



# ***2018 AgrAbility National Training Workshop***



**Portland, Maine • March 19-22**



# ***2018 AgrAbility National Training Workshop***

Portland, Maine ~ March 19<sup>th</sup>-22<sup>nd</sup>

***Presented by:***

**The National AgrAbility Project**

Maine AgrAbility

Purdue University Breaking New Ground Resource Center

Goodwill of the Finger Lakes

Colorado State University

APRIL

Washington State University

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# Welcome to Maine!

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Greetings!

On behalf of the entire National AgrAbility Project team and the 2018 AgrAbility National Training Workshop (NTW) Planning Committee, I want to welcome you to Portland, Maine. Your attendance is greatly appreciated, and our desire is to make every part of your stay a wonderful experience.

First, let me thank the staff of the Maine AgrAbility Project and all its partners for being such gracious hosts. The folks from Maine have been great to work with and have helped grease the skids, for a smooth-running event.

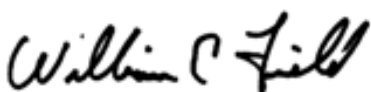
This will be the first AgrAbility NTW where you will be within walking distance of the ocean. I encourage each of you to go down and stand on the shore of the North Atlantic, and consider those hardy pioneers who arrived in 1623 on little wooden boats to build what is now Portland. That courage is what we see daily in the lives of many AgrAbility clientele who persist in overcoming incredible barriers to return successfully to agricultural production.

Portland has survived four devastating fires, became the first Capital of Maine, remains the largest port in the Northeast, and was the point of origin for over 600 steam locomotives built here during the era of steam power and railroads. One third of the state population of Maine resides in Portland – leaving lots of room for the forests and for potato fields, a major state crop. Hopefully, you will have time to look around during your stay.

The planning committee has put together an incredible program with over 90 presentations and panels, powerful keynote speakers, such as SSGT Travis Mills and USDA Assistant to the Secretary for Rural Development Anne Hazlett, and a great set of tours. The only request the committee has of you is to be engaged and share your insights and experiences. Each of you arrive with a suitcase packed with clothes and a toolbox full of ideas. We hope you open both up and use them.

There will be planning committee members wearing “HOST” badges who will be ready and willing to assist you in any way possible to make your stay comfortable and fruitful. Regardless of how unimportant you consider the need, do not hesitate to ask one of the hosts for assistance.

Have a great workshop!



Bill Field  
Director, National AgrAbility Project

# 2018 AgrAbility National Training Workshop

## SCHEDULE AT-A-GLANCE

### Monday, March 19th

<b>1:00–4:00 pm</b>	<b>New Staff Training - Longfellow</b>
<b>1:00-4:00 pm</b>	<b>Worksite and Secondary Injury Assessment and Documentation - Winslow-Homer</b>
<b>1:00-4:30 pm</b>	<b>Offsite Tour - The Iris Network and Goodwill NeuroRehabilitation Services</b>
<b>4:30-6:30 pm</b>	<b>Welcome Reception and poster session Eastland Grand Ballroom</b> Dinner on your own

### Tuesday, March 20th

<b>7:00 am</b>	<b>Breakfast - Eastland Grand Ballroom</b>
<b>8:00 am</b>	<b>Opening Session - Eastland Grand Ballroom</b>
<b>9:15 am</b>	<b>Breakout Sessions</b>
Winslow -Homer	•Working with Individuals with a Brain Injury
Longfellow	•Effective Agency Networking Strategies to Assist ...
Hawthorne	•Working with Senior Engineer Students in ...
Rhines A	•FishAbility- Maine AgrAbility helps a man continue to fish
Rhines B	•Harmonizing at Farm Aid 2017...
<b>10:00 am</b>	<b>Break</b>
<b>10:30 am</b>	<b>Breakout Sessions</b>
Winslow-Homer	•Using Everyday Items to Create Solutions...
Longfellow	•3 Diverse Stories and 1 Collaborative Process
Hawthorne	•Occupational Therapy's Role in Rural Communities
Rhines A	•The Rise of Opioid Abuse in Rural Communities
Rhines B	•PI Session
<b>12:00 pm</b>	<b>Lunch- Eastland Grand Ballroom</b>
<b>12:00 pm</b>	<b>Farmer Lunch-Eastland Grand Ballroom</b>
<b>1:30 pm Breakout Sessions</b>	
Winslow-Homer	•Unlearn, Learn, Relearn...
Longfellow	•Designing New Assistive Technology
Hawthorne	•Sustainability for AgrAbility Projects
Rhines A	•USDA-Opportunities and Resources for Veterans
Rhines B	•Overview of Resources for the NEC
<b>2:40 pm</b>	<b>Breakout Sessions</b>
Winslow -Homer	•Operation Adaptation: Climate Change and ...
Longfellow	•Farmer Stress, Depression and Suicide...
Hawthorne	•State AT Programs and Funding Options
Rhines A	•Lavender Farming
Rhines B	•Total Farmer Health
Front of Hotel	•Outdoor AT Show and Tell
<b>3:40 pm Break</b>	
<b>4:00 pm Breakout Sessions</b>	
Winslow-Homer	•Indoor AT Show and Tell
Longfellow	•Accessibility in Agritourism
Hawthorne	•Lighting for AG Workshops
Rhines A	•Veterans, Farmers, Rurality and Critical Examination...
Rhines B	•Message for Wellbeing
<b>5:00 pm</b>	<b>Dinner on your own</b>

