



# ***2019 AgrAbility National Training Workshop***



**Lincoln, Nebraska • March 25-28, 2019**



# ***2019 AgrAbility National Training Workshop***

Lincoln, Nebraska ~ March 25<sup>th</sup> – 28<sup>th</sup>

***Presented by:***

**The National AgrAbility Project**

Nebraska 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 Nebraska!

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Greetings!

Welcome to the 2019 AgrAbility National Training Workshop (NTW). On behalf of the entire planning committee, I want to thank each of you for attending. We are absolutely honored that you have decided to share your talents and presence with us.

For those who drove, it is hard not to be struck by how much open space there is in Nebraska. Corn fields and grazing land cover the state from one end to the other. For those of you who got to see the state from the air, you'll have to agree there's a whole lot of Nebraska.

Let me share a short story. A couple of years ago I drove out to a small town in southwestern Nebraska to conduct a workshop for emergency first responders. When I arrived, every business was shut down so that folks could attend. Most of the town showed up at the fire station where, in the space normally reserved for a pumper truck and tankers, we had a community training. They fed me well and listened attentively to what I had to say. For me, it was a wonderful demonstration of the incredible hospitality that Nebraska folks are willing to show to strangers. We are convinced that you will be met with the same warmth.

The planning committee has worked hard in conjunction with the Nebraska AgrAbility Project hosts to put together the best NTW ever. As you will see by reviewing the program, there is something for everyone who works to enhance the quality of life of farmers and ranchers living with disabilities. Each session or event has been carefully selected to address topics identified through our annual needs assessment. You will not be disappointed!

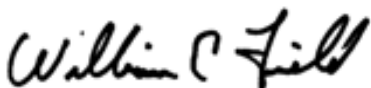
As with all of life's opportunities, your return on your investment is directly related to how much you invest. You are encouraged to jump in with both feet! Take the time to listen, meet new people, get their addresses or emails, stop by the hospitality room and laugh a little (or a lot), visit the vendors, bid on an auction item (it's for a good cause), and enjoy the fellowship.

If you have the opportunity, please personally thank each of our sponsors that have made the NTW so special. You'll find a list in the program. We can never say thank you enough.

Got a question or need assistance, please don't hesitate to visit the registration desk or stop one of the planning committee members wearing a HOST badge. We want your visit to be as trouble-free as possible.

"Nebraska: Honestly, it's not for everyone," but it has opened its arms to us and we are most grateful.

Have a great Workshop!



Bill Field  
Director, National AgrAbility Project

# 2019 AgrAbility National Training Workshop

## SCHEDULE AT-A-GLANCE

### Monday, March 25<sup>th</sup>

#### Pre-Conference Sessions

8:00 am-4:30 pm **Mental Health First Aid** – Regents Ballroom F

1:00-4:00 pm **New Staff Training** – Regents Ballroom D,E

1:00-4:00 pm **Worksite Assessment, Secondary Injury and AT Selection** – Regents Ballroom C

1:00-4:30 pm **Offsite Tour #1 – UNL East Campus**

1:00-4:30 pm **Offsite Tour #2 – Madonna Rehabilitation**

4:30-6:00 pm **Welcome Reception and Poster Session** - Atrium

**Dinner on your own**

### Tuesday, March 26<sup>th</sup>

8:00 am **Opening Session** – Regents Ballroom A,B

#### 9:15 am Breakout Sessions

Regents Ballroom C \*APRIL- What Do You Need From Us?

Regents Ballroom D,E \*How To Work With AgrAbility-A Primer For Farmers...

Alumni \*A Conversation On Core Competencies: Course...

Regents Ballroom F \*Selecting a Suitable ATV or UTV

10:00 am **Break**

#### 10:30 am Breakout Sessions

Regents Ballroom C \*Veterans Panel

Regents Ballroom D,E \*Money Talk\$: Financial Education For Farmers...

Alumni \*PI Session

Regents Ballroom F \*Asking The Right Questions And Finding The Right...

Chancellor 2,3 \*Networking-Big Red Worms, Medicare, Meals Under Pressure

12:00 pm **Lunch- Regents Ballroom A,B**  
**Hearts of Glass movie preview**

#### 1:30 pm Breakout Sessions

Regents Ballroom C \*Supporting Physical And Emotional Wellbeing Of Rural...

Regents Ballroom D,E \*SustainABLE Farmer's Markets

Alumni \*Sustainability For AgrAbility Projects

Regents Ballroom F \*Path And Paving Solutions To Increase Farmstead...

#### 2:40 pm Breakout Sessions

Regents Ballroom C \*Vet Centers, A Place Of Action

Regents Ballroom D,E \*From Dreamworld To Death's Door And Back...

The...Alumni \*Indoor AT Show And Tell

Regents Ballroom F \*The Need For Farm/Ranch Succession Planning

3:40 pm **Break**

#### 4:00 pm Breakout Sessions

Regents Ballroom C \*Development Of 3D Printed Prosthesis For Farmers...

