

Don't Forget we've moved
3385 N. 3rd St Suite 15
Abilene, Texas 79603

August 2025 Bi-Annual Newsletter



Global Guest Soars into Abilene



Disability in Action opens door to the Air Show Experience

Over the Easter weekend this year, DIA had the opportunity to serve someone from Japan, by providing the transportation he and his attendant needed to get to the airshow.

Nobuaki Takahashi visits as many military airshows that he can, all across the U.S. He and his attendant flew to Abilene, just for our airshow!

Mr. Takahashi indicated that if it hadn't been for Disability in Action, he would not have been able to attend the airshow, one of his greatest passions.

Working with our partners City Link, CARR and Double Mountain coach, DIA continues to fill transportation gaps for people with disabilities.

Our service is now funded again by the **Community Foundation of Abilene.**

If you would like to request assistance, please call (325) 672-5460 Amy Garcia

We all make choices every day.

What if you couldn't?

What if that power was never given to you?



People with disabilities face this challenge.

Make a difference in your life or the life of someone you love.

We need YOU!!!! All are welcome
Become an Officer or Board Member



Contact: leah.beltran@disabilityinaction.org

Or call Leah Beltran at (325) 672-5460



Serving 27 Counties in North and West Central Texas

Independent Living Services

- **Ramps**
 - **Door Widening**
 - **Wheelchairs**
 - **Mobility Training**
 - **Grab Bars**
 - **Vehicle Modifications**
 - **And much more!**
- **Orthotics**
 - **Communication Devices**
 - **Hearing Aids**
 - **Rehabilitation Technology**
 - **Prosthetics**
 - **Mobility Aids**
 - **Power Scooters**

If you...

- **Are a resident of Texas**
- **Are living in the community**
- **Need assistance to improve your independence in your home and your community**

Disability in Action

3385 N. 3rd St. Suite 15

Abilene, Texas

79603

(325) 672-5460

Carole Cosby-Independent Living Specialist II

American's with Disabilities Act Celebration 2025



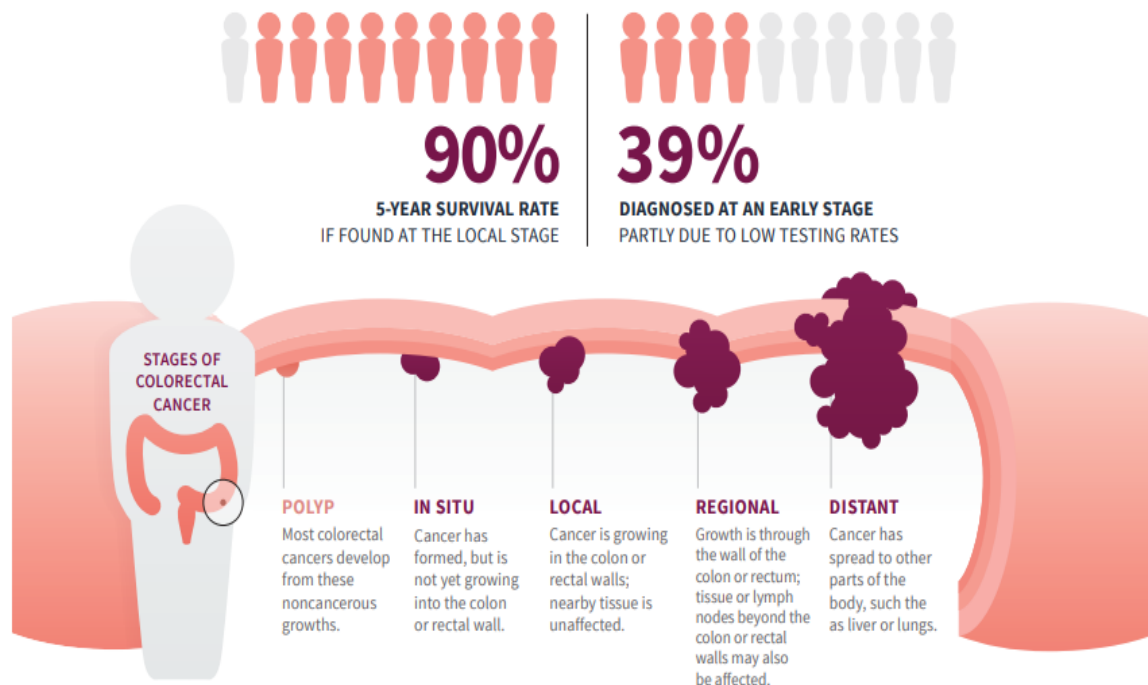
Thank You **Superior Health** for Sponsorship of our
American's with Disabilities Act Celebration! 2025

