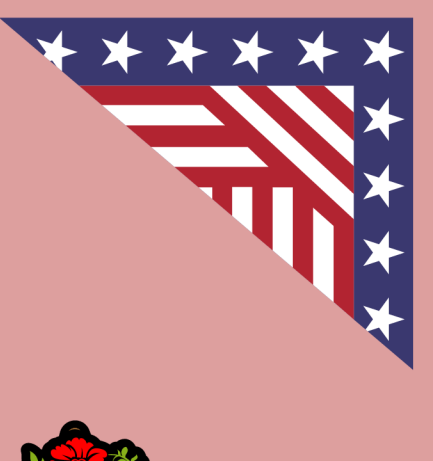


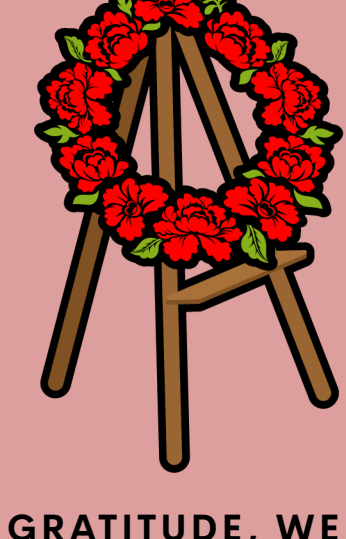


APRIL SHOWERS Bring MAY FLOWERS



NEWSLETTER

May 2026



DRAIL IS CLOSED MAY 25TH IN OBSERVANCE OF MEMORIAL DAY



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

SCAM ALERT

HAVE YOU OR A LOVED ONE BEEN TARGETED BY A SCAM?

AARP'S FRAUD WATCH NETWORK™ HELPLINE IS A FREE RESOURCE FOR AARP MEMBERS AND NONMEMBERS ALIKE. TRAINED FRAUD SPECIALISTS AND VOLUNTEERS FIELD THOUSANDS OF CALLS EACH MONTH. GET GUIDANCE YOU CAN TRUST, FREE OF JUDGMENT.

IF YOU OR A LOVED ONE HAS BEEN TARGETED BY A SCAM OR FRAUD, YOU ARE NOT ALONE. OUR FRAUD SPECIALISTS PROVIDE FREE SUPPORT AND GUIDANCE ON WHAT TO DO NEXT.

1. CALL THE AARP FRAUD WATCH NETWORK HELPLINE AT 877-908-3360 OR REPORT IT WITH THE AARP SCAM TRACKING MAP.
2. GET WATCHDOG ALERTS FOR TIPS ON AVOIDING SUCH SCAMS.

AARP FRAUD WATCH NETWORK HELPLINE: 877-908-3360 THEIR TOLL-FREE SERVICE IS AVAILABLE MONDAY THROUGH FRIDAY, 8 A.M. TO 8 P.M. ET

COMMON SIGNS OF A SCAM INCLUDE:

- A PHONE CALL ASKING FOR MONEY OR PERSONAL INFORMATION, SUCH AS YOUR SOCIAL SECURITY NUMBER.
- A REQUEST TO BUY GIFT CARDS TO PAY A PURPORTED DEBT OR TO SEND MONEY TO SOMEONE WHOM YOU'VE ONLY MET ONLINE.
- AN UNAUTHORIZED CHARGE ON YOUR CREDIT CARD.
- AN EMAIL OR CALL SAYING YOU'VE WON A SWEEPSTAKES OR LOTTERY, THOUGH YOU DON'T RECALL ENTERING ONE.

REPORT A SCAM OR FRAUD IF

- YOU GET A SUSPICIOUS CALL, TEXT OR EMAIL REQUESTING YOUR BANK ACCOUNT NUMBER; INSTRUCTING YOU TO BUY A GIFT CARD; OR PROMISING A PRIZE OR GIFT.
- YOU GAVE MONEY OR FINANCIAL OR MEDICAL INFORMATION TO SOMEONE WHOM YOU NOW SUSPECT WAS A SCAMMER.
- A RELATIVE OR FRIEND GAVE MONEY OR SOMETHING OF VALUE TO A SUSPECTED SCAMMER.

THEIR VOLUNTEERS CAN OFFER:

- TIPS ON HOW TO SPOT A SCAM.
- CONCRETE STEPS TO AVOID FRAUD
- ACTIONS TO TAKE IF YOU HAVE EXPERIENCED FRAUD.
- EMOTIONAL SUPPORT FROM PEERS WHO HAVE EXPERIENCED FRAUD.
- GUIDANCE FOR FAMILIES CONCERNED THAT A LOVED ONE IS BEING TARGETED BY A SCAMMER.
- REFERRALS TO LAW ENFORCEMENT AND OTHER AGENCIES THAT INVESTIGATE FRAUD.

