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Autumn Newsletter

## Old Dog Learns New Tricks

In June of 1918, at the battle of Belleau Wood, the tenacity and violence in action of the US Marines spurred the Germans to call them Teufelhunde, Devil Dogs. That name has been used to refer to Marines ever since. Well all know the time tested philosophy that suggests "you can't teach an old dog new tricks". Well in the case of Devil Dog Master Gunnery Sergeant Robert Andrews, both the name and the tenacity shined through.



Prior to contacting the Colorado AgrAbility Project, Robert could barely spell sheepherder. Now, just a few years down the road, he is one. As do so many combat veterans, Robert wanted to find a way to live in a safer, less crowded, environment and still serve his community. He found all of this in Mack, CO. America is losing farmers at an alarming rate. Just as he did in the Corps, he wanted to be part of the solution, not part of the problem. So he chose sheep ranching as his way to live free and contribute to the nations food shortage.

So now, disabled from service related injuries and retired, MgySgt Andrews made contact with the Colorado AgrAbility Project (CAP) at our 2017 Winter Workshop. **Cont'd Inside Pg 2**

## Stress on the Farm

The last few years have been difficult for farm and ranch families. Many are experiencing financial and emotional stress as a result. There are several signs or symptoms when a farm family may be in need of help. These are signs that can be observed by friends, extended family members, neighbors, milk haulers, veterinarians, clergy persons, school personnel or health and human service workers. These signs include:

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### SPECIAL POINTS OF INTEREST

- Colorado AgrAbility Announces Award of our next Four Year Grant!
- Welcome by Goodwill Industries Denver VP of WFD
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## Old Dog Continued

Bob knew this was for him. He just did not know exactly how. So he asked AgrAbility to come out to his home in Mack and discuss the issues around ranching with disability limitations. From his time in the Corps he was used to the concept of overcoming barriers by adaptation and improvisation. AgrAbility was there to discuss how assistive technology could overcome barriers. And Robert had barriers. He has service connected disabilities for most of his joints.

The deficits are to his back, shoulder, hip, knee., elbow and so forth. Well that is what Assistive Technology is all about, adaptation and overcoming limitations.

So when Robert needed to transport some sheep and he did not have a stock truck or trailer, he put them in his family minivan. If you haven't used your family minivan to transport sheep, you aren't a fledgling sheep rancher. With a van full of sheep, he went to search for a

***“If you haven't used your family minivan to transport sheep, you aren't a fledgling sheep rancher”***

market. What Robert had was discipline and work ethic. What he lacked was knowledge of agriculture resources and technology that could help overcome some of the physical limitations to accomplishing some of the work tasks on a farm. The CAP AgrAbility staff conducted some research for Robert and provided him with technical advise on beginning a small farm or ranch. The advise included legal and regulatory resources to obtain Colorado and federal farm ID numbers, data on land animal unit carrying capacity, available markets, breeder information, and pricing strategies.

So working with AgrAbility, FSA, and his local Extension agent, he made a plan and began to work that plan. He found some land and four sheep to start his herd. He decided that his market would be wool. Soon that four sheep herd became 400. Which was amazing but.....his back, shoulders, and knees would not function without pain as he had to manhandle animals for vet cares, pregnancy checks etc. So Robert once again contacted his AgrAbility Case Manager, Jim Craig, and had a discussion about options. Fortune favors those who work hard and those words rang true. Timing was perfect as CAP had recently been given a grant from the Colorado Department of Military and Veterans Affairs to help veteran

farmers obtain needed Assistive Technology. Jim was able to get Robert a sheep handling system so that the AT did most of the work instead of Robert's failing joints. He said that without CAP he would not have made it.

### Our “Sheeples”



- Merino
- Shetlands
- Blue Faced Leicester
- Suffolk Hamp Cross
- Southdown
- Babydoll
- North Country Cheviot

# Winter Workshops are Coming!

SAVE the dates!

The 2018-2019 Colorado AgrAbility Project Winter Workshops will soon be here ! Plan to attend!

