



NEWSLETTER

February 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!

[REGISTER HERE](#)

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

DRAIL WILL BE CLOSED

PRESIDENTS DAY
FEBRUARY 16, 2026



FEBRUARY IS

- BLACK HISTORY MONTH
- NATIONAL CANCER PREVENTION MONTH
- NATIONAL CHILDREN'S DENTAL HEALTH MONTH
- RARE DISEASE DAY (LAST DAY OF FEBRUARY)
- NATIONAL HEART MONTH
- NATIONAL BAKE FOR FAMILY MONTH
- NATIONAL SELF-CHECK MONTH



BLACK HISTORY MONTH HONORING HISTORY, LEADERSHIP, AND COLLABORATION



FEBRUARY IS BLACK HISTORY MONTH. A TIME TO BOTH RECOGNIZE AND CELEBRATE THE HISTORY, CONTRIBUTIONS, AND LEADERSHIP OF BLACK INDIVIDUALS AND COMMUNITIES. BLACK HISTORY IS DEEPLY CONNECTED TO THE DISABILITY RIGHTS MOVEMENT AND CONTINUES TO SHAPE ADVOCACY, COMMUNITY ORGANIZING, AND INDEPENDENT LIVING TODAY.

DURING THE EARLY DISABILITY RIGHTS MOVEMENT, BLACK LEADERS PLAYED IMPORTANT ROLES ALONGSIDE PIONEERS SUCH AS ED ROBERTS, HELPING BUILD THE FOUNDATION OF THE INDEPENDENT LIVING MOVEMENT. ADVOCATES LIKE BRAD LOMAX WORKED CLOSELY WITH ED ROBERTS AND OTHERS TO ADVANCE ACCESS, INDEPENDENT LIVING, AND COMMUNITY-BASED SUPPORTS. HIS LIVED EXPERIENCE AND LEADERSHIP HELPED STRENGTHEN THE MOVEMENT AND BROADEN ITS REACH.

OTHER BLACK LEADERS, INCLUDING RONALD DAVIS AND CHUCK JACKSON, WERE ALSO PART OF THE EARLY INDEPENDENT LIVING MOVEMENT AND WORKED ALONGSIDE ED ROBERTS TO PROMOTE SELF-DETERMINATION AND COMMUNITY INCLUSION FOR PEOPLE WITH DISABILITIES. THEIR CONTRIBUTIONS HELPED SHAPE EARLY CENTERS FOR INDEPENDENT LIVING AND THE VALUES THAT CONTINUE TO GUIDE DISABILITY ADVOCACY TODAY.

BLACK DISABLED LEADERS BROUGHT LIVED EXPERIENCE, LEADERSHIP, AND COLLABORATION THAT STRENGTHENED THE MOVEMENT AND EXPANDED OPPORTUNITIES FOR PEOPLE WITH DISABILITIES. THEIR WORK REMAINS AN IMPORTANT PART OF DISABILITY HISTORY.

BLACK HISTORY MONTH IS A TIME TO REFLECT, LEARN, AND CELEBRATE THESE SHARED HISTORIES. BY HONORING THE BLACK LEADERS WHO HELPED SHAPE THE DISABILITY RIGHTS MOVEMENT ALONGSIDE ED ROBERTS, WE GAIN A FULLER UNDERSTANDING OF THE COLLECTIVE EFFORT THAT CONTINUES TO MOVE US FORWARD.

THIS CONTENT IS INTENDED FOR EDUCATIONAL PURPOSES AND HIGHLIGHTS EXAMPLES OF LEADERS CONNECTED TO THE EARLY DISABILITY RIGHTS AND INDEPENDENT LIVING MOVEMENTS. IT IS NOT AN EXHAUSTIVE LIST OF CONTRIBUTORS.

ADVOCACY CORNER

UNDERSTANDING THE CALIFORNIA STATE BUDGET AND HOW TO ENGAGE

EACH YEAR, CALIFORNIA DEVELOPS A STATE BUDGET THAT DETERMINES HOW PUBLIC FUNDS ARE SPENT ACROSS THE STATE. THESE DECISIONS AFFECT PROGRAMS AND SERVICES MANY PEOPLE RELY ON EVERY DAY, INCLUDING HEALTHCARE, DISABILITY SERVICES, HOUSING, TRANSPORTATION, EDUCATION, AND COMMUNITY-BASED SUPPORTS.

THE STATE BUDGET PROCESS HAPPENS OVER SEVERAL MONTHS AND INCLUDES OPPORTUNITIES FOR LEARNING, FEEDBACK, AND COMMUNITY INPUT. UNDERSTANDING HOW THE PROCESS WORKS CAN HELP INDIVIDUALS AND ORGANIZATIONS STAY INFORMED AND ENGAGED.

