



# ***2023 AgrAbility National Training Workshop***



**Spokane, WA • March 20-23, 2023**





# ***2023 AgrAbility National Training Workshop***

Spokane, WA ~ March 20<sup>th</sup> – 23<sup>rd</sup>

## ***Presented by:***

The National AgrAbility Project  
Washington AgrAbility  
Purdue University Breaking New Ground Resource Center  
Goodwill of the Finger Lakes  
Colorado State University  
Washington State University  
AgriSafe  
OsteoArthritis Action Alliance

## ***Special Thanks to the following sponsors***

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*Life Essentials*



# Welcome

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March 20, 2023

Welcome,

Willkommen, Bienvenue, Välkommen, Huanying, Yokoso, Tanyán yahi, Karibu, Håfa Adai, Welina, Hey! However you are most comfortable in hearing it, the 2023 AgrAbility National Training Workshop team would like to welcome you to Spokane Washington. Your presence is a wonderful vote of confidence for all those who have contributed to making this event a reality.

Several years ago, I did a workshop for farmers and ranchers with disabilities at the big Spokane Ag Expo. I clearly remember how well they treated me and how great the food was. Each of you are also in for a treat. The NTW planning committee has worked hard to ensure that you leave Spokane with new tools to enhance quality of life for the farmers and ranchers served by AgrAbility.

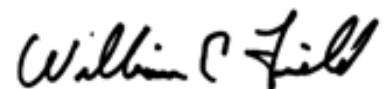
A couple highlights include presentations by Laurie Hayn, an Indiana AgrAbility client who has demonstrated great perseverance in overcoming difficult challenges, and Dr. Michael Rosmann, a leader and scholar in the field of rural mental health. Make sure you are in attendance for both of their presentations. You won't be disappointed.

A special thank-you goes to the Washington AgrAbility and Western Regional Stress Assistance Program (WRASAP) teams for their support. We couldn't have done it without you! Also, if you have the opportunity, please personally thank our sponsors listed in the program.

At our annual auction, you are encouraged to bid often and high. Even if you don't need one of the items up for sale, please still consider buying it. All proceeds will go toward covering travel costs for farmers and ranchers to the 2024 NTW. Remember you can always "regift" anything you buy.

Finally, please take time to introduce yourself to someone new. Share what you do and listen to them as they share their story. Personal contacts can lead to new friends and often is a pathway for encouragement. Thank you for being in attendance.

Bill Field,



National AgrAbility Project

# 2023 AgrAbility National Training Workshop

## SCHEDULE AT-A-GLANCE

### Monday, March 20<sup>th</sup>

#### Pre-Conference Sessions

9:00 am-3:30 pm **Mental Health First Aid - Grant**  
 12:00-4:00 pm **Introducing the Business Model...** - Audubon/Manito  
 1:00-4:00 pm **New Staff Orientation - Corbin**  
 1:00-4:00 pm **Worksite Assessment, Secondary Injury and AT Selection - Finch**  
 1:00-4:00 pm **Offsite Tour – St. Luke's Rehab Center**  
 4:30-6:00 pm **Welcome Reception and Poster Session - Skyline Ballroom 12<sup>th</sup> floor**

**Dinner on your own**

### Tuesday, March 21<sup>st</sup>

8:00 am **Opening Session – Riverfront Ballroom**  
 9:15 am **Breakout Sessions**  
 Corbin \* Low-tech Assistive Technology Lessons from Ethiopia  
 Finch \* Improving Mental Health and ... Abilities with Apps  
 Grant \* What AgrAbility Looks Like in ... of Persistent Poverty  
 Riverfront Ballroom D \* Roundtable discussion for Veterans, Underserved, and ...  
 10:15 am **Break**  
 10:45 am **Breakout Sessions**  
 Corbin \* Adaptive Beekeeping for People with Disabilities and ...  
 Finch \* Brain Injury: Chronic Health Condition and Manage...  
 Grant \* Promoting Resiliency with Agricultural Clients...  
 Riverfront Ballroom D \* Alternative and Value-Added Agricultural Enterprises...  
 Audubon/Manito \* QPR Gatekeeper Training  
 12:15 pm **Lunch and Speaker- Riverfront Ballroom**  
 1:45 pm **Breakout Sessions**  
 Corbin \* What Tools Are in Your AgrAbility Truck?  
 Finch \* Overcoming Barriers to Wellness Recovery Through...  
 Grant \* Using Social Media to Support Your Farmers and...  
 Riverfront Ballroom D \* USDA Military Veterans Agricultural Liaison  
 2:40 pm **Breakout Sessions**  
 Corbin \* Think Outside of the Box to Increase Income of ...  
 Finch \* Ask In Earnest: Candid and Compassionate Conv...  
 Grant \* PI Session  
 Riverfront Ballroom D \* AgrAbility Farmers and Ranchers Need to Work...  
 Outside \* Outdoor Show and Tell  
 3:40 pm **Break**  
 4:00 pm **Breakout Sessions**  
 Corbin \* Indoor AT Show and Tell  
 Finch \* Farm and Ranch Stress Assistance Network Updates  
 Grant \* International Panel  
 Riverfront Ballroom D \* Cultivating Post-Traumatic Growth and Community...

