

NEWSLETTER

February 2025

WHAT'S HAPPENING IN OUR COMMUNITY CENTER?

DRAIL'S ADVOCACY AND COMMUNITY EDUCATION MEETING

FEBRUARY 26, 2024

10 AM- 11:30 AM

MOVE WILL BE PRESENTING. MOVE IS A NONPROFIT ORGANIZATION DEDICATED TO CONNECTING THE RESIDENTS OF STANISLAUS COUNTY WITH TRANSPORTATION OPTIONS TO ACCESS THE COMMUNITY.

PEER SUPPORT

Every Thursday on ZOOM! 🗓️

10:00am - 11:30am

HOW TO GET INVOLVED IN THE CALIFORNIA STATE BUDGET PROCESS

YOUR INPUT CAN HELP SHAPE HOW CALIFORNIA ALLOCATES ITS RESOURCES. HERE'S HOW YOU CAN MAKE AN IMPACT:

ATTEND BUDGET HEARINGS: PUBLIC MEETINGS HELD BY BUDGET COMMITTEES ARE A GREAT PLACE TO SHARE YOUR OPINIONS AND CONCERNS ABOUT SPENDING PRIORITIES. YOUR VOICE MATTERS!

CONTACT YOUR LEGISLATORS: REACH OUT TO YOUR STATE REPRESENTATIVES TO ADVOCATE FOR THE FUNDING AND PROGRAMS THAT ARE IMPORTANT TO YOU AND YOUR COMMUNITY.

JOIN ADVOCACY EFFORTS: COLLABORATE WITH ORGANIZATIONS THAT FOCUS ON ISSUES YOU CARE ABOUT, SUCH AS EDUCATION, HEALTHCARE, OR HOUSING. WORKING TOGETHER CAN AMPLIFY YOUR MESSAGE.

STAY INFORMED: KEEP TRACK OF UPDATES ON THE BUDGET PROCESS THROUGH THE GOVERNOR'S BUDGET WEBSITE OR RESOURCES FROM THE STATE LEGISLATURE. KNOWLEDGE IS POWER!

YOUR INVOLVEMENT CAN HELP ENSURE THE STATE BUDGET REFLECTS THE NEEDS OF YOUR COMMUNITY.

DON'T MISS THE OPPORTUNITY TO MAKE A DIFFERENCE!

[JOIN DRAIL'S CONSUMER ADVISORY COMMITTEE](#)

HOW THE CALIFORNIA STATE BUDGET WORKS

THE CALIFORNIA STATE BUDGET IS A YEARLY PLAN THAT DECIDES HOW PUBLIC FUNDS ARE SPENT ON ESSENTIAL SERVICES LIKE EDUCATION, HEALTHCARE, HOUSING, AND INFRASTRUCTURE.

HERE'S HOW THE PROCESS WORKS:

THE GOVERNOR CREATES THE BUDGET: EACH YEAR, THE GOVERNOR REVIEWS FUNDING REQUESTS FROM STATE AGENCIES AND DEVELOPS A PROPOSED BUDGET. THIS PLAN, WHICH OUTLINES EXPECTED INCOME AND EXPENSES FOR THE NEXT FISCAL YEAR, IS PRESENTED BY JANUARY 10.

LEGISLATORS REVIEW THE BUDGET: LAWMAKERS IN THE ASSEMBLY AND SENATE CAREFULLY EXAMINE THE GOVERNOR'S PROPOSAL. THEY HOLD PUBLIC HEARINGS TO GATHER INPUT AND MAY SUGGEST CHANGES TO REFLECT THE STATE'S PRIORITIES.

IN MAY, THE GOVERNOR SUBMITS AN UPDATED PLAN, CALLED THE "MAY REVISION," WHICH INCLUDES ADJUSTMENTS BASED ON NEW REVENUE PROJECTIONS.

FINAL APPROVAL: BY JUNE 15, BOTH HOUSES OF THE LEGISLATURE MUST AGREE ON A FINAL VERSION OF THE BUDGET. THE GOVERNOR THEN REVIEWS IT AND CAN APPROVE, VETO SPECIFIC ITEMS, OR SUGGEST FURTHER CHANGES.

THE FINAL BUDGET MUST BE SIGNED INTO LAW BY JULY 1, THE START OF THE NEW FISCAL YEAR.

