

NEWSLETTER

April 2026

DRAIL PROGRAM SPOTLIGHT 40TH ANNIVERSARY CELEBRATION

PARTNER AGENCIES ARE INVITED TO JOIN US FOR A SPECIAL PROGRAM SPOTLIGHT AS WE CELEBRATE 40 YEARS OF SERVING OUR COMMUNITY. ENJOY A MEAL, CONNECT WITH FELLOW PARTNERS, AND LEARN ABOUT DRAIL'S PROGRAMS, ACCOMPLISHMENTS, AND OUR SHARED GOAL OF A NO WRONG DOOR SYSTEM OF SUPPORT.

APRIL 23, 2026, | MODESTO
 WE LOOK FORWARD TO CELEBRATING AND COLLABORATING WITH OUR PARTNERS!
 LINK TO REGISTER: [HTTPS://TINYURL.COM/4ET2P8CB](https://tinyurl.com/4ET2P8CB)

Disabilities Awareness Night
 7:00 PM - 10:00 PM
 Gates Open 6:30 PM
 First Pitch 7:00 PM
 Nick Kurtz Replica Jersey Giveaway

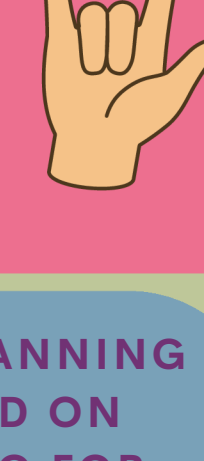
Baseball Night Fundraiser
 5F Events Promotions: Sign Up Now Jersey Day
 Price \$22 (Includes processing fee)
 Purchase deadline August 16, 2026
 Scan QR Code to purchase tickets online
 Sunday, Sept 13, 2026
 Game starts at 4:20 PM
 ADA seats are in Section 140 Row 26
 Transportation & Parking is not included

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.

Central Rural Access Now Meeting
 Fourth Wednesday of every month
 1:30 PM - 2:30 PM

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



EMERGENCY PREPAREDNESS & SAFETY PLANNING

JOIN DRAIL'S MONTHLY CLASS FOCUSED ON BUILDING SAFETY PLANS AND PREPARING FOR EMERGENCIES.

40 YEARS DRAIL
Emergency Preparedness & Safety Planning
 Monthly
 2nd THURSDAY
 9 AM - 11 AM
 1101 Sylvan Ave C-104
 Modesto, CA 95354

Classes included:
 How to prep emergency bags
 Safety Planning
 Identify natural disasters
 How to help others

Register here: <https://tinyurl.com/emergencyapril>
 Have Questions Call: 209-579-3334
 Limited Seats Available

CLASSES INCLUDE:

- HOW TO PREPARE EMERGENCY BAGS
- SAFETY PLANNING
- IDENTIFYING NATURAL DISASTERS
- HOW TO HELP OTHERS

MONTHLY, 2ND THURSDAY
 9:00 AM - 11:00 AM
 1101 SYLVAN AVE C-104, MODESTO, CA 95354

LIMITED SEATS AVAILABLE.

[HTTPS://TINYURL.COM/EMERGENCYAPRIL](https://tinyurl.com/emergencyapril)

CALL 209-579-3334 FOR QUESTIONS.

BECAUSE SAFETY STARTS WITH YOU.

APRIL IS

- NATIONAL VITAMIN C DAY
- NATIONAL HANDMADE DAY
- LIVING DONOR DAY
- NATIONAL SARCOIDOSIS DAY
- NATIONAL TAR SYNDROME AWARENESS
- NATIONAL MONTH OF HOPE

JOIN THE DONETWORK'S CENTRAL RURAL REGION!