THE HELPLINE ALSO OFFERS TRANSLATION SERVICE.

MAY IS

- NATIONAL SELF-EMPLOYED DAY
- NATIONAL SILENCE THE SHAME DAY
- NATIONAL FOSTER CARE DAY
- NATIONAL HOME FRONT HEROES DAY
- NATIONAL LIPID DAY
- NATIONAL DECENCY DAY
- NATIONAL CREATIVITY DAY
- NATIONAL DENTAL CARE MONTH



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)

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.

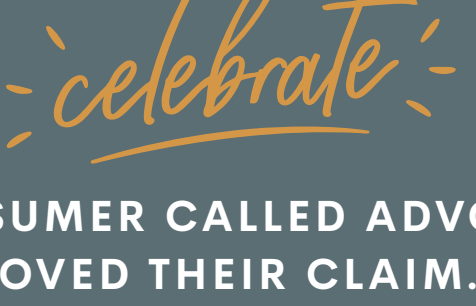
You do not need to be part of any agency

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



THE CONSUMER CALLED ADVOCATE TO NOTIFY THAT SSA APPROVED THEIR CLAIM. THEY RECEIVED A BACK PAY OF \$12,000 FROM APPLICATION THAT WAS COMPLETED IN AUGUST 2025. CONSUMER IS GRATEFUL FOR DRAIL SERVICES. THEY ALSO FEEL MORE CONFIDENT IN CALLING SSA INDEPENDENTLY TO OBTAIN ADDITIONAL INFORMATION IN REGARD TO BENEFITS, AFTER STAFF PROVIDED GUIDANCE ON PROCESS OF CALLS. THEY TRUST DRAIL ENOUGH TO SHARE RESOURCE INFORMATION WITH THEIR FAMILY MEMBERS FOR SUPPORT IN REGARD TO SOCIAL SECURITY APPLICATION AND ADVOCACY ASSISTANCE.



A 22-YEAR-OLD HOMELESS CONSUMER WITH A COGNITIVE DISABILITY WALKED IN WITH PARENT REQUESTING ASSISTANCE WITH SSDI/SSI APPLICATIONS. THE CONSUMER WAS LIVING IN THEIR PARENTS' CAR AND WAS TRYING TO LOOK FOR EMPLOYMENT AND HOUSING BUT WAS NOT ABLE TO MAINTAIN EMPLOYMENT. DRAIL STAFF ASSISTED WITH THEIR APPLICATIONS AND APPEALED ONE DENIAL. ADVOCATE REFERRED THE CONSUMER TO THE YOUTH NAVIGATION CENTER, AND THEN TO HOUSING ADVOCACY DISABILITY PROGRAM WHERE THE CONSUMER RECEIVED HOTEL VOUCHERS. THE CONSUMER WAS APPROVED FOR BENEFITS AND RECEIVED MORE THAN \$17,000.00 IN BACK PAY. THEY ARE NOW LOOKING FOR PERMANENT, AFFORDABLE HOUSING.

Day of Action at the Capitol

Tuesday, May 26, 2026

JOIN US FOR THE 2ND ANNUAL CALIFORNIA DISABILITY LEADERSHIP ALLIANCE DAY AT THE CAPITOL! RALLY FOR DISABILITY RIGHTS!

JOIN US MAY 26, 2026 AT THE CALIFORNIA STATE CAPITOL WEST STEPS FOR A DAY OF COMMUNITY, AWARENESS, AND SHARED LEARNING CENTERED ON DISABILITY RIGHTS, ACCESS, AND INCLUSION.

NOTHING ABOUT US, WITHOUT US!

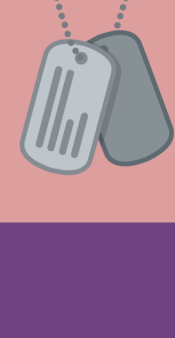
- PROTECT AND ENFORCE CIVIL RIGHTS
- CELEBRATE ANNUAL DISABILITY CULTURE AND PRIDE
- SUPPORT VOLUNTARY, COMMUNITY-BASED, PEER LED MENTAL HEALTH SERVICES AND SUPPORTS.
- OPPOSE FORCED MENTAL HEALTH TREATMENT, UNNECESSARY INTERACTIONS WITH LAW ENFORCEMENT, INCARCERATION, OR INSTITUTIONALIZATION.
- PROTECT LANGUAGE RIGHTS, PHYSICAL, AND ACCESS TO HEALTH AND MENTAL HEALTH CARE, EDUCATION, AND EMPLOYMENT
- IMPROVE PHYSICAL, DIGITAL, AND COMMUNICATION ACCESSIBILITY
- HONOR THE 50TH ANNIVERSARY OF THE INDIVIDUALS WITH DISABILITIES EDUCATION ACT (IDEA) AND PROTECT FUNDING FOR DISABLED STUDENTS
- IMPROVE EDUCATION OUTCOMES AND LANGUAGE ACCESS FOR STUDENTS WHO ARE DEAF OR HARD OF HEARING (ASL & ENGLISH)

