

NEWSLETTER

September 2026



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

UNIQUE AND UNITED
Disability Awareness Day

DATE & TIME
Friday, October 2
10:00am - 2:00pm

LOCATION
1101 Sylvan Ave
Modesto, CA 95350

The 4th Annual Disability Awareness Day, is coming once again to Modesto, hosted by DRAIL and the Modesto Police Department, and sponsored by Listos California. We'll have a whole slew of activities lined up for everyone of all ages. So join the fun!

FREE ADMISSION
No cost to anyone to attend and everyone is invited for the day of fun.
**Vendor booth fee goes directly back to the community.*

FOOD & REFRESHMENTS
Activity participation for a lunch ticket while supplies last.

ALL ARE WELCOMED
All ages, all disabilities! We welcome all friends, families, and allies.

Call Us or Visit Online to Learn More & Register for a Vendor Booth
209-521-7260 | drail.org/disability-awareness-day

JOIN US FOR DRAIL'S 4TH ANNUAL DISABILITY AWARENESS DAY: UNIQUE AND UNITED!

THIS EVENT IS SPONSORED BY LISTOS CALIFORNIA AND HOSTED BY DRAIL AND THE MODESTO POLICE DEPARTMENT.

COME CELEBRATE COMMUNITY, INCLUSION, AND DISABILITY AWARENESS. THIS FREE EVENT WILL INCLUDE ACTIVITIES, FOOD AND REFRESHMENTS WHILE SUPPLIES LAST, VENDOR BOOTHS, AND OPPORTUNITIES TO CONNECT WITH LOCAL RESOURCES.

FRIDAY, OCTOBER 2
10:00 AM - 2:00 PM
1101 SYLVAN AVE, MODESTO, CA 95350

ALL AGES, ALL DISABILITIES, FAMILIES, FRIENDS, AND ALLIES ARE WELCOME. COME BE PART OF A DAY THAT CELEBRATES WHAT MAKES OUR COMMUNITY UNIQUE AND UNITED.

CALL 209-521-7260 OR VISIT DRAIL.ORG/DISABILITY-AWARENESS-DAY TO LEARN MORE OR REGISTER FOR A VENDOR BOOTH.

A COLORFUL EVENT FLYER FOR DRAIL'S 4TH ANNUAL DISABILITY AWARENESS DAY. THE TOP HAS A DARK NAVY BACKGROUND WITH BRIGHT PAINTED HANDPRINTS IN PURPLE, RED, ORANGE, BLUE, TEAL, AND GREEN. THE MAIN TITLE READS "UNIQUE AND UNITED DISABILITY AWARENESS DAY." LOGOS FOR DRAIL, MODESTO POLICE DEPARTMENT, LISTOS CALIFORNIA, AND THE CITY OF MODESTO APPEAR AROUND THE TOP.

SEPTEMBER IS..

- NATIONAL SERVICE DOG MONTH
- NATIONAL SPINAL CORD INJURY MONTH
- ALOPECIA AREATA AWARENESS MONTH
- PROSTATE HEALTH MONTH
- NATIONAL SICKLE CELL AWARENESS MONTH
- GYNCOLOGIC CANCER AWARENESS MONTH
- PULMONARY FIBROSIS AWARENESS MONTH
- NATIONAL BLOOD CANCER AWARENESS MONTH
- NATIONAL SUICIDE PREVENTION MONTH
- NATIONAL PREPAREDNESS 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 Story

"THANK YOU FOR ALL YOUR HELP. THIS HAS REALLY CHANGED MY LIFE."

A MEMBER CAME TO DRAIL AFTER FILING FOR STATE DISABILITY BENEFITS BUT NEVER RECEIVING THE PAYMENTS OR THE DIRECT PAYMENT CARD. THE MEMBER LATER RECEIVED A LETTER STATING THAT ALL BENEFITS HAD ALREADY BEEN PAID OUT, EVEN THOUGH THE FUNDS HAD NOT BEEN RECEIVED.

DRAIL STAFF HELPED THE MEMBER UNDERSTAND THE NEXT STEPS AND ASSISTED WITH FILING AN APPEAL WITH EDD. AFTER THE APPEAL WAS SUBMITTED, THE MEMBER RETURNED TO DRAIL WITH GREAT NEWS—THE DISABILITY BENEFITS HAD BEEN RECEIVED.