Regents Ballroom D,E \*Harvesting Happiness: What Ag Women Need To ...

Alumni \*Farming Or Ranching With A Disability? Social Sec...

Regents Ballroom F \*Opening The Eyes Of Many - Farming With A Vision...

Loading Dock of Hotel \*Outdoor AT Show And Tell

5:00 pm **Dinner on your own**

### Wednesday, March 27<sup>th</sup>

8:00 am

Regents Ballroom C

Regents Ballroom D,E

Alumni

Regents Ballroom F

8:55 am

Regents Ballroom C

Regents Ballroom D,E

Alumni

Regents Ballroom F

9:40 am

10:10 am

Regents Ballroom C

Regents Ballroom D,E

Alumni

Regents Ballroom F

11:05 am

Regents Ballroom C

Regents Ballroom D,E

Alumni

Regents Ballroom F

12:00 pm

1:30 pm

Regents Ballroom C

Regents Ballroom D,E

Alumni

Regents Ballroom F

2:40 pm

Regents Ballroom C

Regents Ballroom D,E

Alumni

Regents Ballroom F

3:40 pm

4:10 pm

Regents Ballroom C

Regents Ballroom D,E

Alumni

Regents Ballroom F

6:00 pm

#### Breakout Sessions

\*Development And Dissemination Of The Job Aid Handbook

\*Jessup Wagon 2.0

\*How To Collaborate With Your Goodwill And Other ...

\*Drones: Tools Not Toys

#### Breakout Sessions

\*A New Mission: How Extension Can Help Veterans

\*Alternative Income Streams For Farmers And Ranchers

\*Cultural Competency Panel

\*How Yoga Helps Farmers, Or Upward Cow Without...

#### Break

#### Breakout Sessions

\*Building A Plan of Success: The New Agricultural...

\*How To DIY Your Farms Marketing In The Digital Age

\*AgrAbility Quality Of Life Psychological Well-Being...

\*Whoops! I Missed That

#### Breakout Sessions

\*Working With State & National Beginning Farmers...

\*Safety Sensitive Occupations: Dangers With Opioid...

\*AgrAbility Quality Of Life Psychological - Cont'd

\*Worksite Assessment Collaboration

#### Lunch- Regents Ballroom A,B

#### Speaker-Ron "Gus" Gustafson

#### Breakout Sessions

\*Here's The Story, Of A Lovely Farmer (Cue The Brady...

\*A Caregivers Experience; Empowerment Through...

\*International Panel

\*Planning An Accessible Farm Shop

#### Breakout Sessions

\*Marketing For Non-Marketers

\*Pets With A Purpose

\*Youth And Agriculture: Developing And Implementing...

\*Keep Calm And Set Goals

#### Break

#### Breakout Sessions

\*Intervention Strategies For Older Farmer Safety

\*NextGen & Negotiation Programs: Tackling Two...

\*VR Partnerships In Missouri

\*My Favorite Farm Tools And Devices That Save Time...

#### Dinner, Keynote Address, and Auction

### Thursday, March 28<sup>th</sup>

7:30 am-5:00 pm **Offsite Tours**

# 2019 AgrAbility National Training Workshop

## SESSION DESCRIPTIONS

### Monday, March 25th: Pre - Conference Sessions

9:00 am - 4:30 pm | Regents Ballroom F

#### **Mental Health First Aid**

Scott Stemper and Kristen Nelson - Region V Systems

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

1:00 pm - 4:00 pm | Regents Ballroom D,E

#### **New Staff Training**

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

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 | Regents Ballroom C

#### **Worksite And Secondary Injury Assessment And Documentation**

Bill Field, Steve Swain - NAP, and  
Kelsey Badger - NAP and Indiana AgrAbility Graduate Intern



This preconference professional development session will explore the process of conducting an agricultural worksite assessment, the potential for secondary injuries when using assistive technology on the farm, the selection of AT and modifications, and sources of AT and modifications. The session will cover the contents of the latest draft of the updated Agricultural Worksite Assessment Tool for Farmers and Ranchers with Disabilities. The fee for this session is \$25.00

4:00 pm - 6:00 pm | Atrium - Reception and Poster Session

### Tuesday, March 26th

8:00 am - 9:00 am | Regents Ballroom A,B

#### **Opening Session**

Aida Balsano - USDA-NIFA, Bill Field - NAP, Aaron Yoder - Nebraska AgrAbility, Mark Shultz - U.S. Department of Education - Commissioner of the Rehabilitation Services Administration, Steve Wellman - Director, Nebraska Department of Agriculture, David

Varner - Associate Director of Nebraska Extension, Matt Starkey - Veteran Services Officer

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

Regents Ballroom C

#### **APRIL - What Do You Need From Us?**

Sierra Royster - APRIL

We will have a listening session where AgrAbility staff and farmers can share what they need in their home states. We will talk about what CILs are doing and how we can continue to plug into the need that is present in the communities. We will discuss ways to create more awareness that can lead to partnership of services to benefit the agriculture community more.