ACCOMMODATION REQUESTS:

PLEASE CONTACT CADLALLIANCE@GMAIL.COM BY MONDAY, MAY 18, 2026 TO REQUEST ACCOMMODATIONS. LATE REQUESTS MAY NOT BE ABLE TO BE FULFILLED.

IF YOU ARE UNABLE TO COMPLETE REGISTRATION, PLEASE REACH OUT VIA EMAIL FOR ASSISTANCE.

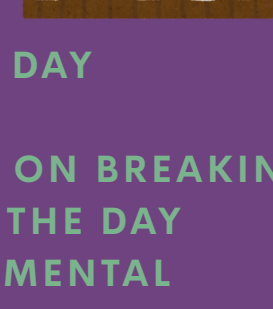
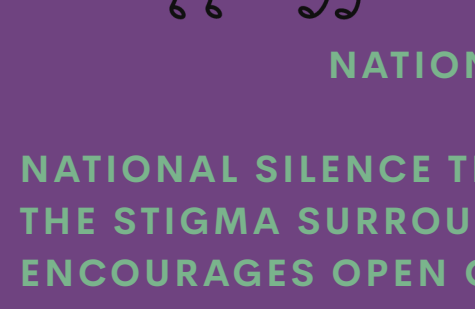
REGISTER HERE



AS WE EXPRESS OUR GRATITUDE, WE MUST NEVER FORGET THAT THE HIGHEST APPRECIATION IS NOT TO UTTER THE WORDS, BUT TO LIVE BY THEM. — JOHN F. KENNEDY

NATIONAL SELF-EMPLOYED DAY

NATIONAL SELF-EMPLOYED DAY CELEBRATES ENTREPRENEURS, FREELANCERS, SMALL BUSINESS OWNERS, AND INDEPENDENT WORKERS WHO BUILD THEIR OWN CAREERS THROUGH CREATIVITY, DETERMINATION, AND RISK-TAKING. SELF-EMPLOYMENT ALLOWS INDIVIDUALS TO PURSUE THEIR PASSIONS WHILE CONTRIBUTING INNOVATION AND ECONOMIC GROWTH TO THEIR COMMUNITIES. IT IS ALSO A REMINDER OF THE RESILIENCE REQUIRED TO MANAGE BUSINESS RESPONSIBILITIES SUCH AS FINANCES, MARKETING, AND CUSTOMER RELATIONSHIPS. ONE WAY TO CELEBRATE IS BY SUPPORTING A LOCAL SMALL BUSINESS, HIRING AN INDEPENDENT CONTRACTOR, OR SHARING APPRECIATION FOR ENTREPRENEURS IN YOUR COMMUNITY. IF YOU ARE SELF-EMPLOYED, TAKE TIME TO REFLECT ON YOUR ACCOMPLISHMENTS AND INVEST IN PROFESSIONAL GROWTH OR NETWORKING OPPORTUNITIES.



NATIONAL SILENCE THE SHAME DAY

NATIONAL SILENCE THE SHAME DAY FOCUSES ON BREAKING THE STIGMA SURROUNDING MENTAL HEALTH. THE DAY ENCOURAGES OPEN CONVERSATIONS ABOUT MENTAL WELLNESS, EMOTIONAL STRUGGLES, AND THE IMPORTANCE OF SEEKING SUPPORT WITHOUT FEAR OR EMBARRASSMENT. MANY PEOPLE EXPERIENCE ANXIETY, DEPRESSION, OR STRESS, YET SILENCE OFTEN PREVENTS THEM FROM GETTING HELP. OBSERVING THIS DAY CAN INCLUDE CHECKING IN ON FRIENDS OR FAMILY, LEARNING ABOUT MENTAL HEALTH RESOURCES, OR SHARING EDUCATIONAL INFORMATION THAT PROMOTES UNDERSTANDING AND COMPASSION. TAKING TIME FOR SELF-CARE, PRACTICING MINDFULNESS, AND ENCOURAGING SUPPORTIVE DIALOGUE ARE MEANINGFUL WAYS TO HONOR THE MESSAGE OF THIS DAY.