6:00 pm Dinner, Keynote Address, and Auction

### Wednesday, March 22<sup>nd</sup>

8:00 am **Breakout Sessions**  
 Corbin \* Beyond Aching Hands and Stomped on Feet – Emerging...  
 Finch \* Critical Conversations: Farm Stress and Mental Health...  
 Grant \* OH AgrAbility... Collaborating with Our State VR  
 Riverfront Ballroom D \* Employing Youth in Agriculture: Keep Your Operation...  
 9:10 am **Breakout Sessions**  
 Corbin \* Sustainability – Maintaining Program Impact...  
 Finch \* Introduction of the WFD Program within the Amputee...  
 Grant \* Farm Family Resource Initiative in Illinois  
 Riverfront Ballroom D \* SARE Grants- Preparing a Proposal  
 9:55 am **Break- Silent Auction ends**  
 10:25 am **Breakout Sessions**  
 Corbin \* From Field to Table, Train-the-Trainer Food Safety Session...  
 Finch \* Cultural Humility Panel: People, Principles and Practices...  
 Grant \* From Capstone Projects to Internships: Working with...  
 Riverfront Ballroom D \* Preliminary Results of Educating 45 Military Veteran...  
 \* Inter-State Collaboration to Support Veteran and Other...  
 12:00 pm **Lunch Riverfront Ballroom**  
 Pick up Silent Auction items.  
 1:30 pm **Breakout Sessions**  
 Corbin \* Strategies for Memory, Organization and Time Manage...  
 Finch \* Farmer Focus (aka Metgot' y Llancho): Leveraging...  
 Grant \* Outreach to Land and Sea Farmers to Meet Them...  
 Riverfront Ballroom D \* It's Hard to Keep a Psychologist Down on the Farm  
 2:40 pm **Breakout Sessions**  
 Corbin \* Funding Assistive Technology: Financing, Credit Building...  
 Finch \* Tips for Recognizing and Managing Excessive Stress  
 Grant \* 4-H Save Your Brain  
 Riverfront Ballroom D \* Tai Chi for Arthritis with the Agricultural Community  
 3:40 pm **Break**  
 4:10 pm **Breakout Sessions**  
 Corbin \* Collaborating with Goodwill and other Non-Profits  
 Finch \* AgrAbility Safety Considerations for On-Site Visits...  
 Grant \* What a Pain! Understanding and Managing Chronic...  
 Riverfront Ballroom D \* Walk in the Shoes of a Florida Farmer

**Dinner on your own**

### Thursday, March 23<sup>rd</sup>

8:00 am-4:00 pm Offsite Tours







# 2023 AgrAbility National Training Workshop

## SESSION DESCRIPTIONS

### Schedule

### Monday, March 20<sup>th</sup>: Pre-Conference Sessions

Time	Room	Session
9:00 am - 3:30pm	Grant	<b>Mental Health First Aid</b> <i>Kimber Nicoletti-Martinez- NAP/ Purdue University and Alison Brennan- Montana State University</i> MHFA is designed to increase knowledge and build skills to help someone who is experiencing mental health problems. The training includes information about signs and symptoms of mental health problems and provides opportunities to practice response skills for specific types of problems. Mental Health First Aiders are trained to provide informed, caring support and to suggest and connect people to community resources. The fee for this session is \$60.  
12:00 pm - 4:00 pm	Audubon/Manito	<b>Introducing the Business Model Canvas as a Planning Tool</b> <i>Steve Watts-Oelrich and Henry Wong- Business Impact NW/Veterans BOC, and Nicolle Hansen- Spokane Area Women's Business Center</i> The Business Model Canvas is designed to make business planning a more manageable task. The canvas is a great starting point to take those ideas floating in your head and start putting them on paper. It is essentially, a one-page business plan and in some cases can substitute for a formal business plan. In this course, you'll start exploring your customer segments, value proposition, and other key areas a business plan should cover. At the end of this course, you'll know which sections of the Business Model Canvas translate to your formal business plan and you'll know where you can get ongoing support for your business.  
1:00 pm - 4:00 pm	Corbin	<b>New Staff Training</b> <i>NAP Staff: Purdue, Goodwill of the Finger Lakes, Osteoarthritis Action Alliance, Washington State University and Colorado State University</i> 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 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, and NAP staff.
1:00 pm - 4:00 pm	Finch	<b>Worksite Assessment, Secondary injury, and AT Selection</b> <i>Bill Field and Steve Swain- NAP and Ned Stoller- NAP/MI AgrAbility</i> 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 also cover the contents of the updated Agricultural Worksite Assessment Tool for Farmers and Ranchers with Disabilities. The fee for this session is \$25.00 

1:00 pm - 4:00 pm	Offsite tour	<b>Providence St. Luke's Rehabilitation Medical Center Tour</b> This fully accredited rehabilitation center is home to an expert team that integrates treatments, technology, and care to help patients of all ages achieve their goals following stroke, spinal cord injuries, orthopedic issues, and brain injuries. They are proud to be one of the most technologically advanced rehab centers in the United States, and they leverage their innovation every day to help their patients thrive. \$40 Fee- Subject to change based on COVID protocols.
4:30 pm - 6:00 pm	Skyline Ballroom - 12 <sup>th</sup> Floor	<b>Reception and Poster Session</b> <b>Posters being presented:</b> <ul style="list-style-type: none"> <li>• <b>Evaluation of Food Safety Education among Veteran Farmers</b> by Autumn Stoll and Dr. Betty Feng- Purdue University</li> <li>• <b>Washington State AgrAbility Project: Rebuilding an Extension Program</b> by Don McMoran, Alyssa Wade, Emily Whittier, Deb Eidsness and Debbie Fredricks- Washington State University, Washington State AgrAbility Program</li> <li>• <b>The Impact of Stressors on Guam's Farming Community</b> by Grace Anne Dela Cruz, Elvira Gisog and Kuan-Ju Chen- University of Guam</li> <li>• <b>Legacy Innovation Farming Economics Project (LIFE)</b> by Ed Sheldon and Chuck Baldwin- NAP/Purdue University, Tameka Peoples- Peoples Foundation and John Jamerson- Legacy Farming and Health Group</li> <li>• <b>Advocating for a More Inclusive, Accessible Future in Agriculture</b> by Dr. Ivette Ruiz- Healing By Growing Farms</li> <li>• <b>Managing Stress on the Farm</b> by Suzanna Windon and Abbie Spackman- AgrAbility for Pennsylvanians</li> <li>• <b>A New Mission: How TN AgrAbility Helps Veterans Succeed and Partners with the Farmer Veteran Coalition of Tennessee (FVC TN) and TN New Farmer Academy</b> by Eileen Legault- TN AgrAbility/University of TN Extension and Finis Stribling- TN AgrAbility/TN State University Extension</li> <li>• <b>Idaho Harvest Heroes Program Engages Military Veterans in Growing Food and Feeding Communities</b> by Ariel Agenbroad and Connie May- University of Idaho Extension</li> <li>• <b>Engaging Student Design to Address AT Needs and Awareness</b> by Brian Luck- AgrAbility of WI and Kody Habeck- University of Wisconsin</li> <li>• <b>A Community Based Nutrition Tool to Address Childhood Obesity</b> by Conchita Newman and Dreamal Worthen- Florida A &amp; M University</li> </ul>

