NEWSLETTER
August 2026

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

UNIQUE AND UNITED
Disability Awareness Day

DATE & TIME
Friday October 2
10:00am - 2:00pm

LOCATION
1101 Sylvan Ave
Modesto, CA 95350

The 4th Annual Disability Awareness Day, is coming once again to Modesto, hosted by DRAIL and the Modesto Police Department, co-sponsored by Listos California.
We'll have a whole slew of activities lined up for everyone of all ages. So join the fun!

FREE ADMISSION
No cost to anyone to attend and everyone is invited for the day of fun.
* Please bring food to share back to the community.

FOOD & REFRESHMENTS
Activity participation for a lunch ticket while supplies last.

ALL ARE WELCOMED
All ages, all disabilities! We welcome all friends, families, and allies.

Call Us or Visit Online to
Learn More & Register for a Vendor Booth
209-521-7260 | drail.org/disability-awareness-day

JOIN US FOR DRAIL'S 4TH ANNUAL DISABILITY AWARENESS DAY: UNIQUE AND UNITED!

THIS EVENT IS SPONSORED BY LISTOS CALIFORNIA AND HOSTED BY DRAIL AND THE MODESTO POLICE DEPARTMENT.

COME CELEBRATE COMMUNITY, INCLUSION, AND DISABILITY AWARENESS. THIS FREE EVENT WILL INCLUDE ACTIVITIES, FOOD AND REFRESHMENTS WHILE SUPPLIES LAST, VENDOR BOOTHS, AND OPPORTUNITIES TO CONNECT WITH LOCAL RESOURCES.

FRIDAY, OCTOBER 2
10:00 AM – 2:00 PM
1101 SYLVAN AVE, MODESTO, CA 95350

ALL AGES, ALL DISABILITIES, FAMILIES, FRIENDS, AND ALLIES ARE WELCOME. COME BE PART OF A DAY THAT CELEBRATES WHAT MAKES OUR COMMUNITY UNIQUE AND UNITED.

CALL 209-521-7260 OR VISIT DRAIL.ORG/DISABILITY-AWARENESS-DAY TO LEARN MORE OR REGISTER FOR A VENDOR BOOTH.

A COLORFUL EVENT FLYER FOR DRAIL'S 4TH ANNUAL DISABILITY AWARENESS DAY. THE TOP HAS A DARK NAVY BACKGROUND WITH BRIGHT PAINTED HANDPRINTS IN PURPLE, RED, ORANGE, BLUE, TEAL, AND GREEN. THE MAIN TITLE READS "UNIQUE AND UNITED DISABILITY AWARENESS DAY." LOGOS FOR DRAIL, MODESTO POLICE DEPARTMENT, LISTOS CALIFORNIA, AND THE CITY OF MODESTO APPEAR AROUND THE TOP.

AUGUST IS..

- CHILDRENS EYE HEALTH AND SAFTEY MONTH
- PSORIASIS ACTION MONTH
- SPINAL MUSCULAR ATROPHY (SMA) AWARNESS MONTH
- 8/7 PURPLE HEART DAY
- 8/20 NATIONAL ACCESSIBLE AIR TRAVELL DAY
- 8/21 SENIOR CITIZENS DAY
- 8/26 WOMANES EQUALITY DAY
- 8/30 GREIF AWARNESS DAY

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

DONetwork
DISABILITY ADVOCACY 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 ensure our community's response 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 Kranholder@drail.org

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

SUCCESS Story

MEMBER RECONNECTED WITH DRAIL, EXPLAINED THAT THEY HAD RETURNED TO WORK AND UNFORTUNATELY DUE TO THEIR HEALTH CONDITIONS THEY WERE HAVING DIFFICULTY MAINTAINING A STEADY INCOME. THEIR GOAL WAS TO APPLY FOR SOCIAL SECURITY BENEFITS BUT WANTED GUIDANCE ON HOW THE PROCESS WORKS. STAFF WAS ABLE TO PROVIDE DETAILS ON THE STEPS IT TAKES TO APPLY FOR BENEFITS AND EVEN HOW TO FOLLOW UP IN CASE THE APPLICATION GETS DENIED. STAFF AND MEMBER WERE ABLE TO COMPLETE THE APPLICATION AND MEMBER NOW FEELS CONFIDENT CONNECTING WITH THEIR LOCAL SSA OFFICE ON THEIR OWN. MEMBER KNOWS THEY CAN REACH OUT TO DRAIL IF ANY ADDITIONAL ADVOCACY IS NEEDED.