NATIONAL FOSTER CARE DAY

NATIONAL FOSTER CARE DAY RAISES AWARENESS ABOUT CHILDREN AND YOUTH IN THE FOSTER CARE SYSTEM AND THE FAMILIES AND PROFESSIONALS WHO SUPPORT THEM. THE FOSTER CARE SYSTEM PROVIDES TEMPORARY HOMES FOR CHILDREN WHO CANNOT SAFELY REMAIN WITH THEIR FAMILIES, WITH THE GOAL OF ENSURING STABILITY, SAFETY, AND LONG-TERM WELLBEING. THIS DAY RECOGNIZES FOSTER PARENTS, SOCIAL WORKERS, ADVOCATES, AND COMMUNITY MEMBERS WHO WORK TIRELESSLY TO SUPPORT YOUNG PEOPLE IN CARE. YOU CAN PARTICIPATE BY LEARNING ABOUT FOSTER CARE IN YOUR COMMUNITY, SUPPORTING ORGANIZATIONS THAT SERVE FOSTER YOUTH, MENTORING A YOUNG PERSON, OR SIMPLY SHARING INFORMATION THAT ENCOURAGES COMPASSIONATE INVOLVEMENT.



NATIONAL HOME FRONT HEROES DAY

NATIONAL HOME FRONT HEROES DAY HONORS THE FAMILIES AND LOVED ONES OF MILITARY SERVICE MEMBERS WHO SUPPORT THEM FROM HOME. WHILE SERVICE MEMBERS DEFEND THEIR COUNTRY, FAMILIES OFTEN CARRY ADDITIONAL RESPONSIBILITIES AND EMOTIONAL CHALLENGES DURING DEPLOYMENTS AND LONG SEPARATIONS. THIS DAY RECOGNIZES THE STRENGTH, RESILIENCE, AND SACRIFICES OF SPOUSES, PARENTS, CHILDREN, AND CAREGIVERS WHO KEEP HOUSEHOLDS RUNNING AND PROVIDE VITAL EMOTIONAL SUPPORT. CELEBRATING THIS DAY CAN INCLUDE THANKING MILITARY FAMILIES IN YOUR COMMUNITY, WRITING SUPPORTIVE MESSAGES TO DEPLOYED SERVICE MEMBERS AND THEIR FAMILIES, OR VOLUNTEERING WITH ORGANIZATIONS THAT ASSIST MILITARY HOUSEHOLDS.

NATIONAL LIPID DAY

NATIONAL LIPID DAY HIGHLIGHTS THE IMPORTANCE OF UNDERSTANDING CHOLESTEROL AND LIPID HEALTH. LIPIDS, INCLUDING CHOLESTEROL AND TRIGLYCERIDES, PLAY A VITAL ROLE IN THE BODY, BUT HIGH LEVELS CAN INCREASE THE RISK OF HEART DISEASE AND OTHER HEALTH CONDITIONS. THIS DAY ENCOURAGES PEOPLE TO LEARN ABOUT HEALTHY LIFESTYLE CHOICES THAT SUPPORT HEART HEALTH, SUCH AS BALANCED NUTRITION, REGULAR PHYSICAL ACTIVITY, AND ROUTINE HEALTH SCREENINGS. ONE MEANINGFUL WAY TO OBSERVE THE DAY IS BY SCHEDULING A CHOLESTEROL CHECK, LEARNING ABOUT HEART-HEALTHY FOODS, OR ENCOURAGING FAMILY MEMBERS TO TAKE PROACTIVE STEPS TOWARD MAINTAINING CARDIOVASCULAR HEALTH.

