TABLESPOON OIL GENEROUSLY SEASON CHICKEN WITH SALT AND BLACK PEPPER AND COOK, TURNING HALFWAY THROUGH, UNTIL GOLDEN BROWN, ABOUT 5 MINUTES PER SIDE. TRANSFER CHICKEN TO A PLATE.

STEP 2

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 PARMESAN; SEASON WITH SALT. BRING TO A SIMMER, THEN RETURN CHICKEN AND ANY ACCUMULATED JUICES TO SKILLET.

STEP 3

TRANSFER SKILLET TO OVEN. BAKE CHICKEN UNTIL COOKED THROUGH AND JUICES RUN CLEAR WHEN CHICKEN IS PIERCED WITH A KNIFE, 10 TO 12 MINUTES.

STEP 4

ARRANGE CHICKEN ON A PLATTER. SPOON SAUCE OVER. TOP WITH BASIL.

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@drazil.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.