### Wednesday, March 21st

<b>7:00 am</b>	<b>Breakfast - Eastland Grand Ballroom</b>
<b>8:15 am</b>	<b>Breakout Sessions</b>
Winslow-Homer	•Is It a C-5 or a T12?
Longfellow	•Train the Trainer: Generation RX and Educational...
Hawthorne	•Slow Money Maine: A New Approach to Ag Funding
Rhines A	•Veterans Panel
<b>9:45 am</b>	<b>Break</b>
<b>10:15 am</b>	<b>Breakout Sessions</b>
Winslow-Homer	•Irrigation 101
Longfellow	•Access Technology and Employment Services for the VI
Hawthorne	•NC AgrAbility: The 1890's Experience
Rhines A	•Precision Agriculture Technology Turned Assistive
Rhines B	•An Updated Conversation on Core Competencies..
<b>11:10 am</b>	<b>Breakout Sessions</b>
Winslow-Homer	•Practical Record Keeping for Farmers & Ranchers
Longfellow	•NIFAs Efforts to Support Assistive Technology
Hawthorne	•Building Stronger and Successful Partnerships
Rhines A	•What Are Service Animals And What Rules Apply...
Rhines B	•AgrAbility Quality of Life: Our Latest Findings and...
<b>12:00 pm</b>	<b>Lunch- Speaker-Anne Hazlett, OCEC</b>
<b>1:30 pm Breakout Sessions</b>	
Winslow-Homer	•Marketing Small Farms in a Big World
Longfellow	•There's an App or Wearable for That!
Hawthorne	•How Can APRIL Support You?
Rhines A	•I Don't Have a Disability, I'm Just Getting Old
Rhines B	•Map Your Message in a Shifting Media Landscape
<b>2:40 pm Breakout Sessions</b>	
Winslow-Homer	•So You Want to Farm/Grow in a High Tunnel
Longfellow	•Connecting with Your Resources: Mental Health...
Hawthorne	•Communication Strategies for Preserving Farm Family
Rhines A	•Assistive Technology for Dairy Farmers
Rhines B	•International Panel
<b>3:40 pm Break</b>	
<b>4:10 pm Breakout Sessions</b>	
Winslow-Homer	•Finding Your Niche in a Saturated Market
Longfellow	•Identifying the Risks for Senior Farmer Fatalities
Hawthorne	•Being Proactive: Legal Issues, Family Dynamics, and...
Rhines A	•Challenges of Designing a Skid Loader Entry System...
Rhines B	•An Introduction to Vocational Rehabilitation
<b>6:00 pm</b>	<b>Dinner, Keynote Address, and Auction</b>

### Thursday, March 22nd

<b>7:00 am</b>	<b>Pick up boxed breakfast</b>
<b>7:30 am-5:00 pm</b>	<b>Offsite Tours</b>



# 2018 AgrAbility National Training Workshop

## SESSION DESCRIPTIONS

### Monday, March 19th: Pre-Conference Sessions

1:00 pm - 4:00 pm | Longfellow

#### **New Staff Training**

*Aida Balsano - USDA/NIFA, NAP Staff from Purdue, Goodwill of the Finger Lakes, APRIL and Colorado State*

This session gives an overview of the AgrAbility Program for new staff members, those wanting a refresher, or those wishing to learn about AgrAbility. Some topics covered include a perspective from USDA, the role of the National Project, resources available, evaluation procedures, and sources of help inside and outside AgrAbility. Participants will also have opportunities to network with one another, NAP staff, and USDA contacts

1:00 pm - 4:00 pm | Winslow-Homer

#### **Worksite and Secondary Injury Assessment and Documentation**

*Bill Field, Steve Swain, and Shawn Ehlers - NAP*

This session will present the steps of conducting an agricultural worksite assessment, assessing the potential for secondary injuries on the farm, and will present a draft of the latest update of the Agricultural Worksite Assessment Tool for Farmers and Ranchers with Disabilities. The update will include a draft of the Tool for tablets and cell phones. \$25.00 fee

4:00 pm - 6:00 pm | Eastland Grand Ballroom  
Reception and Poster Session

### Tuesday, March 20th

7:00 am - 8:00 am | Eastland Grand Ballroom:  
Breakfast

8:00 am - 9:00 am | Eastland Grand Ballroom:  
Opening Session

9:15 am - 10:00 am | Breakout sessions

Winslow - Homer

#### **Working with Individuals with a Brain Injury**

*Maureen Cunningham, CFRE - Brain Injury Association of Missouri*

We will discuss brain injury causes, effects and impact for the person and his or her family. We will explore options and suggestions for the person with brain injury to adjust to their new life with brain injury through modifications and adaptations to farming or ranching operations and equipment as well as better understanding brain injury.

Longfellow

#### **Effective Agency Networking**

##### **Strategies to Assist AgrAbility Clients**

*Esmeralda Mandujano and Fadi Fathallah - CA AgrAbility*

This unconferencing session will enable individuals to learn and share networking strategies from other states. Discussion will focus on methods of planning, executing, evaluating and achieving collaborations. Cal AgrAbility will share examples of successful client cases that sprouted from joint agency efforts that began with a networking connection.

Hawthorne

#### **Working with Senior Engineer Students in Addressing a Specific Assistive Technology Need**

*Jimmy Hill - University of Georgia, College of Family and Consumer Sciences, Institute on Human Development and Disability and Kyle Haney, Senior Engineering Student and Lead Capstone Engineer- University of Georgia, College of Engineering*

Georgia AgrAbility is participating in our second year of working with the UGA College of Engineering and their senior design projects program. We are allowed to submit several projects for consideration. We submitted three projects for the 2018 academic year and two were accepted. We are going to discuss our accepted project titled Easy Hookup of a PTO Shaft.

Our presentation will describe the AT project development, engineering standards and how the student engineers developed their design strategy. The presentation will also outline benefits of this design project for the farmer and the students.

Rhines A

#### **Fishability - Maine AgrAbility helps a man continue to fish**

*Wanda Carron, COTA/L and Ketra Crosson, OTR/L-ME AgrAbility Specialists*

The presenters will share the fisherman's journey from injury to being back at the wheel of the lobster boat and his life through discussion, video, and pictures.



