

Western Slope Farmer is Back on his Feet

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Western Slope farmer, Ted Dittmer, has been coping with MS for over 30 years. Recently he has needed to use a wheelchair for his mobility. Unable to stand unassisted and struggling to continue his farm responsibilities Ted re-connected with the Colorado AgrAbility Project.

Candy Leathers, the program manager and a Rural Rehabilitation Specialist visited him on his farm.. Thus began a year long journey to find a way to keep him active on his farm. Since his last situational assessment Ted's lower extremities

had lost their ability to support him. He was in a wheelchair with no ability to reach objects in his kitchen cabinets. He could no longer stand to repair farm equipment.

At Candy's suggestion, Ted reached out to the Colorado Division of Vocational Rehabilitation (DVR). They made a referral to Candy Leathers for a current Farm/Ranch Situational Assessment. Working with DVR, the updated site assessment, and significant research, the counselor was able to move forward with obtaining a standing chair for Ted. He is not done with his plan. He and



Ted Dittmer with Standing Chair

DVR still need to address how he tends his chickens and manipulate his irrigations system. He is thankful that CAP and DVR had the faith in him to support his vocational goals. At least now he can reach above the sink for his morning coffee

AgrAbility Affects Knowledge, Attitude, Sills, and Aspirations (KASA)

The National AG Safety database reflects 288,000 farmers with one or more disabilities work in production agriculture. This group is also most likely to be underserved by rural health agencies. A lack of health care has also been seen as a cause of mental wellness

decline and a propensity for subsequent injury. AgrAbility (CAP) was implemented to address that gap. Persons with disabilities are offered assistance with assistive technology by on-farm visits. Additionally, workshops are offered to address how one can manage

stressful situations that occur as a result of events over which farmers have no control such as weather, crop prices, equipment failures and so forth. Programs that improve KASA are those that have multiple meetings and use multiple teaching styles. CAP uses the
(Continued inside)

Special points of interest:

- Winter Workshops Are here again!!

Don't miss out on this years program

KASA Continued



*Teaching at the 2016
NGACO*

multiple learning styles approach in partnership with CSU Extension, offering lecture, case study, and open question and answer sessions. While multiple meetings are Best Practices, they are not feasible due to the CAP format. To adjust for this variable, CAP invites local professionals to each workshop and offers contact details for local resources that can continue the work begun at the CAP/Extension Work Shops.

Surveys are collected to see how we are doing in terms of the participants retention of KASA skills. It seems that we did pretty well when one considers that a very high percent of participants reported increased knowledge of both AT and mental wellness issues.

Improvements of overall KASA were reported as continuing over a period of four months post workshop. A trend was noted showing a

decline in KASA as time passed. As of yet there has been no study to determine what might be the cause of that decline. One suggestion has been to find ways to improve our local referral network of rural health care specialists as well as offer suggestions that seeking help for stress is OK and not an indicator of weakness. Statistics reveal that stress in rural American is a common occurrence. Finding ways to relieve it can be offered at these work shops. www.joe.org

Veterans in Agriculture

More and more of America's young men and women are returning home to rural settings. They are tired of war and tired destruction. They are also well trained with all the "right stuff" to be farmers. They have work ethic, discipline, motivation, and commitment.

But how do they bridge the gap from warrior to civilian? For many veterans, the farm is the answer. It isn't an easy job. That is not the appeal. Working the land, seeing the results of their efforts, and feeding their family and community help ease that transition. They came home with no mission and growing food for America

gives them that sense of purpose they once had. USDA is there ready to join with them and help make it happen. From technical advice to many differing types of loans (FSA), the USDA is committed to helping veterans find meaningful work and a new purpose in life. <http://offices.sc.egov.usda.gov/locator/app?service=page/CountyMap&state=CO&stateName=Colorado&stateCode=08>

*Colorado AgrAbility can be found at
<http://agrability.agsci.colostate.edu>*



*Palisade Peaches are in. Oh
the sweet taste of summer.*

Winter Workshops 2016-2017

Below is a list of upcoming workshops that will be presented by Dr. Norman L. Dalsted, CSU Extension and by Candiss Leathers and James Craig, Goodwill Industries of Denver. "AgrAbility, How to Work Well with Agricultural Lenders and Bankers" and "Mental Wellness for Rural America" will be the topics. The workshops are for Colorado farm and ranch families who are dealing with barriers created by illnesses, conditions, or limitations, and for professionals who work with them. Workshops are from 10:00 a.m. to 2:00 p.m. with a free box lunch provided for those who pre-register at least one week prior to the workshop. If you want to participate, please call or email Candiss Leathers (720-539-4435); cleathers@goodwilldenver.org, or Norm Dalsted (970 222-5657); Norman.Dalsted@ColoState.EDU or the Extension agent listed below for more information no later than one week prior to the workshop. Some addresses are not yet established. Call for details.



Don't forget to eat your locally grown vegetables

Salida: Thursday, October 27th, 2016, ADDRESS, County Extension Office with Kurt Jones (719-539-6151).

Trinidad: Wednesday, November 15th, 2016, ADDRESS in Trinidad, with Dean Oatman (719-846-6881).

Pueblo: Thursday, November 16th, 2016, County Extension Office, 701 Court St. Pueblo, CO. 81003 with Tom Laca (719-583-6566).

Walden: Tuesday, November 29th, 2016, Wattenberg Center, 686 CR 42 Walden, with Debbie Alpe ([970-723-4298](tel:970-723-4298)).

Delta: January 18th, 2017, County Courthouse, 501 Palmer St. Delta, Co. 81416, Rm #234, with Doug Dean, (970-244-1834)

Aurora: February 8th, 2017, 25690 E Quincy Ave, Aurora, CO 80016, with Johnathan Vrbeck, (719-661-2286)

Yuma: February 14th, 2017, Concession Building at the Yuma County Fairgrounds, 2520 E 32nd St, Yuma, AZ 85365 , with Dennis Kaan, (970-345-2287, Mobile: 970-520-1826).

Sterling: Friday, February 15, 2017, County Extension Office, 508 South 10th Ave. Sterling, CO. 80751 with Dennis Kaan (Voice: 970-345-2287, Mobile: 970-520-1826)



*Greeley Winter Workshop
2016*

Colorado AgrAbility

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We're on the web

<http://agrability.agsci.colostate.edu>

Promoting Independence in Agriculture

The Colorado AgrAbility Project, working on a grant from the USDA in partnership with Colorado State University Extension and Goodwill Industries of Denver, offers consulting services for farmers or ranchers, their families, and employees who are challenged with a physical or emotional limitation. Our services are provided at no cost to the client. Our staff performs a complete on the farm assessment of the work tasks necessary to be successful in production agriculture and the barriers to success presented by the limitations. They will then prepare a comprehensive report detailing the various options available to the agricultural worker or employee.

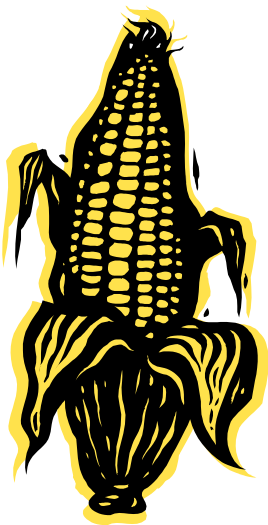


Organization

Save the Day!

Look over the inside on page 3

**Find the workshop nearest to you
and put it on your calendar now!**



*Olathe Sweet Sweet corn is
in the markets now and is a
Colorado delicacy*