SIMPLE CALIFORNIA STATE BUDGET TIMELINE (JANUARY-JUNE)

- JANUARY**
THE GOVERNOR RELEASES THE PROPOSED BUDGET, OUTLINING FUNDING PRIORITIES AND PROPOSED CHANGES FOR THE UPCOMING FISCAL YEAR.
- FEBRUARY-MARCH**
LEGISLATIVE BUDGET COMMITTEES REVIEW THE PROPOSAL, HOLD HEARINGS, AND GATHER INFORMATION. THIS IS A TIME WHEN COMMUNITY EXPERIENCES HELP ILLUSTRATE REAL-WORLD IMPACTS.
- APRIL**
CONTINUED BUDGET REVIEW AND DISCUSSION TAKE PLACE ACROSS PROGRAMS AND FUNDING AREAS.
- MAY**
THE GOVERNOR RELEASES THE MAY REVISION, UPDATING THE BUDGET BASED ON CURRENT ECONOMIC CONDITIONS.
- JUNE**
THE LEGISLATURE FINALIZES AND PASSES THE BUDGET, AND THE GOVERNOR SIGNS IT BY THE END OF THE MONTH.

HOW TO STAY ENGAGED AND GET INVOLVED ADVOCACY CAN TAKE MANY FORMS, AND PARTICIPATION LOOKS DIFFERENT FOR EVERYONE. BEING INVOLVED CAN BE AS SIMPLE AS LEARNING HOW DECISIONS AFFECT YOUR DAILY LIFE OR STAYING CONNECTED WITH ORGANIZATIONS THAT SHARE INFORMATION AND RESOURCES.

WAYS TO ENGAGE INCLUDE:

- LEARNING HOW BUDGET DECISIONS AFFECT PROGRAMS AND SERVICES YOU USE OR SUPPORT
- ATTENDING INFORMATIONAL MEETINGS OR COMMUNITY DISCUSSIONS SHARING LIVED EXPERIENCES WITH ADVOCACY ORGANIZATIONS
- STAYING CONNECTED WITH DISABILITY-LED AND COMMUNITY-BASED GROUPS

IF YOU ARE INTERESTED IN LEARNING MORE OR JOINING ADVOCACY EFFORTS, YOU CAN CONTACT DRAIL DIRECTLY:

[HTTPS://WWW.DRAIL.ORG/SERVICES/](https://www.drail.org/services/)

WHEN COMPLETING THE FORM SELECT: INDIVIDUAL OR SYSTEMS CHANGE ADVOCACY COMMUNITY ORGANIZING ADVOCACY / PEER SUPPORT

IN THE NOTES SECTION, YOU MAY WRITE THAT YOU WOULD LIKE TO JOIN ADVOCACY EFFORTS

DRAIL'S SYSTEMS CHANGE ADVOCATE WILL THEN CONNECT WITH YOU TO SHARE INFORMATION AND NEXT STEPS.



SUCCESS STORIES

A DRAIL CONSUMER EXPERIENCING SEVERE ARTHRITIS IN BOTH KNEES, WITH A POSSIBLE NEED FOR KNEE SURGERY, WAS HAVING SIGNIFICANT DIFFICULTY GETTING IN AND OUT OF HIS CHAIR AND REQUESTED ASSISTANCE OBTAINING A LIFT RECLINER.

DRAIL WAS ABLE TO QUICKLY LOCATE A GENTLY USED, DONATED LIFT RECLINER AND COORDINATE DELIVERY TO THE CONSUMER. WHEN STAFF ARRIVED, THEY OBSERVED THAT HE HAD BEEN USING AN ANTIQUATED CHAIR WITH TORN CUSHIONS AND A DAMAGED FRAME, WHICH WAS NO LONGER PROVIDING ADEQUATE SUPPORT.

STAFF MOVED THE NEW LIFT RECLINER INTO THE HOME, ENSURED IT WAS SAFELY SET UP, AND PROVIDED GUIDANCE ON HOW TO OPERATE IT. THE CONSUMER WAS THRILLED WITH THE NEW CHAIR AND EXPRESSED DEEP APPRECIATION FOR THE SUPPORT.

FROM THE TIME DRAIL RECEIVED THE INITIAL INQUIRY, STAFF WERE ABLE TO ASSESS THE NEED, SECURE THE EQUIPMENT, AND COMPLETE DELIVERY WITHIN ONE WEEK.

A DRAIL CONSUMER WHO IS CURRENTLY UNDERGOING DIALYSIS WAS FACING MULTIPLE CHALLENGES. AT THE TIME, THE CONSUMER HAD NO INCOME AND WAS IN THE PROCESS OF APPLYING FOR BENEFITS. TO ATTEND DIALYSIS TREATMENTS, HE HAD BEEN RELYING ON PUBLIC TRANSPORTATION, WHICH LEFT HIM EXTREMELY EXHAUSTED AFTER APPOINTMENTS.