#### **Special Interest Key**



Farmers/Ranchers



Veterans



Assistive Technology

## Rhines B

### **Harmonizing at Farm Aid 2017:**

#### **The Story of a 3 - State AgrAbility Collaboration**

*S. Dee Jepsen, PhD - Ohio AgrAbility, Thomas P. Stockdale - WV AgrAbility, Jessi Wright - WV Assistive Technology System (WVATS) and WV AgrAbility, Connie D. Baggett - AgrAbility for PA, Kendra Martin - United Cerebral Palsy of Central PA and AgrAbility PA, Lisa Pfeifer - Ohio AgrAbility.*

AgrAbility was invited to be a part of the 2017 Farm Aid concert, inside their "Homegrown Village," an area where organizations that provide support and service to farmers deliver interactive education to the concert community. Farmers and the farm community are a large part of those attendees, as Farm Aid works hard to provide scholarships to farmers to attend the day. The request for AgrAbility to participate went to the West Virginia AgrAbility Project and they in turn reached out to neighboring states to collaborate for the event.

The tri-state area of SRAPs provided outreach about AgrAbility with an interactive exhibit of assistive technology. Farm Aid participation allowed three state programs the opportunity to join forces working for a common cause, build relationships by connecting staff outside of the NTW, and learn about how each state works to interact with farmers to reach similar goals.

This NTW session will provide insight to other SRAPs of how to get involved with events like Farm Aid and partner with them at future events. The 3 SRAPs of West Virginia, Pennsylvania, and Ohio had an interactive display highlighting Assistive Technology and the overall mission of AgrAbility. The Farm Aid organization was impressed with the outreach and collaboration SRAPs showed towards the farming community; they will join the SRAPs at the NTW to provide an overview of their organization's mission and how other states can collaborate as the concert revolves around various geographic regions.

## 10:30 am – 12:00 pm | Breakout sessions

### Winslow - Homer

#### **Using Everyday Items to Create Solutions in Minutes on the Farm**

*Therese Willkomm - University of New Hampshire*

Explore over 40 everyday items that can be used for creating hundreds of assistive technology solutions in minutes.

In addition, discover over 50 solutions that can be made using corrugated plastics, Instamorph, Velcro brand fasteners, Loc-Line, PVC rug gripper tape, Duck Tape, Tommy Tape, industrial twist ties and more.



### Hawthorne

#### **Occupational Therapy's Role in Rural Communities- Panel**

*Carla Wilhite OTD, OTR/L - University of New Mexico, Ketra Crosson, OTR/L - Maine AgrAbility Specialist, Wanda Carron, COTA/L - Maine AgrAbility Specialist, Danyele Clingan - Occupational Therapy Doctorate Student, University of Indianapolis*

Discover how Occupational Therapy services can enhance the quality of life and independence of individuals on and off the farm. Learn what Occupational Therapists can provide within the rural community, and why you or your AgrAbility program may benefit from their services. Panelists will share their stories and expertise about modifications to the farm and farm tasks, proper ergonomics to promote longevity on the farm, and their role as consultants to answer audience questions.

## Longfellow

### **3 Diverse Stories and 1 Collaborative Process**

*Jeannie Sharp and Cassie Ramon - KS AgrAbility*

Assisting farmers, ranchers, and other agricultural workers with health conditions or disabilities in maintaining an active, high quality lifestyle requires comprehensive assessment strategies and collaboration. Kansas AgrAbility staff will present three producer case studies addressing issues related to ag-production with a spinal cord injury, balance associated with chronic viral meningitis, or vision impairments. KAP staff will review the collaborative process used with rural rehabilitation providers, Ag-Mediation staff, local bankers, and public and private funders during the course of identifying adaptations and accommodations that allowed clients to continue in their role in production agriculture. Each case study will include a summary of implemented accommodations and technology, collaboration with service delivery and public and private funding partners, and supporting video and photos.

## Rhines A

### **Addressing the Opioid Crisis**

*John Gale and Jennifer Lenardson - University of Southern Maine*

This session will describe state and local efforts to promote prevention and access to treatment and analyze national data on the prevalence of opioid in rural and urban settings. We conducted interviews with state-level key informants in four states to understand the challenges and promising practices in monitoring opiate prescribing and diversion, developing prevention interventions, and developing an opioid prevention and treatment infrastructure in rural communities. To inform our choice of states and key informants, we recruited a panel of experts from federal agencies, policy centers and professional organizations to obtain their suggestions. Final selected states included North Carolina, Indiana, Vermont, and Washington. We also used data from the National Survey of Drug Use and Health to examine the prevalence of non-medical use of pain relievers and heroin in the past year in rural and urban areas and the socio-demographic and economic characteristics associated with their use. Additionally, we examined perception of risk in using heroin, injection drug use practices, driving under the influence, and law enforcement involvement.

## Rhines B


### **Project Director (PI) Session**

*Aida Balsano - USDA/NIFA and Bill Field- NAP*

USDA program leaders will meet with SRAP principal investigators for questions, answers, and discussion.

## 12:00 pm - 1:30 pm | Eastland Grand Ballroom

### Farmer Lunch

Please choose this lunch if you are attending this conference as an agricultural worker. 

### Lunch

Please choose this lunch if you are attending this conference in any capacity except an agricultural worker.



## 1:30 pm - 2:30 pm | Breakout Sessions

### Winslow - Homer


#### **Unlearn, Learn, Relearn - in Other Words:**

##### **Lower Your Small Farm Inputs!**

*Susan Jaster - David Middleton, and Shon Bishop - Lincoln University, MO AgrAbility*

Did you know you should be spending at least 4 hours a week just thinking about your farm operation?


- a.) Where are the bottlenecks on your farm?
- b.) Where are the costs highest?
- c.) Who's on your executive team?
- d.) Do you have a business plan?
- e.) Marketing plan?
- f.) Do you know how to build resilience and redundancy?
- g.) Are you sustainable?

Let's get started: send us your info so we can cover it during the session, send email to Susan Jaster prior to conference: [jasters@lincolnu.edu](mailto:jasters@lincolnu.edu) or Fill in the form found at the registration table at the conference and turn in before the session, in the box provided, by answering questions (a thru g) and giving your personal info. 