WITH THOSE FUNDS, THE MEMBER WAS ABLE TO PURCHASE A CAR, CATCH UP ON BILLS, AND BUY MUCH-NEEDED NECESSITIES. THE SUPPORT HELPED PROVIDE GREATER FINANCIAL STABILITY AND INDEPENDENCE.

RED BEAN STEW

YIELD: 6 SERVINGS

- 1 POUND (2 ¼ CUPS) RED BEANS, WASHED, PICKED OVER AND SOAKED FOR 6 HOURS OR OVERNIGHT IN 2 QUARTS WATER
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1 MEDIUM OR LARGE ONION, CHOPPED
- 6 GARLIC CLOVES, MINCED
- 2 CARROTS, PEELED AND CHOPPED
- 1 LARGE OR 2 SMALL GREEN BELL PEPPERS, CUT IN SMALL DICE
- 2 TABLESPOONS SWEET HUNGARIAN PAPRIKA
- 2 TABLESPOONS TOMATO PASTE
- 1 BAY LEAF
- SALT
- 1 TEASPOON OREGANO
- PINCH OF CAYENNE
- 2 TABLESPOONS RED WINE VINEGAR
- ½ TEASPOON SUGAR
- FRESHLY GROUND PEPPER
- ½ CUP MINCED FRESH PARSLEY, OR A COMBINATION OF PARSLEY AND DILL
- ½ CUP DRAINED YOGURT FOR TOPPING

PREPARATION

STEP 1
DRAIN THE BEANS THROUGH A STRAINER SET OVER A BOWL. PLACE THE BEANS IN A LARGE SOUP POT OR DUTCH OVEN. MEASURE THE SOAKING WATER IN THE BOWL, AND ADD ENOUGH WATER TO IT TO MEASURE 2 ½ QUARTS. ADD THIS TO THE POT WITH THE BEANS, TURN THE HEAT TO MEDIUM-HIGH AND BRING TO A GENTLE BOIL. SKIM OFF ANY FOAM AND/OR BEAN SKINS.

STEP 2
MEANWHILE, HEAT 1 TABLESPOON OF THE OIL OVER MEDIUM HEAT IN A LARGE, HEAVY SKILLET AND ADD THE ONIONS, CARROTS AND PEPPERS. COOK, STIRRING OFTEN, UNTIL THE VEGETABLES ARE TENDER AND FRAGRANT, ABOUT 8 TO 10 MINUTES. ADD 2 OF THE GARLIC CLOVES AND CONTINUE TO COOK FOR ANOTHER MINUTE OR SO, UNTIL THE GARLIC IS FRAGRANT. SEASON TO TASTE WITH SALT, ADD ANOTHER TABLESPOON OF OIL AND ADD THE PAPRIKA. COOK, STIRRING, FOR A COUPLE OF MINUTES, UNTIL THE VEGETABLES ARE WELL COATED WITH PAPRIKA AND THE MIXTURE IS AROMATIC. ADD A LADLEFUL OF SIMMERING WATER FROM THE BEANS TO THE PAN, STIR WITH A WOODEN SPOON OR HEATPROOF SPATULA, SCRAPING THE BOTTOM AND SIDES OF THE PAN TO DEGLAZE, THEN STIR THIS MIXTURE INTO THE BEANS. ADD THE TOMATO PASTE AND BAY LEAF, REDUCE THE HEAT, COVER AND SIMMER 1 HOUR.

STEP 3
ADD THE OREGANO, THE REMAINING GARLIC CLOVES, SALT TO TASTE, CAYENNE, VINEGAR AND SUGAR, AND CONTINUE TO SIMMER FOR ANOTHER HOUR. THE BEANS SHOULD BE THOROUGHLY TENDER AND THE BROTH THICK AND FRAGRANT. TASTE AND ADJUST SALT, AND ADD MORE CAYENNE IF DESIRED. FOR A THICKER STEW, STRAIN OUT 1 HEAPED CUP OF BEANS WITH A LITTLE LIQUID AND PURÉE. STIR BACK INTO THE STEW.