MEMBER IS CURRENTLY RECEIVING SUPPORT FROM THEIR PARENTS TO TRANSITION INTO LIVING MORE INDEPENDENTLY. CURRENTLY THEY ARE A MEMBER WITH THE VALLEY MOUNTAIN REGIONAL CENTER AND DEPARTMENT OF REHABILITATION. THEY WERE HAPPY TO FIND OUT DRAIL WAS ANOTHER AGENCY THAT COULD PROVIDE SUPPORT IN THEIR GOALS. THE SERVICE REQUESTED WAS ASSISTANCE WITH A SOCIAL SECURITY APPLICATION. MEMBER WAS ABLE TO ANSWER QUESTIONS TO THEIR BEST OF THEIR ABILITY. MEMBER KNOWS WHAT THE NEXT STEPS ARE FOR THIS PROCESS AND KNOW THEY CAN REACH BACK OUT TO DRAIL FOR ANY ADDITIONAL SUPPORT THAT MAY BE NEEDED.

A 22-YEAR-OLD MEMBER WITH COGNITIVE AND MENTAL/EMOTIONAL DISABILITIES CAME TO THE OFFICE SEEKING HELP WITH SUBMITTING A SOCIAL SECURITY BENEFITS APPLICATION. THE STAFF ASSISTED THEM WITH BOTH THEIR ONLINE APPLICATION AND THEIR SUPPLEMENTAL BENEFITS APPLICATION. THE CONSUMER ALSO MENTIONED THAT THEY WERE HOMELESS AND STAYING IN A CAR WITH THEIR PARENTS, WHO DID NOT WANT THEM TO REMAIN IN THE CAR.

GIVEN THE CONSUMER'S AGE, THE STAFF REFERRED THEM TO THE YOUTH NAVIGATION CENTER (YNC) AND THE HOUSING DISABILITY ADVOCACY PROGRAM. THE CONSUMER WAS ALLOWED TO STAY AT THE YNC UNTIL THEY RECEIVED A HOTEL VOUCHER. AFTER RECEIVING A DENIAL FOR SUPPLEMENTAL SECURITY INCOME (SSI), THE STAFF HELPED THE CONSUMER WITH THE APPEAL RECONSIDERATION AND PROVIDED ASSISTANCE WITH ALL THE REQUIRED DOCUMENTS. EVENTUALLY, THE CONSUMER WAS APPROVED AND AWARDED OVER $17,000 IN BACK PAY. THEY ARE CURRENTLY SEARCHING FOR THEIR OWN PLACE TO LIVE.

SKILLET LASAGNA
WITH CORN AND CHERRY TOMATOES

PREP 20 MINS COOK 20 MINS SERVES 6 SERVINGS

INGREDIENTS
- 3 EARS OF CORN ON THE COB
- 2 TABLESPOONS MELTED BUTTER
- 1 POUND LASAGNA NOODLES, ROUGHLY BROKEN
- 4 TABLESPOONS EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 1 PINT CHERRY TOMATOES
- KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
- 2 LARGE ZUCCHINI, PEELED INTO RIBBONS WITH A VEGETABLE PEELER
- 1 BUNCH ASPARAGUS, PEELED INTO RIBBONS WITH A VEGETABLE PEELER
- ½ CUP GRATED PARMESAN CHEESE
- ¼ CUP CAPERS
- 3 TABLESPOONS CHOPPED FRESH BASIL

DIRECTIONS
1. HEAT A LARGE SKILLET OVER MEDIUM HEAT. BRUSH THE CORN WITH THE MELTED BUTTER AND ADD TO THE SKILLET. SEAR UNTIL WELL CHARRED, ABOUT 4 MINUTES PER SIDE. COOL SLIGHTLY, THEN CUT THE KERNELS FROM THE COB.

2. BRING A LARGE POT OF SALTED WATER TO A BOIL AND COOK THE LASAGNA NOODLES UNTIL AL DENTE, 7 TO 9 MINUTES.

3. DRAIN THE NOODLES AND TOSS WITH 2 TABLESPOONS OF THE OLIVE OIL. HEAT THE REMAINING OLIVE OIL IN THE SAME SKILLET YOU USED TO COOK THE CORN.