### Longfellow

#### **Designing New Assistive Technology**

*Kenneth Roseman, M.D. - Michigan State University and Beverly Berens - Michigan Easter Seals and MI AgrAbility*

Twice a year at the end of the two semesters, the MSU College of Engineering puts on a Design Day where selected engineering seniors, in groups of five, present the results of their work developing an engineering solution presented to them generally by a corporate sponsor. MI AgrAbility has become a sponsor and the students have worked with both an engineering faculty mentor and Ned Stoller, assistive technologist of MI AgrAbility, from 2015 - 2017 to design and produce six capstone project. Mr. Stoller selected the projects. The results of the projects and use by the farmer recipients will be described. The presentation will describe the benefits of this program for both the students and farmers. 

### Hawthorne

#### **Sustainability for AgrAbility Programs - Raising Funds**


*JoBeth Rath and Tess McKeel - Goodwill of the Finger Lakes*

Government funding is not a promise, and increases in funding are not likely to match increased expenses. Learn about resources such as fund raising and fee for service, and how they can play a role in your success and sustainability. This session will also allow for idea-sharing among participants. Share your ideas, your challenges, and what has worked! Learn from others as they share their stories.

### Rhines A

#### **USDA: Opportunities and Resources for Veterans**

*Bill Ashton- Military Veterans Liason at USDA*

USDA will provide a broad overview of its support to veterans, which will focus on the 3Es: Employment, Education, and Entrepreneurship. The session will highlight various programs available through USDA that Veterans can take advantage of and share resources with them where they can go for more information. 

### Rhines B

#### **Overview of Resources of the Northeast**

##### **Center for Occupational Health and Safety**

*James Carrabba - NYCAMH/NEC*

An overview of the resources and services available from NYCAMH/NEC will be presented. Our offerings include technical expertise in the fields of agriculture, fishing and farming in the Northeast. A new venture that the NEC is supporting is the Northeast Agricultural Safety and Health Coalition (NEASHC). The NEASHC is a group of individuals from around the Northeast that have an interest in doing agriculture safety and health outreach education. Our center also offers a mini-grant program to fund smaller scale pilot projects that address safety and health issues of the farmers, fishermen, and loggers of the Northeast. Some of our programs include: the National ROPS Rebate Program; advisement on, and sale of personal protective equipment and PTO shields.



## 2:40 pm - 3:40 pm | Breakout Sessions

### Winslow - Homer

#### **Operation Adaptation: Climate Change and Regenerative Agriculture**

*Jon Turner- Owner of Wild Roots Farm Vermont and Founder and Former Chair of the Farmer Veteran Coalition of Vermont*

With increased periods of drought and an increase in the intensity of rain, it is important to know how to make a yield on your farm. Regenerative agricultural practices are known to be adaptable to a changing climate. This workshop will assist in giving you an understanding as to which practices may be implemented, regardless of scale, to provide crop diversity and operational resilience among shifting weather patterns.

We will discuss the importance of cover cropping, crop rotation, crop diversification, and agro-forestry practices relative to the homesteader and the larger operator.  

### Longfellow

#### **Farmer Stress, Depression and Suicide: the Unacknowledged Epidemic**

*Deborah Reed - University of Kentucky and KY AgrAbility*

Agriculture, fishing and forestry workers suffer the highest occupational suicide rates in the nation, yet little has been done to address this serious situation. This session will lead the audience in identification of stressors and indicators of depression for AgrAbility clients, their families, and caregivers. Useful tools will be described and at-risk environments identified. The session will include a sharing time for the audience and resources that are available for referral and interventions.

#### **Special Interest Key**



Farmers/Ranchers




Veterans



Assistive Technology

## Hawthorne

### **State Assistive Technology (AT) Programs and Funding Options for AT** *Kathy Adams OTL, ATP - Maine CITE*

This session will feature information about the federally funded Assistive Technology State Programs, AT device Demo, Loan and Reuse programs, how they collaborate with AgrAbility programs and numerous funding options for buying AT. 

## Rhines B

### **Total Farmer Health** *Natalie Roy - AgriSafe Network*


Agriculture production is rapidly changing and as a result, new hazards can be found across a spectrum of risks caused by machinery, livestock, weather, chemicals, financial strain, lack of health care access, infectious disease, and labor demands. Farmers are also a medically underserved population with health disparities that correlate with occupational exposures.

The AgriSafe Network is a national non-profit organization striving to improve the health of farmers through professional training, clinical resources and health promotion campaigns. AgriSafe keeps abreast of the cutting-edge developments in agricultural health and translates that information into important trainings and resources for clinicians.

This workshop will increase the competency of participants to respond and prevent farm related illness caused by respiratory exposures, zoonotic diseases, and other factors such as ergonomic differences between genders. Participants will also receive training in Total Farmer Health® which is AgriSafe's application of the NIOSH Total Worker Health® initiative.


## Rhines A

### **Lavender Farming** *Tammy Braun - Riverside Lavender Farm*

How to get started with lavender farming, materials, and vendors. Ways to make money doing what you love. Is it a good fit for you? 

## Along the sidewalk in front of the hotel


### **Outdoor Assistive Technology Show and Tell** *Steve Swain- NAP*

This session will be a show-and-tell with various suppliers of assistive technologies for outdoor equipment applicable to farmers and ranchers with disabilities. 

**4:00 pm - 5:00 pm | Breakout Sessions**

## Winslow - Homer

### **Indoor Assistive Technology Show and Tell** *Steve Swain - NAP*

This session will be a show-and-tell with various suppliers of assistive technologies applicable to farmers and ranchers with disabilities. 

## Longfellow

### **Accessibility in Agri-tourism** *Rita DiNunzio - Commonwealth of Massachusetts, Massachusetts Office on Disability*

Data shows an increasing trend in Agri-tourism and related recreational programs (Agricultural Marketing Resource Center/ U.S. Census of Agriculture), which are covered under the Americans with Disabilities Act (ADA). Ensuring accessibility in outdoor environments poses unique challenges due to terrain and other factors. For example, does the ADA require a corn maze to be accessible? Must a petting zoo allow service animals into a pen? This introductory-level training covers accessibility for farms and orchards offering "agri-tourism" activities to the public such as pick-your-own fruit, hay rides, farm-to-table dinner functions, Christmas tree farms, temporary events and festivals and more.