WE ARE BRINGING THE COMMUNITY TOGETHER TO STRENGTHEN THE DISABILITY COMMUNITY THROUGH ADVOCACY. ADVOCATES, PEOPLE WITH DISABILITIES, AND ALLIES ACROSS CALIFORNIA ARE UNITING TO CREATE REAL, MEANINGFUL CHANGE. BE PART OF A POWERFUL VOICE WORKING FOR ACCESSIBILITY AND SOLUTIONS THAT MATTER.
[HTTPS://TINYURL.COM/CRREGIONSIGNUP](https://tinyurl.com/crregionsignup)

DONetwork
 DISABILITY ORGANIZING NETWORK

By joining this region, you'll receive updates about meetings, campaigns, and opportunities to share your voice and make change locally and statewide.

We welcome people with disabilities, advocates, and allies to join us in community. Everyone belongs here, all ages and all abilities.

There is no cost to join, and you can participate in ways that feel comfortable for you.

You do not need to be part of any agency

Join the DONetwork Central Rural Region!

We can chat one-on-one, we would love to get to know you!
 Email Krashid@drail.org

You can scan the QR code to sign up and we will contact you as well.

SUCCESS STORIES

STAFF BEGAN WORKING WITH CONSUMER IN AUGUST 2025 FOR SSA ADVOCACY. STAFF EXPLAINED TO THE CONSUMER THAT UPDATED MEDICAL RECORDS WOULD BE NEEDED FOR THEIR CLAIM. THE CONSUMER WAS HESITANT TO RECEIVE ANY MEDICAL ATTENTION. CONSUMER HAS BEEN MAINTAINING CONSISTENT COMMUNICATION WITH BOTH DRAIL AND SSA. CONSUMER RECENTLY REQUESTED SUPPORT FROM DRAIL STAFF TO SEEK MENTAL HEALTH SERVICES. CONSUMER FEELS LIKE THIS WILL SUPPORT THEM IN THEIR JOURNEY TO BE INDEPENDENT. STAFF AND CONSUMER REACHED OUT TO CONSUMERS HEALTH CARE PLAN AND CONSUMER HAS AN UPCOMING THERAPY APPOINTMENT AND FEELS READY FOR IT.

THE CONSUMER CAME TO THE DRAIL OFFICE REQUESTING ASSISTANCE WITH HEARING AIDS AND SUPPORT WITH HEARING BETTER WHILE USING THEIR PHONE.

THE ADVOCATE INFORMED THE CONSUMER ABOUT THE INNOCAPTION APP AS AN OPTION TO IMPROVE PHONE COMMUNICATION. THE ADVOCATE ASSISTED THE CONSUMER WITH DOWNLOADING THE APP ON THEIR PHONE AND PROVIDED TRAINING ON HOW TO USE THE FEATURES. DURING THE VISIT, THE ADVOCATE ALSO DISCOVERED THAT THE CONSUMER'S HEARING AIDS NEEDED NEW BATTERIES. THE ADVOCATE REPLACED THE BATTERIES.

WITHIN MINUTES OF LEAVING THE OFFICE, THE CONSUMER CALLED THE ADVOCATE EXPRESSING JOY AND GRATITUDE, SHARING THAT THEY WERE ALREADY ABLE TO HEAR MUCH BETTER AND WERE VERY THANKFUL FOR THE ASSISTANCE.

NATIONAL VITAMIN C DAY

NATIONAL VITAMIN C DAY IS A DAY THAT HIGHLIGHTS THE IMPORTANCE OF VITAMIN C FOR OUR HEALTH. VITAMIN C HELPS KEEP THE IMMUNE SYSTEM STRONG AND HELPS THE BODY HEAL. IT IS FOUND IN FOODS LIKE ORANGES, STRAWBERRIES, AND BELL PEPPERS. THE DAY ENCOURAGES PEOPLE TO LEARN ABOUT HEALTHY EATING AND GETTING ENOUGH VITAMINS. IT ALSO REMINDS PEOPLE THAT SMALL NUTRITION CHOICES CAN MAKE A BIG DIFFERENCE FOR OVERALL HEALTH.
[HTTPS://ODS.OD.NIH.GOV/FACTSHEETS/VITAMINC%20-CONSUMER/](https://ods.od.nih.gov/factsheets/vitaminC%20-consumer/)

