



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 FLU POP UP FLU CLINIC
JANUARY 12, 2026

- THE FLU SHOT AND TESTING ARE FREE OF CHARGE.
- PARTICIPANTS WILL ALSO RECEIVE A \$25 GIFT CARD ONLY WHEN GETTING A FLU SHOT
- COVID-19 AND BIRD FLU TESTING WILL BE AVAILABLE AS WELL FREE OF CHARGE.



DRAIL WILL BE CLOSED

NEW YEARS DAY
JANUARY 1, 2026

MARTIN LUTHER KING
DAY JANUARY 19, 2026



JANUARY IS

NATIONAL BLOOD DONOR MONTH
NATIONAL BRAILLE LITERACY MONTH
NATIONAL MENTORING MONTH
NATIONAL OATMEAL MONTH
NATIONAL BATH SAFETY MONTH



APPLY NOW: YOUTH LEADERSHIP FORUM (YLF) 2026

THE YOUTH LEADERSHIP FORUM FOR STUDENTS WITH DISABILITIES (YLF) IS A FREE, STATEWIDE SUMMER LEADERSHIP PROGRAM FOR HIGH SCHOOL STUDENTS WITH DISABILITIES. DELEGATES GAIN SKILLS, BUILD CONFIDENCE, AND JOIN A LIFELONG NETWORK OF PEER MENTORS AND DISABILITY LEADERS.

- JULY 13-18, 2026
- CALIFORNIA STATE UNIVERSITY, SACRAMENTO
- NO COST TO ATTEND — TRAVEL, LODGING, MEALS, AND ACCOMMODATIONS ARE COVERED

WHAT DELEGATES WILL EXPERIENCE

- LEARN ADVOCACY AND LEADERSHIP SKILLS IN A SUPPORTIVE PEER SETTING
- MEET SUCCESSFUL PROFESSIONALS WITH DISABILITIES
- CONNECT WITH STATE POLICYMAKERS AND COMMUNITY LEADERS
- BUILD A PERSONAL LEADERSHIP PLAN FOR EDUCATION, CAREERS, AND INDEPENDENT LIVING
- MAKE LIFELONG FRIENDSHIPS AND A COMMUNITY THEY CAN RELY ON FOR YEARS TO COME

AFTER THE WEEK-LONG EVENT, STUDENTS CAN JOIN OPTIONAL REGIONAL AND VIRTUAL WORKSHOPS, FOCUSED ON:

- LIFE AFTER HIGH SCHOOL
- MONEY MANAGEMENT
- JOB READINESS AND CAREER EXPLORATION
- SELF-ADVOCACY AND INDEPENDENCE

ELIGIBILITY
STUDENTS MAY APPLY IF THEY:

- ARE CALIFORNIA RESIDENTS WITH A DISABILITY
- WILL BE SOPHOMORES, JUNIORS, OR SENIORS DURING THE 2025-2026 SCHOOL YEAR
- HAVE AN IEP OR 504 PLAN OR ANY DISABILITY COVERED BY IDEA
- DEMONSTRATE LEADERSHIP POTENTIAL AT SCHOOL OR IN THEIR COMMUNITY

STUDENTS WITH ALL DISABILITY TYPES ARE ENCOURAGED TO APPLY!

HEALTH & SAFETY NOTE
PARTICIPANTS MAY BE REQUIRED TO SHOW PROOF OF COVID-19 VACCINATION AND TEST NEGATIVE WITHIN 24 HOURS OF ARRIVAL — PER STATEWIDE HEALTH GUIDANCE.

DELEGATE APPLICATIONS ARE OPEN NOW!

- APPLY BY JANUARY 31, 2026
- YLF 2026 DELEGATE APPLICATION (EXTERNAL LINK)
- ADDITIONAL DETAILS AVAILABLE IN THE 2026 DELEGATE INFORMATION GUIDE

QUESTIONS?

