

Baling Wire Newsletter

Summer/Fall 2011

THE SUN AND SKIN CANCER (by Kaylee Earll, OTS Colorado State University)

Summer is here, and that means working day after day outside in the sun. People who work outdoors have a higher than average risk of getting skin cancer. Fortunately, most skin cancer can be easily prevented by following some simple guidelines:

1) **Use sunscreen every day, even if it is overcast.** The sun's harmful rays can penetrate the clouds. The best kind of sunscreen has an SPF rating of 30 or higher and blocks both UVA and UVB rays. Cover all exposed skin, including your lips, eyelids and ears. If one kind of sunscreen bothers your skin, try another kind. Sunblocks are made in gel, spray, cream, stick and lotion forms, so there is likely one that will work well for you. Reapply throughout the day to ensure protection.

2) **Cover up your skin.** A hat with a broad brim will provide extra protection for your face, ears, and neck. Wear tight-knit clothes that are either dark colors, like blue, or bright colors, like orange or red. Long sleeves and pants are best to wear, as they cover the most skin.

3) **Don't forget your eyes!** Wearing wrap-around or large framed sunglasses that block UV rays can keep the skin around your eyes safer and reduce the risk of developing cataracts.

4) **Ask your doctor to examine you for skin cancer.** Examine yourself on a regular basis, using a mirror for those hard to view places. Early detection can make treatment much easier.

If you think you might have skin cancer, it is important you get checked out by a doctor.

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Summer Appearances

The Colorado AgrAbility staff is enjoying fair season!

This year we have attended the Weld County and Larimer County Fairs, teaming up with CSU's Department of Agriculture. We also plan to attend the State Fair in Pueblo from **August 26–September 5**.

Please contact us for more information. We will see you at the Fair!



Thanks to a partnership with Goodwill Industries of Denver and Colorado State University Extension, the Colorado AgrAbility Project provides on-site evaluations, resource information, disability workshops, and recommendations for equipment modification and assistive technology. The USDA's National Institute of Food and Agriculture provides funding for the Colorado AgrAbility Project.

This material is based upon work supported by the USDA National Institute of Food and Agriculture, under special project number 2010-41590-20750.



While you might know them for their many retail stores across Colorado, Goodwill is more than just a place for great deals. Goodwill's programs improve our community and help people find the tools they need to be successful in work and life.

Goodwill Industries of Denver's career development and supportive services programs help more than 30,000 individuals in our state to change their lives and the lives of others while building strong and sustainable communities. Goodwill seeks to reverse the cycle of poverty by giving a hand-up, not a hand-out.

The Colorado AgrAbility Project promotes success in agriculture for people with disabilities or other physical challenges. Goodwill plans to continue to support rural communities with AgrAbility services and with the creation of jobs through the opening of new retail stores.



Colorado State University is the people's university. As your land-grant university, CSU educates through extension, research, and resident instruction. CSUE delivers unbiased, research-based information and effective educational programs to Coloradans and people in the region and across the nation. Extension agents extend the knowledge from CSU to the people to address top priority educational needs.

CSUE partners with Goodwill Industries Denver to bring AgrAbility to you. Our goal is to assist ranchers and farmers like you with illnesses, conditions, disabilities, or other obstacles to continue having a successful career. We have a number of options available to you - information, education, services, and assistive technology - that have assisted many and just might make things a little easier for you on your farm or ranch.

To learn more about financial, production, and human risk management strategies for you and your family or to find out about workshops, call Bob Fetsch (970-491-5648).

Annual Professional's Workshop

Colorado AgrAbility hosts the 5th Annual Professionals' Workshop June 3, 2011

Workshop participants from the Colorado Division of Vocational Rehabilitation, Craig Hospital, Texas AgrAbility, Pima Medical Institute, Goodwill Industries of Denver, and physical and occupational therapists from around the state converged for a day of learning this summer. It was a day full of educational presentations and hands-on demonstrations. The workshop's educational presentations included AgrAbility's history and assistance, the farming and ranching culture, farm environment and tasks, an AgrAbility client panel with assistive technology demonstrations, and a practical application of a case study. The weather was ideal for the outdoor facility tours including irrigation methods, cattle handling, and agricultural equipment demonstrations at Colorado State University's Agricultural Research Development and Education Center.