LIVING DONOR DAY

LIVING DONOR DAY HONORS PEOPLE WHO DONATE AN ORGAN OR TISSUE WHILE THEY ARE STILL ALIVE TO HELP SOMEONE ELSE SURVIVE. THIS CAN INCLUDE DONATING A KIDNEY OR PART OF THE LIVER. THE DAY RAISES AWARENESS ABOUT HOW LIVING DONATIONS CAN SAVE LIVES. IT ALSO CELEBRATES THE COURAGE AND GENEROSITY OF DONORS WHO HELP OTHERS IN NEED. THE GOAL IS TO EDUCATE PEOPLE AND ENCOURAGE MORE PEOPLE TO CONSIDER BECOMING DONORS.
[HTTPS://TINYURL.COM/LIVINGDONARDAY](https://tinyurl.com/livingdonarday)

April

NATIONAL TAR SYNDROME AWARENESS

NATIONAL TAR SYNDROME AWARENESS DAY FOCUSES ON SPREADING AWARENESS ABOUT A RARE GENETIC CONDITION CALLED TAR SYNDROME. TAR SYNDROME AFFECTS THE DEVELOPMENT OF BONES AND BLOOD PLATELETS IN THE BODY. PEOPLE WITH THIS CONDITION MAY HAVE MISSING BONES IN THEIR ARMS AND LOW PLATELET COUNTS, WHICH CAN CAUSE BLEEDING PROBLEMS. THE DAY HELPS EDUCATE OTHERS ABOUT THE CONDITION AND THE CHALLENGES FAMILIES FACE. IT ALSO ENCOURAGES SUPPORT, RESEARCH, AND UNDERSTANDING FOR PEOPLE LIVING WITH TAR SYNDROME.
[HTTPS://RAREDISASES.INFO.NIH.GOV/](https://rarediseases.info.nih.gov/)

NATIONAL SARCOIDOSIS DAY

NATIONAL SARCOIDOSIS DAY RAISES AWARENESS ABOUT SARCOIDOSIS, A DISEASE THAT CAUSES INFLAMMATION IN DIFFERENT PARTS OF THE BODY. IT CAN AFFECT ORGANS LIKE THE LUNGS, SKIN, OR EYES. THE DAY HELPS PEOPLE LEARN ABOUT SYMPTOMS AND THE CHALLENGES PATIENTS FACE. IT ALSO ENCOURAGES SUPPORT FOR PEOPLE LIVING WITH THE CONDITION. MANY ORGANIZATIONS USE THE DAY TO PROMOTE RESEARCH AND BETTER TREATMENTS.
[HTTPS://TINYURL.COM/SARCOIDOSISMONTH](https://tinyurl.com/sarcoidosismonth)

Your Story Matters! <https://tinyurl.com/draillife>

Share how DRAIL has helped you achieve independence. Offices are open from Monday to Friday, (209) 521-7260

The best compliment you can give us is sharing your success story! 8:00 am - 12:00 pm & 1:00 pm - 5:00 pm

Email us at info@drail.org, and let your journey inspire others. 1101 Sylvan Avenue, #C-105 Modesto, CA 95350

SPRING RENEWAL

FINDING CALM AND SELF-LOVE IN BUSY TIMES

SPRING IS A SEASON OF RENEWAL. THE DAYS BECOME BRIGHTER, FLOWERS BEGIN TO BLOOM, AND THE WORLD SLOWLY WAKES UP AGAIN AFTER WINTER. IT IS ALSO A POWERFUL REMINDER THAT WE CAN RENEW OURSELVES TOO.

WITH SO MUCH HAPPENING IN THE WORLD AND IN OUR DAILY LIVES, IT IS EASY TO FEEL OVERWHELMED. NEWS, RESPONSIBILITIES, AND CONSTANT DEMANDS CAN LEAVE LITTLE SPACE FOR REST. SPRING INVITES US TO PAUSE, BREATHE, AND RECONNECT WITH OURSELVES.

SELF-LOVE IS NOT ABOUT BEING PERFECT OR HAVING EVERYTHING FIGURED OUT. IT IS ABOUT GIVING YOURSELF THE SAME KINDNESS AND PATIENCE THAT YOU OFFER TO OTHERS.