Regents Ballroom D,E

#### **How To Work With AgrAbility - A Primer for Farmers And Ranchers Seeking Assistance**



James Craig - Colorado AgrAbility and Brady Haynes- Colorado AgrAbility Farmer Client

This session will be co-presented by a farmer client and the lead AgrAbility Rural Rehabilitation Specialist in a complex case involving multiple vendors whose products must overlap or coordinate with other vendors. The farmer client will discuss the project from his perspective, revealing the frustration with the process and methods he found that helped the process move forward.

The AgrAbility Specialist will interweave his discussion of the process and the challenges that were met in coordinating vendors with sometimes conflicting requirements and availabilities. Through subtle advocacy, persistent follow through, and patience, the client achieved a positive result in a complex case that presented the need for solutions that did not exist on-the-shelf.

Alumni

#### **A Conversation On Core Competencies: Course Materials, Professional Development Ideas, Continuing Education Opportunities To Continue Quality Service In The Profession**

Brian French - Washington State University and Bill Field - NAP

In this session, the presenters will briefly summarize efforts on core competencies for professional staff. Information on course material, models of continuing education, and information from their work on core competencies in this area will be shared.

(continued on next page)

#### **Special Interest Key**



Farmers/Ranchers



Veterans



Assistive Technology

The majority of the time is geared toward a conversation with the audience with guiding questions on (a) what may be missing in models of continuing education, (b) what may be missing from course content for professional development, and (c) how can we generate ideas and discussion on how to provide helpful opportunities for staff to meet the their needs of providing effective assistance to clients through AgrAbility projects.

## Regents Ballroom F

### **Selecting a Suitable ATV or UTV**

*Dick Brzozowski - Maine AgrAbility, Steve Swain - NAP and Ned Stoller - MI AgrAbility*



Participants will learn the versatility of ATVs and UTVs for use on farms and ranches. Not all of these work vehicles are created equal. What are the preferred features and uses? How are farmers and ranchers using these “workhorses” and accompanying accessories?

## 10:30 am – 12:00 pm Breakout Sessions

## Regents Ballroom C

### **Veterans Panel**



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

## Regents Ballroom D, E

### **Money Talk\$: Financial Education for Farmers and Ranchers**

*Susan Tachau - Pennsylvania Assistive Technology Foundation and Abbie Spackman - AgrAbility PA*



Money matters. Having a foundation of consumer financial education makes it possible for farmers, ranchers and their families to plan for their futures, expand their businesses and help their community. Several AgrAbility partners, most notably the Alternative Financing Programs (AFPs), have incorporated financial education trainings in their programming. This presentation will include a discussion of the AFPs and how their programs can help AgrAbility clients. This session will also review the newest financial education resources so that SRAPs and farmers/ranchers can best determine what will work for them.

## Alumni

### **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.

## Regents Ballroom F

### **Asking the Right Questions and Finding the Right Resources for Caregivers, Ag Professionals and Farmers**



*Laura Akgerman and S. Dee Jepsen - Ohio AgrAbility Program, Jen Wong - The Ohio State University; Amanda Raines - Ohio State University Extension*

When it comes to caregivers, disabilities, and rural community services, how can AgrAbility create connections within state and local communities? Do you know how to find the right resources and assistance to meet your needs, or the needs of your clients, family and community members? This session will present information and ideas for agricultural professionals,

farmers and caregivers. We will work through an unconferecing-style presentation to identify community resources, barriers to asking for and accessing help, and opportunities for collaboration and support.

The goal of this unconferecing session is to answer three main questions:

1. What resources and organizations are available in your community?
2. What do you need help with?
3. Who do you go to for help?

Based on audience participation in this session, we will utilize the basics of community asset mapping to develop a checklist that attendees can use to ascertain the needs of caregivers, family members, and clients within their community. We will share this developed template for everyone to use after the conference.

## Chancellor 2,3

### **Networking Room - Creating Healthy Soil with Worms, Medicare, Meals Under Pressure**



*Jeremiah Picard - Big Red Worms, Nancy Frecks - Nebraska AgrAbility and Cindy Brison, MS, RD - NE Extension*

In this room you will be able to meet with individuals and discuss topics of your choice - worm composting, Medicare issues, and preparation of healthy meals quickly and on a budget.

## 12:00 pm - 1:30 pm Regents Ballroom A,B

**Lunch** - There will be a special section for farmers.

We will be showing a preview of “Hearts of Glass”, a film about Vertical Harvest (VH), a multi-story greenhouse that grows crops while providing meaningful, competitively-paid jobs for people with disabilities.

## 1:30 pm – 2:30 pm Breakout Sessions

## Regents Ballroom C

### **Supporting Physical and Emotional Wellbeing for Rural Military Veterans**



*Knesha Rose-Davison, MPH and Linda Emanuel, RN - AgriSafe Network*

While our military service personnel choose to return to rural communities to experience the benefits of lower living expenses, outdoor work and recreation, and a quieter living space, this lifestyle is not without challenges. This session will address the health disparities facing rural military veterans and explore opportunities for their home communities to support their health and wellbeing.