The Silent Threat of Colon Cancer-Take Action Today

COLORECTAL CANCER: CATCHING IT EARLY

American Cancer Society // Infographics // 2018

Colorectal cancer is the third most commonly diagnosed cancer in both men and women in the US. Routine testing can help prevent colorectal cancer or find it at an early stage, when it's smaller and easier to treat. If it's found early, the 5-year survival rate is 90%. Many more lives could be saved by understanding colorectal cancer risks, increasing screening rates, and making lifestyle changes.



Colon cancer is extremely prevalent in the U.S. – 1 in 20 Americans will be diagnosed with colon cancer in their lifetimes. According to research, colorectal cancer is the second most common cause of cancer death in the country. Colon cancer is often diagnosed at a very late stage due to the lack of symptoms – which is why it's often referred to as a “silent killer”.

It is important for you to know that there ARE things you can do to reduce your risk and ensure early detection of serious colorectal issues like colon cancer. While there are many factors that can contribute to your risk of colon cancer, there are some factors that are within your control. For example, being obese or overweight along with a lack of physical activity has a strong correlation with colon cancer. According to American Cancer Society, long-term smokers have a 30-50% greater risk of developing colon cancer compared to non-smokers. Heavy alcohol use is also linked to development of colon cancer. It is also recommended to eat less red meat and processed meats, which have been linked with an increased risk of colorectal cancer.

Of course, there are certain risk factors that are uncontrollable, like having the gene associated with colon cancer, having a family history of the disease, age, race or ethnic background, and certain conditions like ulcerative colitis or Crohn's disease. This is why screening colonoscopies are recommended at age 50 (45 for African-Americans) or earlier depending on your health history or risk factors. Your primary care physician can advise you on when you should start getting screened. However, about 30% of insured Americans never get a colonoscopy in their lifetimes, despite the fact that the test is typically covered by insurance. Courtesy Mount Sinai Hospital

Garlic Parmesan Chicken and Potatoes

- 4 boneless, skinless chicken breasts
- 1.5 pounds baby potatoes, halved
- 1 cup chicken broth
- 1/2 cup grated parmesan cheese
- 4 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon red pepper flakes (optional)
- 2 tablespoons olive oil
- Fresh parsley for garnish (optional)

**Crockpot
Corner**

1. **Prepare the Ingredients:** Begin by washing the baby potatoes and halving them. Mince the garlic cloves and set aside.
2. **Season the Chicken:** Rub the chicken breasts with olive oil, Italian seasoning, salt, black pepper, and red pepper flakes (if using) until evenly coated.
3. **Place Ingredients in Crockpot:** Layer the halved potatoes in the bottom of the crockpot. Place the seasoned chicken breasts on top.
4. **Add Chicken Broth:** Pour the chicken broth over the chicken and potatoes, ensuring they are well coated.
5. **Add Garlic and Cheese:** Sprinkle the minced garlic evenly over the chicken. Then, add the grated parmesan cheese on top, making sure it covers the chicken nicely.
6. **Cook the Mixture:** Cover the crockpot and set it to cook on low for 6–7 hours or high for 3–4 hours, until the chicken is tender and cooked through.
7. **Check for Doneness:** After the recommended cooking time, check if the chicken reaches an internal temperature of 165°F (75°C). The potatoes should be fork-tender.
8. **Serve and Enjoy:** Once cooked, remove the chicken and potatoes gently from the crockpot. Spoon any remaining sauce over the top for extra flavor.
9. **Garnish:** If desired, chop fresh parsley and sprinkle over the dish for added color and flavor before serving.

**LONG STORY SHORT ...
YOU'RE OUT OF TOILET PAPER**



Counties Served: Archer, Baylor, Clay, Cottle, Foard, Hardeman, Jack, Montague, Wichita, Wilbarger, Young



Households are allowed to get items every six weeks



Find us on Facebook!
Disability in Action, Inc.



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!
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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