

# Summer NEWSLETTER

## JUNE 2024

### WHAT'S HAPPENING IN OUR COMMUNITY CENTER?

#### WORKSHOPS-

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

- June 4 Fun Listening Games 10:00am-11:30am
- June 6 iPad Training 4:00pm-5:00pm
- June 13 iPad Training 4:00pm-5:00pm
- June 18 Oven Baked French Toast 10:00am-11:30am
- June 20 iPad Training 4:00pm-5:00pm

#### PEER SUPPORT

-Every Thursday on ZOOM 10:00am -11:30am

#### LEGAL CLINIC

Senior Advocacy, Friday, June Date to come 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.



### WHAT'S HAPPENING IN OUR SURROUNDING COUNTIES?

#### THIS MONTH IN AMADOR COUNTY:

-D'Agostini Friday Night Food & Live Music  
Date: June 07, 2024 Time: 5:30 PM - 9:00 PM  
Location(s): 12557 Steiner Road Plymouth, CA 95669 209-332-7463. For More information click the link: [D'Agostini Wines](#)

-Kennedy Gold Mine Surface Tour Mar 03 - Oct 27, 2024 10:00 AM - 3:00 PM. For more information click the link: [Kennedy Gold Mine](#)

#### THIS MONTH IN CALAVERAS COUNTY:

Angels Camp Farmers Market  
Friday evenings: 5:00 pm - dusk  
June through September  
753 S Main St, Angels Camp (209) 822-8707  
-Yoga - Calaveras Exercise classes are offered in person and virtually by Zoom invitation. Registration is required. To register call A12AA, 209-532-6272 or 510-810-2020. Voluntary contributions are accepted.

#### THIS MONTH IN MARIPOSA COUNTY:

-Mariposa County Arts Council hosts Music on the Green Summer Concert Series in downtown Mariposa's outdoor Art Park. These free concerts begin at 7pm to 9pm 5013 CA-140 Mariposa, CA 95338 United States  
Click link for more information: [Music On The Green Concert](#)

#### THIS MONTH IN SAN JOAQUIN COUNTY:

-June 6, 2024 Resource Back Pack event - Mokelumne Manor 26188 N. Manor Ave. Thornton Ca  
-June 13, 2024 Resource/Disaster Readiness Event Tracy & Buthmann Homes 311 West St Tracy Ca  
-June 27, 2024 Resource/Disaster Readiness Event Sierra Vista 1520 East 11 St Stockton CA

#### THIS MONTH IN STANISLAUS COUNTY:

Chase & HAVEN Financial Empowerment Workshops  
Join them for a series of workshops focused on financial literacy and empowering our community!  
Offered in English and Spanish, both in-person and on Zoom.  
Workshop Details:  
Time: 6:00 PM - 7:15 PM  
Location: Chase Bank, 2900 Standiford Ave., Modesto, CA 95350  
Food and drinks will be provided  
June 13, 2024: Valuable Money Lessons to Teach Your Kids  
June 27, 2024: FDIC: Your Money Values and Influences

#### THIS MONTH IN TUOLUMNE COUNTY:

Wild West Side BBQ Cookoff - 2024  
Sat Jun 08 2024 at 11:00 AM  
Tickets sold online and at the gate.  
Click the link for more information: [Tickets](#)

### ADVOCACY CORNER

#### Reasonable Accommodation and Modification Requests in Housing: Verification Letters

-What are reasonable accommodations in housing?  
If their housing is inaccessible, people with disabilities may ask their housing providers for changes in the rules, policies, procedures, or services to meet their disability-related needs.

These are called reasonable accommodations

-What is a verification letter?  
Verification letters are used to support a resident's reasonable accommodation/modification requests. A verification letter confirms that a person with a disability has a disability-related need for the change they are requesting to their housing policies, procedures, services, or physical structures.

To get a sample verification click the link:

[Verification Request Letter](#)

### THE MONTH OF JUNE IS...

- National PTSD Awareness
- National Migraine & Headache Awareness
- Men's Health Awareness
- National Safety
- Dravet Syndrome Awareness
- Aphasia Awareness
- CDKL5 Awareness



### ARDC OF THE MOTHERLODE

ADRC of the Mother Lode's online directory is available 24/7 to help you find services and programs for older adults and people with disabilities living in Alpine, Amador, Calaveras, Mariposa, and Tuolumne Counties.

Start a new search at: [ADRC OF THE MOTHERLODE](#)

### SUCCESS STORIES

CONSUMER WHO ATTENDS WORKSHOPS, ATTENDED 3 WORKSHOPS BEFORE HE STARTED TO RAISE HIS HAND TO OFFER TO HELP WHEN ASKED WHO WANTED TO HELP. CONSUMER NOW HAS COME TO BE NOT ONLY COMFORTABLE VOLUNTEERING THEIR TIME TO BE A PART OF THE CONVERSATION AND HELP WITH PREPARING THE FOOD. THEY ALSO ENCOURAGE OTHER ATTENDEES TO BE PART OF THE CONVERSATION AND SUPPORT THEM WHEN THEY ARE HAVING A HARD TIME GETTING COMFORTABLE.



### CLEANING TIPS

Summer means grilling season! If you haven't touched your grill since last year, get it ready for that first rack of juicy ribs with a thorough cleaning. Set the burners on high (with the lid closed) for about 15 minutes to burn off any food or grease. Then, use a grill brush (non metal) to brush the grates clean. Wipe down the interior and exterior for a shiny finish.

### DONATION DROP-OFFS

Habitat ReStores are home improvement stores that accept small and large donations of new or gently used furniture, appliances, housewares, building materials and more. Proceeds from the sales of these items help Habitat's work in your community and around the world.

Habitat ReStore staff and volunteers make the donation process as simple as possible. You can always donate goods in person, and many Habitat ReStores offer free pickup of large items. Stores in Modesto & Sonora

2206 TENAYA DR  
MODESTO, CA 95354  
(209) 575-4585



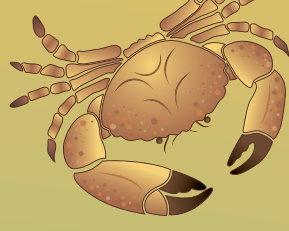
14301 MONO WAY, SUITE A  
SONORA, CA 95370  
(209) 533-9080

### 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



CA START VALLEY MOUNTAIN AND DRAIL ESTABLISH PARTNERSHIP TO COLLABORATE AND SUPPORT INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES.



CA START VALLEY MOUNTAIN IS AN EVIDENCE-BASED, COMMUNITY CRISIS PREVENTION AND INTERVENTION SERVICE MODEL FOR INDIVIDUALS AGED 6 AND OLDER WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (IDD) AND MENTAL HEALTH NEEDS (IDD-MH). THE START MODEL IS PERSON-CENTERED AND SOLUTIONS-FOCUSED, EMPLOYING POSITIVE PSYCHOLOGY APPROACHES AND OTHER EVIDENCE-BASED PRACTICES. CA START VALLEY MOUNTAIN SERVES THE 5 COUNTIES OF VALLEY MOUNTAIN REGION: SAN JOAQUIN, STANISLAUS, AMADOR, CALAVERAS, AND TUOLUMNE.

### CONTACT US:

(209) 521-7260

OFFICES ARE OPEN FROM MONDAY TO FRIDAY

8:00AM - 12:00PM  
&  
1:00PM - 5:00PM

1101 SYLVAN AVENUE, #C-105  
MODESTO, CA 95350



### 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.