Additionally, few mental health care professionals are trained to treat combat related disorders such as Post Traumatic Stress Disorder. Compounding issues include anxiety, severe depression, obsessive compulsive disorder, sleep disturbances, substance abuse, increase reliance on tobacco products. Gender discrepancies can also carry over from training and deployments – including incidents of sexual harassment.

Working the soil and raising livestock can be emotionally, physically and financially rewarding to veteran farmers and ranchers. Our aim during this presentation is to identify key health disparities and solutions to decrease health threats. We will share ideas, stories, and brainstorm strategies to improve the health of veteran farmers and ranchers who have worked hard to protect our freedom.

## Regents Ballroom D,E

### **SustainABLE Farmer's Markets**

*Jill Johanning and Ketra S. Crosson - Alpha One, Maine AgrAbility*



Is everyone welcome at your farmer's market? This session will address strategies for making farmer's markets more navigable by taking a closer look around your market set up

- Are there obstacles that may prevent some people from feeling comfortable and being able to move around safely?
- Farmer's market organizers can develop guidelines for market vendors that are inclusive to all customers.
- Being accessible to individuals with mobility, vision, hearing, and other disabilities makes a farmer's market more welcoming to increase visitors.

## Alumni

### **Sustainability For AgrAbility Projects**

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

The demands for services from our current projects is growing, while funding remains the same. We see only 20 states being served, while we know that many more need the services. This un-conferencing session is designed to explore and share ideas for: fundraising; looking at grant opportunities; maintaining and expanding government funding and more! Bring your ideas, and soak up other's during this session formatted for sharing.

## Regents Ballroom F

### **Path And Paving Solutions To Increase Farmstead Accessibility**

*Carla Wilhite - University of New Mexico - New Mexico AgrAbility Project*



Farmsteads are known to be difficult to traverse using manual wheelchairs or when using mobility aids. Solutions will be presented to make pathways and walkways more wheel-able and walkable for farmers and ranchers with mobility impairments. A common terminology will be learned to describe terrain and proposed adjustments to the landscape for AgrAbility customers, payers and contractors. The session focuses on skills for AgrAbility specialists conducting worksite assessments.

## 2:40 pm – 3:40 pm – Breakout Sessions

## Regents Ballroom C

### **Vet Centers, A Place of Action**

*Ken Colson - Lincoln Vet Center*



In order to address the wide range of needs and readjustment problems that veterans may be encountering, the Vet Center offers the following services: individual readjustment counseling, group counseling, referrals for benefits assistance, serves as a liaison with community agencies, marital and family counseling, substance abuse information and referral, community education, job counseling and referral, and bereavement counseling.

## Regents Ballroom D,E

### **From Dreamworld to Death's Door and Back: The Opioid Journey on the Farm**

*Dr. Tina Chasek - University of Nebraska at Kearney*

What does the opioid epidemic have to do with agriculture? This

presentation will answer this question and address the growing Opioid problem from a historical, prevention, and treatment perspective. The history of opioid use will be discussed followed by an examination of how this effects the farming community. Prevention efforts and resources for treatment in rural areas will be discussed.

## Alumni

### **Indoor AT Show And Tell**



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

## Regents Ballroom F

### **The Need For Farm/Ranch Succession Planning**

*Allan Vyhnaek - University of Nebraska Extension*



Allan will incorporate real life experiences into his teaching points about the importance of having a succession/transition plan in place for an operation. The session will look at the reasons we don't like to plan, discuss the importance of family communications when developing a succession plan, touch upon negotiations regarding planning, and outline appropriate steps to take to start the planning process.

## 4:00 pm – 5:00 pm Breakout Sessions

## Regents Ballroom C

### **Development Of 3D Printed Prostheses For Farmers And Veterans**

*Jorge M. Zuniga Ph.D. - University of Nebraska-Omaha and Carl A. Nelson, Ph.D., P.E. - University of Nebraska-Lincoln*



In this session we will:

1. Describe the development of 3D printed prostheses for farmers and veterans.
2. Describe distance prosthetic fitting procedures and implementation in rural communities.
3. Describe applications of antibacterial 3D printing materials.
4. Describe new 3D printed upper limb prosthetic designs.

## Regents Ballroom D,E

### **Harvesting Happiness: What Ag Women Need to Know about Stress and Depression**

*Dr. Tina Chasek - University of Nebraska at Kearney*



Women in agriculture face many challenges including production issues, financial concerns, family demands, and personal stress. These challenges can often be overwhelming and lead to difficulty managing day-to-day life. What do these challenges look like in your life? Are stress and depression affecting you or your family? How do you manage these challenges for better health? This session will help answer these questions.

### **Special Interest Key**



Farmers/Ranchers



Veterans



Assistive Technology

## Alumni

### **Farming Or Ranching With A Disability Or Health Condition? Social Security Considerations**

Shauna Dahlgren - Easterseals Nebraska



Individuals who experience a disability or health condition that affects their ability to work or perform work tasks may consider Social Security's disability benefit programs as a way to supplement or replace lost income. This session includes an overview of the benefits available, considerations for farmers, ranchers and their family members that can affect eligibility. Participants will learn about the importance of Benefits Planning, how to access these services and work incentives available to Social Security disability beneficiaries.

