

NEWSLETTER

MAY 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.

- May 2 iPad Training 4:00pm-5:00pm
- May 7 Fruit Salsa with Cinnamon Sugar Tortilla Chips 10am-11:30am
- May 9 iPad Training 4:00pm-5:00pm
- May 16 iPad Training 4:00pm - 5:00pm
- May 21 3D Marshmallow Building Art 10:am-11:30am
- May 23 iPad Training 4:00pm - 5:00pm
- May 31 iPad Training 4:00pm - 5:00pm

Peer Support:

Thursdays on Zoom 10 AM - 11:30 PM

Legal Clinic : Senior Advocacy, Friday, May 17th 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 COUNTIES?

This Month In Amador County...

Amador Senior Center has a month full of things scheduled for the month of May visit their page to be in the know. <https://www.amadorseniorcenter.org/programs-services/calendar-news/>

This Month In Calaveras County...

- Pro Rodeo at the Calaveras County Fair & Jumping Frog Jubilee, May 16-19. The rodeo is the May 18, and is free with the cost admission. Purchase tickets at frogtown.org
- Valley Mountain Regional Center Free Transition Fair 10 AM- 1 PM Turner Park San Andreas 287 Treat Ave San Andreas, Ca 95249

For more information call 209-754-1871

This Month In Mariposa County...

- The Mariposa Health and Human Services Agency's Senior Activity Center is excited to announce our 2024 Senior Health Fair. This event will take place on Friday May 17th from 10:30am to 1:30pm at the Mariposa County Fairgrounds.
- Yoga classes are offered to age 60+. Registration through A12AA. Contact A12AA, 209-532-6272 or 800-510-2020.
- MARIPOSA COUNTY PARKS AND RECREATION Summer Day Camp and/or Swim Lessons Registration Opens Online May 15th at 6am! www.mariposacounty.org Please call Mariposa Parks & Recreation at 966-2498 with any additional questions.
- Healthy Living for Your Brain and Body May 22 2024 1:00 pm - 3:00 pm Mariposa Senior Center 5246 Spriggs Lane, Mariposa, CA <https://area12.org/events/healthy-living-for-your-brain-and-body-mariposa/>

This Month In San Joaquin County...

- First Annual Senior Health and wellness expo free public event 10 am – 1 pm unity center 250 East main st Mountain house
- South Side Market Cookout Saturday May 4th, 2024 12:00 PM- 2:00 PM 2122 S Airport Way, Stockton, CA 95206 Free food, school supplies, face paint, games, music and much more
- Mobile Farmers Market Every first Wednesday of the month 10:30AM-3:00 PM (while supplies lasts). At the DLJ Center
- Integrated Health & Wellness Fair 2024 University Plaza Waterfront Hote 110 W. Fremont St Stockton, Ca 95202
- Health and Wellness Fair 8:30 AM- 12:30 AM Grand Ballroom Educational Conference 9 AM- 12:30 AM Directors Room

This Month In Stanislaus County...

- Downtown Modesto Art Walk on the third Thursday of each month from 5pm-8pm. The Art Walk is a FREE casual event featuring a diverse range of artwork.
- Story Break Join us for a Story Break, Thursdays at 5 p.m. on Stanislaus County Library Facebook. Sit back, get comfy, and let our storytellers read some of their favorites! In compliance with publisher permissions, videos will be kept on Facebook for one week before they are deleted.
- 17th Annual Fundraiser Age with Movement celebration 8 Am – 12 PM East La Loma Park 2001 Edgebrook Drive, Modesto 95354 free event/ fitness fun/ Opportunity Drawing/ Bingo
- CalWORKs 2.0 Resource Fair 8:30 AM – 4:30 PM 3800 Cornucopia Way Modesto Ca 95358

This Month In Tuolumne County...

- Strength Training is offered in person to age 60+. Registration through A12AA. Contact A12AA, 209-532-6272 or 800-510-2020.
- Step into the digital age with "GET CONNECTED", a collaborative effort brought to you by DRAIL in partnership with Tuolumne County. This free iPad training initiative is tailor-made for county residents with disabilities and seniors over 60. Gain confidence in navigating your iPad, managing email, and engaging on social media. Plus, you'll be equipped with your own iPad and enjoy temporary free Wi-Fi following your training. Act fast—availability is limited! Contact Marybell at 209-579-3303 to join this empowering program.

IN OBSERVANCE OF MEMORIAL DAY DRAIL WILL BE CLOSED MAY 27, 2024

ADVOCACY CORNER

Successful Visits With Your Representative On Capitol Hill

-Build a long-term relationship

- Staff make a difference.
- Think and act long term.
- Find common ground.

-Information is power

- Tell your story.
- Bring it home.
- Know the lay of the land.

-Be yourself and always be at your best

- Always follow through by following up.
- Be honest.
- Be brief in your presentation and considerate of their time.

THE MONTH OF MAY IS...

ALS Awareness

National Stroke Awareness

National Military Appreciation and Memorial Day

Asian American and Pacific Islander Heritage

National Mental Health Awareness

Jewish American Heritage

ADRC 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](#)

HEALTHY EATING



Low-Fat Cheese, Peach and Dark Chocolate

Try a piece of low-fat cheese, a small peach, and a piece of dark chocolate as an afternoon pick-me-up.

SUCCESS STORIES

A consumer who was in a hospital for a year/ homeless--- was housed with our HDAP program and was awarded emergency SSI benefits while he waits for his SS Income . He has had 0 income for years and has just received his first payment 😊He is Very— Very excited!

CINCO DE MAYO

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

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

SPRING CLEANING

Freshen up musty carpets

Refresh your carpets between deep-cleanings by using a portable carpet cleaner with a rotating brush. To rid your carpet of odors, sprinkle baking soda or carpet deodorizer on your carpet. Using a soft brush, work the baking soda into your carpet and let it set for 15 to 30 minutes. Vacuum the baking soda off the carpet with a fresh bag or clean dirt cup.

If you notice unsightly stains on your carpet it's time for a deeper clean by an expert, or consider investing in an at-home carpet cleaner appliance to get the job done without having to call a cleaning service.

DONATION DROP OFF

The Hope Chest

All merchandise sold at the Hope Chest Thrift Stores is donated by generous community residents, retailers, and businesses. They accept most gently used items. Most donated items that are unable to be sold will be recycled. All donations are tax deductible, and they will provide a tax receipt of your contribution.

Donations are accepted at all Hope Chest store locations for your convenience Tuesday through Saturday from 10:00 a.m. to 4:00 p.m. Donations are not accepted on Sunday or Monday. 5 locations in Stanislaus County and 2 in San Joaquin County. Click here for [locations](#)

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 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.