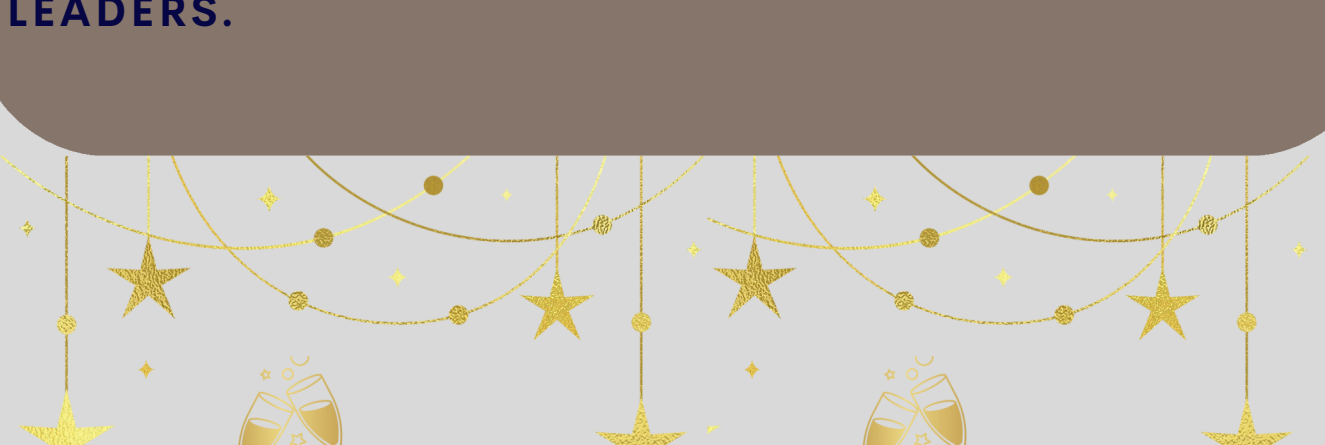
✉️ EMAIL: YLF@DOR.CA.GOV

📞 CALL: 855-894-3436

NEED HELP APPLYING?

DRAIL CAN ASSIST STUDENTS AND FAMILIES WITH THE APPLICATION PROCESS, JUST REACH OUT TO US!

LET'S UPLIFT THE NEXT GENERATION OF DISABILITY LEADERS.



ADVOCACY CORNER: HOW TO BECOME A SELF-ADVOCATE

SELF-ADVOCACY MEANS SPEAKING UP FOR YOURSELF, YOUR NEEDS, AND YOUR RIGHTS. IT'S A SKILL ANYONE CAN LEARN, AND IT GROWS STRONGER WITH PRACTICE.

HERE ARE SIMPLE STEPS TO HELP YOU GET STARTED:

1. KNOW YOURSELF
THINK ABOUT WHAT HELPS YOU SUCCEED AND WHAT CHALLENGES YOU FACE. WRITE DOWN YOUR NEEDS, STRENGTHS, AND GOALS.
2. UNDERSTAND YOUR RIGHTS
LAWS LIKE THE ADA, FAIR HOUSING ACT, AND IEP/504 PROTECTIONS EXIST TO SUPPORT YOU. YOU DON'T NEED TO KNOW EVERYTHING — JUST KNOW THAT YOU HAVE RIGHTS, AND DRAIL CAN HELP EXPLAIN THEM.
3. SPEAK UP CLEARLY
USE STATEMENTS LIKE:
"I NEED..."
"THIS DOESN'T WORK FOR ME BECAUSE..."
BE DIRECT, CALM, AND CONFIDENT.
4. ASK QUESTIONS
YOU DESERVE CLEAR INFORMATION.
ASK THINGS LIKE:
"CAN YOU EXPLAIN THIS?"
"WHAT ARE MY OPTIONS?"
"WHAT SUPPORTS ARE AVAILABLE?"
5. PRACTICE MAKING DECISIONS
CHOOSING YOUR DAILY ROUTINES, GOALS, OR SUPPORTS HELPS BUILD INDEPENDENCE AND CONFIDENCE.
6. BUILD CONFIDENCE
PRACTICE WHAT YOU WANT TO SAY AHEAD OF TIME. TRY ROLE-PLAYING OR WRITING OUT YOUR THOUGHTS.
7. FIND SUPPORT
SELF-ADVOCACY DOESN'T MEAN DOING EVERYTHING ALONE. BRING SOMEONE YOU TRUST TO MEETINGS — A FRIEND, FAMILY MEMBER, OR DRAIL ADVOCATE.
8. LEARN AND GROW
IF THINGS DON'T GO AS PLANNED, REFLECT ON WHAT WORKED AND TRY AGAIN. GROWTH TAKES TIME.