## Regents Ballroom F

### **Opening The Eyes Of Many - Farming With A Vision Impairment**

Leilani Carlson - Maine AgrAbility and Betty Rodriguez - NC AgrAbility



NC and Maine AgrAbility programs will share their experiences of working with farmers with visual limitations and discuss state resources available for people with visual impairments. Meet a farmer, and learn about their particular abilities and limitations. Discover how their challenges and resulting solutions may be applied to meet your personal needs. This session will stress the importance of considering all the resources available in the state as well as the ways to create partnerships with organizations that can enhance the experiences of our farmers in the AgrAbility Program.

## Outside loading dock of hotel

### **Outdoor Assistive Technology Show And Tell**



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

## Dinner on you own

# Wednesday, March 27th

## 8:15 am – 8:45 am Breakout Sessions

### Regents Ballroom C

#### **Development And Dissemination Of The Job Aid Handbook: A Training Guide for Garden, Greenhouse, and Small Farm Supervisors**

Laura Akgerman and S. Dee Jepsen - Ohio AgrAbility

Horticultural activities can open the doors for persons with disabilities to enjoy the therapeutic rewards of growing and cultivating plants for food and beautification. Gardens, greenhouses, and small farms can also provide rewarding job opportunities for persons with cognitive disabilities. Both for-profit and non-profit gardens can provide meaningful work experience, and help individuals grow to be valuable employees.

A Job Aid Handbook was created for employers, supervisors, or job coaches to fit the needs of an agricultural workforce with cognitive disabilities. The guides analyze and break down tasks to better understand common horticultural activities, with step-by-step instructions and laminated cards with additional training prompts. Ultimately this program focuses on job

training and safety when adding cognitive impaired workers and volunteers to the garden staff.

### Regents Ballroom D,E

#### **Jessup Wagon 2.0**

Nashon Bishop , David Middleton and Susan Jaster - Lincoln University Cooperative Extension Innovative Small Farmers' Outreach Program, Missouri AgrAbility Program and Karen Funkenbusch - University of Missouri Extension, Missouri AgrAbility Program



The Jessup Wagon 2.0 is a modern day re-imagining of Dr. George Washington Carver's original educational horse drawn wagon. Lincoln University's Innovative Small Farmers' Outreach Program (ISFOP) in collaboration with the Webb City Farmers' Market offer educational workshops throughout the state of Missouri. The Jessup Wagon contains modern day technological advancements to increase efficiency on farm and highlights ergonomic tools available to today's farmers to reduce the risk of injury. This educational wagon contains season extension technologies for fruit and vegetable producers, irrigation equipment, ergonomic hand tools, and personal protective equipment (PPE) for farmers when applying pesticides on farm.

## Alumni

### **How To Collaborate With Your Goodwill And Other Non-Profits**

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

As funding stays the same and demands on services grow, collaboration is the answer. Join in a discussion about how to collaborate with your local Goodwill and other non-profits in your region. Learn how to key in on matched goals in your missions and work together to make a difference to those you serve. Bring your experiences and ideas to share!

### Regents Ballroom F

#### **Drones: Tools Not Toys**

Russell Barger - Barger Drone Inc.



Presentation will: show participants basics of how to operate a drone; identify capabilities and limitations; describe current regulatory requirements, including FAA Part 107 licensure requirement; show popular apps for crop and livestock tasks with a drone; show specific software and hardware combinations for crop and livestock production; address how disabled persons can benefit from UAV data; and have a question and answer session.

## 8:55 am - 9:40 am Breakout Sessions

### Regents Ballroom C

#### **A New Mission: How Extension Can Help Veterans Succeed**

Robert Tigner - Nebraska Extension, UNL



Learners will be introduced to the services and educational initiatives that Extension provides to adults considering farming as a career or those who want to improve the performance of their farm operation. These services include tools for farm financial planning, production planning and problems resolution, design of facilities assistance, family financial planning, entrepreneurship coaching, mission-vision statements and business planning.



## Regents Ballroom D,E

### **Alternative Income Streams For Farmers And Ranchers**

*Dick Brzozowski - Maine AgrAbility*

Farming and ranching involves traditional income generating enterprises that are animal-based or crop-based. This workshop will however, focus on alternative income streams that are more service-based and may be appropriate for individuals or families involved in agriculture. Participants will help to generate a grand list of potential alternative income streams for consideration. Lastly, the group will learn how to weigh the pros and cons of adding such an alternative to their operation.

## Alumni

### **Cultural Competency Panel**

*Chuck Baldwin - NAP, Esmerelda Mandujano - CA AgrAbility, Jason Schoch - South Dakota State University, Patricia Hammond - South Dakota State University, and Louis Rivers - Kentucky State University*

This session will consist of short expositions by five AgrAbility staff, each one presenting in turn the most important issues to consider when dealing with African American, Native American, Amish/Old Order, or Hispanic/Latino agricultural workers impacted by disability. Following their talks, there will be time for questions/answers and discussion.