STEP 4
JUST BEFORE SERVING, STIR IN THE PARSLEY. SERVE OVER NOODLES OR THICK SLICES OF COUNTRY BREAD, TOPPING EACH PORTION WITH A LARGE DOLLOP OF DRAINED YOGURT.

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

Office 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



54TH ANNUAL LABOR DAY WEEKEND ARTS & CRAFTS FESTIVAL!

COME CELEBRATE LABOR DAY WEEKEND WITH US SEPTEMBER 5TH & 6TH, 2026, IN THE BEAUTIFUL PINES OF DOWNTOWN ARNOLD, CA!

65+ AMAZING VENDORS FEATURING:

- HANDMADE ARTS & CRAFTS
- ANTIQUES & COLLECTIBLES
- JEWELRY & UNIQUE TREASURES
- GARDEN & HOME DÉCOR
- CLOTHING, BAGS & GIFTS
- ORIGINAL ARTWORK & MORE!
- LIVE MUSIC!

NATHAN IGNACIO — SATURDAY, SEPT. 5TH

SCOTT PATRICK — SUNDAY, SEPT. 6TH

ENJOY DELICIOUS FOOD, FRESH KETTLEKORN, AND LOCAL BEER FROM THE EBBETTS PASS VOLUNTEER FIRE DEPARTMENT WHILE YOU SHOP AND ENJOY THE WEEKEND!

HISTORIC BRISTOL'S RANCH HOUSE CAFÉ
961 HIGHWAY 4, DOWNTOWN ARNOLD, CA

SATURDAY, SEPT. 5: 10 AM-5 PM

SUNDAY, SEPT. 6: 10 AM-4 PM

FREE ADMISSION & FREE PARKING!

BRING YOUR FAMILY, INVITE YOUR FRIENDS, AND COME ENJOY SHOPPING, FOOD, LIVE MUSIC, AND MOUNTAIN-TOWN FUN AT ONE OF ARNOLD'S LONGEST-RUNNING TRADITIONS!

CONTACT DAVID OR BRI @
MACDOODLESKETTLEKORN@GMAIL.COM
209-355-3465/209-355-5606
MACDOODLESKETTLEKORN.COM

SAVE THE DATE



The California Memorial Project
24th Annual Remembrance Day
September 21, 2026

This annual event is to remember and honor people with disabilities who died while living in California state institutions

Ceremony Details:

Time: 10:30 AM

Locations:

3001 French Camp Street
Manteca, CA 95336

VMRC Campus
(Memorial rock/water area)
702 N. AURORA ST.
STOCKTON, CA. 95202

For more information call Rachelle Munoz at (209) 239-7072 or email Rachelle@valleycaps.org

Valley CAPS

YSCD

VMRC

California Memorial Project

THE CALIFORNIA MEMORIAL PROJECT
24TH ANNUAL REMEMBRANCE DAY SEPTEMBER 21, 2026

THIS ANNUAL EVENT IS TO REMEMBER AND HONOR PEOPLE WITH DISABILITIES WHO DIED WHILE LIVING IN CALIFORNIA STATE INSTITUTIONS

CEREMONY DETAILS:

TIME: 10:30 AM

LOCATIONS:

PARKVIEW CEMETERY
3661 FRENCH CAMP ROAD
MANTECA, CA 95336

VMRC CAMPUS
(MEMORIAL ROCK/WATER AREA)
702 N. AURORA ST.
STOCKTON CA. 95202

988 DAY

988 DAY IS ON TUESDAY, 9/8/2026! THIS GROWING TRADITION RAISES AWARENESS OF THE 988 SUICIDE & CRISIS LIFELINE AND THE CONTINUED NEED FOR MENTAL HEALTH SUPPORT, WITH EACH YEAR FOCUSING ON A DIFFERENT THEME.

THE 2026 THEME IS, "988 REASONS: YOUR REASON IS REASON ENOUGH," REMINDS US THAT YOU DON'T HAVE TO BE IN CRISIS TO REACH OUT TO 988.

WHATEVER YOU'RE FACING, BIG OR SMALL, YOUR REASON FOR SEEKING SUPPORT IS REASON ENOUGH TO CALL/TEXT 988 OR CHAT 988LIFELINE.ORG.

