“Our mission is simple. The Community Foundation of Abilene empowers people to make a lasting charitable impact on our community. That is why we exist.”

Disability in Action is so grateful to call the Community Foundation of Abilene a partner in our goal to help people with disabilities move toward their finish line. DIA has received $55,000 in Donor Advised Funds since 2018. This financial support has been instrumental in the continuation of our Transportation Works Program (TW). TW has given individuals with disabilities the choices they deserve in their ability to travel, when and where they please, in our 6 county area.

Even with the pandemic, our bus continues to provide transportation to those who might not otherwise have the ability to access their basic travel needs.

WE RESPOND TO COMMUNITY NEEDS.

“We do this in a number of ways. Our unrestricted funds give us the flexibility to support the changing needs in our community. Our donor-advised fundholders can also respond to emerging needs by recommending grants from their funds as needs arise.”

A very special “Thank you”
For the donation of $5,000.00 from the Lynn Beckham-Marderosian Donor Advised Fund at the Community Foundation

CFA board member Ian Nickerson and Disability in Action Consumer Patricia Waddell riding the DIA bus.
Disability in Action Independent Living Classes have gone Virtual!

Our doors are now open to consumers by appointment, but for the safety of everyone, our classes will be held virtually on Zoom!

If internet access is a barrier for you, please call us. We will make arrangements for you to be in the Center for the class, with Covid precautions.

Join any of our classes online. A person does not have to be a consumer to attend. Classes are open to anyone who is interested.

ZOOM ACCESS CODE: 564-227-1178 PHONE 1-346-248-7799

Go to www.disabilityinaction.org and click on “Calendar “and then “Events” in the drop down menu to see our class line up.

⇒ No need to create a Zoom account! Use the code above and enter the virtual classroom as a guest.

NEED ASSISTANCE TO ACCESS THE ONLINE CLASSROOM?
CALL US! (325) 672-5460 OR TOLL FREE 1 (888) 672-5460
Please visit our Hygiene Closet

Provided By:

If you or someone you know needs hygiene items but cannot afford them..
Call us at (325) 672-5460 to schedule an appointment.
Multiple Sclerosis (MS)

Multiple Sclerosis (MS) is a potentially disabling disease of the brain and spinal cord (central nervous system). In MS, the immune system attacks the protective sheath (myelin) that covers nerve fibers and causes communication problems between the brain and the rest of the body.

Symptoms often affect movement, such as:
- Numbness or weakness in one or more limbs that typically occurs on one side of your body at a time, or your legs and trunk
- Electric-shock sensations that occur with certain neck movements, especially bending the neck forward (Lhermitte sign)
- Tremor, lack of coordination or unsteady gait

Vision problems are also common, including:
- Partial or complete loss of vision, usually in one eye at a time, often with pain during eye movement
- Prolonged double vision
- Blurry vision

There is no cure for multiple sclerosis.

Treatment typically focuses on speeding recovery from attacks, slowing the progression of the disease and managing MS symptoms. Some people have such mild symptoms that no treatment is necessary.

Treatments for MS attacks

Corticosteroids, such as oral prednisone and intravenous methylprednisolone, are prescribed to reduce nerve inflammation.

Plasma exchange (plasmapheresis). The liquid portion of part of your blood (plasma) is removed and separated from your blood cells. The blood cells are then mixed with a protein solution (albumin) and put back into your body. Plasma exchange may be used if your symptoms are new, severe and haven't responded to steroids.

*Information courtesy of Mayo Clinic and the Lupus Foundation of America.

Lupus

Lupus is a chronic (long-term) disease that can cause inflammation and pain in any part of your body. It's an autoimmune disease, which means that the immune system — the body system that usually fights infections — attacks healthy tissue instead.

Lupus most commonly affects:
- Skin
- Joints
- Internal organs
- Kidneys
- Heart

While there’s no cure for lupus right now, having the right treatment plan can help:
- Control the symptoms — like joint pain, swelling, and feeling tired
- Keep the immune system (the part of the body that fights off bacteria and viruses) from attacking the body

Protect the organs from damage

What medicines can treat lupus?

Because lupus can cause a lot of different symptoms, there are many different kinds of medicines that can treat it. A doctor will need to prescribe some of them — others are available over the counter. The most common medicines used to treat lupus include:

- Anticoagulants to help prevent blood clots
- Anti-inflammatories
- Antimalarials to protect skin from rashes and UV light
- Biologics to help the immune system work correctly
- Immunosuppressives to help keep the immune system from attacking your body
- Steroids to help with inflammation
SHARP is a youth program created to reach individuals that are about to or currently transitioning from high school into either college or the work force. We are equipped to assist “at-risk” youth in matching them with a group of peers who have similar challenges and interests to create a support group for this stage of life.

SHARP is designed to partner with parents, teachers, school districts and the local community to prevent issues our youth with disabilities face during their high school and college years. All activities are now Covid compliant.

We will specifically work to prevent the following:

- High School Drop Out
- Homelessness/Poverty
- Depression

By Providing:

- Physical Activity within peer groups
- Recreational Activities within peer groups
- Nutritional guidance/Eating together

Please contact Disability in Action and ask for Lora Cottle for more information.

(325) 672-5460
Slow Cooker Taco Soup with Ranch Seasoning

- 1 lb. ground beef
- 1 (1.25 oz) package of Taco seasoning mix
- 1 (1 oz.) package dry Ranch dressing mix
- 1 (14.5 oz.) Canned diced tomato and green chilies, undrained
- 1 (15.5 oz.) Can Corn undrained
- 1 (15.5 oz.) Black Beans, undrained
- 1 (15 oz.) can sliced Black olives
- 1 onion diced
- 1 green bell pepper diced
- 1 cup of tomato juice

**DIRECTIONS**
Heat a large skillet over medium-high heat; cook and stir beef until crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Transfer beef to a slow cooker and sprinkle with the taco seasoning mix and ranch dressing mix.

Add the diced tomatoes and green chilies, corn, and black beans, all with their liquid, to the slow cooker. Stir the black olives, onion, bell pepper, and tomato juice into the ground beef mixture. Cook on Low until the vegetables are completely tender, about 5 hours.
Are you a person with a physical disability who wants to know more about living independently?

Check out the new Virtual Independent Living Services program (VILS) Funded by the Statewide Independent Living Counsel (SILC)

VILS Classes that are now available LIVE STREAMED on Facebook or watch them on You Tube

*What can Texas Workforce Commission do for you?*

*Legitimate work from home jobs*

*Assistive Technology: Learn about the newest gear!*

*What is an ABLE Account? How to save money even if you are on SSI*

GO TO: Texas Disability Connections on You Tube

Upcoming Classes

- Relationships and Disability
- Medicaid Waiver Programs
- More? Make suggestions!
This publication is supported by funding through HHSC. Opinions expressed in this newsletter do not necessarily represent those of Disability in Action funding sources.

Contact Us!
317 N. Willis St.
Abilene, Texas 79603
(325) 672-5460
Fax (325) 672-2903
Toll Free 1-888-672-5460
www.disabilityinaction.org

Hours of Operation: Monday—Thursday 8:00 am to 6:30 pm-By Appointment Only
Accessible entrances at the front and the back of the building