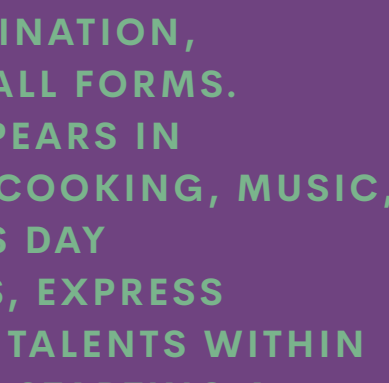


NATIONAL DECENCY DAY

NATIONAL DECENCY DAY ENCOURAGES PEOPLE TO TREAT ONE ANOTHER WITH RESPECT, KINDNESS, AND BASIC HUMAN DIGNITY. IN A WORLD WHERE DISAGREEMENTS AND STRESS CAN SOMETIMES LEAD TO NEGATIVITY, THIS DAY SERVES AS A REMINDER THAT SIMPLE ACTS OF DECENCY SUCH AS LISTENING WITH EMPATHY, SHOWING PATIENCE, AND PRACTICING KINDNESS, CAN HAVE A POWERFUL IMPACT. CELEBRATING THIS DAY CAN INVOLVE PERFORMING SMALL ACTS OF KINDNESS, HELPING SOMEONE IN NEED, OR TAKING A MOMENT TO SHOW APPRECIATION FOR THE PEOPLE WHO MAKE DAILY LIFE BETTER. EVEN SMALL GESTURES OF RESPECT CAN CREATE A RIPPLE EFFECT OF POSITIVITY.

NATIONAL CREATIVITY DAY

NATIONAL CREATIVITY DAY CELEBRATES IMAGINATION, INNOVATION, AND ARTISTIC EXPRESSION IN ALL FORMS. CREATIVITY IS NOT LIMITED TO ARTISTS IT APPEARS IN PROBLEM-SOLVING, STORYTELLING, DESIGN, COOKING, MUSIC, AND MANY OTHER EVERYDAY ACTIVITIES. THIS DAY ENCOURAGES PEOPLE TO EXPLORE NEW IDEAS, EXPRESS THEMSELVES, AND APPRECIATE THE CREATIVE TALENTS WITHIN THEIR COMMUNITIES. YOU CAN CELEBRATE BY STARTING A CREATIVE PROJECT, WRITING, PAINTING, CRAFTING, COOKING A NEW RECIPE, OR COLLABORATING WITH OTHERS ON ARTISTIC OR INNOVATIVE IDEAS. IT'S ALSO A GREAT OPPORTUNITY TO SUPPORT LOCAL ARTISTS AND CREATIVE ORGANIZATIONS.



NATIONAL DENTAL CARE MONTH

NATIONAL DENTAL CARE MONTH PROMOTES AWARENESS ABOUT ORAL HEALTH AND THE IMPORTANCE OF MAINTAINING HEALTHY TEETH AND GUMS. GOOD DENTAL HYGIENE SUPPORTS OVERALL HEALTH AND HELPS PREVENT CAVITIES, GUM DISEASE, AND OTHER DENTAL ISSUES. THE MONTH ENCOURAGES PEOPLE TO TAKE OTHER HEALTHY HABITS SUCH AS BRUSHING TWICE DAILY, FLOSSING REGULARLY, AND VISITING A DENTIST FOR ROUTINE CHECKUPS. IT IS ALSO AN OPPORTUNITY TO EDUCATE CHILDREN AND FAMILIES ABOUT THE IMPORTANCE OF DENTAL CARE AND NUTRITION CHOICES THAT SUPPORT STRONG TEETH. TAKING TIME TO SCHEDULE A DENTAL APPOINTMENT OR REFRESH DAILY ORAL HYGIENE HABITS IS A SIMPLE WAY TO PARTICIPATE.



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

Area 12 Agency on Aging Resource Connection 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>

COLORFUL FRUIT & YOGURT PARFAIT BAR



INGREDIENTS

- 2 CUPS GREEK YOGURT OR DAIRY-FREE YOGURT
- 1 CUP GRANOLA
- 1 CUP STRAWBERRIES, SLICED
- 1 CUP BLUEBERRIES
- 1 BANANA, SLICED
- ½ CUP CHOPPED NUTS OR SEEDS
- 2 TABLESPOONS HONEY OR MAPLE SYRUP (OPTIONAL)
- SMALL CUPS OR BOWLS

INSTRUCTIONS

- PLACE YOGURT IN A BOWL AND SET OUT THE Toppings IN SMALL CONTAINERS.
- ADD A LAYER OF YOGURT TO THE BOTTOM OF A CUP.
- ADD FRUIT AND GRANOLA.
- REPEAT LAYERS UNTIL THE CUP IS FULL.
- TOP WITH NUTS AND DRIZZLE HONEY OR MAPLE SYRUP IF DESIRED.
- SERVE IMMEDIATELY.



HOW TO MAKE IT A CELEBRATION ACTIVITY

- SET UP A "CREATE YOUR OWN PARFAIT" STATION.
- ENCOURAGE PARTICIPANTS TO BUILD COLORFUL LAYERS.
- ASK EVERYONE TO SHARE SOMETHING POSITIVE OR CREATIVE WHILE MAKING THEIR PARFAIT.

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! 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