4. ADD THE TOMATOES TO THE SKILLET; SEASON WITH SALT AND PEPPER. COOK UNTIL THE TOMATOES ARE BLISTERED, 6 TO 7 MINUTES. ADD THE ZUCCHINI AND ASPARAGUS; COOK UNTIL TENDER, ABOUT 4 MINUTES.

5. ADD THE NOODLES AND CORN TO THE SKILLET; TOSS TO COMBINE. ADD THE PARMESAN, CAPERS AND BASIL; TOSS TO COMBINE. SERVE IMMEDIATELY.

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

Back-to-School Health Fair

Helping Families Start the School Year Strong

What to Expect:
- Health screenings, dental screenings, and more
- Free Backpack & School Supplies for students K-12th
- Fresh Produce & Pantry Items
- Kids Activities & Face Painting
- Community Resources
- Music, Raffles, and Giveaways

Event Details:
- 7th August 2026
- 10:00 am to 1:00 pm
- 120 California Ave, Modesto Ca 95350

Connecting Families to Care, Wellness, and Opportunity

209 526 6002

westhealthcenter@yahoo.com

Walgreens | Health Net | Kaiser Permanente | CalOptima

AUGUST 4TH
NATIONAL NIGHT OUT IS AN ANNUAL COMMUNITY-BUILDING CAMPAIGN THAT PROMOTES POLICE-COMMUNITY PARTNERSHIPS AND NEIGHBORHOOD CAMARADERIE.

NATIONAL NIGHT OUT IS AN ANNUAL COMMUNITY-BUILDING CAMPAIGN THAT PROMOTES POLICE-COMMUNITY PARTNERSHIPS AND NEIGHBORHOOD CAMARADERIE TO MAKE OUR NEIGHBORHOODS SAFER, MORE CARING PLACES TO LIVE. NATIONAL NIGHT OUT ENHANCES THE RELATIONSHIP BETWEEN NEIGHBORS AND LAW ENFORCEMENT WHILE BRINGING BACK A TRUE SENSE OF COMMUNITY. FURTHERMORE, IT PROVIDES A GREAT OPPORTUNITY TO BRING POLICE AND NEIGHBORS TOGETHER UNDER POSITIVE CIRCUMSTANCES.

CITY OF TURLOCK- NATIONAL NIGHT OUT 2026
JOIN THE CITY OF TURLOCK'S RECREATION DIVISION AND CELEBRATE NATIONAL NIGHT OUT 2026.

THIS FREE FAMILY EVENT IS DEDICATED TO STRENGTHENING COMMUNITY, PROMOTING SAFETY, AND BUILDING PARTNERSHIPS WITH LOCAL FIRST RESPONDERS AND ORGANIZATIONS.

ENJOY GREAT FOOD, FAMILY-FRIENDLY ACTIVITIES AND GAMES, BOUNCE HOUSES, FREE RECREATION SWIM FROM 7:00 PM- 8:00 PM, AND INTERACTIVE BOOTHS FOR ALL AGES!

DON'T MISS IT!
CONTACT RECREATION@TURLOCK.CA.US
OR CALL 209-668-5594
IF YOU HAVE ANY QUESTIONS.

SENIOR SHUTTLE AMADOR COUNTY

WE ARE NOW SERVICING AMADOR COUNTY SENIORS WITH TRANSPORTATION SERVICES TO AND FROM MEDICAL APPOINTMENTS. IF YOU ARE 60+ YEARS OLD AND HAVE AN UPCOMING MEDICAL APPOINTMENT IN AMADOR COUNTY AND NEED A RIDE, PLEASE GIVE US A CALL AT 209-223-0442 EXT 106 TO SCHEDULE YOUR RIDE TODAY.

PLEASE NOTE THAT ALL APPOINTMENTS MUST BE SCHEDULED 2 WEEKS PRIOR, BE LOCATED IN AMADOR COUNTY AND YOU HAVE NO OTHER ACCESS TO LOCAL TRANSPORTATION. FOR MORE INFORMATION GIVE US A CALL.

SUMMER NIGHTS ARE MADE FOR MOVIES UNDER THE STARS!

GRAB YOUR BLANKETS, LAWN CHAIRS, FAMILY, AND FRIENDS BECAUSE OUR FREE MOVIE IN THE PARK SERIES IS BACK!

CHECK OUT THIS SUMMER'S MOVIE LINEUP AND MARK YOUR CALENDARS. MOVIES ARE FREE TO ENJOY, WITH CONCESSIONS AVAILABLE FOR PURCHASE.