January 23<sup>rd</sup> Mancos

February 5th Limon

January 25th Grand Junction

February 8th Sterling

February 1<sup>st</sup> - Arapahoe Fair Grounds

Watch for Locations and Subjects to be Presented

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Stress On the Farm (cont'd)

## SIGNS OF CHRONIC PROLONGED STRESS

- **Change in routines.** The rancher or ranch family stops attending church, drops out of 4-H, Home makers or other groups, or no longer stops in at the local coffee shop or feed mill.
- **Care of livestock declines.** Cattle may not be cared for in the usual way; they may lose condition, appear gaunt or show signs of neglect or physical abuse.
- **Increase in illness.** Farmers or farm family members may experience more upper respiratory illnesses (colds, flu) or other chronic conditions (aches, pains, persistent cough).
- **Increase in farm or ranch accidents.** The risk of farm accidents increases due to fatigue or loss of ability to concentrate; children may be at risk if there isn't adequate childcare.
- **Appearance of farmstead declines.** The farm family no longer takes pride in the way farm buildings and grounds appear, or no longer has the time to do maintenance work.
- **Children show signs of stress.** Farm and ranch children may act out, decline in academic performance or be increasingly absent from school; they may also show signs of physical abused or neglect.

Physical	Emotional	Behavioral
Headaches	Sadness	Irritability
Ulcers	Depression	Backbiting
Backaches	Bitterness	Acting out
Eating irregularities	Anger	Withdrawal
Sleep disturbance	Anxiety	Passive-aggressiveness
Frequent sickness	Loss of spirit	Alcoholism
Exhaustion	Loss of humor	violence



Goodwill Industries of Denver is proud to partner with CSU Extension and the College of Agricultural Sciences with the Colorado AgrAbility Project for the next four years. As the Vice President of Workforce Development, I've spent that last 20 years leading Goodwill's career development programming that impacts the lives of more than 23,000 Coloradans in need annually. The Colorado AgrAbility Project provides assessment, accommodation and adaptation services annually to about 80 farmers and ranchers throughout 64 Colorado counties. This is a program total of about 580 farmers served. We look forward to another successful year and can't wait to see new and familiar faces at our upcoming winter workshops.

Sincerely,

Kristi Esbenshade;

Vice-President of Workforce Development

## Award Notification

### NIFA Invests \$4.1 Million in Outreach to Farmers with Disabilities

NIFA recently announced support for [14 new extension projects](#) designed to support farmers with disabilities in the United States. The projects focus on increasing independent living and the quality of life for agricultural workers with disabilities by providing them and their families with farm safety education, assistive technology assistance, and networking support enabling them to return to/remain active and successful in agriculture production.

## Award Notification continued

NIFA also provided continuing funding for [seven other ongoing projects](#) in fiscal year 2018. These 21 grants are a part of NIFA's Assistive Technology Program for Farmers with Disabilities, also known as AgrAbility.

## CSU/AgrAbility Internships

Our partnership with CSU and CSUE is made stronger each year as we at the Colorado AgrAbility Project work with CSU in delivering Level 1 internships to aspiring students in the Occupational Therapist program. These students have a passion for helping return injured Coloradan's to their new best normal after an injury or illness. In addition, some of them feel the attraction to work in rural health care settings and seek to spend their required intern time working with us at AgrAbility. We welcome their interest, insights, and enthusiasm for the helping sciences as they share a few weeks with us. Here, they are exposed to the delivery of services unlike the norm for health care professionals. Most care is delivered in an office environment. Not so AgrAbility. Unique among health care programs, we go to the farm or ranch and provide our services on-scene. This experience is so different and diverse that we are told by CSU staff that students really look forward to being selected to intern with us.

NTW 2019  
WLA 2016



Things are already moving forward with planning for the 2019 National Project Annual Training Workshops. The

dates are 25-28 March 2019. We will meet for our annual trainings and networking in Lincoln, NE for that week... and Colorado AgrAbility will be there in force. First, the REEVES FOUNDATION was very gracious and has permitted us to re-allocate some previously granted funds to use to defray costs to send some of our mutual clients to the NTW. That means at least one SCI client and his care-giver can attend. Further, that very same client, Brady Haynes from the northeastern plains of Colorado may be a workshop presenter. CAP staff member Dr. Jim Craig has proposed a joint presentation with Brady on "How to work with Resources in Complex cases". Brady, a young Agronomist had some unique needs. None of which were off-the-shelf fixes. He needed to coordinate numerous resources that all had to interface to achieve an end result. These resources were the Colorado Division of Vocational Rehabilitation, engineering fab shops, and many others to include a Drone designer, Agribotix. Their presentation may be made into a webinar for later viewing. Stay tuned!

## SIGNS OF CHRONIC, PROLONGED STRESS CONT'D

Cognitive	Self-Esteem
Memory Loss	"I'm a failure."
Lack of Concentration	"I blew it."
Inability to Make Decisions	"Why can't I...?"

