

NEWSLETTER

January 2025

WHAT'S HAPPENING IN OUR COMMUNITY CENTER?

WORKSHOPS

ALL WORKSHOPS WILL BE ASSIGNED ON TUESDAYS FROM 10AM-11:30AM AND WILL BE AVAILABLE HYBRID, UNLESS NOTED OTHERWISE.

January 21st

DIY Winter Wonderland Vase

[Click here to register](#)

January 28th -

Cooking Easy, healthy Chili

[Click here to register](#)

PEER SUPPORT

Every Thursday on ZOOM! 🇺🇸

10:00am - 11:30am

DRAIL OFFICES WILL BE CLOSED ON WEDNESDAY JANUARY 1st AND MONDAY JANUARY 20th!

ADVOCACY CORNER

HOW TO IDENTIFY WHO CREATED A LOCAL GOVERNMENT DOCUMENT AND REQUEST AN ACCOMMODATION

IF YOU NEED A DOCUMENT IN A DIFFERENT FORMAT, LIKE BRAILLE, IT'S IMPORTANT TO FIND OUT WHO CREATED IT. REQUESTING ACCOMMODATIONS IS YOUR RIGHT UNDER THE AMERICANS WITH DISABILITIES ACT (ADA) TO ENSURE YOU CAN ACCESS PUBLIC SERVICES AND PROGRAMS EQUALLY.

STEPS TO IDENTIFY THE DOCUMENT'S CREATOR

CHECK THE DOCUMENT:

LOOK FOR DEPARTMENT NAMES, CONTACT DETAILS, OR EMAILS IN THE HEADER OR FOOTER.

-CONTACT THE ISSUING OFFICE: CALL OR EMAIL THE DEPARTMENT OR OFFICE THAT GAVE YOU THE DOCUMENT AND ASK WHO IS RESPONSIBLE FOR CREATING IT.

-VISIT THE GOVERNMENT WEBSITE: MANY GOVERNMENT WEBSITES HAVE DOCUMENTS ONLINE WITH DETAILS ABOUT WHERE THEY CAME FROM.

-REACH OUT TO THE ADA COORDINATOR: EVERY CITY OR COUNTY HAS AN ADA COORDINATOR WHO CAN HELP IDENTIFY THE RIGHT CONTACT AND ASSIST WITH YOUR REQUEST.

HOW TO REQUEST AN ACCOMMODATION ONCE YOU KNOW WHO CREATED THE DOCUMENT, HERE'S HOW TO REQUEST YOUR ACCOMMODATION:

-CONTACT THE CREATOR: USE THE CONTACT INFORMATION TO REACH OUT TO THE PERSON OR DEPARTMENT.

EXPLAIN WHAT YOU NEED: SAY WHAT KIND OF ACCOMMODATION YOU NEED (E.G., BRAILLE, LARGE PRINT) AND WHY IT'S NECESSARY.

-BE CLEAR AND INCLUDE DETAILS: SHARE YOUR CONTACT INFO, THE NAME OF THE DOCUMENT, AND ANY DEADLINES IF THE DOCUMENT IS TIME-SENSITIVE.

EXAMPLES OF LOCAL GOVERNMENTS-

CITY, COUNTY, OR STATE DEPARTMENTS: THESE INCLUDE LOCAL OFFICES OR SERVICES SUCH AS PUBLIC MEETINGS, VOTING LOCATIONS, PUBLIC TRANSIT, AND ACCESS TO GOVERNMENT BUILDINGS.

JANUARY IS...

NATIONAL BRAILLE LITERACY MONTH

GLUACOMA AWARENESS MONTH

CTE AWARENESS MONTH

BIRTH DEFECTS PREVENTION MONTH

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

SUCCESS STORIES

SERVICE PROVIDERS FIRST CONSUMER --WAS APPROVED FOR SSI BENEFITS AFTER ALMOST 2 YEARS OF APPEALS/ DENIALS. CONSUMER SUFFERS FROM CONGESTIVE HEART FAILURE AND HAS MANY RESPIRATORY ISSUES. CONSUMER WAS NOT ABLE TO GO BACK TO WORK DUE TO PRIMARY CARE DOCTOR INDICATING CONSUMER NEEDED HEART SURGERY IN WHICH CONSUMER HAD DURING THE WAITING TIME FOR SS BENEFITS. CONSUMER CALLED ADVOCATE WITH GREAT NEWS INDICATING THEY RECEIVED OVER 30,000 DOLLARS IN BACK PAY AND WAS SO THANKFUL FOR ALL THE ADVOCATES WORK AND CONSTANT FOLLOW-UPS ON THEIR CASE.