The course was approved by the American Occupational Therapy Association for .85 continuing education units.



Success Story

Horse Racing Trainer Gets Equipment That is a "Lifesaver"

Colorado AgrAbility helps producers with illnesses or injuries stay in agriculture

Awaiting the new foal crop is thrilling for Jackie and Jim Weimer as those foals are the next generation of runners for their horse racing operation in Bennett, CO. There was a time when Jackie was faced with the possibility of not being able to "finish the race" due to her own health issues.

"Jackie hasn't smoked a day in her life," reports her husband Jim, "but because of the scoliosis she can barely breathe and needs to use oxygen." Jackie's decreased lung capacity made it nearly impossible for her to walk from her house to the horse barns and then have enough strength or endurance to take care of the horses. After learning about Colorado AgrAbility, a partnership through Colorado State University Extension and Goodwill Industries of Denver, she began to believe that she could stay involved in the racing business.

Colorado AgrAbility staff assessed her abilities while taking note of the daily tasks that were required to care for the horses. Equipment solutions were identified that could keep Jackie working, thanks to help from the Division of Vocational Rehabilitation (DVR), a state agency that helps individuals with disabilities obtain and maintain employment. Jackie now has a utility vehicle (UTV) to drive to and from the barns and around the pastures while being able to haul necessary supplies to feed and train the horses. In addition, she is able to use her new manure vacuum to assist with cleaning the stalls.

"These have been a lifesaver," she says. Jim Weimer agrees, "If she is outside working then she is safe because she can easily get to her oxygen in the UTV. You've made a whole new person out of that lady."

For information about DVR, please refer to: www.dvrcolorado.com.

Ergonomic Guide to Hand Tools

Using tools that force your hands into awkward and uncomfortable positions over a long period of time can cause injuries such as nerve compression, carpal tunnel syndrome, tendonitis, or arthritis. Use these 8 tips to find the right hand tools for any task.

By: Emily Butler, OTS Creighton University

Source for content and images: http://www.dir.ca.gov/dosh/dosh_publications/handtools5.tml.

Tip #1

For single-handed tools (such as a hammer): the tool should feel comfortable and have a handle diameter between 1 ¼ inches and 2 inches. Hint: The tool should fit in the space between your index finger and thumb when you make the “O.K.” sign.



Tip #2

For tools with two handles (such as pliers): find a tool with at least 2 inches between the handles when fully closed and no more than 3 ½ inches between the handles when fully open. Also consider finding a tool that locks on its own.



Tip #4

Avoid tools with sharp edges or finger grooves on the handle.

Tip #5

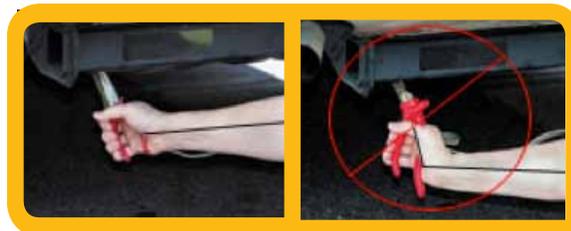
Try to select tools that are coated with soft, non-slip material. You can also add a sleeve to the tool handle. This will both prevent the tool from slipping from your hand and increase comfort level.

Tip #6

Avoid using tools that force you to bend your wrist.



Tools with bent handles allow you to keep your wrist straight when applying force horizontally.



Tip #7

Make sure the tool can be used with your dominant hand or both hands.

Tip #8

For tasks requiring high force: select a tool with a handle length longer than the widest part of your hand (usually 4 to 6 inches). Make sure the end of the tool does not press into your hand, as this could cause nerve or blood vessel compression.



