

NEWSLETTER

October 2026



DRAIL WILL BE CLOSED
OCTOBER 12TH FOR INDIGENOUS PEOPLES' DAY

AND WILL NOT BE TAKING WALK INS
OCTOBER 29TH AND 30TH FOR TRAININGS



WHAT'S HAPPENING IN OUR COMMUNITY CENTER?

CPR Training
Monthly
3rd Wednesday
9 AM- 2 PM
Because Safety Starts with You.
1101 Sylvan Ave C-104
Modesto, CA 95354

What Training Offers?

- First Aid Training
- CPR & AED Training
- In person certification

Contact Us

Our Website:
<https://www.drail.org/>
209-521-7260

DRAIL

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

Celebrating Value and Talent
National Disability Employment Awareness Month

IN OCTOBER 2026, WE CELEBRATE NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH (NDEAM), AN ANNUAL RECOGNITION OF THE POSITIVE IMPACT OF PEOPLE WITH DISABILITIES IN THE AMERICAN WORKFORCE. THIS YEARLY EVENT BEGAN IN 1945 AS A WEEKLONG NATIONAL OBSERVANCE OF THE CONTRIBUTIONS OF PEOPLE WITH PHYSICAL DISABILITIES. IN 1988, CONGRESS DESIGNATED THE COMMEMORATION AS NDEAM, WHICH THEN EVOLVED TO ACKNOWLEDGE THE IMPORTANCE OF INCREASING EMPLOYMENT OPPORTUNITIES FOR PEOPLE WITH DISABILITIES, INCLUDING THOSE WITH MENTAL HEALTH CONDITIONS AND OTHER NONOBVIOUS DISABILITIES. IN 2001, ODEP WAS CREATED AND ENTRUSTED TO ADMINISTER NDEAM, INCLUDING THE SELECTION AND PROMOTION OF ITS ANNUAL THEME.

THIS YEAR'S NDEAM THEME WILL BE "CELEBRATING VALUE AND TALENT," CARRYING THE SPIRIT OF LAST YEAR'S CELEBRATION FORWARD THROUGH 2026 IN HONOR OF AMERICA'S 250TH BIRTHDAY. WE WILL RECOGNIZE THE SKILLS AND CONTRIBUTIONS AMERICANS WITH DISABILITIES ADD TO THE NATION'S WORKPLACES, COMMUNITIES, AND ECONOMY.

AT WORK, IT'S WHAT PEOPLE CAN DO THAT MATTERS.

"CELEBRATING VALUE & TALENT"

OCTOBER IS..

- NATIONAL DISABILITY EMPLOYMENT AWARENESS
- BREAST CANCER AWARENESS
- EMOTIONAL WELLNESS
- GLOBAL DIVERSITY AWARENESS
- WORLD BLINDNESS AWARENESS
- NATIONAL FIRE PREVENTION
- DYSLEXIA AWARENESS MONTH
- NATIONAL BULLYING PREVENTION



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.



A MEMBER WAS REFERRED TO DRAIL BY BHRS FOR SUPPORT APPLYING FOR SSI. THE INTAKE WAS COMPLETED IN JANUARY 2026, AND DRAIL STAFF PROVIDED ADVOCACY AND SUPPORT THROUGHOUT THE ENTIRE PROCESS.

DRAIL ASSISTED WITH THE SSDI APPLICATION, THE SSI PROCESS, AND ADDITIONAL SOCIAL SECURITY MATTERS INVOLVING THE MEMBER'S SON. WITH THE MEMBER'S CONSENT, DRAIL STAFF, THE MEMBER, HER SON, AND THE BHRS WORKER WORKED TOGETHER AS A TEAM TO HELP MOVE THE PROCESS FORWARD.

IN SEPTEMBER 2026, THE MEMBER WAS APPROVED FOR BENEFITS AND WILL ALSO BE RECEIVING BACK PAY.

THE MEMBER SHARED:

"I CAN'T EXPRESS WHAT YOU HAVE DONE FOR MY SON AND ME. YOU CHANGED THE LIFE OF MY FAMILY. I AM SO THANKFUL. YOU ENCOURAGED US TO STAY THE COURSE."

RACHAEL RAY'S MEALS IN MINUTES

MEXICAN STREET CORN PASTA RECIPE

- 3 LARGE EARS FRESH CORN AND NON-AEROSOL COOKING SPRAY OR 3 CUPS FROZEN FIRE ROASTED CORN, DEFROSTED
- 2 LARGE POBLANO PEPPERS
- 2 RED CHILIES SUCH AS FRESNO, SEEDED AND CHOPPED
- 1 LARGE WHITE OR RED ONION, CHOPPED
- 4 CLOVES GARLIC, GRATED OR FINELY CHOPPED
- 2 LIMES, HALVED
- 2 TABLESPOONS OLIVE OIL
- A FAT SPLASH OF TEQUILA OR ½ CUP LAGER BEER
- 1 CUP MEXICAN CREMA
- 1 POUND GIGLI PASTA OR CAMPAGNELLE OR CELLENTANI
- 1 CUP GRATED COTIJA CHEESE
- TO SERVE:
- PICKLED JALAPENO PEPPERS, MILD OR HOT
- CILANTRO
- TOASTED PEPITAS



DIRECTIONS

PUT A LARGE POT OF WATER ON TO BOIL FOR PASTA.