CLEANING TIPS

January is the perfect time to start on a clean slate! Here are some tips to tidy up your home after the busy Holiday season...

- Start by sorting through your holiday decorations and store them neatly.
- Next, you can sort through and organize any gifts or holiday cards you may have gotten!
- Lets not forget to tidy up our kitchen! Start by cleaning out the refrigerator by tossing out expired food and wiping down shelves.
- Lastly, after having guests over for the Holidays, our floors may need a little attention. Now is the perfect time to vacuum and mop floors to make your home feel cleaner!
- Enjoy your clean, fresh home to start out the New Year!

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.

NEW YEAR NEW ME

PERSONAL GROWTH TIPS: BUILDING POSITIVITY ONE SMALL STEP AT A TIME LIFE'S STORMS CAN FEEL OVERWHELMING, BUT EVEN SMALL HABITS CAN NURTURE A POSITIVE MINDSET. THIS GUIDE SUGGESTS SIMPLE, MONTHLY STEPS TO HELP YOU FOCUS ON GRATITUDE, SELF-COMPASSION, AND MINDFULNESS THROUGHOUT THE YEAR. EACH HABIT BUILDS ON THE PREVIOUS ONES, CREATING A FOUNDATION FOR LONG-LASTING PERSONAL GROWTH.

JANUARY: START A GRATITUDE JOURNAL WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR EACH DAY. THEY CAN BE AS SIMPLE AS A KIND WORD, A SUNNY MORNING, OR FINISHING A TASK. REFLECT ON YOUR ENTRIES WEEKLY TO SEE THE POSITIVE PATTERNS IN YOUR LIFE.

FEBRUARY: PRACTICE DAILY AFFIRMATIONS BEGIN EACH DAY BY SAYING ONE POSITIVE AFFIRMATION ABOUT YOURSELF OR YOUR LIFE. EXAMPLES: "I AM CAPABLE OF OVERCOMING CHALLENGES." "I DESERVE PEACE AND HAPPINESS." PLACE THESE AFFIRMATIONS WHERE YOU'LL SEE THEM, LIKE ON YOUR MIRROR OR FRIDGE.

MARCH: TAKE A MINDFUL MINUTE SET ASIDE ONE MINUTE A DAY TO FOCUS ON YOUR BREATH. INHALE DEEPLY FOR FOUR COUNTS, HOLD FOR FOUR, EXHALE FOR FOUR. THIS SMALL PRACTICE HELPS REDUCE STRESS AND RECENTER YOUR MIND.

APRIL: LIMIT NEGATIVE INFLUENCES IDENTIFY ONE THING IN YOUR ENVIRONMENT THAT BRINGS NEGATIVITY (E.G., TOO MUCH NEWS, CERTAIN SOCIAL MEDIA ACCOUNTS). REPLACE IT WITH SOMETHING POSITIVE, LIKE UPLIFTING PODCASTS OR SPENDING MORE TIME WITH SUPPORTIVE FRIENDS.

MAY: CELEBRATE SMALL WINS EACH DAY, WRITE ONE SMALL ACCOMPLISHMENT. WHETHER IT'S GETTING OUT OF BED ON A TOUGH DAY OR COMPLETING A SMALL CHORE, GIVE YOURSELF CREDIT FOR PROGRESS.

JUNE: PRACTICE KINDNESS DO ONE KIND THING FOR SOMEONE EACH WEEK—WRITE A THANK-YOU NOTE, HELP A NEIGHBOR, OR COMPLIMENT A FRIEND. ACTS OF KINDNESS CAN LIFT YOUR SPIRITS AS MUCH AS THE RECIPIENT

JULY: CREATE A JOY LIST MAKE A LIST OF ACTIVITIES OR THINGS THAT BRING YOU HAPPINESS, NO MATTER HOW SMALL (E.G., LISTENING TO MUSIC, ENJOYING A FAVORITE MEAL). SCHEDULE ONE OF THESE ACTIVITIES WEEKLY.