CARRYING OUT THE PLAN: AFTER APPROVAL, STATE AGENCIES USE THE FUNDS TO DELIVER PROGRAMS AND SERVICES.

LAWMAKERS AND OVERSIGHT COMMITTEES MONITOR SPENDING TO ENSURE THE MONEY IS USED AS PLANNED.

FEBRUARY IS...

BLACK HISTORY MONTH

AMERICAN HEART MONTH

NATIONAL CANCER PREVENTION MONTH

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

DONATION & DROP-OFFS

HELPING OTHERS CAN INCREASE FEELINGS OF GRATITUDE AND PERSPECTIVE, ULTIMATELY BENEFITING YOUR OWN MENTAL AND EMOTIONAL HEALTH WHICH IS SELF-CARE! HERE IS A LIST OF SOME PLACES THAT ACCEPT YEAR ROUND DONATIONS!...

• HAVEN-
618 13TH STREET, MODESTO, CA, 95354
MAIN PHONE (209) 524-4331
MON.-FRI. 8:30AM-4:30PM

• MODESTO GOSPEL MISSION -
1400 YOSEMITE BLVD., MODESTO, CA 95354
MAIN PHONE (209) 529-8259

• SALVATION ARMY SHELTER -
320 9TH STREET, MODESTO, CA 95351
MAIN PHONE (209) 525-3750

LOVE YOURSELF THIS FEBRUARY!..

THE MONTH OF FEBRUARY FOCUSES ON LOVE AND WHO BETTER TO LOVE THAN OURSELVES!

HERE ARE SOME TIPS THAT WILL HELP YOU IMPROVE YOUR OVERALL WELL-BEING..

- PRACTICE SELF-COMPASSION, BE GENTLE AND FORGIVING WITH YOURSELF
- TREAT YOUR BODY WELL! EAT A BALANCED DIET AND STAY ACTIVE
- READ A BOOK ABOUT POSITIVE AFFIRMATIONS AND SELF LOVE TO EXPAND YOUR KNOWLEDGE AND TAKE CARE OF YOUR MIND

- LASTLY, SEEK SUPPORT WHEN NEEDED!.. 988 IS A SUICIDE PREVENTION LINE FOR PEOPLE WHO ARE FEELING OVERWHELMED, DEPRESSED, OR LIKE THEY MAY HARM THEMSELVES. REACHING OUT FOR HELP SHOWS SELF-LOVE BECAUSE YOU RECOGNIZE THAT YOU DESERVE A CHANCE TO HEAL AND TAKE CONTROL OF YOUR MENTAL HEALTH. SELF-LOVE IS ABOUT RECOGNIZING YOUR WORTH AND TAKING THE BEST CARE OF YOUR MIND AND BODY!

self love

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

8:00AM – 12:00PM

&

1:00PM – 5:00PM

1101 SYLVAN AVENUE, #C-105

MODESTO, CA 95350

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.

ARDC OF THE MOTHERLODE

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

Open your camera app and point it towards the QR code to be taken to the resource directory website.

Online Resource Directory

<https://adrcofthemothertode.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
ADRC of the MotherLode

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.



HEALTHY EATING

Easy, delicious bean salad!

Ingredients

- 3 (15oz) cans black beans or chickpeas, rinsed and drained
- 1/2 medium onion, finely chopped, about 3/4 cup
- 1 medium cucumber, finely chopped, about 2 cups
- 3 tablespoons drained capers
- 1/2 cup (60g) finely chopped fresh parsley
- 3/4 teaspoon dried oregano

For the Dressing...

- 1/4 cup (60ml) red wine vinegar
- 1/4 cup (60ml) extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 to 2 teaspoons honey or maple syrup, optional
- 3/4 teaspoon fine sea salt, plus more to taste
- 1/4 teaspoon fresh ground black pepper

Directions

- Add chopped onions to a small bowl and cover with cold water. Set aside for 5 minutes, drain, and then rinse.
- Next, in the bottom of a large bowl, whisk together the vinegar, olive oil, mustard, salt and pepper. Taste the dressing and then adjust with more salt/pepper. If the dressing tastes too abrasive, whisk in 1 to 2 teaspoons of honey or maple syrup to balance out the vinegar.
- Add the beans, drained onion, cucumber, parsley, capers and dried oregano. Toss well, cover and chill in the refrigerator at least 1 hour to allow the beans to marinate in the dressing.