ALTHOUGH THE CONSUMER WAS APPROVED FOR DOOR-TO-DOOR TRANSPORTATION SERVICES, THERE WAS A REQUIRED COST THAT HE DID NOT HAVE THE FINANCIAL MEANS TO PAY. A DRAIL ADVOCATE STEPPED IN AND CONTACTED HEALTH PLAN OF SAN JOAQUIN TO EXPLORE ADDITIONAL OPTIONS. THROUGH THIS ADVOCACY, IT WAS CONFIRMED THAT THE HEALTH PLAN PROVIDES TRANSPORTATION FOR MEDICAL APPOINTMENTS.

AS A RESULT, THE CONSUMER IS NOW ABLE TO RECEIVE DOOR-TO-DOOR TRANSPORTATION TO AND FROM DIALYSIS APPOINTMENTS AT NO COST. THIS SUPPORT HAS MADE IT SAFER AND EASIER FOR HIM TO RETURN HOME AFTER TREATMENTS AND GET THE REST HE NEEDS, SIGNIFICANTLY IMPROVING HIS OVERALL WELL-BEING AND INDEPENDENCE.

Your Story Matters!



Contact Us

(209) 521-7260

Share how DRAIL has helped you achieve independence.

Offices are open from Monday to Friday,

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

NATIONAL HEART MONTH HEART HEALTH STARTS WITH SMALL STEPS

FEBRUARY IS AMERICAN HEART MONTH. A TIME TO FOCUS ON KEEPING OUR HEARTS HEALTHY. HEART HEALTH ISN'T ABOUT DOING EVERYTHING PERFECTLY. SMALL, DAILY CHOICES CAN MAKE A BIG DIFFERENCE.

SIMPLE WAYS TO SUPPORT YOUR HEART:

- MOVE YOUR BODY IN WAYS THAT FEEL GOOD LIKE WALKING, STRETCHING, OR CHAIR EXERCISES ALL COUNT
- EAT MORE FRUITS, VEGETABLES, AND WHOLE GRAINS WHEN YOU CAN
- LIMIT SALTY AND HIGHLY PROCESSED FOODS
- CHECK YOUR BLOOD PRESSURE REGULARLY AND TALK WITH YOUR DOCTOR IF IT'S HIGH

TAKING CARE OF YOUR HEART SUPPORTS YOUR ENERGY, INDEPENDENCE, AND OVERALL WELL-BEING.

NATIONAL CANCER PREVENTION MONTH PREVENTION, SCREENINGS, AND SELF-CARE MATTER

FEBRUARY IS ALSO NATIONAL CANCER PREVENTION MONTH. WHILE NOT ALL CANCER CAN BE PREVENTED, EARLY DETECTION AND HEALTHY HABITS CAN HELP LOWER RISKS.

THINGS THAT CAN HELP:

- KEEP UP WITH RECOMMENDED CANCER SCREENINGS
- AVOID TOBACCO AND LIMIT ALCOHOL WHEN POSSIBLE
- EAT BALANCED MEALS AND STAY ACTIVE IN WAYS THAT WORK FOR YOU
- PAY ATTENTION TO CHANGES IN YOUR BODY AND TALK TO A HEALTHCARE PROVIDER

SELF-CARE IS PART OF PREVENTION. LISTENING TO YOUR BODY AND SEEKING CARE EARLY IS AN IMPORTANT FORM OF SELF-ADVOCACY.

NATIONAL CHILDREN'S DENTAL HEALTH MONTH HEALTHY SMILES START EARLY

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH, HIGHLIGHTING THE IMPORTANCE OF ORAL HEALTH FOR KIDS AND YOUTH. GOOD DENTAL HABITS SUPPORT OVERALL HEALTH, CONFIDENCE, AND COMFORT.

HELPFUL TIPS:

- BRUSH TEETH TWICE A DAY WITH FLUORIDE TOOTHPASTE
- FLOSS DAILY IF POSSIBLE
- LIMIT SUGARY SNACKS AND DRINKS
- VISIT THE DENTIST REGULARLY

DENTAL CARE IS HEALTH CARE. FAMILIES CAN ASK ABOUT COVERAGE, ACCOMMODATIONS, AND SUPPORT TO MAKE DENTAL VISITS EASIER AND MORE ACCESSIBLE.