COMMUNITY ROOTS RESOURCE NETWORK

Connecting Our Community To Local Support



JOIN US FOR THE 5TH ANNUAL COMMUNITY ROOTS RESOURCE AND HEALTH FAIR HAPPENING IN THE TRIBES OF TUOLUMNE AND SIERRA BUILDINGS AT THE MOTHER LODGE FAIRGROUNDS ON WEDNESDAY, SEPTEMBER 23 FROM 3:00 P.M. - 6:00 P.M.

OVER 40 LOCAL ORGANIZATIONS ARE COMING TOGETHER TO UPLIFT, CONNECT, AND SUPPORT RESIDENTS THROUGH UNCERTAIN TIMES.

THIS FREE EVENT WILL INCLUDE INFORMATION ON LOCAL RESOURCES, AND FOR THE SECOND YEAR, JOINING WITH THE HEALTH FAIR.

RESOURCE PROVIDERS INCLUDE:

- HOUSING
- EMPLOYMENT
- ANIMALS
- FOOD
- SAFETY
- SENIOR, CHILD, AND FAMILY
- HEALTH SCREENINGS
- FREE FLU SHOTS
- DENTAL VAN

THIS EVENT WAS MADE POSSIBLE BY THE SUPPORT OF SONORA AREA FOUNDATION.

IF YOU HAVE QUESTIONS, REACH OUT TO THE COMMUNITY ROOTS RESOURCE NETWORK AT (209) 533-5719

Valley Mountain Regional Center
CULTURAL & DISABILITY Resource Fair

Carnival Games, Food, Raffle Prizes, Vendors, Micro-Business Fair, Health Fair & Cultural Entertainment

FRIDAY, OCTOBER 9
10:00 A.M. TO 2:00 P.M.
702 N. AURORA STREET STOCKTON, CA 95202
CulturalFair@vmrc.net

LIMITED PARKING. RIDE WITH A FRIEND OR TAKE THE BUS

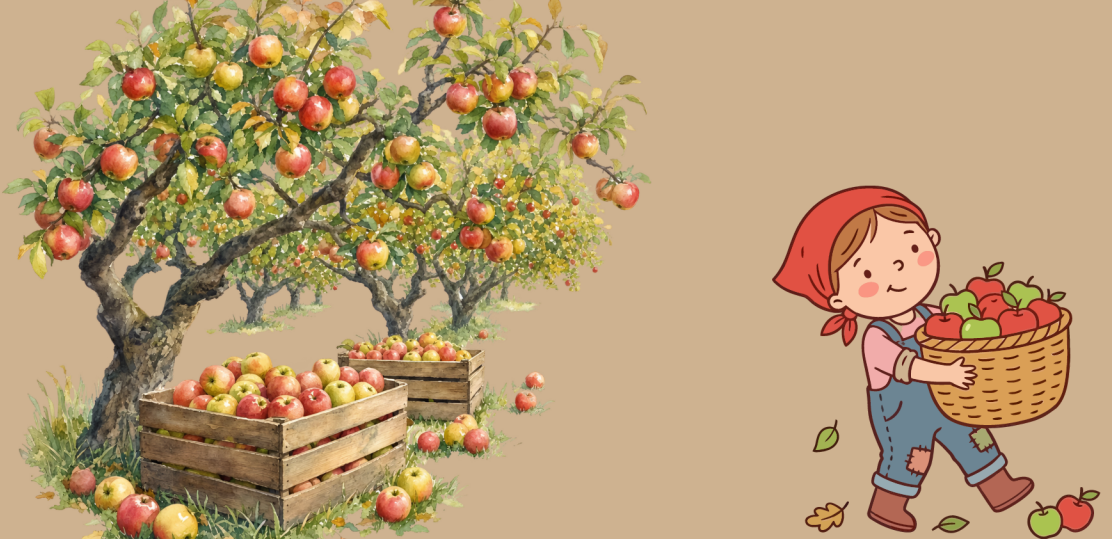
Valley Mountain Regional Center

DDS Department of Developmental Services

JOIN VMRC'S BIGGEST EVENT

THE CULTURAL & DISABILITY RESOURCE FAIR!

OCTOBER 9, 2026 10:00 A.M. - 2:00 P.M.
702 N. AURORA ST STOCKTON, CA 95202



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.

<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.