The presentation will cover the obligations of entities offering such programs to ensure that persons with disabilities have equal opportunity to participate to the fullest extent possible through illustrative examples and recommendations for best practices. The session will address pertinent considerations such as barrier removal, accessible routes of travel, access to amenities, accessible parking, accessible concessions, effective communication, and employing persons with disabilities among others.



## Hawthorne

### **Lighting for Ag Workshops and Machinery** *Shawn Ehlers - NAP*

When it comes to agricultural production, lighting is an important consideration in nearly all sectors of the farmstead - the shop, livestock buildings, storage areas, machine shed, walkways, entryways, transitional spaces, out in the field, etc. Adequate lighting levels allow things to be seen sooner, more clearly, and in greater detail, be it at the workbench, when handling animals, or when operating machinery. This presentation is intended to serve as a guide (especially for assisting those with vision loss/impairment) in selecting and applying appropriate lighting that ensure a safe and effective working environment for both the farmstead and machinery application.


It details relevant aspects in a practical framework, with examples, where applicable, discussion of lighting types, their advantages and disadvantages, illumination and their application fields. Namely, how much light is needed and how the light should be located for various farming activities such as ambient and task lighting. 

## Rhines A

### **Veterans, Farmers, Rurality, and Critical Examination of Online Educational Programs** *Dr. T. Scott Smith - University of Louisiana at Lafayette*

Many veterans return home with disabilities, including physical and cognitive impairments. Among those that return, many not only reside in rural communities, but also own, manage, cooperatively plant, or consult on corporate, cooperative, or family-owned farms. While many veterans desire to work in unskilled positions, many also wish to perform semi-skilled and skilled work, most often requiring completion of collegiate-based courses. However, due to rurality, closely-available community colleges or 4-year colleges may not be available, necessitating the use of online programs. Unfortunately, online programs vary greatly regarding their purpose and also quality.



This presentation will not only offer essential information about veteran educational benefits, but also nationally-accepted matrices to evaluate online program application and also benefit. Following this presentation, participants will be able to identify educational benefits available to veterans, discern if further educational courses may benefit vocational progression, and critically examine the worthiness of any potential online courses that may be taken by veterans with disabilities that live in rural communities, and are concurrently involved in farming and agricultural pursuits. 

## Rhines B

### **Massage for Well Being**

Amy Rolnick, LMT

Participants will learn about massage therapy and its various and many benefits. They will learn about and experience self-care techniques. We will discuss how to obtain massage therapy and how to find a qualified caregiver. Participant's questions about this hands-on healing will be addressed.

## Dinner on you own

# Wednesday, March 21st

7:00 am - 8:15 am | Eastland Grand Ballroom  
Breakfast

8:15 am - 9:45 am | Breakout Sessions

## Winslow - Homer

### **Is it a C-5 or T-12?**

Carla Wilhite OTD, OTR/L - University of New Mexico

AgrAbility Specialists are often referred to provide services to farmers and ranchers with spinal cord injuries. Lack of knowledge about the level of injury may result in over - estimating or under-estimating the functional performance of the individual, the kinds of supportive technologies needed, or the need for modifications to the environment to support health and participation in agricultural work. This session will make the differences clearer and well-understood, so that effective and efficient solutions are identified to support farming and ranching by people with spinal cord injuries.

## Longfellow

### **Train the Trainer - Generation Rx and Educational Resources for Combatting Substance Abuse in Your Community**

S. Dee Jepsen and Laura Akgerman - OH AgrAbility  
and Amanda Raines - Ohio State University/4-H

Since 2009, the College of Pharmacy at The Ohio State University and the Cardinal Health Foundation have partnered to provide open source educational materials that anyone can use to help prevent the misuse of prescription drugs. These ready-to-use resources are designed to help you understand and teach this program in your community. The mission of GenerationRx is to educate people of all ages about the potential dangers of misusing prescription medications, and will be useful with our AgrAbility clientele, and rural communities.

## Hawthorne

### **Slow Money Maine: a new approach to supporting and funding local food economies**


Ellen Gibson - ME AgrAbility and Bonnie Rukin- Slow Money Maine

Bonnie Rukin will talk about her work creating a diverse network of farmers, fishermen, food business owners, finance specialists, and investors. Slow Money has catalyzed a conversation that has energized the local food sector and brought in millions of dollars of investment. Maine AgrAbility made a pitch at the bi-monthly Slow Money gathering In January, 2018. Staff will talk about the process, the ask, and the outcome.

## Rhines A

### **Veterans Panel**

Cindy Chastain - NAP

Each veteran will talk about their service, disabilities if any, and why/how they got into farming, then talk about their current farming operation. Then we will open it up to questions. 


10:15 am - 11:00 am | Breakout Sessions

## Winslow-Homer

### **Irrigation 101**

Anne Brown - Reither, Rhonda Miller,  
and Connor Dyreng - AgrAbility of UT


This session will provide an overview of different methods used for irrigation in agriculture (flood, drip, spray) and offer a discussion of the water delivery systems for each.

Emphasis will be given to the physical demands inherent in each system, along with examples of changes that can be made to reduce the level of manual effort required. 

## Longfellow

### **Access Technology and Employment Services for the Visually Impaired: What is New and Exciting?**

Sherry Boothby OTR/L, CLVT, MS,  
and Bonita Gouzie - The Iris Network

Access technologies help overcome barriers to employment for people with vision impairment. This is universal across all areas of employment. This session, presented jointly with a Certified Low Vision Therapist/ Occupational Therapist and Access Technology/Employment Specialist will present various types of tools, technologies, techniques, and training available for people with vision impairment seeking employment or to maintain their current work status. Workplace accommodations may include improved lighting, glare reduction, computer screen-reading or magnification software, devices that convert text to speech, or other types of hands-free magnification. 