IF USING FRESH CORN, LIGHTLY SPRAY IT WITH OIL AND CHAR 6-7 MINUTES ON OUTDOOR GRILL OVER MEDIUM-HIGH TO HIGH HEAT, COOL AND SCRAPE KERNELS INTO A LARGE BOWL.

CHAR POBLANOS ON GRILL OR UNDER HOT BROILER TO BLACKEN ALL OVER. COVER AND COOL TO HANDLE IN A BOWL, PEEL AND REMOVE SEEDS AND STEMS, CHOP.

SEED AND CHOP CHILIES, THE LIMES AND GARLIC. IF USING A GRILL, CHAR THE ONIONS TOO OR BROWN IN A SMALL SKILLET WITH A TOUCH OF SPRAY OIL.

HEAT A LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD OIL, 2 TURNS OF PAN, ADD ONIONS AND FRESH CHILIES, SEASON WITH SALT AND PEPPER AND SOFTEN A COUPLE OF MINUTES. ADD GARLIC AND CORN AND POBLANOS AND TOSS TO COMBINE.

DROP PASTA IN SALTED WATER AND COOK A MINUTE LESS THAN PACKAGE DIRECTIONS.

ADD THE TEQUILA OR BEER TO THE PAN WITH CORN AND POBLANOS AND LET IT ABSORB THEN ADD THE CREMA. REDUCE HEAT TO LOW OR WARM.

RESERVE ½ CUP OF COOKING WATER AND DRAIN PASTA, ADD TO SAUCE ALONG WITH IT. TOSS A MINUTE OR SO, TOP WITH COTIJA AND CHOICE OF OR ALL THREE: PICKLED JALAPENO, CILANTRO, PEPITAS. PASS EXTRA GRATED COTIJA.

***IF YOU DO NOT WANT TO USE ALCOHOL SKIP IT AND INCREASE THE AMOUNT OF CREMA, SOUR CREAM, OR HEAVY CREAM SLIGHTLY TO KEEP THE DISH RICH AND SAUCY.

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



BLINDNESS AWARENESS MONTH
OCTOBER

5 TIPS FOR MAINTAINING EYE HEALTH

WATCH YOUR SUGAR

DIABETICS ARE 25 TIMES MORE LIKELY TO DEVELOP BLINDNESS OR VISUAL IMPAIRMENT THAN NON-DIABETICS.

WASH YOUR HANDS

WE DON'T REALIZE HOW MANY TIMES WE TOUCH OUR FACE AND EYES EACH DAY, ESPECIALLY IF WE WEAR CONTACTS; WASHING YOUR HANDS PREVENTS THE SPREAD OF BACTERIA AND GERMS WHICH CAN LEAD TO PINK-EYE, COLDS, AND OTHER AILMENTS.

WEAR SUNGLASSES

PROTECT YOUR EYES FROM HARMFUL ULTRAVIOLET (UV) RAYS BY WEARING SUNGLASSES WITH UVA AND UVB PROTECTION.

MONITOR DEVICE TIME

TO AVOID EYE STRAIN FROM TIME IN FRONT OF YOUR ELECTRONIC DEVICES, TAKE FREQUENT BREAKS TO FOCUS ON A FAR-AWAY OBJECT; ADJUST BRIGHTNESS, AND USE SOOTHING EYE DROPS, AS NEEDED.

GET CHECKED OUT

MANY EYE DISORDERS COULD BE EASILY TREATED OR EVEN PREVENTED THROUGH EARLY DETECTION; MAKE AN APPOINTMENT WITH YOUR EYE DOCTOR TODAY!

8th Annual White Cane Awareness Walk & Celebration
Saturday, October 10, 2026
11 AM to 2 PM
5151 Pacific Ave., Stockton CA 95207
Northwest Corner of Pacific Ave. & Yokuts Ave.
(near driveway of Delta College)

11 AM: Informational booths and sensory activities, including a "White Cane Wander" blindfolded navigation experience

12 PM to 12:30 PM: White Cane Awareness Day Ceremony

12:30 PM to 1 PM: Group Walk from Delta College to Mountain Mike's Pizza at 1000 W. Robinhood Dr. in Stockton

1 PM to 2 PM: Support San Joaquin County Chapter National Federation of the Blind's fundraiser at Mountain Mike's Pizza
Fundraiser goes on all day from 9:30 AM to 9:30 PM.

