NEWSLETTER
November 2026

ATTENTION PLEASE!

DRAIL WILL BE CLOSED IN OSERVANCE OF

- **NOVEMBER 11 VETERANS DAY**
- **NOVEMBER 26 AND 27 THANKSGIVING**

CLOSED

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.

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

Do you know what to do if you or a family member are going through a Power Outage?

THE DISABILITY DISASTER ACCESS & RESOURCES PROGRAM WAS ESTABLISHED TO ENSURE THAT PEOPLE WITH DISABILITIES AND OLDER ADULTS WITH ACCESS AND FUNCTIONAL NEEDS ARE INTEGRATED INTO CALIFORNIA'S PLANNING, RESPONSE AND RECOVERY PROCESSES OF ALL DISASTERS AND EMERGENCIES.

DRAIL IS ONE OF TWENTY OF CALIFORNIA'S INDEPENDENT LIVING CENTERS THAT ARE RESPONSIBLE FOR PARTNERSHIP WITH CFILC AND THE DISABILITY DISASTER ACCESS & RESOURCE (DDAR) PROGRAM AS DISABILITY DISASTER ACCESS & RESOURCE CENTERS (DDARC).

Qualifications:

-Have a Medical device that connects to electricity that allows you to live comfortably
-PG&E Customer
-Live in Alpine, Amador, Calaveras, San Joaquin, Mariposa, Stanislaus, Tuolumne

What to Prepare

-PG&E account number
-Contact Information
-Information about Access and Functional Needs

Call DRAIL 209-521-7260 and let us know that you would like to connect to the DDAR Program

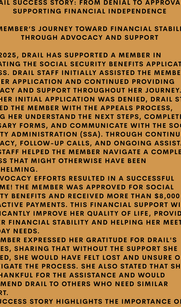
NOVEMBER IS..

- DIABETIC EYE DISEASE MONTH
- PANCREATIC CANCER AWARNESS MONTH
- COPD AWARNESS MONTH
- PREMATURITY AWARENESS MONTH
- EPILEPSY AWARENESS MONTH
- STOMACH CANCER AWARENESS MONTH
- NATIONAL MARROW AWARENESS MONTH
- LUNG CANCER AWARENESS MONTH
- NATIONAL FAMILY CAREGIVER MONTH
- LONG-TERM CARE AWARENESS MONTH
- NATIONAL HOME CARE AND HOSPICE 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



SUCCESS Story

DRAIL SUCCESS STORY: FROM DENIAL TO APPROVAL – SUPPORTING FINANCIAL INDEPENDENCE

A MEMBER'S JOURNEY TOWARD FINANCIAL STABILITY THROUGH ADVOCACY AND SUPPORT

SINCE 2025, DRAIL HAS SUPPORTED A MEMBER IN NAVIGATING THE SOCIAL SECURITY BENEFITS APPLICATION PROCESS. DRAIL STAFF INITIALLY ASSISTED THE MEMBER WITH HER APPLICATION AND CONTINUED PROVIDING ADVOCACY AND SUPPORT THROUGHOUT HER JOURNEY. AFTER HER INITIAL APPLICATION WAS DENIED, DRAIL STAFF ASSISTED THE MEMBER WITH THE APPEALS PROCESS, HELPING HER UNDERSTAND THE NEXT STEPS, COMPLETE NECESSARY FORMS, AND COMMUNICATE WITH THE SOCIAL SECURITY ADMINISTRATION (SSA). THROUGH CONTINUED ADVOCACY, FOLLOW-UP CALLS, AND ONGOING ASSISTANCE, DRAIL STAFF HELPED THE MEMBER NAVIGATE A COMPLEX PROCESS THAT MIGHT OTHERWISE HAVE BEEN OVERWHELMING.
THE ADVOCACY EFFORTS RESULTED IN A SUCCESSFUL OUTCOME! THE MEMBER WAS APPROVED FOR SOCIAL SECURITY BENEFITS AND RECEIVED MORE THAN $8,000 IN RETROACTIVE PAYMENTS. THIS FINANCIAL SUPPORT WILL SIGNIFICANTLY IMPROVE HER QUALITY OF LIFE, PROVIDING GREATER FINANCIAL STABILITY AND HELPING HER MEET HER EVERYDAY NEEDS.
THE MEMBER EXPRESSED HER GRATITUDE FOR DRAIL'S SERVICES, SHARING THAT WITHOUT THE SUPPORT SHE RECEIVED, SHE WOULD HAVE FELT LOST AND UNSURE OF HOW TO NAVIGATE THE PROCESS. SHE ALSO STATED THAT SHE WAS VERY THANKFUL FOR THE ASSISTANCE AND WOULD RECOMMEND DRAIL TO OTHERS WHO NEED SIMILAR SUPPORT.
THIS SUCCESS STORY HIGHLIGHTS THE IMPORTANCE OF CONTINUED ADVOCACY, PERSISTENCE, AND ACCESS TO INFORMATION. THROUGH DRAIL STAFF'S ONGOING SUPPORT, THE MEMBER WAS ABLE TO OVERCOME BARRIERS, ACCESS BENEFITS, AND TAKE AN IMPORTANT STEP TOWARD GREATER FINANCIAL INDEPENDENCE.
AT DRAIL, SUCCESS IS NOT JUST ABOUT RECEIVING BENEFITS. IT IS ABOUT ENSURING MEMBERS HAVE THE KNOWLEDGE, SUPPORT, AND RESOURCES THEY NEED TO ADVOCATE FOR THEMSELVES AND LIVE WITH GREATER INDEPENDENCE AND DIGNITY.