#### Special Interest Key



Farmers/Ranchers












Veterans








Assistive Technology







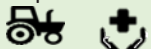
Health and Wellness









Time	Room	Session
8:00 am - 9:00 am	Riverfront Ballroom A,B,C	<b>Opening Session</b> <b>Kelly McLain- WSDA Legislative Liaison &amp; Policy Advisor, Don McMoran- WSU/WA AgrAbility; Bill Field- NAP; JoBeth Rath and Tess McKeel- Goodwill of the Finger Lakes; Jerry Alexander- Senator Braun's office</b>
9:15 am - 10:15 am	Corbin	<b>Low-tech Assistive Technology Lessons from Ethiopia</b> <b>Ned Stoller- MI AgrAbility</b> People with disabilities in Ethiopia have to figure out low-tech assistive technology solutions for mobility, handling tools, and caring for livestock. Ned will bring lessons learned from his two-week trip to Ethiopia working with people with disabilities and adapting their wheelchairs. Come learn about assistive technology from the other side of the globe that may help our farmers with disabilities in the USA.  
9:15 am - 10:15 am	Finch	<b>Improving Mental Health and Cognitive Abilities with Apps</b> <b>Brian Norton and Lisa Becker- Easterseals Crossroads/Indiana AgrAbility</b> This program will identify short & long-term disabilities that affect mental health and cognitive abilities. Once these impairments are identified, we will explore various apps that can help! You will learn about technology built right into your phone. We will discuss strategies to develop habits to address difficulties in organizing, scheduling, staying on task, and remembering key information while promoting overall well-being. Android and iOS apps will be discussed. Demonstrations will be with iOS devices.   
9:15 am - 10:15 am	Grant	<b>What AgrAbility Looks Like in Communities of Persistent Poverty</b> <b>Jason Schoch and Patricia Hammond- SDSU</b> Defining AgrAbility isn't always the same for every community. In areas of persistent poverty that spans generations, there's a call for a different approach and a different set of tools is needed when designing an AgrAbility outreach and support program for limited resource, socially disadvantaged producers. Learn how AgrAbility is conducted on the Pine Ridge Reservation in South Dakota.
9:15 am - 10:15 am	Riverfront Ballroom D	<b>Roundtable discussion for Veterans, Underserved and Beginning Farmers</b> <b>Misty Seaboldt- NRCS, Monshi "Ram" Ramdass- USDA, Lais McCartney- Purdue University/NCR SARE and Jeanette Lombardo- Farmer Veteran Coalition</b> This is a roundtable discussion with government agencies and nonprofit partners that support veterans, underserved and beginning farmers. It is a great opportunity to ask specific questions on resource challenges and for agencies to understand the challenges for the veteran, underserved, and beginning farmers.  
10:15 am - 10:45 am	Riverfront Ballroom pre-function area	<b>Break</b>
10:45 am - 12:15 pm	Corbin	<b>Adaptive Beekeeping for People with Disabilities and Veterans</b> <b>Ned Stoller- NAP/MI AgrAbility and Joe Ricker- NAP</b> This session will be taught by personnel from four different beekeeping organizations who will explain their services and criteria for participating in their programs. There are many existing programs to help veterans and beekeepers with disabilities improve their apiculture skills and abilities. These range from assistive technology to mental health to educational supports for beekeepers. There will be time for roundtable discussion with Ned Stoller showing adaptive ideas for beekeeping and participating organizations discussing beekeeping opportunities.  



10:45 am - 12:15 pm	Finch	<p><b>Brain Injury: Chronic Health Condition and Management for Farmers</b>  <b>Maureen Cunningham- Brain Injury Association of MO/MO AgrAbility, Brent E. Masel, M.D.- University of Texas/Brain Injury Association of America, Karen Funkenbusch- University of MO Extension/MO AgrAbility, Nicholas Mehrnoosh- WA State TBI Strategic Partnership Advisory Council, and David Minor- WA TBI Strategic Partnership Advisory Council/WA State DSHS</b></p> <p>Brain injury is not an event or end result, it is often the beginning of a life-long disease process and health condition for farmers. The brain injury can cause or accelerate disabilities related to vision, cognition, mobility, mental health and more. Participants will learn about the relationship of brain injury and various disabilities as well as ways to recognize a possible undiagnosed brain injury experienced by farmers. We will discuss what to do in the days and weeks following a brain injury to improve recovery. Prevention techniques and ways to minimize hazards will also be discussed.</p> 
10:45 am - 12:15 pm	Grant	<p><b>Promoting Resiliency with Agricultural Clients through SAMHSA's 8 Domains of Wellness</b>  <b>Chad Reznicek and Robert Fetsch- CO AgrAbility Project and Clinton Wilson- Rocky Mountain Farm Bureau</b></p> <p>Data gathered in the QOL evaluations have helped establish a strong connection between physical and emotional wellbeing. This presentation will provide an overview of the 8 Domains of Wellness as a strength-based approach that supports clients in increasing their resiliency and overall wellbeing. Understanding the scope of the 8 domains also provides AgrAbility specialists with a framework to increase their wholistic assessment of client needs and promote improved outcomes and engagement.</p> 
10:45 am - 12:15 pm	Riverfront Ballroom D	<p><b>Alternative and Value-Added Agricultural Enterprises – Panel Discussion of Successful Entrepreneurs</b>  <b>Tameka Peoples- Peoples Foundation, John Jamerson- Legacy Farming and Health Group, and Darrell Anderson- Chef Joseph Kick Sauce</b></p> <p>The session will feature a panel discussion of AgrAbility clients and/or supporters who are currently engaged in alternative or value-added agricultural enterprises. They will highlight opportunities and challenges faced in their endeavors. While many AgrAbility clients across the country have been successful a variety of unique enterprises, unfortunately such ventures can result in significant economic losses. Our panel will discuss the importance of business planning and market establishment, regardless the good or product being offered. They will also highlight sources of assistance, support, and resources that those pursuing niche or specialty agriculturally based enterprises can access as they grow their operation.</p> 
10:45 am - 12:15 pm	Audubon/Manito	<p><b>QPR: Question, Persuade, Refer</b>  <b>Carey Portell- AgriSafe</b></p> <p>Over the last decade, farmers and farm families have experienced increasing pressures, resulting in high levels of stress, mental health issues, and suicide. QPR training teaches laypeople and professionals to recognize and respond to mental health crisis using the approach of Question, Persuade and Refer. QPR for Farmers and Farm Families is a special curriculum that addresses QPR through an agricultural lens with personal farmer stories and opportunity to explore QPR approaches in hypothetical conversations with agricultural populations in crisis. Participants completing the training will be provided QPR certification documentation and many electronic QPR resources for their use.</p>  
12:15 pm - 1:45 pm	Riverfront A, B, C	<p><b>Lunch with Speaker- Michael Rosmann, Rural Psychologist and Founder of AgriWellness, Inc., Farmer Luncheon</b></p>



