



Peer Assistance Leadership– The P.A.L. Program

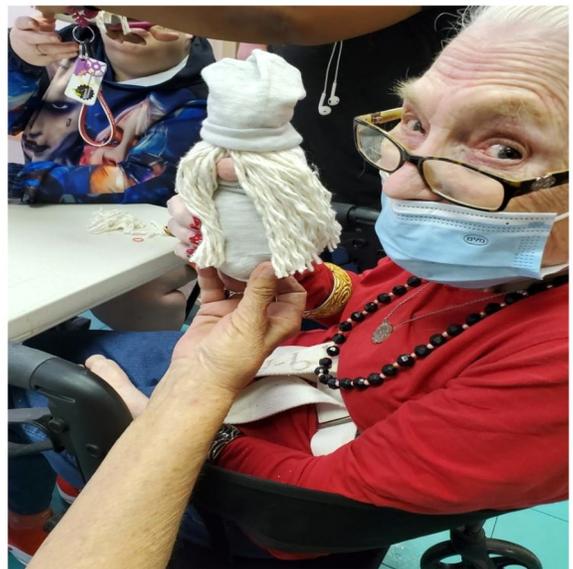
Funded by the Statewide Independent Living Council (SILC) and the Texas Commission on Developmental Disabilities (TCDD) our agency is proud to begin our 4th year in teaching independence to people with IDD. The PAL program shows individuals over the age 16 how to be their own advocate through classroom training and fun activities. Our PAL peer support specialists graduate from the program to teach their peers how to be leaders and get paid through the whole process! PAL is focused on those who live in intermediate care facilities and nursing homes. DIA believes that people should know everything they can about their rights and choices, no matter where they live.

Are you or someone you know interested in learning more about PAL?

Contact our lead PAL specialist

Wyester Sincere

(325) 672-5460



DIA Celebrates the American's with Disabilities Act



Hot Dogs! Watermelon and Cold Drinks!

Staff, Consumers and the Community gathered on July 1st to commemorate the signing of the ADA. This legislation changed the lives of people with disabilities. It meant that people with disabilities would be afforded the same rights and privileges as people without disabilities. DIA is grateful for the ADA and all the people who attended. We are also grateful for the awesome opportunity to serve them every day.



Please visit our Hygiene Closet

Provided By:



If you or someone you know needs
Free hygiene items, smoke alarms,
cleaning supplies or Covid safety gear
(PPE)

Call us at (325) 672-5460





Changing Lives...Partners in Success

Disability in Action is very proud to partner with the Health and Human Services Commission (HHSC) to provide services and equipment that allow people with disabilities to remain independent! The Independent Living Services Program (ILSP) continues to change lives through a partnership with HHSC and more importantly through our partnerships with the people we serve!

- A 40-year-old male contacted Disability in Action regarding vehicle modifications. His current vehicle was on its last leg, and he was requesting help to continue his independence in the community. Disability in Action was able to help him achieve his goals of independence by purchasing the vehicle modifications. Since the completion of the modifications, he states he is able to be independent again, and does not fear his vehicle breaking down at any minute. He is able to transport himself in the community and participate in leisure activities that he chooses. Our consumer commented that he is beyond thankful for the help he has received from DiA.
- A 37-year-old female who was referred to DiA through Outreach. At the time of her contacting DiA, she had recently lost her arm in a car accident. She immediately started physical therapy to help her body heal and prepare for a prosthetic. With little funds, and no insurance at the time, she was very depressed. She was unsure of how her new life would be. Once she was able to start the fitting for a prosthetic, the orthopedic surgeon recommended for her to start the full process. Our consumer happily received her prosthetic and says it is completely strange the technology that she can utilize with her arm, and although it is still a learning process, she is learning to grip things again. She is beyond excited and states she has confidence again to live life.
- A 77-year-old female who came to DiA requesting help with a ramp. Since having her ramp installed, she is able to be very independent. She states she is very pleased with her ramp and feels the ramp is secure. She can literally walk straight out of her house and be on the ramp. She has zero steps! She feels more independent and is very thankful. The addition of the ramp has allowed her to access her community more and is more involved in the things she enjoys. She states if it had not been for DiA, she would not have the independence she has now.

Want to be one of our newest success stories?

Let Disability in Action help you obtain the ramp, wheelchair, prosthetic, or other DME product to help you gain, regain, or maintain your independence. With a 27-county radius in the state of Texas, DiA and the ILS program helps consumers with permanent and significant disabilities obtain various products to do just that! In order to qualify, you must provide documentation from a medical professional stating your significant disability. Our easy 4 step process, gets you started in our program. Unsure if you qualify? Questions about eligibility? Curious if the device or equipment you are needing is covered? Contact your local DiA office for further information.

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Find the Support You've been looking for.....



Texas Disability Connection now has over 300 members. They are actively sharing information, resources, strength and hope.

Friends, family and individuals with disabilities are all welcome to join.

Help each other.



Find Texas Disability Connection on Facebook —ask to join!

“We Rise by Lifting Others”

Guided Instruction in our Computer Lab

Need more help learning to use a computer?

We've got you covered!

DIA is now providing scheduled tutoring....no matter your skill level.

Monday-Wednesday

3-5 pm

Call the Center for more information

(325) 672-5460

Excludes Holidays when the Center is closed

Crock Pot Recipe

Crock Pot Crack Chicken courtesy of The Country Cook

- 1/2 lb Bacon, cooked
- 1 1/2 lbs of boneless, skinless chicken breast
- 1/2 cup of green onions
- 1/2 cup of chicken broth
- 1 -1 oz. package of Ranch seasoning mix
- 1 1/2 cups of shredded cheddar cheese
- 1—8 oz. cream cheese



Instructions

Grease the crock pot. Lay the chicken breasts in the bottom and cover with the chicken broth and sprinkle on the ranch seasoning

Place the lid on top and cook for 2 hours on high or 4-5 hours on low. Don't take the lid off during cooking time

After it cooks, use two forks and shred the chicken then add the softened cream cheese and stir until combined and cheese is well blended

Next add half of the shredded cheese, half of the bacon and half of the green onions then stir to combine. Now add the rest of the bacon and shredded cheese on top.

Put the lid back on and cook for another 5-10 minutes, long enough to melt the cheese then add the rest of the green onions on top.

Can be served on slider buns, hamburger buns, over rice or on crackers.

All things are difficult
before they are easy.

Thomas Fuller

quotesfancy

Michele Fredrica Nall

August 7, 1961— April 6, 2021



Its with great sadness that we say goodbye to our friend and mentor, Michele Nall. Michele taught everyone the importance of respecting the rights of those who are blind and also honoring people with diabetes.

Michele worked for DIA from 2010 to 2017. Over those years, she helped so many people from so many walks of life and with a wide variety of disabilities. More than once, someone told her "If you can do it as a person with blindness, then I know I can do what need to do". She inspired so many around her. Michele's laugh was contagious.

Michele was instrumental in making the Center what it is today. She was involved in her church and was also a very active member of the National Federation for the Blind.

She will be missed but her spirit lives on.



Find us on Facebook!
Disability in Action, Inc.



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Hours of Operation: Monday—Thursday 8:00 am to 6:30 pm-In person and by Zoom
Accessible entrances at the front and the back of the building