



**DRAIL**  
Disability Resources Agency  
for Independent Living

# NEWSLETTER

APRIL 2024



## UPCOMING EVENTS IN THE COMMUNITY CENTER

**Workshops-** All workshops will be on assigned Tuesdays and will be Hybrid from 10AM-11:30AM. unless noted otherwise.

- April 2- Financial Stability with a Disability 10AM - 11AM
- April 4 - Get Connected iPad Training 4PM - 5PM
- April 9 - Making Your Own Butter w/Biscuits
- April 11 - Get Connected iPad Training 4PM - 5PM
- April 16- Financial Stability with Disability 10AM - 11AM
- April 18 - Get Connected iPad Training 4PM - 5PM
- April 23 - Making Flower Petal-Stained Glass
- April 25 - Get Connected iPad Training 4PM - 5PM
- April 30 - Financial Stability with Disability & Certificate Presentation 10AM-12 PM



**Peer Support** - Thursdays on Zoom 10AM - 11:30 PM



**Legal Clinic** - Senior Advocacy, Friday, April 12th 10 AM -2 PM.  
Senior Advocacy Network Legal On the Move, will be in the Community Center. Legal clinics are for seniors (60+) for housing issues specifically. If any legal issues that could affect a seniors ability to maintain housing, they will see them. They will also accept households with a senior family member or tenant.

## ADRC OF THE MOTHERLODE

FIND MANY SERVICES AND PROGRAMS AVAILABLE TO OLDER ADULTS AND PEOPLE WITH DISABILITIES LIVING IN ALPINE, AMADOR, CALAVERAS, MARIPOSA, AND TUOLUMNE COUNTIES. THIS ONLINE RESOURCE DIRECTORY IS AVAILABLE 24/7!  
START A NEW SEARCH AT:  
[HTTPS://ADRCOFTHEMOTHERLODE.MYRESOURCESDIRECTORY.COM/](https://adrcofthemotherlode.myresourcesdirectory.com/)



## ADVOCACY CORNER

BEING A SELF-ADVOCATE MEANS TAKING AN ACTIVE ROLE IN MAKING DECISIONS AND SPEAKING UP FOR YOUR OWN INTERESTS, PARTICULARLY IN CONTEXTS LIKE HEALTHCARE, EDUCATION, WORKPLACE, AND PERSONAL RELATIONSHIPS. HERE ARE STEPS TO HELP YOU BECOME A MORE EFFECTIVE SELF-ADVOCATE:

1. UNDERSTAND YOUR RIGHTS AND NEEDS
2. DEVELOP COMMUNICATION SKILLS
3. SEEK INFORMATION
4. BUILD A SUPPORT NETWORK
5. PLAN YOUR APPROACH
6. BE PERSISTENT BUT PATIENT
7. KNOW WHEN TO SEEK HELP
8. DOCUMENT EVERYTHING
9. REFLECT AND ADJUST
10. EDUCATE OTHERS



## THE MONTH OF APRIL IS...

National Donate Life Awareness

Parkinson's Awareness

National Financial Literacy

Limb Loss & Limb Difference Awareness

National Autism Awareness

National Child Abuse Awareness

## HEALTHY EATING

Baby Carrots with "Everything" Hummus

Carrots and hummus are a great snack as-is, but adding a sprinkle of everything bagel seasoning will make your taste buds extra happy.

Make it: Sprinkle a teaspoon of everything bagel seasoning on top of 1/4 cup of regular hummus. Eat with one cup of baby carrots.

*Per serving: 236 calories, 12 g fat (5 g saturated), 27 g carbs, 12 g sugar, 416 mg sodium, 10 g fiber, 6 g protein*

## DONATION DROP-OFFS

Have clothing donations, but don't have time to drop them off? Just Porch It, will come to you and pick up your donations. They serve Stanislaus, San Joaquin, Tuolumne, and Mariposa counties. Whether you have 1 bag or 100, they will pick everything up from your front porch with no contact. They redistribute the usable items back into your local community through non-profits, and the unusable items are recycled, resulting in zero landfill used! Call 800-965-6519, or visit website: [www.justporchit.com](http://www.justporchit.com)

## FOOD BANKS & PANTRY

For listings of food banks and pantries in the Amador, Calaveras, Mariposa, San Joaquin, Stanislaus, and Tuolumne counties, click here:

[Food Bank/Pantry](#)

List is continuously updated

## DRAIL'S MISSION

To partner with individuals with disabilities, their families, and their support teams to increase their independence, advocate for their rights, and create fully inclusive communities.



## DRAIL'S SERVICES

DRAIL services are designed to empower individuals to achieve personal goals, renew confidence and enable independence.