RARE DISEASE DAY (LAST DAY OF FEBRUARY) RAISING AWARENESS AND SUPPORTING ADVOCACY

RARE DISEASE DAY IS RECOGNIZED ON THE LAST DAY OF FEBRUARY TO RAISE AWARENESS FOR PEOPLE LIVING WITH RARE CONDITIONS. WHILE EACH CONDITION MAY BE UNCOMMON, TOGETHER RARE DISEASES AFFECT MILLIONS OF PEOPLE WORLDWIDE.

THIS DAY REMINDS US:

- MANY PEOPLE FACE LONG JOURNEYS TO DIAGNOSIS AND CARE
- ACCESS TO SERVICES AND ACCOMMODATIONS MATTERS
- LIVED EXPERIENCE AND SELF-ADVOCACY ARE POWERFUL

BY SHARING INFORMATION, LISTENING TO LIVED EXPERIENCES, AND SUPPORTING INCLUSIVE SYSTEMS, WE HELP BUILD A COMMUNITY WHERE NO ONE IS OVERLOOKED.



ARDC OF THE MOTHERLODE

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

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

- Food bank Listings

List is continuously updated.



HERBY FETA LEMON CHICKEN AND VEGGIE SHEET PAN DINNER

MARINADE INGREDIENTS

- 1/2 CUP FETA
- 1/4 CUP OLIVE OIL
- 1 LEMON (FRESHLY SQUEEZED)
- 2 CLOVES GARLIC (FINELY CHOPPED)
- 2 TABLESPOONS PARSLEY (FINELY CHOPPED)
- 1 TABLESPOON DILL (FINELY CHOPPED)
- 1 TABLESPOON OREGANO (FINELY CHOPPED)
- 1 TABLESPOON ROSEMARY (FINELY CHOPPED)
- 1/2 TEASPOON SALT
- 1/2 TEASPOON BLACK PEPPER
- 1/2 TEASPOON SUMAC



SHEET PAN INGREDIENTS

- 1 LB. BABY POTATOES (CHOPPED IN 1/2" CUBES)
- 1 1/2 CUPS BELL PEPPERS (THINLY SLICED OR CHOPPED)
- 1 CUP CHERRY TOMATOES
- 1/2 LARGE RED ONION (THINLY SLICED)
- 2 TABLESPOONS OLIVE OIL
- 1/2 TEASPOON SALT
- 1/2 TEASPOON BLACK PEPPER
- 1 1/2 LBS. BONELESS, SKINLESS CHICKEN BREAST
- 1-2 LEMONS (SLICED IN 3 THICK ROUNDS)
- 1/2 CUP FETA (-CUT INTO 1/4" - 1/2" CUBES)

INSTRUCTIONS

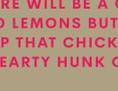
MARINADE
1. IN A LIQUID MEASURING CUP COMBINE OLIVE OIL, CRUMBED FETA, GARLIC, LEMON JUICE, HERBS, SALT, PEPPER AND SUMAC. STIR TO COMBINE AND SET ASIDE.

SHEET PAN

1. PREHEAT OVEN TO 425°F.
2. ON A RIMMED BAKING SHEET, COMBINE CHOPPED POTATOES, PEPPERS, TOMATOES AND ONION. DRIZZLE WITH 2 TABLESPOONS OF OLIVE OIL. SPRINKLE WITH SALT AND PEPPER THEN STIR TO COMBINE. SPREAD EVERYTHING INTO AN EVEN LAYER.
3. NESTLE THE CHICKEN IN WITH THE VEGGIES AND POUR MARINADE OVER THE CHICKEN, COVERING BOTH SIDES. NESTLE IN THE LEMON WHEELS.
4. BAKE FOR 35-40-MINUTES (ROTATING THE PAN HALFWAY THROUGH THE BAKE TIME) UNTIL THE CHICKEN IS COOKED THROUGH AND THE POTATOES ARE GOLDEN. COOK UNTIL AN INSTANT-READ THERMOMETER INSERTED IN THE CHICKEN REGISTERS 165° F. DURING THE LAST 10 MINUTES OF THE BAKE, ADD THE FETA CUBES SO THEY WARM UP BUT DON'T MELT.
5. TO SERVE, SQUEEZE THE LEMONS OVER THE WHOLE SHEET AND TOP WITH A PUNCH OF FRESHLY CHOPPED HERBS AND SALT AND PEPPER TO TASTE.

THERE WILL BE A GOOD AMOUNT OF JUICES FROM THE TOMATOES AND LEMONS BUT DON'T WORRY, THEY WILL THICKEN AND HELP KEEP THAT CHICKEN JUICY. AND YOU CAN ALWAYS SOP IT UP WITH A HEARTY HUNK OF BREAD!

COOKING TIMES MAY VARY DEPENDING ON THE SIZE AND THICKNESS OF THE CHICKEN BREASTS. ADJUST ACCORDINGLY.



DRAIL provides tools to 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.