Thank you for taking a walk in our shoes and helping us live the lives we want in San Joaquin County!
For more information, please visit
StocktonSanJoaquinLionsClub.org
or email nfb.ca.sj@gmail.com

EVENT PARTNERS

MOUNTAIN MIKE'S **RTD**

WHITE CANE AWARENESS WALK & CELEBRATION

JOIN THE SAN JOAQUIN COUNTY CHAPTER OF THE NATIONAL FEDERATION OF THE BLIND FOR THE 8TH ANNUAL WHITE CANE AWARENESS WALK & CELEBRATION.

SATURDAY, OCTOBER 10, 2026

11:00 AM – 2:00 PM

5151 PACIFIC AVE., STOCKTON, CA 95207

THE EVENT WILL INCLUDE INFORMATIONAL BOOTHS, SENSORY ACTIVITIES, A WHITE CANE AWARENESS DAY CEREMONY, AND A GROUP WALK FROM DELTA COLLEGE TO MOUNTAIN MIKE'S PIZZA.

A FUNDRAISER SUPPORTING THE SAN JOAQUIN COUNTY CHAPTER OF THE NATIONAL FEDERATION OF THE BLIND WILL ALSO TAKE PLACE AT MOUNTAIN MIKE'S PIZZA.

COME CELEBRATE INDEPENDENCE, ACCESSIBILITY, AND WHITE CANE AWARENESS DAY WITH THE COMMUNITY.



BREAST CANCER AWARENESS MONTH

BREAST CANCER BY THE NUMBERS

BREAST CANCER IS THE MOST COMMON CANCER IN AMERICAN WOMEN, EXCEPT FOR SKIN CANCERS. AWARENESS IS THE FIRST STEP TOWARD TAKING MEANINGFUL ACTION.

FINDING BREAST CANCER IN ITS EARLIEST STAGES, WHEN IT IS EASIER TO TREAT, IS THE KEY TO SUCCESSFUL OUTCOMES. WHEN DETECTED EARLY, THE 5-YEAR RELATIVE SURVIVAL RATE FOR BREAST CANCER IS 99%.

[FREE EDUCATIONAL GUIDES](#)



NATIONAL BULLYING PREVENTION MONTH

OCTOBER WAS FIRST DECLARED AS NATIONAL BULLYING PREVENTION MONTH IN 2006.

SINCE THEN, OCTOBER HAS BEEN A TIME TO ACKNOWLEDGE THAT BULLYING HAS DEVASTATING EFFECTS ON CHILDREN AND FAMILIES SUCH AS SCHOOL AVOIDANCE, LOSS OF SELF-ESTEEM, INCREASED ANXIETY, AND DEPRESSION. BULLYING CAN OCCUR IN MULTIPLE WAYS. IT CAN BE VERBAL, PHYSICAL, THROUGH SOCIAL EXCLUSION, OR VIA DIGITAL SOURCES LIKE EMAIL, TEXTS, OR SOCIAL MEDIA. UNLIKE MUTUAL TEASING OR FIGHTING, BULLYING OCCURS WHEN ONE PERSON OR A GROUP OF PEOPLE IS PERCEIVED AS BEING MORE POWERFUL THAN ANOTHER AND TAKES ADVANTAGE OF THAT POWER THROUGH REPEATED PHYSICAL ASSAULTS, THREATS OF HARM, INTIMIDATION, OR BY PURPOSEFULLY EXCLUDING A PERSON FROM A VALUED SOCIAL GROUP. BEING BULLIED CAN SEVERELY AFFECT THE PERSON'S SELF-IMAGE, SOCIAL INTERACTIONS, AND SCHOOL PERFORMANCE AND CAN LEAD TO MENTAL HEALTH PROBLEMS SUCH AS DEPRESSION, ANXIETY, AND SUBSTANCE USE, AND EVEN SUICIDAL THOUGHTS AND BEHAVIORS.

IN 2015, ABOUT 21 PERCENT OF STUDENTS AGES 12–18 REPORTED BEING BULLIED AT SCHOOL DURING THE SCHOOL YEAR. OF STUDENTS AGES 12–18, ABOUT 13 PERCENT REPORTED THAT THEY WERE MADE FUN OF, CALLED NAMES, OR INSULTED; 12 PERCENT REPORTED BEING THE SUBJECT OF RUMORS; 5 PERCENT REPORTED THAT THEY WERE PUSHED, SHOVED, TRIPPED, OR SPIT ON; AND 5 PERCENT REPORTED BEING EXCLUDED FROM ACTIVITIES ON PURPOSE. ADDITIONALLY, 4 PERCENT OF STUDENTS REPORTED BEING THREATENED WITH HARM, 3 PERCENT REPORTED THAT OTHERS TRIED TO MAKE THEM DO THINGS THEY DID NOT WANT TO DO, AND 2 PERCENT REPORTED THAT THEIR PROPERTY WAS DESTROYED BY OTHERS ON PURPOSE.

WHEN IT COMES TO PREVENTION MANY PEOPLE CAN TAKE AN ACTIVE ROLE TO INTERVENE – ESPECIALLY BYSTANDERS.



ARDC OF THE MOTHERLODE

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

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 **Aging & Disability 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>

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.