REMEMBER:
YOUR VOICE MATTERS. YOU DESERVE TO UNDERSTAND YOUR OPTIONS, ASK FOR WHAT YOU NEED, AND TAKE PART IN DECISIONS ABOUT YOUR LIFE.

DRAIL IS HERE TO SUPPORT YOU IN BUILDING SELF-ADVOCACY SKILLS AND NAVIGATING SYSTEMS WITH CONFIDENCE.

SUCCESS STORIES

A 48-YEAR-OLD CONSUMER WITH INTELLECTUAL AND PHYSICAL DISABILITIES CAME TO DRAIL ON 5/24 SEEKING SUPPORT.

AFTER A LONG MONTH OF PERSISTENT ADVOCACY WITH DDS AND THE CONTINUOUS SUBMISSION OF UPDATED MEDICAL RECORDS, THE CONSUMER WAS OFFICIALLY AWARDED BENEFITS DECEMBER 2025.

THE APPROVAL BROUGHT TREMENDOUS RELIEF.

THE TOTAL BACK PAYMENT EXCEEDED \$25,000, WITH \$20,000 DEPOSITED DIRECTLY INTO THE PAYEE'S ACCOUNT.

BOTH THE CONSUMER AND THE PAYEE EXPRESSED HEARTFELT GRATITUDE AND JOY FOR DRAIL'S ONGOING SUPPORT THROUGHOUT THE PROCESS.

THE CONSUMER IS EXPECTED TO RECEIVE THE REMAINING BALANCE OF HIS BACK PAY WITHIN THE NEXT 2-3 WEEKS, MARKING THE FINAL STEP IN A JOURNEY TOWARD GREATER STABILITY AND INDEPENDENCE.

NATIONAL BLOOD DONOR MONTH

GIVE BLOOD. GIVE HOPE. SAVE LIVES.

JANUARY SHINES A LIGHT ON THE LIFE-SAVING IMPACT OF BLOOD DONATION. EVERY TWO SECONDS, SOMEONE IN THE U.S. NEEDS BLOOD, WHETHER DUE TO ACCIDENTS, SURGERIES, CANCER TREATMENT, OR CHRONIC CONDITIONS.

WHY IT MATTERS TO THE DISABILITY COMMUNITY: PEOPLE WITH DISABILITIES MAY RELY ON BLOOD PRODUCTS DURING MEDICAL EMERGENCIES OR ONGOING CARE
INCLUSIVE BLOOD DRIVES HELP ENSURE EVERYONE IN THE COMMUNITY IS SUPPORTED

ADVOCATES CAN HELP SPREAD AWARENESS EVEN IF THEY CANNOT PERSONALLY DONATE

HOW YOU CAN HELP:

- ✓ SHARE DONATION INFORMATION WITH FRIENDS AND FAMILY
- ✓ VOLUNTEER AT LOCAL DONATION EVENTS
- ✓ THANK A DONOR — ENCOURAGEMENT SAVES LIVES

LET'S START THE YEAR BY STRENGTHENING OUR COMMUNITY'S SAFETY NET.

NATIONAL BRAILLE LITERACY MONTH

BRAILLE OPENS DOORS — TO EDUCATION, INDEPENDENCE, AND OPPORTUNITY.

JANUARY HONORS THE LEGACY OF LOUIS BRAILLE AND HIGHLIGHTS THE IMPORTANCE OF BRAILLE FOR BLIND AND LOW-VISION READERS. BRAILLE ISN'T "OUTDATED" — IT REMAINS A CRUCIAL TOOL FOR LITERACY, EMPLOYMENT, AND INDEPENDENCE.

WAYS TO SUPPORT BRAILLE LITERACY:

- LEARN ABOUT BRAILLE BASICS — EVEN A FEW LETTERS SHOW RESPECT AND INCLUSION
- ADVOCATE FOR ACCESSIBLE FORMATS IN SCHOOLS AND PUBLIC SPACES
- CELEBRATE THE ACHIEVEMENTS OF BLIND AND LOW-VISION INNOVATORS

NATIONAL MENTORING MONTH

GUIDANCE. CONFIDENCE. COMMUNITY. MENTORING BUILDS LEADERSHIP, SKILLS, AND CONNECTION — ESPECIALLY AMONG YOUTH AND ADULTS WITH DISABILITIES WHO MAY FACE ISOLATION OR LIMITED ACCESS TO OPPORTUNITIES.