## Regents Ballroom F

### **How Yoga Helps Farmers, Or Upward Cow Without The Lycra**

*Brie Weisman - Maine AgrAbility*



Today, the word “yoga” typically conjures up images of lycra-clad people (mostly women) in an indoor space, straining in odd poses on thin mats while ethereal music and smells of lavender fill the air. This stereotype keeps many people from realizing that yoga stretches are powerful tools that can be done anywhere, anytime, to prevent injury and even improve health and vitality.

This workshop offers a way to access yoga stretches that can decrease swelling, prevent cartilage and joint breakdown, and increase strength, flexibility, balance, and proper body alignment—wherever we find ourselves—even out on the farm, in our Carhartt and flannel, during brief breaks or between chores. This training will offer farmers a way to incorporate yoga into their daily routines without yoga mats or special equipment. It will give farmers specific stretches that can be performed while sitting on a tractor seat, or standing anywhere at all. This is practical, no-nonsense yoga on the move for people whose most valuable, hard-working tool is their own body.

## 10:10 am – 10:55 am Breakout Sessions

## Regents Ballroom C

### **Building A Plan For Success: The New Agricultural Business**

*Robert Tigner - Nebraska Extension, UNL, Agricultural Systems Economist*



Learners will be introduced to the process of new ag business development including mission-vision, cash flow planning, planning for price and production variability in a new ag business. Planning does not guarantee success but can mitigate the big risks in establishing a new ag business.

## Regents Ballroom D,E

### **How To Diy Your Farm’s Marketing In The Digital Age**

*Kelly Gagnon - Grit HQ & AgrAbility of Illinois*



There is a difference between marketing and doing it the right way. Grit HQ will present best practices for small farm and specialty grower marketing - focusing on messaging and branding, website and social media content, and DIY video and photography. Attendees will leave with a list of resources to use and a clear plan of attack on how they can market their own farms and produce more efficiently and effectively to their target consumer using free and low-cost resources.

## Regents Ballroom F

### **Whoops! I Missed That**

*Steve Swain - NAP*

We have conducted the farm worksite assessment and have taken the pictures. We start the report when we review the pictures and realize – I missed that! What do they do in the winter? How does he do that in the winter? We have all had those moments when that something smacks us and we realize we goofed up. This session will help us keep in mind areas not to forget and to realize it will happen and how to handle the situation.

## 10:10 am – 11:50 am Breakout Session

## Alumni

### **Agrability Quality Of Life Psychological Well-Being Improved +28% Vs. -4% & Qualitative Key Themes**

*Bob Fetsch - Colorado State University Extension AgrAbility Project, Hamida Jinnah & Paige Tidwell - Research and Evaluation Unit, 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, 2018). 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, 2018). In this session, we will summarize the results of our newest QOL study. We will focus on behavioral health improvements and discuss implications and new directions for the future.



### **Special Interest Key**



Farmers/Ranchers



Veterans



Assistive Technology

## 11:05 am – 11:50 am Breakout Sessions

### Regents Ballroom C

#### **Working With State & National Beginning Farmers And Ranchers Development Grant Programs - Panel**

Moderator - Karen Funkenbusch- Missouri AgrAbility, Panel - Timothy Prather - Tennessee AgrAbility, Rick Peterson - Texas AgrAbility, Cheryl Grenwelge - Texas AgrAbility and Maureen Cunningham - Brain Injury Association of Missouri

Individuals who work in an agricultural setting face challenges that affect their productivity, mental and physical health, and quality of life. Through AgrAbility services and various forms of assistive technology, what was seemingly impossible has become possible; what was out of reach has become achievable for many individuals across the country who refuse to give up their calling to the land. This interactive session will provide background information about Beginning Farmers and Ranchers Development Program (BFRDP), highlight ways to reach out and build connections at the state and national level, share ideas about how to incorporate services, programs and access English and non-English resources to help beginning farmers and ranchers with disabilities.

### Regents Ballroom D,E

#### **Safety-Sensitive Occupations: Dangers With Opioid Use And Farming**

Natalie Roy, MPH and Knesha Rose-Davison, MPH - AgriSafe Network

The American College of Occupational and Environmental Medicine has released recommendations for opioid prescribing patterns based on safety-sensitive occupations. Safety-sensitive work is typically classified as operating motor vehicles, modes of transportation, other heavy machinery, or tasks requiring high levels of cognitive function or judgement. Farm duties frequently demand the use of heavy machinery, and concurrent use of opioids with safety-sensitive work can be very dangerous. Findings from analysis of dairy farmer workers compensation claims data and correlation with opioid prescriptions will be shared to define the scope of the problem. This presentation will educate attendees on how to discuss with patients/clients who have safety-sensitive occupations alternatives to prescription opioids.

