



THE BALING WIRE

Spring 2007 Edition

Promoting
Independence
in Agriculture



Governor Bill Ritter proclaims March 21st as Colorado National Ag Day.

National Ag Day is a day to recognize and celebrate the abundance provided by agriculture.

Colorado agriculture provides more than 105,000 jobs and helps feed the world, exporting nearly \$900 million in agriculture products.

The Neighborly Thing to Do!

Colorado AgrAbility is a partnership between Colorado State University Cooperative Extension and Easter Seals Colorado that promotes independence in Agriculture for Colorado's disabled farmers, ranchers and their family members. The goal of AgrAbility is to help farmers, ranchers and their families who are facing challenges due to injury, illness or disability continue to be independent in agriculture. **A disability can be anything that keeps you from doing as much work as you used to, keeps you from doing necessary work on your farm or ranch, or keeps you or a family member from doing daily routine activities.** So if you know of a farmer, rancher, or family member who has arthritis, back pain, multiple sclerosis, diabetes, stroke, head trauma, vision or hearing problems, heart problems, amputations, etc. please tell them about AgrAbility. AgrAbility is a free service to farmers, ranchers, and their family members that comes directly to your property, and can give you suggestions for working smarter, not harder.



Colorado AgrAbility had the opportunity to work with a family in Southwest Colorado whose young son was injured in a rollover accident years ago. The family found out about AgrAbility from a therapist they work with in Cortez. The family contacted AgrAbility and we visited the family at their home to see what we could help them with. AgrAbility performed a safety evaluation of

(Continued on page 2)

AgrAbility Baling Wire



the home and was able to recommend changes such as widening doorways and halls, and building a ramp into the home to accommodate a wheelchair.

The great news is that our client told a friend from church about AgrAbility! So we hopped in our truck and went to their house too. We met with the family and discussed their issues. AgrAbility looked at the home and gave ideas to the family about increasing the width of door openings to accommodate a wheelchair and where to place grab bars to increase safety for bathing and toileting, information was also given for support groups in the area and online.

We need your help! You may know of a neighbor, farmer, or rancher that is not able to do as much work as they used to, or is having trouble completing necessary work, or they have a family member that is not able to do the daily activities they once could. This neighbor or acquaintance may not receive our newsletter or know that AgrAbility exists; so please let your neighbors, friends, family members, and church friends know about the free services that AgrAbility provides to farmers, ranchers and their family members! It will be the neighborly thing to do!



HOW TO ASK FOR HELP

- ◆ Remember, it's okay to ask for help. Don't be embarrassed and don't worry about other people judging you.
- ◆ Trust that in asking for help you are honoring the other person.
- ◆ Decide to "just do it". The more you agonize, the less likely you are to make the request.
- ◆ Ask for help as soon as you realize you need it. Ignored problems often escalate and become huge issues that drain energy and resources.
- ◆ Remember, getting help when you need it is part of being responsible-to yourself.
- ◆ "The healthy, strong individual is the one who asks for help when he needs it. Whether he has an abscess on his knee or in his soul". -Rona Barrett
- ◆ "Asking for help does not mean that we are weak or incompetent. It usually indicates an advanced level of honesty and intelligence". -Anne Wilson Schaefer

For more information please contact **Jason Beck** at 303-937-7713 x 224, or **Marsha Hunt** at 303-937-7713 x 233. If you prefer email, please contact Jason at jbeck@eastersealscolorado.org, or Marsha at mhunt@eastersealscolorado.org



Occupational Therapy (OT)

Corner



Chronic Pain

Fifty million Americans experience chronic pain, which can result in partial or total disability. Chronic pain is described as a pain that continues a month or more beyond the usual recovery period for an injury or illness or that goes on for months or years due to a chronic condition. The pain is usually not constant but can interfere with daily life at all levels. Pain is subjective and can only be described by the person experiencing the pain. A specific physical cause for the pain can be difficult to find at times. Chronic pain is not only physical but also mental; the two can not be separated. It is important to address and take care of your emotional health in addition to your physical health, especially since some studies suggest that 60% of pain patients may have undetected depression.

So how do we manage chronic pain? Good communication with your doctor and pharmacist is vital. Pain logs can be useful in identifying patterns in your daily life that have an impact on your pain. When you and your doctor understand your personal pain triggers, you can deal with them more proactively. A doctor will usually prescribe pain medicine. In addition to pain medication there are other techniques to enhance your pain management. These techniques include: relaxation exercises, cold/hot packs, physical therapy, exercise, massage, acupuncture, distracting yourself by doing things you enjoy, deep breathing techniques, stress management, guided imagery, changing the way you look at the pain, humor, and counseling/psychotherapy which may help you learn better ways to cope with losses you may experience due to the pain.

If your pain is still not under control after medication and alternative techniques there are still more options which can include attending a Multidisciplinary Pain Program, nerve blocks, and/or surgery. Talk with your health care provider about other treatment options that may work for you.

For further information contact the American Chronic Pain Association at 1-800-533-3231 or www.theacpa.org and the National Pain Foundation at www.nationalpainfoundation.org or email aardrup@nationalpainfoundation.org.

COLORADO AGRABILITY PROJECT



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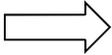
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Putting Knowledge to Work

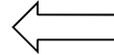
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www.caHS.colostate.edu/AgrAbility



Operation Blizzard Benefit

C/O Colorado Farm Bureau Foundation

Application for Assistance Deadline Friday, April 20, 2007

- Agricultural producers within the counties of Baca, Bent, Cheyenne, Crowley, Huerfano, Kiowa, Las Animas, Lincoln, Otero, and Prowers, which have an un-reimbursed loss resulting from the December 2006 blizzards, may qualify for assistance from the fund.
- Only un-reimbursed losses (livestock, buildings, fences, equipment, etc.) or un-reimbursed additional expenses incurred (temporary pastures, etc.) will be considered.
- All losses that meet the above criteria will be considered. Only one application per agricultural operation.

For more information contact: Colorado Farm Bureau Foundation/Operation Blizzard Benefit Committee

Attn: Chris Weadock

303-749-7500