1:45 pm - 2:30 pm	Corbin	<b>What Tools Are in Your AgrAbility Truck?</b> <b>Kyle Haney- GA AgrAbility and Ned Stoller- NAP/MI AgrAbility</b> As AgrAbility professionals, we do farm assessments, assistive technology installations/repairs, and whatever else the farmer might need help with. These tasks require a wide range of items, from wrenches, to blow torches, to fabric softener sheets, and much more. Kyle Haney and Ned Stoller will lead the discussion by talking about tools in their AgrAbility trucks, their use, and how to acquire them. Be ready to share what you have in your AgrAbility truck! 
1:45 pm - 2:30 pm	Finch	<b>Overcoming Barriers to Wellness Recovery Through Volunteerism, Peer Support, Leisure Activities, and Travel</b> <b>Jennifer Head- IN AgrAbility Client</b> There are many pathways to wellness recovery. For many, who happen to live with functional and access needs, volunteerism, peer support participation, leisure activities and travel are not considered as whole health activities. In this session the presenter, with lived experience, will describe the relevance of community engagement, the dignity of risk, and finding self-worth through social, leisure, recreational activities. 
1:45 pm - 2:30 pm	Grant	<b>Using Social Media to Support Your Farmers and Create Educational Content</b> <b>Rachel Jarman and Randy Joseph- OH AgrAbility/Easterseals Redwood and Laura Akgerman and Dee Jepsen, OH AgrAbility/Ohio State University</b> Where do you find ideas for new Assistive Technology that benefits AgrAbility farmers and staff? This interactive session will review social media platforms and how to use their content to assist AgrAbility clients. We will share a list of products that we have in our Ohio AgrAbility Learning Lab and discuss how these products have been useful for AgrAbility clients. We will discuss what makes a video good for different platforms and techniques when creating videos for Facebook versus YouTube.
11:45 pm - 2:30 pm	Riverfront Ballroom D	<b>Comments by the USDA Military Veterans Agricultural Liaison</b> <b>Monshi "Ram" Ramdass- USDA Office of Partnerships and Public Engagement, Military Veterans Agricultural Liaison</b> This session will provide information on the USDA Military Veterans Agricultural Liaison's assistance to veterans. 
2:40 pm - 3:40 pm	Corbin	<b>Think Outside of the Box to Increase Income of Small Farmers</b> <b>Mary Bolling- Lincoln University Cooperative Extension and David Middleton- University of Missouri Extension</b> Work smarter not harder! Limited resource, minority, underserved, and veteran farmers face daily challenges and must be creative to overcome those obstacles. Learn creative ways to empower farmers to ensure their operations are profitable, allowing them to continue farming. Increase efficiency by integrating technology into a farm by implementing smart innovative cameras, thermostats, IOT, drones and available apps. Increase profits by cutting out the middleman and marketing directly to the consumer and thinking outside of the box by growing specialty crops. Reduce losses by implementing season extension practices and climate smart growing systems and offering value added products. 
2:40 pm - 3:40 pm	Finch	<b>Ask In Earnest: Candid and Compassionate Conversations about Suicide for the Farm and Ranch Community</b> <b>Darla Tyler-McSherry- Ask in Earnest Initiative</b> The issue of suicide continues to be a major concern for the agricultural community. Farmers and ranchers suffer disproportionate rates of suicide in comparison to most other occupations. This presentation provides an overview of the latest data, examines unique factors that place farmers and ranchers at higher risk, and identifies practical, everyday strategies that can be adopted on the farm or ranch to improve mental health, help alleviate depression, and reduce the risk of suicide. 