AUGUST: BUILD A POSITIVE MORNING ROUTINE START THE DAY WITH ONE UPLIFTING HABIT: STRETCH FOR 5 MINUTES.

READ A MOTIVATIONAL QUOTE.

AVOID CHECKING YOUR PHONE FIRST THING IN THE MORNING.

SEPTEMBER: EMBRACE SELF-COMPASSION WHEN YOU FACE SETBACKS, TALK TO YOURSELF AS YOU WOULD A DEAR FRIEND. REMIND YOURSELF: "IT'S OKAY TO STRUGGLE. I'M DOING MY BEST."

OCTOBER: REFLECT ON YOUR STRENGTHS EACH WEEK, WRITE ABOUT A CHALLENGE YOU'VE OVERCOME IN THE PAST. REFLECT ON THE STRENGTHS YOU USED AND HOW THEY CAN HELP IN FUTURE STORMS.

NOVEMBER: PAUSE FOR GRATITUDE DURING STORMS WHEN FACED WITH A TOUGH MOMENT, PAUSE AND NAME ONE THING THAT'S STILL GOING RIGHT. THIS HABIT TRAINS YOUR BRAIN TO FOCUS ON THE POSITIVES EVEN IN DIFFICULT TIMES.

DECEMBER: PLAN FOR REST AND REJUVENATION SCHEDULE REGULAR MOMENTS FOR SELF-CARE, SUCH AS A RELAXING BATH, A WALK IN NATURE, OR QUIET READING TIME.

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PRIORITIZE REST AS A KEY COMPONENT OF POSITIVITY. FINAL THOUGHTS: SMALL STEPS, BIG IMPACT LIFE'S STORMS MAY FEEL UNRELENTING, BUT THESE SMALL HABITS CAN HELP YOU FIND MOMENTS OF PEACE, GRATITUDE, AND GROWTH.

REMEMBER, IT'S OKAY TO TAKE ONE STEP AT A TIME—EACH STEP BRINGS YOU CLOSER TO A BRIGHTER, MORE POSITIVE MINDSET.

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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://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.

DONATION & DROP-OFFS

HOPE CHEST THRIFT STORES

1791 MITCHELL ROAD
CERES CA 95307
209-538-5930

1241 MCHENRY AVENUE
MODESTO CA 95380
209-574-9475

4143 MCHENRY AVENUE
MODESTO CA 95356
209-529-3078

870 N. YOSEMITE BLVD.
OAKDALE CA 95361
209-848-0844

2745 GEER ROAD
TURLOCK CA 95382
209-410-7071

AMERICAN CANCER SOCIETY
3440 MCHENRY AVENUE, D12
MODESTO CA 95350

THE SALVATION ARMY
625 I STREET
MODESTO CA 95354
209-522-3209

4418 MCHENRY AVENUE
MODESTO CA 95356
209-232-6124

HEALTHY EATING

Quick beef stir-fry

Ingredients

- 2 tablespoons vegetable oil
- 1 lb. beef sirloin, cut into 2 in. strips
- 1 1/2 cups broccoli florets
- 1 red bell pepper, cut into strips
- 2 carrots, thinly sliced
- 1 green onion, chopped
- 1 teaspoon minced garlic
- 2 tablespoon soy sauce
- 2 tablespoons sesame seeds, toasted

Directions

- Gather all ingredients.
- Heat vegetable oil in a large wok or skillet over medium-high heat; cook and stir beef until browned, 3 to 4 minutes.
- Move beef to the side of the wok and add broccoli, bell pepper, carrots, green onion, and garlic to the center of the wok. Cook and stir vegetables for about 2 minutes.
- Stir beef into vegetables and season with soy sauce and sesame seeds. Continue to cook and stir until vegetables are tender, about 2 more minutes.
- Serve hot with rice or your side of choice and enjoy!