HERE ARE A FEW GENTLE WAYS TO CALM YOURSELF AND RECONNECT THIS SPRING.

1. STEP OUTSIDE AND BREATHE

NATURE HAS A NATURAL CALMING EFFECT ON THE MIND AND BODY. A SHORT WALK OUTSIDE, SITTING IN THE SUN, OR SIMPLY NOTICING THE TREES AND FLOWERS AROUND YOU CAN HELP RESET YOUR THOUGHTS. EVEN A FEW MINUTES OF FRESH AIR CAN REDUCE STRESS AND BRING A SENSE OF GROUNDING.

2. SLOW DOWN YOUR BREATHING

WHEN LIFE FEELS OVERWHELMING, YOUR BREATHING CAN BECOME SHALLOW WITHOUT YOU NOTICING. TRY THIS SIMPLE EXERCISE:

- BREATHE IN SLOWLY FOR 4 SECONDS
- HOLD FOR 4 SECONDS
- BREATHE OUT SLOWLY FOR 6 SECONDS

REPEAT FOR A FEW MINUTES. THIS CAN HELP CALM YOUR NERVOUS SYSTEM AND BRING YOUR MIND BACK TO THE PRESENT MOMENT.

3. LIMIT THE NOISE

IT IS OKAY TO STEP AWAY FROM THE CONSTANT FLOW OF NEWS, SOCIAL MEDIA, AND INFORMATION. TAKING BREAKS FROM SCREENS CAN HELP YOUR MIND REST. CHOOSE MOMENTS DURING THE DAY WHERE YOU UNPLUG AND FOCUS ON SOMETHING PEACEFUL.

4. PRACTICE KIND SELF-TALK

THE WAY WE SPEAK TO OURSELVES MATTERS. INSTEAD OF FOCUSING ON WHAT YOU DIDN'T ACCOMPLISH, TRY REMINDING YOURSELF:

- I AM DOING MY BEST TODAY.
- IT IS OKAY TO TAKE THINGS ONE STEP AT A TIME.
- I DESERVE REST AND CARE TOO.

SELF-LOVE GROWS WHEN WE TREAT OURSELVES WITH COMPASSION.

5. DO ONE SMALL THING THAT BRINGS JOY

JOY DOES NOT HAVE TO BE BIG. IT CAN BE SOMETHING SIMPLE LIKE:

- LISTENING TO YOUR FAVORITE MUSIC
- COOKING A MEAL YOU ENJOY
- CALLING A FRIEND
- WRITING DOWN THINGS YOU ARE GRATEFUL FOR
- SPENDING QUIET TIME IN REFLECTION OR PRAYER

SMALL MOMENTS OF JOY CAN MAKE A BIG DIFFERENCE.

A REMINDER FOR THIS SEASON

JUST LIKE FLOWERS DO NOT BLOOM OVERNIGHT, HEALING AND GROWTH TAKE TIME. GIVE YOURSELF PERMISSION TO GROW AT YOUR OWN PACE. THIS SPRING, TAKE A MOMENT TO CARE FOR YOURSELF, BREATHE DEEPLY, AND REMEMBER THAT RENEWAL IS ALWAYS POSSIBLE.

NATIONAL MONTH OF HOPE

NATIONAL MONTH OF HOPE IS A TIME MEANT TO ENCOURAGE POSITIVITY, SUPPORT, AND ENCOURAGEMENT FOR PEOPLE GOING THROUGH DIFFICULT SITUATIONS. IT REMINDS PEOPLE THAT EVEN DURING HARD TIMES, HOPE CAN HELP THEM KEEP GOING. THE MONTH PROMOTES KINDNESS, COMMUNITY SUPPORT, AND MENTAL STRENGTH. MANY GROUPS USE THIS TIME TO SHARE INSPIRING STORIES AND HELPFUL RESOURCES. THE GOAL IS TO REMIND EVERYONE THAT THEY ARE NOT ALONE AND THAT BETTER DAYS CAN COME.
[HTTPS://TINYURL.COM/HOPEMONTH](https://tinyurl.com/hopemonth)

Earth Day



WHAT MAKES EARTH DAY A SPECIAL DAY?