ENCHILADA STUFFED SWEET POTATOES



INGREDIENTS

- 6 MEDIUM SWEET POTATOES, SCRUBBED AND DRIED
- 4 TBSP. OLIVE OIL
- 2 TSP. KOSHER SALT
- 2 GARLIC CLOVES, FINELY CHOPPED
- 1 JALAPEÑO, SEEDED AND FINELY CHOPPED
- 1 ONION, CHOPPED
- 2 TBSP. ALL-PURPOSE FLOUR
- 1 CUP CHICKEN BROTH
- 1 1/2 CUPS SHREDDED ROTISSERIE CHICKEN
- 1 (4-OZ.) CAN DICED GREEN CHILES
- 1/2 TSP. BLACK PEPPER
- 1/2 TSP. PAPRIKA
- 1/2 CUP SOUR CREAM
- 1 LIME, JUICED, PLUS WEDGES FOR SERVING
- 1 CUP SHREDDED MONTEREY JACK CHEESE (ABOUT 4 OZ.)
- CILANTRO, FOR SERVING

1. PREHEAT THE OVEN TO 400°F.
2. LINE A BAKING SHEET WITH FOIL. PRICK THE SWEET POTATOES 3 TO 4 TIMES EACH WITH THE TINES OF A FORK AND PLACE ON THE BAKING SHEET. BRUSH THE POTATOES ALL OVER WITH 2 TABLESPOONS OF THE OIL AND SPRINKLE ALL OVER WITH 1 TEASPOON OF THE SALT.
3. BAKE THE POTATOES UNTIL THE SKIN IS CRISP AND BROWNED AND THE TIP OF A PARING KNIFE SLIPS EASILY INTO THE FLESH, 45 MINUTES TO 1 HOUR.
4. MEANWHILE, MAKE THE FILLING. IN A LARGE SKILLET, HEAT THE REMAINING 2 TABLESPOONS OIL OVER MEDIUM HEAT. ADD THE GARLIC, JALAPEÑO, AND ONION, AND SAUTÉ UNTIL SOFTENED, ABOUT 3 MINUTES. SPRINKLE THE FLOUR OVER TOP, THEN STIR TOGETHER AND COOK UNTIL LIGHTLY BROWNED AND BUBBLING, ABOUT 1 MINUTE. SLOWLY ADD THE CHICKEN BROTH, WHISKING CONSTANTLY AND COOK, STIRRING, UNTIL SLIGHTLY THICKENED, ABOUT 1 MINUTE. STIR IN THE CHICKEN, GREEN CHILES, PEPPER, PAPRIKA, AND REMAINING 1 TEASPOON SALT. REMOVE FROM THE HEAT AND STIR IN THE SOUR CREAM AND LIME JUICE.
5. WHEN THE POTATOES ARE COOKED, LET THEM COOL FOR 5 MINUTES TO MAKE THEM EASIER TO HANDLE. SWITCH THE OVEN TO BROIL.
6. SPLIT OPEN EACH POTATO LENGTHWISE AND LIGHTLY MASH THE FLESH WITH A FORK. DIVIDE THE CHICKEN FILLING BETWEEN THE POTATOES AND SPRINKLE THE TOP OF EACH WITH THE CHEESE. BROIL THE POTATOES UNTIL THE CHEESE IS MELTED AND STARTS TO BROWN, 2 TO 3 MINUTES. TOP WITH CILANTRO AND SERVE WITH LIME WEDGES FOR SQUEEZING OVER THE TOP.

TIP: THE FILLING CAN BE MADE UP TO 2 DAYS IN ADVANCE AND REFRIGERATED IN AN AIRTIGHT CONTAINER. REHEAT IN A SKILLET OVER LOW HEAT OR IN THE MICROWAVE BEFORE STUFFING THE SWEET POTATOES.

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.