## SIGNS OF DEPRESSION OR SUICIDAL INTENT

The greater the number of signs or symptoms a ranch or farm family is experiencing, the greater your concern should be. In addition, if family members are exhibiting the following signs of depression or suicidal intent, it is important that you connect them with professional help as soon as possible. All cries for help should be taken seriously.

### Signs of Depression

- **Appearance:** Sad face, slow movements, unkempt look.
- **Unhappy feelings:** Feeling sad, hopeless, discouraged, listless.
- **Negative thoughts:** "I'm a failure," "I'm no good," "No one cares."
- **Reduced activity and pleasure in usual activities:** "Doing anything is just too much of an effort."
- **People problems:** "I don't want anyone to see me," "I feel so lonely."
- **Physical problems:** Sleeping problems, decreased sexual interest, headaches.
- **Guilt and low self esteem:** "It's all my fault," "I should be punished."

### Signs of Suicidal Intent

- **Anxiety or depression:** Severe, intense feelings of anxiety or depression.
- **Withdrawal or isolation:** Withdrawn, alone, lack of friends and supports.
- **Helpless and hopeless:** Sense of complete powerlessness, a hopeless feeling.
- **Alcohol abuse:** There is often a link between alcoholism and suicide.
- **Previous suicidal attempts:** May have been previous attempts of low to high lethality.
- **Suicidal plan:** Frequent or constant thoughts with a specific plan in mind.

**Cries for help:** Making a will, giving possessions away, making statements such as "I'm calling it quits," or "Maybe my family would be better off without me."

## 1 HOW TO REFER A PERSON FOR HELP

1. Be aware of the agencies and resources available in your community – what services they offer and what their limitations are.
2. Listen for signs and symptoms that the person or family needs help which you can't provide, i.e., financial, legal or personal counseling.
3. Assess what agency or community resource would be most appropriate to address the person's (or family's) problems.
4. Discuss the referral with the person or family ("It sounds/looks like you are feeling \_\_\_\_\_. I think \_\_\_\_\_ could help you deal with your situation.")
5. Explore the individual's or family's willingness to initiate contact with the community resource ("How do you feel about seeking help from this person/agency?") Cont'd Pg 6

## Signs of Prolonged Stress cont'd

6. Where the person or family is unwilling to take the initiative or where there is some danger if action is not taken, you should take the initiative:
  - Call the agency and ask to speak to the intake worker (if there is one).
  - Identify yourself and your relationship with the person or family.
  - State what you think the person's or family's needs are (needs immediate protection from suicidal acts, needs an appointment for counseling, needs financial or legal advice).
  - Provide the agency with background information (name, address and phone; age and gender; nature of current problem or crisis; any past history you're aware of; further information as called for).
  - Ask the agency what follow-up action they will take:
    - When will they act on the referral?
    - Who will be the person for you to contact later if necessary?
    - What will be the cost of the service (flat fee/sliding scale)?
    - Do you need to do anything else to complete the referral?
7. Make sure the person or family and referral agency connect and get together. Make one or more follow-up contacts with the agency if called for by the situation..

(A Checklist and Guide for Making Referrals By: Robert J. Fetch, Human Development & Family Studies Colorado State University and Roger T. Williams, Professional Development & Applied Studies University of Wisconsin-Madison)

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### CAP Attends the APRIL Conference

CAP supported term NAP alliance with APRIL by attending the annual APRIL Conference held this year in Denver, CO. Candy, the program manager,, took part in the workshops by making a presentation to the group in partnership with Julia Beams of Assistive Technology Partners. Independent Living Centers provide services to people with disabilities. Centers for Independent Living (CIL) are consumer-controlled, community based, nonresidential private non-profit agencies that are designed to assist people living with significant disabilities with independent living services. The philosophy of each centers is consumer control of decision-making , self-help and self-advocacy, development of peer relationships and peer role models, and equal access and opportunity to society by people with significant disabilities, regardless of whether the disability is physical, mental, cognitive, or



sensory (vision, hearing). Independent Living Centers were created through Title VII of the Rehabilitation Act of 1973. Colorado has 9 Independent Living Centers that provide four core services:



- Information and referral
- Peer-counseling
- Individual and systems advocacy
- Independent living skills training

Each center may provide other services designed to meet the needs of their community. Usually these services are supported

by grants or community foundations. For instance, services may be available at some centers in the areas of housing, finding

assistive equipment, mobility training, basic education, tutoring, recreation, transition services, and independent living placement, etc. To find out about these services contact the center nearest you: