



*A quarterly letter to friends of the Breaking New Ground Outreach Program*

## BNG and Arthritis Foundation strengthen ties

Breaking New Ground's new USDA grant, which began in April, contains a number of new and innovative initiatives to assist farmers and rural residents with disabilities. Several of these projects involve BNG's collaborative relationship with the Arthritis Foundation, Indiana Chapter.

BNG worked with the National Arthritis Foundation several years ago to produce a brochure entitled *Arthritis, Farmers, and Ranchers* plus a companion video. With supplies of that brochure running low and the video outdated, BNG and the Indiana Arthritis Foundation are looking to develop new versions of both. These resources will contain information about such topics



as diagnosis and management of arthritis, modifying work practices to accommodate arthritis, and some of the new treatments for the disease.

The Arthritis Foundation is also one of the key collaborators in the 2003 Caregiving in the Heartland workshop series, described below. In addition, BNG and the Arthritis Foundation

are exploring other future avenues of collaboration such as workshops on gardening and arthritis.

The Arthritis Foundation provides publications and other information concerning many aspects of treating and living with arthritis. For more information about arthritis or the Arthritis Foundation, contact Sharyl Border at 317-879-0321.

## Caregiving workshops to have special focus

Breaking New Ground, with financial support from the Indiana Office of Rural Health, is again coordinating the *Caregiving in the Heartland* workshop series.

Scheduled for the spring of 2003, these sessions are slated to address many aspects of caregiving, such as taking care of the caregiver and working with social service agencies. A special track is also planned regarding emergency preparedness



for caregivers

who may face such catastrophes as natural disasters or terrorist acts.

The tentative sites for the workshops are: Lafayette, Terre Haute, Bedford, Chrisney (Tell City area), and Connersville. Dates will be announced soon.

Caregiving in the Heartland is planned and conducted in cooperation with numerous disability services organizations, such as BNG's partners SICIL, the Arthritis Foundation—Indiana Chapter, and the Independent Living Center of Eastern Indiana.

### Did you know?

- 1 in 6 Americans have arthritis
- 1 million Hoosiers have arthritis
- 43 million Americans have arthritis
- 60 million Americans are estimated to have arthritis by 2020
- 285,000 children face daily pain caused by juvenile arthritis
- Arthritis is the nation's leading cause of disability among Americans over age 15
- Arthritis limits everyday activities for more than 7 million Americans
- Arthritis is second only to heart disease as a cause of work disability
- Two-thirds of the people with arthritis are under the age of 65

*Special thanks to Amber Robertson of the Arthritis Foundation, Indiana Chapter for information shared in this News Note concerning arthritis.*

## Tool box CD is on the way

One of the Breaking New Ground Resource Center's most popular publications has been the assistive technology manual *The Toolbox: Agricultural Tools, Equipment, Machines, and Buildings for Farmers and Ranchers with Physical Disabilities*. Now the BNG team is developing a CD-



ROM version of this resource. The CD version is scheduled to include not only the current content from *The Toolbox*, but also new products, such as video clips of assistive technology products in action and the *Barn Builders Peer Support Directory*. The projected date of completion for *The Toolbox* CD is spring of 2003. Check upcoming issues of the News Note for more information, or call Breaking New Ground at 800-825-4264.

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## New TTY makes mobile communication for deaf community easier

Phone calls on the go are now possible for deaf individuals using the Ameriphone Q90 Mobile TTY. This lightweight, portable TTY is specifically designed to work with the new generation of TTY-compatible digital cellular telephones. The Q90 Mobile TTY connects to a TTY-compatible digital cell telephone and is used to send text over the telephone lines, allowing a deaf or hard-of-hearing person to communicate directly over the telephone. Relay service allows the TTY user to converse with the person on the other end, whether that person also has a TTY, or, in some circumstances, a TTY-compatible computer or a standard telephone. The suggested price for the Q90 TTY is \$249.95. Call 1-800-874-3005 for a nearby retailer or distributor that offers the product.



## Farm shows, expos, farmer meetings, workshops planned

BNG is scheduled to participate in several upcoming expositions and farm shows:

- December 14: Indiana Farm Bureau Convention
- December 17-19: Indiana-Illinois Farm Show at the Indiana State Fairgrounds
- January 14-16: Fort Wayne Farm Show
- February 12-15: National Farm Machinery Show in Louisville



*BNG at the National FFA Convention*

The staff is planning for another “Brag & Steal” farmer meeting during lunch on January 15 at the Fort Wayne Farm Show. In addition, BNG is collaborating with Kentucky AgrAbility to conduct a half-day workshop at the National Farm Machinery Show. Tentative topics include assistive technology and caregiver issues. Contact BNG for more information.

## Free prescription drugs available?

The Cost Containment Research Institute claims that many major drug companies provide free or low cost medications, but rarely if ever publicize the programs. The Institute has published a booklet listing such programs which can be obtained for \$5. Call 202-318-0770 or visit [www.institutedc.org](http://www.institutedc.org).



This holiday season, the Arthritis Foundation-Indiana Chapter is sponsoring the Jingle Bell Run for Arthritis with events in South Bend, Ft. Wayne, Indianapolis, and Evansville. Funds raised from the Jingle Bell Run provide arthritis research and support services. Participants can enter as either an individual or a team and can choose from a 5K fun run or a 5K fun walk. Each individual runner or walker will receive a long sleeve t-shirt and jingle bells for their shoelaces. The wearing of seasonal costumes during the run is also encouraged. The Indianapolis run is scheduled for Saturday, December 14. To register as an individual or team, simply log on to [www.arthritis.org](http://www.arthritis.org) or call 800-783-2342 for more information.

## Acorda tests new spinal cord drug

Acorda Therapeutics of Hawthorne, New York, is currently conducting human-subject trials of Fampridine-SR. This drug enhances conduction in damaged nerves, and is the first compound shown to restore some neurological function to people with spinal cord injuries (SCI). The main focus of treatment for Fampridine-SR is in reducing moderate-to-severe spasticity associated with chronic SCI. In addition, previous trials have shown that the drug can also improve sexual function and bowel and bladder control. For persons with multiple sclerosis, Fampridine-SR may also improve walking speed and leg muscle strength.