### **Special Interest Key**



Farmers/Ranchers



Veterans



Assistive Technology

## Hawthorne

### **NC AgrAbility: The 1890 Experience**

*Beatriz Rodriguez, Dr. S. Janine Parker,  
and Dr. Paula Faulkner - NC AgrAbility*

As the first and only 1890 Land-Grant Institution serving as sole grant-holder of an AgrAbility project, NC AgrAbility has provided a special platform to speak into the understanding of working with farmers across the spectrum, including small, limited-resources, and minority farmers. Minority farmers in North Carolina have been underserved with limited access or knowledge of benefit programs offered by governmental institutions.

Through NC Cooperative Extension at A&T, NC AgrAbility has had the chance to evaluate the knowledge and needs of minority farmers throughout the state by participating at different events provided for small, limited-resources, and minority farmers. The lack of knowledge and experience about the different programs has been a recognized barrier and contribute to low participation in access to our resources. NC AgrAbility has been increasing visibility for these vulnerable groups with a myriad of methods, including more training opportunities for county cooperative extension agents and vocational rehabilitation counselors.

## Rhines A

### **Precision Agriculture Technology Turned Assistive**

*Dr. Brian Luck - AgrAbility of WI*

Technology has become a large part of farms today, whether it is to make a job easier on the joints or make a process more efficient. Dr. Brian Luck specializes in precision agriculture and will be discussing various emerging agriculture technologies and how these can benefit farmers with disabilities.



## Rhines B

### **An Update and Conversation on Core Competencies for Quality Service in the Profession**

*Brian French - Purdue University and Washington State University*

In this brief session, the presenters will first present summary information from their work on core competencies in this area. This background information will include a brief explanation of core competencies and the need for these in a work environment and then specific information related to staff of both the state and national AgrAbility projects. Next, presenters will offer some guiding questions to encourage discussion around the topic and encourage and engage in dialogue with the attendees to obtain feedback on the work and the proposed core competencies. A goal is to understand aspects of the environment and possible barriers related to adaption of competencies by the state projects. The group, presenters and audience, will work together to understand how to move forward in a positive and supportive manner to continue an upward trajectory of the quality of service given by the AgrAbility projects.

**11:10 am – 11:55 am | Breakout Sessions**

## Winslow - Homer

### **Practical Record Keeping For Farmers & Ranchers**

*Calvert Schaefer - University of Maine Cooperative Extension*

Knowing how to keep and use farm records is important for success. This interactive workshop will help farmers and ranchers understand and

appreciate the key reasons for keeping accurate records for their business. They will learn some easy techniques for keeping and using financial and production records. Upon completion of the workshop, participants will be equipped to identify and achieve record keeping goals for their respective operation.



## Longfellow

### **NIFA's Efforts to Support Assistive Technology**

*Steven J. Thomson - USDA/NIFA*

The session will give a brief overview on NIFA's efforts supporting farmer/rancher health and safety. Assistive technologies, new programming highlights, and possibilities for assistive robotics will be presented.



## Hawthorne

### **Building Stronger and Successful Partnerships**

*Beatriz Rodriguez - NC AgrAbility*

While serving North Carolina farmers and ranchers, the NC AgrAbility Partnership had faced difficulties in the process. However, it is understood if there is no struggle there is no progress, and the NC AgrAbility Partnership welcomes challenges. In strengthening the collaborative work with other institutions there are some aspects to consider: (1) effective communication, (2) Proper future planning, (3) strength of partnership, and (4) community creation.

None of this is possible without the people involved; they are essential to our success. Cultivating AgrAbility values and being fervent advocates of the needs of farmers and ranchers with disabilities in North Carolina are the main motives that keep the Partnership growing and improving.

## Rhines A

### **What Service and Assistance Animals Are, and What Rules Apply to Them and Their Owners**

*Amy Sneirson and Barbara Archer Hirsch -  
Maine Human Rights Commission*



Service and assistance animals provide much-needed support for people with disabilities by doing tasks that range from helping those with mobility issues navigate through traffic, alerting those with "hidden" disabilities of an oncoming seizure or panic attack, or activating emergency systems for those who cannot physically do so. The use of such animals, which keeps people with disabilities living and involved in their communities, is tightly regulated by federal and state civil rights laws, including the Maine Human Rights Act.

## Rhines B

### **AgrAbility Quality of Life:**

#### **Our Latest Findings and Future Directions**

*Bob Fetsch - Colorado State University Extension,  
Hamida Jinnah and Paige Tidwell-University of Georgia*

From previous program evaluation with 398 AgrAbility clients from 11 states, we found that there were no differences in type of disability and Quality of Life (QOL) levels (Jackman, Fetsch & Collins, 2016). In a study of 191 AgrAbility participants in 10 states we found that participants' Independent Living and Working Levels (ILW) and QOL levels improved ( $p < .001$ ) (Fetsch, Jackman & Collins, 2017). We found in a treatment-comparison group study that AgrAbility participants ( $N = 225$ ) reported statistically significant presurvey-postsurvey improvements in QOL levels

while comparison group participants (N = 100) reported no change in QOL levels (Fetsch & Turk, 2017). From 25 years of demographic data we learned that AgrAbility served an estimated 11,754 new, unique clients between 1992 and 2015 with approximately 490 new participants added each year (Fetsch, Petrea, Field, Jones, & Aherin, 2017). In this session, we will summarize the results of these latter three studies and discuss implications for AgrAbility teams, along with our newest directions for the future.