2:40 pm - 3:40 pm	Grant	<b>PI Session</b> <b>Bill Field- NAP/Purdue University and Victoria Finkenstadt- USDA/NIFA (invited)</b> USDA and NAP program leaders will meet with SRAP principal investigators for questions, answers, and discussion.
2:40 pm - 3:40 pm	Riverfront Ballroom D	<b>AgrAbility Farmers and Ranchers Need to Work Smarter; Let the Microbes in Your Soil Take the Hard Work Out of Growing Anything!</b> <b>Susan Jaster- MO AgrAbility/Lincoln University and NaLee Yang and Angela Brattin- Lincoln University</b> Creating abundance on our lands creates a healthy lifestyle for differently abled farmers and ranchers as we supply our food and food-for-profit with less effort and inputs. Regenerative practices use the biodiversity of soil microbes (fungi & bacteria) to increase resilience and abundance on our land. The abundance of regenerative farming allows us to rebound from weather event issues, like flooding and drought, to gain sustainability. As we gain sustainability, we will have less demand on our physical body to have more time to think about improving our farm abundance; we can bounce back quickly from disasters because nature will take care of us! 
2:40 pm - 3:40 pm	Outside	<b>Outdoor AT Show and Tell</b> This session will be a show-and-tell with various suppliers of assistive technologies for outdoor equipment applicable to farmers and ranchers with disabilities.  
3:40 pm - 4:00 pm	Riverfront Ballroom Pre-function area	<b>Break</b>
4:00 pm - 5:00 pm	Corbin	<b>Indoor AT Show and Tell</b> This session will be a show-and-tell with various suppliers of assistive technologies applicable to farmers and ranchers with disabilities.  
4:00 pm - 5:00 pm	Finch	<b>Farm and Ranch Stress Assistance Network (FRSAN) Updates</b> <b>Don McMoran- WSU/WA AgrAbility/WRASAP, Josie Rudolphi- IL AgrAbility Unlimited/ NCFRSAN, Tesha Humphrey- University of Tennessee/FRSAN- Southern Ag Exchange Network, and Jac Wypler- National Young Farmers Association/NEFRSAN</b> The presenters will give updates on the four regional FRSAN programs.  
4:00 pm - 5:00 pm	Grant	<b>International Panel</b> 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 relevant to folks who are interested in an international dimension of rehabilitation programs for rural and farm families.
4:00 pm - 5:00 pm	Riverfront Ballroom D	<b>Cultivating Post-Traumatic Growth and Community Reintegration in Farmer Veterans and Farmers with Disabilities</b> <b>Anne Martin- ME AgrAbility</b> Exposure to trauma is widespread and is characterized by unwanted memories, avoidance, emotional flatlining, anger, and isolation. A recent study of Maine AgrAbility's Boots-2-Bushels program suggests that education and hands-on training in farming can be an effective integrative therapy option for rural veterans and beginning farmers with or without a disability. In this session you will learn best practices for creating such a program in your own state. 
6:00 pm- 10:00 pm	Riverfront Ballroom A,B,C	<b>Banquet Dinner, Keynote Address by Indiana AgrAbility Client Laurie Hayn and Auction with Jay Beane, Auctioneer</b>

#### Special Interest Key



Farmers/Ranchers







Veterans






Assistive Technology



Health and Wellness

Time	Room	Session
8:00 am - 9:00 am	Corbin	<p><b>Beyond Aching Hands and Stomped-On Feet - Emerging and Current Technology Tends</b>  <b>Curt Johnson and Maria Kelley – WA Assistive Technology Program</b></p> <p>We are living in a time where new and emerging devices and services are entering the marketplace at warp speed. Those devices and associated services are now impacting many personal and unexpected aspects of our lives. These technologies offer significant possibilities for everyone. The goal of this presentation is to provide information on how assistive technology resources and technical expertise enhance the quality of life for everyone.</p>  
8:00 am - 9:00 am	Finch	<p><b>Critical Conversations: Farm Stress and Mental Health Challenges in Farmworker Communities</b>  <b>Esmeralda Mandujano- CA AgrAbility/WRASAP and Kimber Nicoletti-Martinez- NAP</b></p> <p>It is estimated that there are currently 2.5 to 3 million farmworkers in the United States. While farm work is sometimes described as “low skill” or “no skill,” the nature of this occupation requires dexterity, speed, skill, endurance, and mental acuity. In addition to the work, farm workers also experience other types of stressors and mental health challenges that are specific to this community. This session will explore farm stress and mental health trends among migrant/seasonal farmworkers. Participants will engage in a dialogue to develop strategies to address mental health and deliver culturally sensitive services to farmworkers communities.</p> 
8:00 am - 9:00 am	Grant	<p><b>Ohio AgrAbility and Opportunities for Ohioans with Disabilities, Collaborating with Our State Vocational Rehabilitation Agency</b>  <b>Laura Akgerman and Dee Jepsen- OH AgrAbility/Ohio State University and Rachel Jarman and Randy Joseph- OH AgrAbility/Easterseals Redwood and Ginger Scaife- Opportunities for Ohioans with Disabilities</b></p> <p>OAP partners with our state VR program to assist farmers in continuing to work on their farms. Ginger Scaife, the OOD liaison, and OAP staff will discuss how the partnership works to provide successful outcomes for farmers looking to maintain employment in Ohio. Staff will also discuss the importance of communicating with VR to advocate for farmers regarding eligibility, services, advisory board, and contributing during open comment periods regarding updates to VR policies.</p>
8:00 am - 9:00 am	Riverfront Ballroom D	<p><b>Employing Youth in Agriculture: Keep Your Operation Legal and Your Young Workers Safe</b>  <b>Ed Sheldon and Bill Field- NAP/Purdue University</b></p> <p>Young workers experience increased risk of injury or death from farm work-related incidents. Federal laws, including the Fair Labor Standards Act and Hazardous Occupations Orders for Agriculture, govern the employment of youth under age 16, and prohibit certain farm tasks deemed especially hazardous. This session highlights these regulations and the potential liabilities inherent with employing youth on farms, while introducing the “Gearing Up for Safety: Production Agriculture Safety Training for Youth” curriculum as an effective tool for educating young workers about farm hazards. The primary audiences for this presentation are farm operators and AgrAbility and/or extension staff who advise farmers.</p> 