LEARN HOW PEOPLE AROUND THE WORLD CELEBRATE EARTH DAY AND LEARN WHAT IT MEANS TO GO GREEN AND MOST IMPORTANTLY THREE THINGS YOU CAN DO TO HELP MOTHER EARTH!

1. USE A REUSABLE WATER BOTTLE TO HELP REDUCE WASTE CAUSED BY PLASTIC BOTTLES.
2. TURN THE WATER OFF WHILE BRUSHING YOUR TEETH. ONLY TURN IT ON WHEN RINSING. YOU CAN SAVE UP TO 5 GALLONS OF WATER EACH DAY!
3. TURN THE LIGHTS OFF WHENEVER YOU LEAVE THE ROOM TO HELP SAVE ENERGY

[HTTPS://TINYURL.COM/EARTHDAYKIDSVIDEO](https://tinyurl.com/earthdaykidsvideo)

ARDC OF THE MOTHERLODE

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

<https://adrcofthemotherlode.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

- Food bank Listings

List is continuously updated.
<https://tinyurl.com/DRAILfoodbanklist>

NATIONAL MAKE LUNCH COUNT DAY

ENCOURAGES WORKERS TO STOP EATING AT THEIR DESKS, LEAVE THE WORKSPACE, AND ENJOY A PROPER, REJUVENATING LUNCH BREAK TO BOOST MENTAL HEALTH, CREATIVITY, AND PRODUCTIVITY.

SPRING SALAD WITH STRAWBERRIES

SIMPLE INGREDIENTS:

- SPINACH OR MIXED GREENS
- SLICED STRAWBERRIES
- FETA CHEESE
- NUTS (ALMONDS OR WALNUTS)
- LIGHT VINAIGRETTE

SIMPLE BALSAMIC VINAIGRETTE

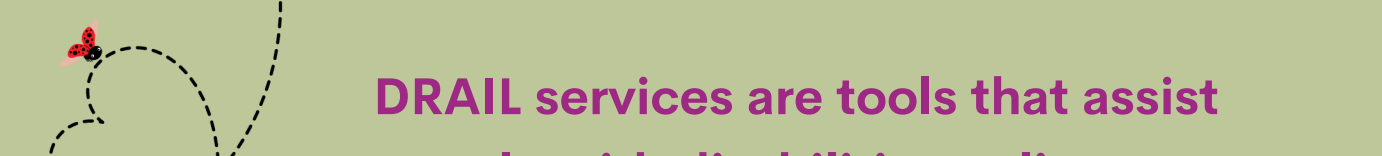
- 1/4 CUP EXTRA-VIRGIN OLIVE OIL.
- 2 TBSP BALSAMIC VINEGAR.
- 1 TBSP MAPLE SYRUP OR HONEY.
- 1 TSP DIJON MUSTARD.
- SALT AND BLACK PEPPER TO TASTE

INSTRUCTIONS

1. PREPARE: WHISK DRESSING INGREDIENTS TOGETHER IN A SMALL BOWL OR JAR UNTIL COMBINED/FUSED TOGETHER.
2. ASSEMBLE: IN A LARGE BOWL, COMBINE THE GREENS, STRAWBERRIES, CHEESE, AND NUTS.
3. TOSS: POUR DRESSING OVER THE SALAD JUST BEFORE SERVING AND TOSS GENTLY TO COAT.
4. SERVE: TOP WITH EXTRA CRACKED PEPPER IF DESIRED.

TIPS FOR SUCCESS

- BOOST IT: ADD GRILLED CHICKEN, BACON, OR SLICED AVOCADO FOR A MORE FILLING SALAD.
- MAKE AHEAD: COMBINE SALAD INGREDIENTS WITHOUT DRESSING AND STORE IN THE FRIDGE. SHAKE DRESSING SEPARATELY.



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.