**12:00 pm – 1:30 pm | Eastland Grand Ballroom**

#### **Lunch**



*Anne Hazlett, USDA Assistant to the Secretary for Rural Development - Speaking on the Opioid Crisis in Rural America*

**1:30 pm – 2:30 pm | Breakout Sessions**

#### **Winslow - Homer**

##### ***Marketing Small Farms in a Big World***


*Dylan Thomas - Two Pines Farms and Vets in Ag Network*

In this session we will learn to utilize the often overlooked tools we as farmers can use to market our farms, whether it is for agri-tourism, farmers markets or niche markets. We will cover tactics to reach customers who are close and can travel to our farms within a short amount of time. All this while not forgetting the free internet infrastructure to market our farms on a broader scale. Tips on reaching target markets, entering into the farmers market community, using the internet for marketing and using target markets will be provided  

#### **Longfellow**

##### ***There's an App or Wearable for That!***

*Aaron Yoder PhD - NE AgrAbility*

In this interactive session, Dr. Yoder will present smartphone applications (Apps) and wearable technology that can be used to accommodate a variety of permanent or temporary disabilities. Attendees will be encouraged to use and share other smartphone applications and wearable technology with the group. 

#### **Hawthorne**

##### ***How can APRIL support you?***

*Sierra Royster - APRIL*

We will go over what APRIL is and how we work with CILs and SILCs. Then we will have an open conversation on what people need and want from CILs in the community. We will learn about the barriers in the community. How can we as APRIL support them in these efforts and how can we continue to assist the communities together?

#### **Rhines A**

##### ***I Don't have a Disability, I'm Just Getting Old***

*Steve Swain - NAP*

Farmers never retire. They continue to farm as long as they are able. Farming presents problems and barriers that farmers have adjusted to or problem-solved their entire career. Aging brings additional physical and mental barriers, which are different from those presented by the farm and can be more difficult because they are on a more personal basis. This presentation will explore the aging process, barriers encountered by farmers, and methods of overcoming or minimizing their effects.

#### **Rhines B**

##### ***Map Your Message in a Shifting Media Landscape***

*Cheryl Tevis - Ag Perspectives, Inc. and Contributing Editor, Successful Farming magazine*


This session will offer tips for telling your story through the media. Strategies that worked in the past to promote safety, health, and accessibility may not work as well today, or in the future. How do you recognize and develop an effective story? How do you distribute your stories to the media outlets most likely to publish them? What is the current outlook for shining a light on safety, health, and assistive technology in the ag media?

**2:40 pm – 3:40 pm | Breakout Sessions**

#### **Winslow - Homer**

##### ***So You Think You Want to Farm/Grow in a High Tunnel***

*Nashon Bishop - Lincoln University Cooperative Extension of Missouri, MO AgrAbility, Leilani Carlson and Richard Brzozowski - University of Maine Cooperative Extension, ME AgrAbility*

High tunnels (or hoop houses) are quite common on farms across the country. These units, if managed properly, help to extend the growing season and provide added income to a farm or ranch. Growing vegetables, fruits or flowers in a high tunnel could be a good match for you or someone with limited abilities. Learn the pros and cons to high tunnel usage on farms. Upon completion of the workshop, participants will be able to evaluate if a high tunnel could be an appropriate component of their farming operation. 

#### **Longfellow**

##### ***Connecting with Your Resources: Mental Health Awareness***

*Jami Dellifield - Ohio State University/Family and Consumer Sciences and Amanda Raines-Ohio State University/4-H*

Do you feel overwhelmed by the news on mental health problems and how they are affecting our communities? "Mental Health" has become a buzzword in our communities and in our nation. This session will give you some hands-on ways to help your clientele and help you become more familiar with local, regional, and national resources. The stigma around mental health issues can sometimes keep us from assisting when someone is in need. Leave this session with more confidence to reach out to your local agencies, to participate in some additional continuing education, and to better serve those you meet with on a daily basis.

According to [www.mentalhealth.gov](http://www.mentalhealth.gov), "mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood." 1 in 5 American adults have experienced a mental health crisis and 1 in 10 young people have experienced a period of major depression. There are also many resources on the AgrAbility website (<http://www.agrability.org/resources/mental-behavioral-health/>) that also provide information about the statistics currently affecting farmers and their families.

#### **Special Interest Key**



Farmers/Ranchers



Veterans



Assistive Technology



We all work daily with clientele and colleagues who are struggling with unseen problems. We cannot know or understand unsaid fears, stressors, or anxieties unless they are made known to us. However, we can equip ourselves with the knowledge and tools to help “de-mystify the stigma” associated with mental health problems. Education and open dialogue are the keys to opening up the door in adding mental health awareness for each of us. We must have these hard conversations and stretch ourselves out of our comfort zones, and recognize that helping others to be healthy includes positive mental health.

## Hawthorne

### **Communication Strategies for Preserving Farm Family Relationships**


*Elaine M. Bourne - Maine Agricultural Mediation Program of Volunteers of America Northern New England*

Positive, effective communication is the key to success in every family business. For farmers, managing the boundaries between the farm business and the family can be challenging. Intensity of feelings, confusion between family roles and management roles, personal temperaments, and communication styles all influence how the family and farm business function. This session will provide an overview to strategies and tools that can empower better family communications and strengthen one's farm operation. Topics to include: Tips on being heard, Farm Team Skills, Dealing with Bullying on the Farm, Interpersonal Conflicts, Assessing Roles on the Farm with an Emphasis on Women on the Farm, and Succession Conversation Tips.

## Rhines A

### **Assistive Technology for Dairy Farmers**

*Abbie Spackman - AgrAbility PA, Ami Cooper- WI AgrAbility*

Dairy farmers face some unique challenges when it comes to finding and implementing assistive technology to help them remain active on the farm. AgrAbility PA and WI AgrAbility work with dairy farmers on a regular basis and has learned a few things about implementing assistive technology in a dairy setting. In this session learn about the assistive technology and resources that are helping dairy farmers successfully remain in agriculture. Staff will discuss commercial assistive technology solutions along with custom solutions and the vendors who have helped implement the technology. Detailed information will also be shared to highlight the success of two traditional dairy farmers and one goat dairy farmer and the assistive technology they use every day. 

## Rhines B

### **International Panel**

*Bill Field- NAP*

Learn how farmers with disabilities are being served around the world. Specific case studies will be presented and overviews of how rehabilitation services are provided will be addressed. This session will be especially interesting to folks who are interested in an international dimension of rehabilitation programs for rural and farm families.