### Alumni

#### **Worksite Assessment Collaboration**

Abbie Spackman - AgrAbility PA

This unconferencing session is geared for staff members who are actively providing worksite assessments. Meet staff from other SRAPs who are providing assessments, obtain their contact information and swap ideas. Share tips and answer questions such as, are you using an iPad? What tools do you carry with you? What challenges do you face? This is an opportunity to share current assessment scenarios that are challenging you and seek support and ideas from other participants.

## 12:00 pm – 1:30 pm Lunch-Regents Ballroom A,B

#### **Lunch Speaker Ron "Gus" Gustafson**

Meet a man who has turned personal tragedy into triumph.

## 1:30 pm – 2:30 pm Breakout Sessions

### Regents Ballroom C

#### **Here's the story...of a lovely farmer (cue the Brady Bunch theme song)**

Kendra Martin - AgrAbility PA, Kelly Gagnon - Grit HQ & AgrAbility Illinois, and Sarah Lake - Emspace + Lovgren

The session will feature three case studies with time for questions, feedback, and interaction among participants. We will talk about why you should consider storytelling as you walk your way through your career, where it's benefits can lead you, and where your story should be told. Participants will engage with the individuals in charge of marketing for AgrAbility Illinois, Pennsylvania and Nebraska who have made storytelling a piece of their marketing plan and found success. This presentation will give tips to keep your blog or website fresh and your social media feeds engaging, and will discuss how to leverage stories with local media and donors. We will also use Power Point, video, websites, handouts, and more to convey information.

### Regents Ballroom D,E

#### **A Caregiver's Experience; Empowerment Through AgrAbility**

Bev Berens - Michigan AgrAbility, Easterseals Michigan and Kristoff T. Minus - NCAT University

Caregivers face an entire wall of challenges when assisting someone with a disability. In fact, you can't really know or understand what those challenges are until you find yourself in the middle of a situation. This session will give a first-person account of some things the spouse goes through in a crisis situation, and give a glimpse of what it's like from the caregiver's vantage point. What happens next on the farm? Who is in charge of what? Stop pointing fingers and somebody please decide what we do next! Observations from the North Carolina AgrAbility caregiver empowerment program will show how the caregivers of farmers with disabilities were empowered to better assist themselves and the person with the disability during their process in the program. We will discuss ways in which the caregivers of farmers with a disability can reduce caregiver burden while having positive outcomes and maintaining their health.

### Alumni

#### **International Panel**

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.

### Regents Ballroom F

#### **Planning An Accessible Farm Shop**

Dick Brzozowski - Maine AgrAbility



The farm shop is more than just a place to store your tools, supplies and materials. For many farms, it is the headquarters of the farming operation. Business decisions, repairs, maintenance, fabrication, inventory storage and even hobbies are all conducted from this location. Therefore, the farm shop is a space that needs to work for you and others on the farm! This presentation discusses shop design, useful technologies, safety, and other considerations for this important space to be used to its' fullest potential.

## 2:40 pm – 3:40 pm Breakout Sessions

### Regents Ballroom C

#### **Marketing For Non - Marketers**

*Paul Jones - NAP, Kelly Gagnon - Grit HQ & AgrAbility Illinois, and Kendra Martin - AgrAbility PA*

In this session, in a blended approach of presentation and unconferecing time, participants will engage with presenters based on their knowledge of and experience with marketing their programs. Presenters will discuss the fundamentals of marketing. Based on group feedback and experience, presenters will discuss ways to advance or finesse participant's marketing goals.

### Regents Ballroom D,E

#### **Pets With A Purpose - Pharm Dog Usa**

*Jackie Allenbrand - PHARM Dog USA*



In this session PHARM Dog USA will explain their services they offer to farmers. You will also hear from actual farmer clients that have benefitted from the services of PHARM Dog USA. They will share their stories of how their dog has helped them in their day to day farming operation. A brief explanation of the different support animal terms will be discussed as well as some time for a question and answer session.

### Alumni

#### **Youth And Agriculture: Developing And Implementing A Pre-Employment Transition Services Program Focused On Agriculture Using A Peer-Mentor Model.**

*Ketra Crosson - Alpha One & Maine AgrAbility, Sally Farrell and Sarah Morton - Alpha One*

This session will highlight a program conducted in partnership by Maine AgrAbility, Maine Bureau of Rehabilitation Services, and Alpha One – Maine's federally designated Center for Independent Living - to address the needs of youth (ages 14 to 21) with disability pursuing a career in agriculture. Agriculture, as defined by Maine AgrAbility, includes farming, fishing, landscape work, and the timber industry. Presenters will introduce and define the peer-mentor model of pre-employment transition service delivery for young adults enrolled in the program. The session will discuss program development and expansion possibilities, creating and sustaining successful partnerships, outreach efforts, and participant enrollment. Program learning modules focusing on adapted agriculture opportunities, disability rights, advocacy, time management, budgeting, problem solving, communication, and team building will be reviewed during this session. Attendees will be encouraged to reflect on their own practices related to youth in transition and identify opportunities to meet the needs of the next generation of agriculture.