AT DRAIL, OUR INDEPENDENT LIVING SKILLS, PEER SUPPORT, AND COMMUNITY CENTER WORKSHOPS HELP INDIVIDUALS GAIN CONFIDENCE AND DISCOVER THEIR STRENGTHS.

HOW TO GET INVOLVED:

- BECOME A PEER MENTOR AND SUPPORT OTHERS ON THEIR INDEPENDENT LIVING JOURNEY
- ENCOURAGE YOUNG ADVOCATES TO JOIN DISABILITY LEADERSHIP GROUPS
- INVITE SOMEONE TO A WORKSHOP — GROWTH IS BETTER TOGETHER

TOGETHER, WE BUILD EACH OTHER UP.

NATIONAL BATH SAFETY MONTH

SAFETY AT HOME = INDEPENDENCE EVERY DAY

MOST FALLS HAPPEN IN THE BATHROOM — ESPECIALLY ON WET OR SLIPPERY SURFACES. BATH SAFETY IS ONE OF THE SIMPLEST AND MOST EFFECTIVE WAYS TO PREVENT INJURIES AND HELP PEOPLE REMAIN SAFELY IN THEIR HOMES FOR AS LONG AS POSSIBLE.

EASY IMPROVEMENTS ANYONE CAN START WITH:

- NON-SLIP MATS INSIDE AND OUTSIDE THE TUB
- GRAB BARS NEAR THE TOILET AND SHOWER
- BRIGHTER LIGHTING TO IMPROVE VISIBILITY
- SHOWER CHAIRS OR HANDHELD SHOWERHEADS
- REMOVING CLUTTER OR LOOSE RUGS THAT MAY CAUSE TRIPPING
- THESE SMALL CHANGES CAN MAKE A BIG DIFFERENCE IN COMFORT, STABILITY, AND CONFIDENCE.

HOW DRAIL CAN HELP

- DRAIL PROVIDES INDIVIDUAL ADA HOME ASSESSMENTS TO HELP IDENTIFY SAFETY NEEDS AND RECOMMEND MODIFICATIONS TAILORED TO EACH PERSON'S ABILITIES AND LIVING SITUATION.

WE CAN ALSO ASSIST WITH:

- HOME SAFETY ASSESSMENTS
- EQUIPMENT REFERRALS (GRAB BARS, SHOWER CHAIRS, AT DEVICES, ETC.)
- RESOURCES TO SUPPORT SAFE BATHING AND DAILY LIVING
- INFORMATION ON COMMUNITY PROGRAMS THAT MAY HELP COVER COSTS

STAYING SAFE AT HOME IS AN ESSENTIAL PART OF INDEPENDENT LIVING, AND DRAIL IS HERE TO SUPPORT YOU EVERY STEP OF THE WAY.

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

Aging & Disability
Resource Connection
2025-2026 Resource Directory

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.



MICROWAVE CINNAMON APPLE OATMEAL (5 MINUTES)

INGREDIENTS:

- 1 CUP OATS
- 2 CUPS MILK OR WATER
- 1 DICED APPLE
- 1 TSP CINNAMON
- 1-2 TSP HONEY OR BROWN SUGAR

STEPS:

- ADD OATS, LIQUID, DICED APPLE, AND CINNAMON TO A MICROWAVE-SAFE BOWL.
- MICROWAVE 2 MINUTES, THEN STIR.
- MICROWAVE ANOTHER 1-2 MINUTES UNTIL THE OATMEAL THICKENS.
- ADD HONEY OR BROWN SUGAR TO TASTE.

SAFETY TIP:

USE A LARGE BOWL — OATMEAL BUBBLES UP WHEN MICROWAVING.

ACCESSIBILITY TIP:

PRE-DICED APPLES (FRESH OR FROZEN) MAKE PREP EVEN EASIER.



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.

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

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#C-105 Modesto, CA 95350

happy new year