2011-2012 Workshop Schedule

Lunch Provided

Mancos, CO

Tuesday, November 1, 2011 | 9:00 a.m. – 1:00 p.m.
Southwest Colorado Community College, Main Bldg, Room 109
33057 Hwy 160
Tom Hooten (970) 565-3123

Naturita, CO

Wednesday, November 2, 2011 | 9:00 a.m. – 1:00 p.m.
Naturita Regional Library
107 West 1st Ave.
Yvette Henson (970) 327-4393

Steamboat Springs, CO

Wednesday, January 18, 2012 | 9:00 a.m. – 1:00 p.m.
Routt County Commissioner's Hearing Room, 3rd Floor
136 6th St., Old Courthouse
C.J. Mucklow (970) 879-0825

Trinidad, CO

Tuesday, January 31, 2012 | 9:00 a.m. – 1:00 p.m.
Trinidad Junior College, Sullivan Student Center
600 Prospect Ave.
Dean Oatman (719) 846-6881

Lamar, CO

Wednesday, February 1, 2012 | 9:00 a.m. – 1:00 p.m.
Lamar Community College, Trustees Bldg.
2401 South Main St.
Bruce Fickenscher (719) 438-5321

Pueblo, CO

Thursday, February 2, 2012 | 9:00 a.m. – 1:00 p.m.
Pueblo Zoo
3455 Nuckolis Ave.
Marvin Reynolds (719) 583-6566

Holyoke, CO:

Tuesday, February 7, 2012 | 9:00 a.m. – 1:00 p.m.
Extension Office Events Center
22505 Hwy. 385
Dennis Kaan (970) 345-2287

Ft Morgan, CO

Wednesday, February 8, 2012 | 9:00 a.m. – 1:00 p.m.
Ft. Morgan Extension Office
914 E. Railroad Ave.
Bruce Bosley (970) 768-6449

Aurora, CO

Thursday, February 9, 2012 | 9:00 a.m. – 1:00 p.m.
Arapahoe County Fairgrounds and Event Center, Room 1
25690 East Quincy Ave.
Dale Edwards (303) 730-1920

AgrAbility Winter Workshops

Summer is nearly over and planning for AgrAbility Winter Workshops is well under way. Each winter season CSU Extension coordinates half-day AgrAbility events throughout Colorado. Our presentations are designed to introduce farm and ranch families and other community members to AgrAbility services. This year's focus will be on **"Getting Around Better on Your Farm or Ranch."** We'll present ideas on how to make it easier and safer to get through gates, monitor grain bins, work with livestock and more. As always, AgrAbility staff will be available for individual consultations with anyone who has specific questions about their own situation.

In addition to information about our services, we'll invite representatives from the Colorado Division of Vocational Rehabilitation (DVR) and the Colorado Farm Service Agency (FSA) to introduce their programs and answer questions.

The workshops are open to farm and ranch families with physical difficulties or other challenges and for professionals, including extension agents, occupational therapists, physical therapists, DVR counselors and county healthcare professionals. At the conclusion of each workshop, AgrAbility staff will be available for individual consultations.

The dates are set — mark your calendars now!

Register a week in advance to guarantee a free lunch after the workshop.

To register for any of these workshops, contact Dr. Bob Fetsch at 970-491-5648 or Robert.Fetsch@colostate.edu

If you can't make it to one of these, contact us anytime and we'll fill you in on what you missed, and help you take a look at options for your specific situation.

As always, there's no fee for any of our information or services!

Colorado AgrAbility Project is Growing

The Colorado AgrAbility Project (CAP) has always been a small team with a big mission that involves reaching out to agricultural producers across our vast state. In order to develop our outreach in the communities we serve, we've begun making our team a little bigger. Goodwill Industries of Denver has hired a regional Community Relations Coordinator to help spread the word about AgrAbility. Bob Kembel is based at Goodwill's retail store in Fort Morgan, CO. He is responsible for establishing new contacts throughout the northeast quadrant of the state. To do this, he'll be travelling to meet with farm families, implement dealers, agricultural groups, and others involved with the agricultural community.

The underlying goal of this new position is to help promote awareness of AgrAbility and increase the number of farm families who use our services. During the next few years we hope to create similar positions in other regions of the state.

By utilizing staff with better knowledge of their local area's needs and resources we expect to make valuable new connections!

Contact Information

Colorado AgrAbility Project

www.agrability.cahs.colostate.edu

CSU Extension

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Goodwill Industries of Denver

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Colorado AgrAbility Project

c/o Goodwill Industries of Denver

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