9:10 am-9:55 am	Corbin	<b>Unconferencing: Sustainability – Maintaining Program Impact Beyond Funding Cycles</b> <b>JoBeth Rath and Tess McKeel- Goodwill of the Finger Lakes/NAP</b> Funding challenges beyond grants are the reality in our work. During this unconferencing session, we will explore and share ideas for raising funds, seeking additional grants, maintaining and expanding government funding and more. Bring your questions and ideas and soak up others' during this session formatted for sharing.
9:10 am-9:55 am	Finch	<b>Introduction of the Workforce Development Program within the Amputee Coalition</b> <b>Trenaya Reid- The Amputee Coalition</b> Discussion of the Amputee Coalition's Workforce Development program and the resources/services that the program offers. The session will discuss the specific resources/services available within the program, such as employment resources for participants who are amputees and for employers, educational webinars, and assistance with resume/cover letter writing and interviewing skills. The presenter will also discuss an employment webinar that addressed collaboration between the Amputee Coalition and AgrAbility.
9:10 am-9:55 am	Grant	<b>Farm Family Resource Initiative in Illinois</b> <b>Karen Leavitt Stallman- Southern Illinois University</b> SIU School of Medicine Center for Rural Health/Social Service Development is leading the effort to build a network of support/resources for Illinois farm families. This initiative provides a range of resources including a helpline to assist with farm-related issues both physical and mental. It also offers ongoing outreach, education, and training to rural partners working to improve the health and safety of farm families. This session will give an overview of the Farm Family Resource Initiative.  
9:10 am - 9:55 am	Riverfront Ballroom D	<b>SARE Grants- Preparing a Proposal</b> <b>Lais McCartney- Purdue University/NCR SARE</b> USDA SARE is a national program that has various due dates for specific grant proposals. SARE grants are farmer-directed research and education projects that are based on real problems farmers have and the solutions they want to try out or share with others. A general logic model, while not specific, is a nice roadmap to get the proposal written with objectives, outputs and activities that help in writing the proposal. Sharing the general grants and their due dates and resources available will also be part of the presentation. 
9:55 am - 10:25 am	Riverfront Ballroom Pre-function area	<b>Break</b>
10:25 am - 11:55 am	Corbin	<b>From Field to Table, Train-the-Trainer Food Safety Session for Small and Mid-size Farms</b> <b>Autumn Stoll, Dr. Betty Feng and Dr. Amanda Deering- Purdue University</b> This session will be a "train the trainer" workshop, giving AgrAbility staff and others the tools needed to help farmers better understand the importance of food safety management and how they can find resources.

#### Special Interest Key



Farmers/Ranchers



Veterans









Assistive Technology



Health and Wellness



10:25 am - 11:55 am	Finch	<p><b>Cultural Humility Panel: People, Principles and Practices Applied to Serve Agricultural Communities</b>  <b><i>Teresa Andrews- Western Center for Agricultural Health and Safety, Kimber Nicoletti-Martinez- NAP/Purdue University, Don McMoran- WRASAP/ WA AgrAbility Project, Esmeralda Mandujano- California AgrAbility (Affiliate) Program/WRASAP</i></b></p> <p>Cultural humility has been described as a step beyond cultural competence. Panelists share their efforts (strategic and organic) to incorporate the cultural humility framework in the work they are shaping on farm stress, mental health, farming with a disability, and agricultural occupational health. Panelists will include perspectives from “boots on the ground” work to leadership roles. The panel will serve to exemplify the three dimensions of cultural humility: lifelong learning and critical self-reflection, recognizing power imbalances, and institutional accountability.</p>
10:25 am - 11:55 am	Grant	<p><b>From Capstone Projects to Internships: Working with Health Sciences Students to Meet AgrAbility Program Goals</b>  <b><i>Garland Mason and Kim Niewolny- AgrAbility VA/VA Tech, and Leslie Lawrence- AgrAbility VA/Easterseals UCP, and Kelley Spencer- ME AgrAbility</i></b></p> <p>In this presentation Virginia and Maine AgrAbility come together to share their experiences in collaborating with health sciences students and how to meet AgrAbility program goals through this win/win relationship. Virginia AgrAbility will discuss their successes and lessons learned in working with occupational therapy, physical therapy and physician assistant graduate students to engage in experiential learning through capstone projects. Maine AgrAbility will discuss their successes and lessons learned in working with occupational therapy students from both in state and out of state colleges and universities through internships, classroom education, and capstone projects.</p>
10:25 am - 11:05 am	Riverfront Ballroom D	<p><b>Preliminary Results of Educating 45 Military Veteran Beginning Farmers/Ranchers through the Farm Education and Training (FEAT) Project</b>  <b><i>Cheryl Grenwelge- TX A&amp;M AgriLife Extension/TX AgrAbility and Robert Fetsch- CO State University</i></b></p> <p>Participants will learn about the Texas A&amp;M AgriLife Extension FEAT Project history, components, and preliminary pretest-posttest change levels on the McGill Quality of Life, Independent Living and Working, Military to Civilian Questionnaire, Entrepreneurial Self-Efficacy, Veterans RAND 12-Item Health Survey, and the Work and Meaning Inventory.</p> 
11:15 am 11:55 am	Riverfront Ballroom D	<p><b>Inter-State Collaboration to Support Veteran and Other Beginner Farmers and Ranchers</b>  <b><i>Cheryl Grenwelge - TX A&amp;M AgriLife Extension/TX AgrAbility</i></b></p> <p>Texas AgrAbility supports veterans and beginning farmers and ranchers through the BattleGround to Breaking Ground program. This session will introduce the key features of the BattleGround program and explore the different ways AgrAbility programs around the country can partner with Texas AgrAbility/BattleGround to train and support the next generation of veteran and beginner farmers/ranchers.</p>  
12:00 pm- 1:30 pm	Riverfront Ballroom A,B,C	<b>Lunch and pick up silent auction items</b>
1:30 pm - 2:30 pm	Corbin	<p><b>Strategies for Memory, Organization and Time Management – Low Tech and High Tech</b>  <b><i>Bill Youngman and Michael Fox- WA Department of Vocational Rehabilitation</i></b></p> <p>People with limitations from strokes, brain injuries, ADHD and other conditions often struggle with memory, time management, organization, and planning. In this session we will discuss low tech and high-tech strategies that allow people to overcome these limitations. Learn how to use low tech systems, like planners and Kanban boards to manage time and resources. High tech strategies include apps, smart speakers and phone/tablet-based solutions. A workbook with tips, strategies and resources will be provided to attendees.</p>  