### Regents Ballroom F

#### **Keep Calm And Set Goals**

*Carey Portell - Motivational Speaker & Missouri AgrAbility client*



After sustaining partial disabilities and end stage traumatic arthritis, Carey has learned how to continue to cattle farm with the help of her local AgrAbility organization. She will relay how to "Keep Calm & Set Goals". This exact title is how she has been able to progress and continue farming at the level that she is now. You will receive handouts/worksheets, engage in an activity to demonstrate goal setting.

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

### Regents Ballroom C

#### **Intervention Strategies For Older Farmer Safety**

*Sean Tormoehlen - Purdue University*

Age-related impairments, such as hearing and vision loss or decreased mobility, impact everyone eventually and can lead to increased risk of injury for older farmers. This is important for AgrAbility staff to consider when making recommendations because 41.8% of AgrAbility's clients during the 2016-2017 were 60 years or older. This session will introduce potential age-related impairments, walk through several real-life case studies of older farmer fatalities, and discuss potential intervention strategies for each case study.

### Regents D,E

#### **NextGen & Negotiations Programs: Tackling Two Different Challenges Facing Today's Farmers And Ranchers**

*Karla Bahm - Nebraska Department of Agriculture*



Nebraska was the first state to enact a law to help new producers get a head start in farming and ranching, while giving back to the farmer and ranchers who own agricultural assets. NextGen utilizes the Beginning Farmer Tax Credit Act to incentivize owners of agricultural assets to help a beginning farmer. [www.nextgen.nebraska.gov](http://www.nextgen.nebraska.gov)

Forty-one states have USDA certified mediation programs for farmers and ranchers for resolving agricultural credit disputes and USDA adverse decisions. Mediation provides a fair and neutral process led by an impartial third party to resolve differences through discussion, negotiations and problem solving. AgrAbility clients may find themselves in financial distress as a result of their disability or because of the current economic times. This session will educate them on the services available through mediation.

### Alumni

#### **Partnerships With VR In Missouri**

*Raymond Drake - Director of Rural/Self Employment and Karen Wilson, PhD and Rob Zirfas - Missouri Vocational Rehabilitations*

Learn how Missouri VR reaches out to partnering organizations to help the ag community become aware of services and educates our won staff on effective ways in serving farmers and doing outreach.

### Regents F

#### **My Favorite Farm Tools And Devices That Save Time And Energy**

*Dick Brzozowski - Maine AgrAbility*



Farmers and ranchers will be invited to describe (and/or show) their favorite farm tools and devices and how they effectively use these on the farm and ranch. Notes will be taken and shared with all participants.

## 6:00 pm – 9:00 pm Banquet dinner - Regencts Ballroom A, B

#### **Keynote Speaker - Carey Portell, and Auction with Auctioneer Bernard Geschke - Progressive Agricultural Foundation**

#### **Special Interest Key**



Farmers/Ranchers



Veterans



Assistive Technology

# Thursday, March 28th

7:30 am – 4:00 pm Tours

Tour 1 - 7:45 am-4:30 pm

(Full Day Tour)

***Robinette Farms, Rock Creek Aquaculture, Aaron Bock Farm, And Boiler Brewing Company:***

On the tour you will visit AgrAbility clients with cattle, shrimp, chickens, and vegetable production. The tour's final stop will be a craft brewery.

Tour 2 - cancelled

Tour 3 - 9:30 am - 5:00 pm

(Full Day Tour)

***Hetra, Midwest Hop Producers And Kimmel Education***

On the tour you will visit an equestrian therapy center, hops production and a research center.

Tour 4 - 7:45 am-5:00 pm

(Full Day Tour with ½ day drop off at 12:45 pm)

***Unl Innovation Campus, Big Red Worms, Ficke Cattle, And Anchor Meadow Farms:***

On the tour you will visit the Food Innovation Center, the Greenhouse Innovation Center, the Biotech Connector and the Innovations Connector on UNL Campus. There will be a 12:45 drop off after having lunch on campus. You will then tour worm composting, and AgrAbility client, veteran owned cattle, bees, and hogs.

Tour 5 - 7:30 am- 5:00pm

(Full Day Tour)

***Grow With The Flow, Raising Nebraska At Fonner Park, And Gary Bader & Sons Feed Yard:***

On the tour you will experience aquaponics, interactive exhibits at Raising Nebraska and visit an AgrAbility client owned feed yard.





## ***Special Thanks to Our Vendors***

***AgriSafe Network***

***Bergman Manufacturing Inc.***

***Central States Center for Agricultural Safety and Health at UNMC***

***Farmer Veteran Coalition***

***Jiffy Hitch Systems***

***Life Essentials***

***National AgrAbility Project***

***Progressive Agricultural Foundation***

***Shur-Co***

***Sydell, Inc.***

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***Freckles Graphics***

***Life Essentials***

***Uline***

***Hoosier Uplands***

***Thanks to the 2019 AgrAbility***  
**NATIONAL TRAINING WORKSHOP COMMITTEE**

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# AgrAbility

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