



Bi-annual Newsletter August 2024

## VDC: Veteran Directed Care Program Comes to DIA



Over the last 10 years, advocates for people with disabilities have been successful in sharing the philosophy that people are healthier and happier when they are cared for in smaller environments and also in their own homes. The research and the studies on this subject definitely support this perspective across all populations of people with varying disabilities. Although this endeavor seemed impossible, it's a movement that has gained momentum. In 2008, ACL (Administration for Community Living) created a partnership with the Veterans Health Association called the Veteran Directed Care Program or VDC.

Disability in Action is proud to announce that we have begun serving our Veterans through VDC. This self-directed, person-centered initiative assists those who are at risk of institutionalization. The Veteran manages their care and those who care for them. They decide what will best meet their needs with a mix of goods and services.

For more information about this and many other Veteran's programs and services visit :

[No Wrong Door \(acl.gov\)](http://acl.gov)

# Millions Headed To States To Support Disability Housing

Article Courtesy of Sean Heasley –Disability Scoop

Federal officials are sending millions of dollars to states in an effort to provide better housing options for people with disabilities.

The U.S. Department of Housing and Urban Development said this month that 18 states will share in \$138.5 million in grants made available through the Section 811 Project Rental Assistance for Persons with Disabilities program.

“Under the Biden-Harris administration, we are committed to removing barriers to housing and ensuring that everyone has access to an accessible, quality and affordable home that meets their needs,” said Adrienne Todman, the housing agency’s acting secretary. “Today’s awards will support Americans with disabilities by both creating affordable housing and expanding crucial support services.”

Housing agencies in each of the selected states will receive between \$4 million and \$8 million to help people with disabilities access affordable homes within existing, new or renovated multifamily developments, officials said. The funding will allow states to develop strategies to identify and refer individuals to housing options and provide them rental assistance.

The state agencies will also be expected to work with Medicaid or health and human services agencies to connect people with disabilities to community-based supports and services that they can rely on for the long term, according to HUD.

“Adults with disabilities often face significant barriers in securing a safe and stable place to live,” said Julia Gordon, assistant secretary for housing and the federal housing commissioner. “These awards create opportunities for more housing that’s available, accessible and inclusive.”

The grants are going to housing agencies in California, Ohio, Wisconsin, Massachusetts, Connecticut, New Hampshire, Pennsylvania, North Carolina, Indiana, Nebraska, Kansas, **Texas**, Minnesota, Washington, Michigan, Kentucky, Utah and Oregon. They are expected to support more than 3,000 housing units.

**Disability in Action** is your local agency to certify people with disabilities for Abilene Housing Authority.





**TEXAS**  
Health and Human  
Services

Serving 27 Counties in North and West Central Texas

## Independent Living Services

- Wheelchairs
- Ramps
- Grab Bars
- Lift Chairs
- Vehicle Modifications
- Mobility Training
- Orthotics
- Communication Devices
- Hearing Aids
- Rehabilitation Technology
- Prosthetics
- Mobility Aids

If you:

\*Are a resident of Texas

\*Are living in the community

\*Need assistance to improve your independence in your home and community

### Disability in Action-Two Locations

317 N. Willis St.

Abilene, Texas 79603

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Wichita Falls, Texas 76308

(940) 264-4007

**Disability**  
*in Action*

# Beware of Scams

## The Latest News

### Article is Courtesy of the Better Business Bureau

#### Utility Scams

Utility company impostors will typically contact customers with a phone call, text, or knock on the door, claiming to be a representative from the local water, electric, or gas company. In the most common scenario, they will claim payment is overdue and the utility will shut off within the hour if the bill is not paid immediately.

Scammers use a variety of other tricks to prey on utility customers. A “representative” may appear at the door in a plausible work uniform claiming that the electric meter is not working properly and must be immediately replaced— at the homeowner’s expense. In another form of this con, the scammer may gain access inside the home to perform “repairs” or an “energy audit” with the intent of stealing valuables or coming across personally identifiable information that just happens to be out in plain sight. These cons may also involve promises of energy discounts with the intent of taking money, personal information, or possibly the account details needed to switch the resident to another utility provider without consent (an illegal practice known as “slamming”).