1:30 pm - 2:30 pm	Finch	<p><b>Farmer Focus (aka Metgot' y Lanchu): Leveraging Strengths and Harnessing Stressors in Guam's Agricultural Community</b>  <b>Kuan-Ju Chen and Rita Sharma- University of Guam, Alison Brennan- Montana State University, Donald McMoran and Julie Jesmer- Washington State University</b></p> <p>The study highlights Guam's efforts in bringing awareness of farmer mental health, with an emphasis on its local efforts to ameliorate mental health stigma, disseminate knowledge, and promulgate available resources through state preventive programs. The presentation includes a brief introduction to the ag sector, collaborative and independent outreach efforts with WRASAP and GBHWC, future direction of study and extension pursuit to promote behavioral health and wellness in the community.</p> 
1:30 pm - 2:30 pm	Grant	<p><b>Outreach to Land and Sea Farmers to Meet Them Where They are At.</b>  <b>Brie Weisman- ME AgrAbility, Antonia Small- ME AgrAbility Advisory Board/Oryx Worx and Ice House Oysters</b></p> <p>In an effort to address the low level of fishermen and logging clients, Maine AgrAbility increased outreach efforts to foster relationships and trust in these tight knit communities. This session outlines our efforts, including partnering with community resources, submitting articles for fishing and logging trade magazines, and developing on-line health resources. We will describe how this work has increased our visibility and provided more opportunities that may apply to outreach in your program.</p>
1:30 pm - 2:30 pm	Riverfront Ballroom D	<p><b>It's Hard to Keep a Psychologist Down on the Farm</b>  <b>David Ingalls- Blueberry Farmer/Retired Psychologist</b></p> <p>For over 30 years David Ingalls has served as a mental and behavioral specialist in a community in upstate New York. He has worked as a crisis counselor in the emergency room and in public schools. He is also a world class organic blueberry producer that sells tons of blueberries from one of the most beautiful blueberry patches imaginable. David will draw upon experiences from both his vocations, including the value of hiring retired persons to carry out many tasks on his farm.</p>  
2:40 pm - 3:40 pm	Corbin	<p><b>Funding Assistive Technology: Financing, Credit Building, and Navigating Resources</b>  <b>Ellie Vainker, Lisa Jones, and Emerson Sekins- Northwest Access Fund</b></p> <p>This session provides an overview of Northwest Access Fund's approach to supporting access to assistive technology for farmers and farmworkers with disabilities. We outline how Alternative Financing Programs across the country provide affordable financing for assistive technology. We also share our model of one-to-one financial coaching and resource navigation support, demonstrating how these linked services all combine to support individuals in acquiring the assistive technology they want and need.</p> 
2:40 pm - 3:40 pm	Finch	<p><b>Tips for Recognizing and Managing Excessive Stress</b>  <b>Michael Rosmann- Ag Behavioral Health</b></p> <p>Farmers, family members, and caregivers all experience stress that becomes overwhelming at times. What are signals of too much stress? What can we do to manage these consternating problems? This session will provide methods that have proven efficacy for identifying and managing excessive anxiety, depression, and compassion fatigue, which are all common and normal responses to too much stress. We can apply these tips in our own lives and with others.</p>  

#### Special Interest Key



Farmers/Ranchers




Veterans



Assistive Technology



Health and Wellness

2:40 pm - 3:40 pm	Grant	<b>4-H Save Your Brain</b> <b>Emily Doosing- University of Missouri Extension/Missouri 4-H, Maureen Cunningham- Brain Injury Association of MO and Karen Funkenbusch- MO AgrAbility</b> <p>According to the Centers for Disease Control and Prevention, traumatic brain injury (TBI) causes 153 deaths every day in the United States. Additionally, those who survive traumatic brain injury face symptoms that could last the rest of their lives. Young people are especially vulnerable to traumatic brain injury. Come to this session to learn how to empower youth to protect themselves from TBI. Go home with strategies and tools to implement the 4-H Save Your Brain Program in your state.</p>
2:40 pm - 3:40 pm	Riverfront Ballroom D	<b>Tai Chi for Arthritis within the Agricultural Community</b> <b>Misty Harmon, Lorrissa Dunfee, Roseanne Scammahorn and Kenneth Stewart- Ohio State University</b> <p>Arthritis pain may increase fall risk. Tai Chi for Arthritis, designed by Dr. Paul Lam and medical experts, incorporates Sun style Tai Chi movements which can improve flexibility, muscular strength, and fitness. Standing or seated, regardless of skill or age, experience Tai Chi's benefits through short, simple movements. Discover how effective the slow, smooth movements of Tai Chi are in reducing falls, relieving arthritic pain, and improving blood flow. Practice a few Tai Chi movements with us.</p> 
3:40 pm - 4:10 pm	Riverfront Ballroom Pre- function area	<b>Break</b>
4:10 pm - 4:55 pm	Corbin	<b>Unconferencing: Collaborating with Goodwill and Other Non-Profits</b> <b>JoBeth Rath and Tess McKeel- Goodwill of the Finger Lakes/NAP</b> <p>Collaboration can help strengthen an organization's programs by combining existing programs or building new ones. With a wider net of resources and tools, programs can extend their reach while lowering costs. Bring your ideas, experiences and questions as we learn from each other on how to collaborate for success and impact.</p>
4:10 pm - 4:55 pm	Finch	<b>AgrAbility Safety Considerations for On-Site Visits with Farm and Ranch Families</b> <b>Bob Fetsch- CO State University and Candy Leathers- CO AgrAbility</b> <p>This unconferencing session will address safety considerations for AgrAbility staff when visiting clients. Copies of their 24-item, 4-page draft fact sheet will be provided for feedback from participants. Following a brief introduction, the presenters will lead triads through a role-playing exercise to practice handling a difficult situation or two.</p>
4:10 pm - 4:55 pm	Grant	<b>What a Pain! Understanding and Managing Chronic Pain to Stay Active in Life</b> <b>Kirsten Ambrose- Osteoarthritis Action Alliance</b> <p>If pain is like a pest, then pain management in a person is a lot like pest management for a crop. The more you know about the pain you have, the more effectively you can treat it. Almost everyone feels pain at some point in their life, at any age, and in any occupation. In this session, participants will learn about different types of pain and why pain is useful (even when it feels terrible), understand what is happening in the body to produce pain and why this matters for certain treatments, and learn strategies to manage pain to stay active and engaged in everyday life.</p>
4:10 pm - 4:55 pm	Riverfront Ballroom D	<b>Walk in the Shoes of a Florida Farmer</b> <b>Karen Stauderman- UF/IFAS Extension Volusia County</b> <p>This project served as an extension study that surveyed ag and horticulture clientele on personal protective equipment (PPE) and the importance of foot safety in the workplace. After two years of Extension programming, including one field day and two classroom presentations, students were diagnosed and instructed on proper treatment for their foot issues. A three-month post survey reflected learning gains and improved foot health.</p>

Dinner on your own tonight

## Thursday, March 23<sup>rd</sup>

8:00 am – 4:00 pm

\$75 Fee, lunch included on full day tours – Tours subject to change.