CLOSING THE HOME CARE GAP: CREATING A CALIFORNIA PATHWAY FOR REFORM TOWN HALL

NOVEMBER 19TH, 10:15 AM-12:30PM
HYATT REGENCY ORANGE COUNTY
11999 S HARBOUR BLVD
GARDEN GROVE

FORMA EN
ESPAÑOL: HTTPS://FORMS.GLE/MHEBSTSTXDCGXQS3M8

THE DISABILITY ORGANIZING NETWORK INVITES YOU TO JOIN US ON NOVEMBER 19TH FROM 10AM-12:30PM. WE WILL HAVE A PANEL AND OPEN CONVERSATION REGARDING THE SERVICES GAP FOR PEOPLE WITH DISABILITIES AND SENIORS WHO EARN "TOO MUCH" TO QUALIFY FOR IN-HOME SUPPORTIVE SERVICES.

THE ISSUE:
THIS TOWN HALL ADDRESSES THE CRITICAL ISSUE OF INDIVIDUALS WHO FALL THROUGH THE CRACKS OF THE CURRENT HOMECARE SYSTEM. THESE COMMUNITY MEMBERS MAKE SLIGHTLY TOO MUCH MONEY TO QUALIFY FOR MEDI-CAL AND IN-HOME SUPPORTIVE SERVICES (IHSS), YET CANNOT AFFORD PRIVATE CARE. WE WILL EXPLORE HOW LEVERAGING MEDICARE COULD FILL THIS GAP, PARTICULARLY FOR DISABLED PERSONS OVER 65, OLDER ADULT RESPITE, AND DISABLED CHILDCARE RESPITE. WHILE FEDERAL EFFORTS LIKE THE MEDICARE AT HOME ACT AND THE HCBS ACCESS ACT HAVE STRUGGLED OR CLASHED WITH INDEPENDENT LIVING (IL) PHILOSOPHIES, CALIFORNIA HAS A UNIQUE OPPORTUNITY TO LEAD THE NATION WITH ITS OWN REFORM PATHWAY.

THIS IS A FREE EVENT.
CAPTIONING, ASL INTERPRETATION AND SPANISH TRANSLATION WILL BE AVAILABLE.
THIS EVENT IS PART OF THE CAA CONFERENCE BUT REGISTRATION FOR THIS SESSION ONLY IS FREE.



A MILLION VOICES ARE REDEFINING THE FUTURE OF CARE. WE WANT YOU TO BE ONE OF THEM.

YOU DON'T HAVE TO BE A CAREGIVER OR AN ADVOCATE TO TAKE PART. IF YOU CARE ABOUT SOMEONE, OR YOU'RE JUST TRYING TO TAKE CARE OF YOURSELF, YOU ALREADY HAVE SOMETHING TO SAY ABOUT CARE. IT ONLY TAKES A FEW MINUTES.

JOIN THE 1 MILLION CARE CONVERSATIONS BY CALLING (888) 282-8976 TODAY! OR CLICK THE IMAGE ABOVE TO FILL OUT THE SURVEY

1 MILLION CARE CONVERSATIONS (1MCC) IS A NATIONAL INITIATIVE TO SET A BOLD, SHARED VISION FOR A NEW ERA OF CARE IN AMERICA BY ENGAGING IN DEEP LISTENING AT SCALE AND ELEVATING THE EXPERIENCE AND PRIORITIES OF PEOPLE GIVING AND RECEIVING CARE AT EVERY STAGE OF LIFE. AT A MOMENT WHEN THE CARE MOVEMENT FACES BOTH UNPRECEDENTED NEED AND POLITICALLY MOTIVATED ATTACKS, THIS EFFORT WILL CENTER THE LIVED EXPERIENCES OF OLDER ADULTS, DISABLED PEOPLE, FAMILY CAREGIVERS, CARE WORKERS, AND FAMILIES WHO EARN TOO MUCH TO QUALIFY FOR PUBLIC BENEFITS, BUT FAR TOO LITTLE TO AFFORD CARE ON THEIR OWN. LED BY CARING ACROSS GENERATIONS, IN PARTNERSHIP WITH THE CARE CAN'T WAIT COALITION, THE HOLDING CO., URBAN INSTITUTE, AND THE NEW AMERICA PRACTICE LAB

DRAIL WAS ACTIVIATED INTO A PUBLIC SAFTEY POWER SHUTOFF OCTOBER 10- 17, 2026

UTILITIES MAY TEMPORARILY TURN OFF POWER TO SPECIFIC AREAS TO REDUCE THE RISK OF FIRES CAUSED BY ELECTRIC INFRASTRUCTURE.
THIS ACTION IS CALLED A PUBLIC SAFETY POWER SHUTOFF (PSPS).

DRAIL WAS ABLE TO PROVIDE SUPPORT TO 24 MEMBERS

- **10 BATTERIES WERE DELIVERED**
- **1 HOTEL STAY WAS PROVIDED**
- **13 PEOPLE WERE PROVIDED WITH COLLOING CENTER LOCATIONS AND HOW TO LOCATE OUTAGE INFORMATION**

Qualifications to get support during a PSPS event

- Have a Medical device that connects to electricity that allows you to live comfortably
- PG&E Customer
- Live in Alpine, Amador, Calaveras, San Joaquin, Mariposa, Stanislaus, Tuolumne



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

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

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.