## 4:10 pm – 4:55 pm | Breakout Sessions

## Winslow - Homer

### **Finding your Niche in a Saturated Market**

*Zach Morris - Farmer Veteran Owner, Next Mission Homestead*

We will explore challenges and solutions in making your farm business fit

in a local food market that seems to be already full. I will tell my personal journey of overcoming this challenge with a change in perspective and some “outside the box” thinking. There is room for you in your local food scene!



## Longfellow

### **Identifying the Risks for Senior Farmer Fatalities**

*Sean Tormoehlen - Purdue University*

Farmers in the United States are getting older, with the average age currently at 58.3 years old. Aging is known to bring along additional health risks, so it is important to understand how this population is getting affected by agriculture. During this session we will look at senior farmer fatalities in Indiana to identify the most common agents of death for senior farmers, how it compares to other age groups, and potential solutions. Data will be used from Purdue University's Agricultural Safety and Health database that currently has over 1000 cases of Indiana farm fatalities.

## Hawthorne

### **Being Proactive: Legal Issues, Family Dynamics, and Improving Communication**


*Elaine M. Bourne - Maine Agricultural Mediation Program of Volunteers of America Northern New England*

Legal issues and communication issues work their way into every aspect of the sustainable farm – from determining the best business structure for your farm, to food safety measures, to negotiating leases and sales, to succession planning, and more. Being aware of potential areas where legal advisors may be of assistance. Developing strategies for having difficult conversations with family members and others on the farm can help increase the profitability of one's operation. This session will provide an overview to a wide-range of farm risk-related issues and explore communication strategies to help preserve relationships.

## Rhines A

### **Challenges of Designing a Skid Loader Entry System for Lower Extremity Disabilities**

*S. Dee Jepsen - OH AgrAbility and Student Capstone Design Team Members: Amanda Manko, Emilie Buisson, Jessie Belcher, Aya Alwan, and Ashley Bertocci*

The front entry and exit of a skid loader presents difficulties for many individuals, particularly users with lower-extremity disabilities and those using wheelchairs. The aim of this project is to design assistive technology that will allow persons with restricted lower extremity movement to independently and safely access the skid loader seat. This would include those that are unable to step into the cab of the equipment due to age or injury. Currently, tractor and truck lifts are available by several vendors. However, there is lack of assistive technology in the market for skid loaders due to the front entry design. Agricultural workers who wish to use skid loaders have restricted access on most models. The assistive technology designed will reduce difficulty entering and exiting skid loaders, minimize secondary injury associated with entrapment and enhance the lives of disabled individuals in the agricultural field. 

### **Special Interest Key**



Farmers/Ranchers



Veterans



Assistive Technology

## Rhines B

### **An Introduction to Vocational Rehabilitation Services**

Paul Jones – NAP, Misty Gaynor – Maine Division of Vocational Rehabilitation, and Leigh Napier – Maine Farmer

Collaboration between AgrAbility and State Vocational Rehabilitation Services are some of the most critical relationships in serving agricultural workers with disability. Without VR, many AgrAbility clients would not receive essential services and assistive technology and without AgrAbility, VR would lose an essential link in reaching rural residents with disability.

6:00 pm – 9:00 pm | Eastland Grand Ballroom

### **Banquet dinner**

Keynote Speaker - SSGT. Travis Mills, and Auction

## Thursday, March 22nd

7:00 am – 8:00 am | Hotel Lobby: Pick up boxed breakfast

7:30 am – 5:00 pm | Please board the buses at the front of the hotel

**#1 Western Maine:** Pietree Orchard (AgrAbility client), Maine Balsam Fir, A Wrinkle in Thyme, and Clay Hill Farm (AgrAbility client): Participants will visit an AgrAbility client family owned orchard, with a 75 -acre sugar bush for maple sugaring, and a farm store featuring a wood-fired brick pizza oven; a balsam fir pillow manufacturing business along with an eclectic assortment of other Maine made things; witness syrup making where the sap is collected by horse; a new solar heated 21st century Tesselact building; and an AgrAbility client's small scale angus beef farm in the western hills of Maine.

**#2 Portland Area:** Morrison Center, Dole's Orchard, Allagash Brewery (Half Day): Participants will tour a greenhouse growing houseplants, orchids, seedlings and poinsettias, which is also a day program for people with disabilities; a family owned and operated orchard specializing in a variety of PYO fruit, and a retail and wholesale wood shop focusing on gift boxes and totes; and a micro-brewery that uses local cherries (grown at the orchard you will visit) to brew a seasonal Ale. This tour has a half day tour that will drop participants back at the hotel around 1:20 pm.

**#3 Wolfe's Neck Center for Agriculture and the Environment, Mook Sea Farms, and Free Range Fish & Lobster:** Participants will tour an educational dairy farm on the Atlantic Ocean with a "mobile milker" - a hydraulic lift to raise cows for milking and access; an oyster farm that produces 80 to 100 million juvenile oysters (seed) annually for sale to other oyster growers throughout the Mid-Atlantic and the Northeast; and a visit to a fish processing and distribution center at the of Portland's working waterfront.

**#4 Veterans Farm tour:** Applegate Deer Farm, Riverside Lavender Farm, Sebago Lake Ranch, and North Star Sheep Farm: These farms are owned and operated by veterans. Participants will tour a red deer farm where the equipment is run on bio-diesel and the home and outbuildings are heated with waste vegetable oil; a farm growing organic herbs, vegetables, fruits, berries, nuts, perennials, and lavender; an all-natural, grass fed beef ranch; and a sheep farm where more than 2,000 sheep roam the pastureland, grazing on certified organic grass.





# ***Thanks to the 2018 AgrAbility***

## **NATIONAL TRAINING WORKSHOP COMMITTEE**

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### **National AgrAbility Project**

Bill Field  
Paul Jones  
Steve Swain  
Chuck Baldwin  
Cindy Chastain  
Shawn Ehlers  
JoBeth Rath  
Tess McKeel

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