### OPTION 1 (Full Day Tour) 8:00 am – 4:00 pm

Tour a beef cattle operation and discuss how they have managed to create a resilient operation by purchasing a meat processing facility and creating a boxed beef business that delivers across the northeast US. \$75 fee

### OPTION 2 – (Full Day Tour with ½ day drop off) 8:00 am – 4:00 pm

Tour a farm designed for veterans to transition back to civilian life through careers in agriculture; drop off at the hotel; after lunch tour a family run farm, raising Piedmont cross cattle, practicing sustainably rotated crops and no till practices. \$75 fee for full day and \$30 fee for half day (lunch not included in 1/2 day)

### OPTION 3 (Full Day Tour) 8:00 am – 4:00 pm

Tour WSU Wilke Research Farm, a 320-acre research farm that grows different types of crops and shares their findings with farmers and scientists to help get optimal crop options and a Hutterian Colony that operates a beef operation and fully functioning farm experience. \$75 fee

#### Special Interest Key



Farmers/Ranchers



Veterans

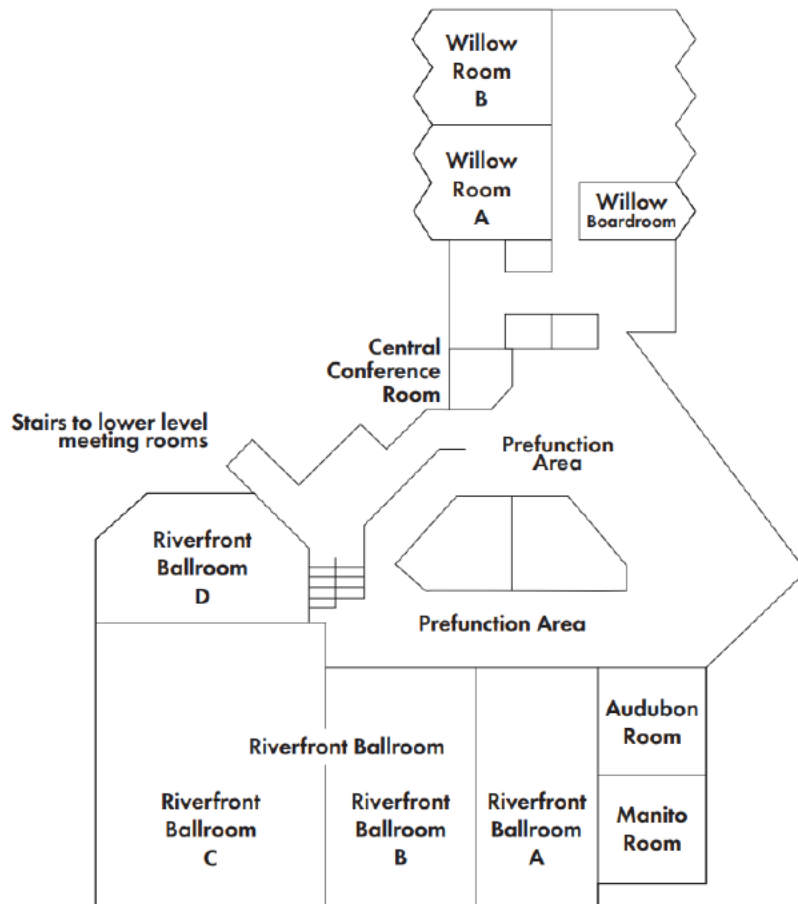


Assistive Technology

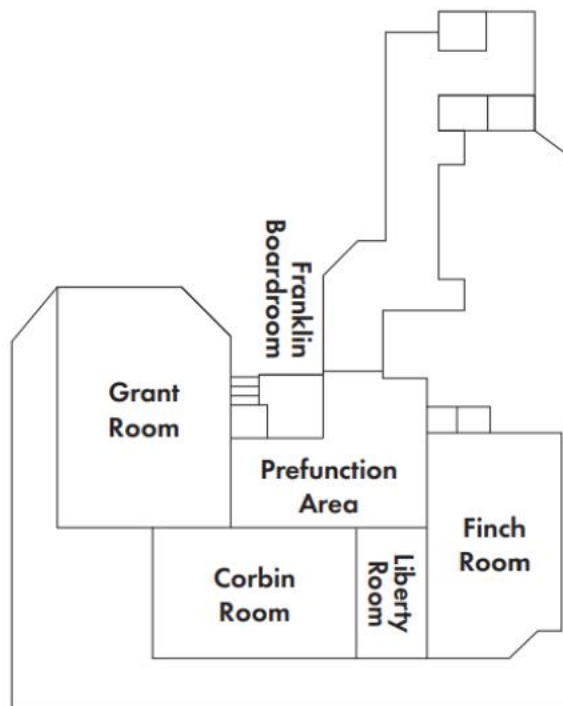


Health and Wellness





**Lobby Level Floor 2 Atrium**



**Lower Level Floor 1**



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***AgriSafe Network***

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***PTO Link***

***Purdue University Extension***

***USDA/NRCS***

***Western Region Agriculture Stress Assistance Program***

***Washington State Department of Labor and Industry***

# Thanks to the 2023 AgrAbility National Training Workshop Planning Committee

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## **National AgrAbility Project**

Bill Field  
Paul Jones  
Steve Swain  
Chuck Baldwin  
Joe Ricker  
Brian French  
JoBeth Rath  
Tess McKeel

## **Washington AgrAbility**

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## **AgrAbility of Utah**

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Maureen Cunningham

## **Nebraska AgrAbility**

Emily Jacobson  
Susan Harris (retired)

## **North Carolina AgrAbility**

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## **Ohio AgrAbility**

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