One person shared their experience with a utility scam on BBB Scam Tracker: "The caller pretended to be a [company name redacted] customer service rep, telling me my electric is being shut off within 1 hour if I don't go to [company name redacted] to send them 232 dollars immediately." Another consumer reported, "...Lady claimed to be from [company name redacted] and told us our power would be shut off in 45 minutes and we were to call the billing department. [My] husband called the number and they asked for a credit card. He didn't feel right about it and called [company name redacted] and they said it was a scam."

#### Tips to spot this scam

**Prepaid debit cards and wire transfers are a red flag.** If a caller specifically asks for payment by prepaid debit card, gift card, a digital wallet app, or wire transfer, this is a huge warning sign. Legitimate utility companies will often accept a check or credit card.

**Pressure to pay immediately.** Utility scammers will press for immediate payment, typically within a short time frame under an hour, and may try high-pressure tactics to intimidate consumers into giving them personal and banking information.

#### Protect yourself against this scam

**Call customer service.** If you feel pressured for immediate action by an unknown caller, hang up the phone and call the customer service number listed on your actual utility bill. If the scammer provided you with a utility bill, it could be fake, so be sure to go back to a previous, real utility bill and confirm that the phone number you will be calling is correct. This will ensure you are speaking to a real representative from your utility company. Never give your personal or banking information to an unverified or unsolicited caller.

**Never allow anyone into your home unless you have scheduled an appointment or reported a problem.** It is rare that a legitimate utility company will show up unannounced and demand entry into your home. Also, ask utility employees for proper identification before letting them enter.

# The More you know

## Shingles

### What is Shingles?

Shingles is a viral infection that causes a painful rash. Shingles can occur anywhere on your body. It typically looks like a single stripe of blisters that wraps around the left side or the right side of your torso.

Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus stays in your body for the rest of your life. Years later, the virus may reactivate as shingles.

Shingles isn't life-threatening. But it can be very painful. Vaccines can help lower the risk of shingles. Early treatment may shorten a shingles infection and lessen the chance of complications. The most common complication is postherpetic neuralgia. This is a painful condition that causes shingles pain for a long time after your blisters have cleared.

### What are the symptoms?

Shingles symptoms usually affect only a small section on one side of your body. These symptoms may include:

- Pain, burning or tingling
- Sensitivity to touch
- A red rash that begins a few days after the pain
- Fluid-filled blisters that break open and crust over
- Itching

Some people also experience:

- Fever
- Headache
- Sensitivity to light
- Fatigue

### When to see a doctor

- The pain and rash occur near an eye. If left untreated, this infection may lead to permanent eye damage.
- You're 50 or older. Age increases your risk of complications.
- You or someone in your family has a weakened immune system. This may be due to cancer, medications or chronic illness. The rash is widespread and painful.

**\*Talk to your doctor about the vaccine to avoid your risk, if you have had the chicken pox.**



## Copper Penny Salad

- 1/2 cup condensed tomato soup
- 1/2 cup vegetable oil
- 1/2 cup apple cider vinegar
- 1/2 teaspoon black pepper
- 1 teaspoon celery seed
- 1/2 teaspoon dry mustard
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1/4 cup granulated sugar
- 1 pound of carrots peeled and cut in coins
- 1/2 green bell pepper
- 3 scallions chopped

Combine and chill overnight to marinate

## Grandma's Kitchen

Tried and True Recipe. Enjoy!



**Don't Forget!  
We will be  
CLOSED**

**December 23rd, 2024**

**At Noon**

**Until**

**January 2nd, 2025**

**When we will re-open at  
8:00 am**

**Happy Holidays!**



**Why did the bike fall over?**



**It was two-tired**



**Happy Fall  
Yall!**



Texas Disability Connection now has over 500 members

This Facebook page has become a reliable resource for people with disabilities.

Please visit this private group and ask us to join!

Find Texas Disability Connection on Facebook —ask to join!



### Courtesy of Superior Health Plan

#### Hygiene items

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

to schedule an appointment

Households are allowed to get items every six weeks



Find us on Facebook!  
Disability in Action, Inc.



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