SHOWTIMES BEGIN AT DUSK (APPROXIMATELY 8:45 PM), SO COME EARLY, GET COMFORTABLE, AND ENJOY A FUN EVENING IN THE PARK.

AUGUST 1 WOODLAND PARK ZOOTOPIA
AUGUST 8TH MARIPOSA PARK GOONIES

NORTH GROVE GUIDED WALK

JOIN US FOR A RELAXING, INFORMATIVE WALK THROUGH THE MAJESTIC GIANT SEQUOIAS AT CALAVERAS BIG TREES STATE PARK!

WHEN: SATURDAYS YEAR-ROUND
(DAILY STARTING JUNE 15 TO AUGUST 16TH)
TIME: 11:30 AM – 1:00 PM
WHERE: MEET AT THE NORTH GROVE TRAILHEAD BY THE VISITOR CENTER

DISTANCE: 1.7-MILE EASY LOOP

DISCOVER THE HISTORY, ECOLOGY, AND WONDER OF THESE TOWERING GIANTS ON A FUN, FAMILY-FRIENDLY WALK. SEE YOU THERE!

LOCATION
CALAVERAS BIG TREES STATE PARK
HWY 4 ARNOLD, CA 95223

ORGANIZER
CALAVERAS BIG TREES STATE PARK(209) 795-23341170
CA-4, ARNOLD, CA 95223

GROOVIN' IN THE GROVE AT JESSIE'S GROVE WINERY
LIVE MUSIC UNDER THE LODI SKY

GET READY FOR FEEL-GOOD SUMMER NIGHTS AT GROOVIN' IN THE GROVE, JESSIE'S GROVE WINERY'S BELOVED OUTDOOR CONCERT SERIES IN THE HEART OF LODI WINE COUNTRY. SET AMONG CENTURY-OLD ZINFANDEL VINES AND HERITAGE OAK TREES, THIS SEASONAL FAVORITE PAIRS LIVE MUSIC WITH AWARD-WINNING LOCAL WINE AND RELAXED GOLDEN-HOUR VIBES.

WHAT TO EXPECT:
HIGH-ENERGY TRIBUTE BANDS COVERING FAVORITES FROM BRUNO MARS TO THE EAGLES
JESSIE'S GROVE WINES AVAILABLE FOR PURCHASE
SCENIC VINEYARD SETTING WITH PLENTY OF SPACE TO RELAX
LOW-BACK CHAIRS WELCOME
A FUN, LAID-BACK CROWD AND PLENTY OF ROOM TO DANCE
TICKETS: $45 PER PERSON PER SHOW, OR BUY A SEASON PASS FOR $360 PER PERSON

FREE PARKING ON-SITE
WHETHER YOU'RE PLANNING A NIGHT OUT WITH FRIENDS OR INTRODUCING VISITORS TO LODI'S MUSIC-AND-WINE SCENE, GROOVIN' IN THE GROVE DELIVERS AN UNFORGETTABLE SUMMER EXPERIENCE.

PLAN YOUR VISIT AND GROOVE BENEATH THE VINES AT JESSIE'S GROVE WINERY.

2026 GROOVIN' IN THE GROVE LINE-UP:
MAY 23 - KOOL WIND & FIRE/SWEET TINA - TRIBUTES TO KOOL & THE GANG, EARTH, WIND, & FIRE & TINA TURNER
JUN 13 - ANIMALS/GWEN IN DOUBT - TRIBUTES TO MAROON 5 & NO DOUBT

AUG 8 - 7 SUMMERS - TRIBUTE TO MORGAN WALLEN
AUG 23 - ONE OF THESE NIGHTS - TRIBUTE TO THE EAGLES
SEP 5 - 24K MAGIC - TRIBUTE TO BRUNO MARS
SEP 26 - 90S ROCK SHOW - 90S ROCK TRIBUTE
OCT 3 - QUEEN NATION - TRIBUTE TO QUEEN

ADMISSION
$45.00

ARDC OF THE MOTHERLODE

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

Scan with the QR code to access the Resource Directory website.

Online Resource Directory

https://ardcofthemotherlode.myresourcedirectory.com

ALPINE • AMADOR • CALAVERAS • MARIPOSA • TUOLUMNE

for more information call
Area 12 Agency on Aging 209-532-6272
800-510-2020
DRAIL - 209-521-7260

Aging & Disability Resource Connection
Area 12 Agency on Aging | DRAIL

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

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.