## WHAT IS HAPPENING IN OUR COMMUNITIES?

### This Month in Amador County:

-Kennedy Gold Mine Surface Tour  
Date: Mar 03 - Oct 27, 2024  
Time: 10:00 AM - 3:00 PM  
Location [Kennedy Gold Mine](http://kennedygoldmine.com/) - 209-223-9542  
<http://kennedygoldmine.com/>  
-Hello Spring Paint Party April 5, 2024  
[info@amadorseniorcenter.com](mailto:info@amadorseniorcenter.com)  
(209) 223-0442

### This Month in Calaveras County:

-Coffee 4 Vets 7:30am - 9:30am First Friday of every month. Common Grounds, 1900 Vista Del Lago Dr., Valley Springs  
-Need help with a VA Claim? Veterans Service Office, 300 W. Daphane St., Valley Springs, CA 209-754-6910  
-Veterans Support Groups  
**Copperopolis-** 1st & 3rd Monday of the month, Fire District Building, 370 Main Street  
**Murphy's-** 2nd & 4th Tuesday's of the month. Ebbetts Pass Veteran Memorial Bldg., 98 School Street  
**Valley Springs-** 1st & 3rd Tuesday's of the month. Jenny Lind Memorial District Bldg., 300 W. Daphane Street  
All Meetings are from 1:00-2:30 pm Contact Neal @ 209-754-6624

### This Month in Mariposa County:

LIFEGUARD CERTIFICATION TRAINING  
Employment opportunities in Mariposa, El Portal & Coulterville  
Pickup registration forms at Parks & Rec office by Mariposa County Pool - Limited Spots Available!  
call 209-966-2498 for more information

### This Month in San Joaquin County:

-Are you curious about San Joaquin County's blind and low vision residents and Community Center for the Blind and Visually Impaired (CCBVI)? What programs and services would you like offered? CCBVI's advisory board invites you to monthly outreach events at various locations throughout the community to share your two cents, get plugged in and learn more! These outreach events are open to the public. Monday, April 8, 2024, 11:00 a.m. to 12:30 p.m.  
- Troke Branch Library Community Room, Margaret K. Troke Branch Stockton-San Joaquin County Public Library, 502 West Benjamin Holt Drive, Stockton

### This Month in Stanislaus County:

-Summer Youth Workforce  
Powered by: Stanislaus County Workforce Development Sign-ups Begin: March 24th 2024  
Text or Call 209-287-8093 for more information  
-Love Modesto Kick Off Party  
Love Modesto is a yearly volunteer day where thousands of community residents gather to assist those in need, help to clean up our streets and more! April 27th 2024 7:00 AM Begins Downtown Modesto. [LoveModesto.com](http://LoveModesto.com)

### This Month in Tuolumne County:

-Effective Communication and Behavior Strategies Caregiver Learning Series.

April 24th, Jamestown Community Hall, 18250 Main St, Jamestown. 3:00pm - 5:00pm  
<https://area12.org/events/effective-communication-and-behavior-strategies-jamestown/>

April 24th, Midpines Community Hall, 6334 California 140, Midpines. 10:00am-12:00pm  
<https://area12.org/events/effective-communication-and-behavior-strategies-midpines/>

## SUCCESS STORIES



A success story of a 62-year-old lady with stage 4 cancer that had been homeless. She worked with our partnering homeless assessment team to secure housing. They paid for first months rent along with security deposit. DRAIL paid for all the essentials items that was needed to set up a house. We bought beds and blankets T.V. and so much more. We were able to contribute up to \$5,000 to help in the transition. Now she has a safe and comfortable place to recover from her chemo therapy.

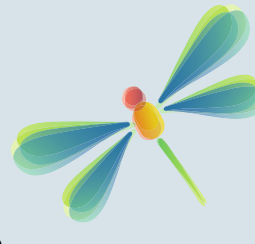


I was connected to a senior consumer who desperately needed grab bars installed in her shower for safety concerns of slipping and falling. She had been asking for them from her renting agency for about almost a year and a half and they kept ignoring her saying "they're waiting for the grab bars to get delivered"; she found that absurd. I was able to write a letter to advocate for her on DRAILS behalf reminding them of ADA laws. A week later the new resident manager reached out to me, saying she didn't want to have issues with ADA and asked how she could remedy the issue. With DRAIL I was able to provide grab bars to the renting manager who had their maintenance guy handle the project. The consumer is now happy and safe with her bathroom improvements.



## SPRING CLEANING TIPS

Spring cleaning is all about tackling the areas you forget about during the rest of the year. Grab an extendable duster, like the one from GH Seal holder Swiffer, and attack ceiling fans, hanging and recessed lights, moldings and more. Make sure to start your cleaning here, from top to bottom, so you don't have to vacuum your floors twice.



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## CONTACT US:

(209) 521-7260

OFFICES ARE OPEN FROM  
MONDAY TO FRIDAY  
8:00AM – 12:00PM  
&  
1:00PM – 5:00PM

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