

News Note

Breaking New Ground Outreach Program
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A QUARTERLY LETTER TO FRIENDS OF THE BREAKING NEW GROUND OUTREACH PROGRAM/INDIANA AGRABILITY PROJECT

**Questions?
Contact Us!**

www.breakingnewground.info

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**JAY SHULTZ:
BACK ON THE FARM**



In June of 2011, Jay Shultz of Whitestown, Indiana was injured while on a mission trip in Haiti where he was managing a construction project to help rebuild after the devastating earthquake of 2010. Jay was driving a John Deere Gator utility vehicle when he accidentally ran into a backhoe. As a result of the accident, he broke several ribs and injured his spinal cord, leaving him paralyzed from the waist down.

Jay received treatment in Haiti and in Miami, Florida where his surgeon suggested he find a rehabilitation facility that specialized in spinal cord injury rehabilitation. He selected the Rehabilitation Hospital of Indiana (RHI) and began his rehab work.

While at RHI, Jay learned about Indiana AgrAbility from his physical therapist. Steve Swain, rural rehabilitation specialist with Indiana AgrAbility, visited with Jay and discussed the options that were available to keep him farming. Steve has made subsequent visits to Jay's farm and made recommendations on how to

make his equipment, farm, and home accessible.

Steve has submitted his recommendations to the Indiana Department of Vocational Rehabilitation Services (VR) and they are working with Jay to assist him in purchasing the recommended modifications to his bathroom and a vertical platform lift for him to enter his home. Additionally, VR helped purchase the Kubota utility vehicle, pictured above, with hand controls and a lift for his wheelchair.

When asked about how Indiana AgrAbility has assisted him, Jay shared that the program is helping him get the modified equipment he needs, which will make it easier for him to return to work on the farm. Jay is currently working for his cousins at Lamb Farms in Lebanon, Indiana and with his family's machine tool sales business.

Mental Health First Aid Training

On May 3-4, Hoosier Uplands sponsored a Mental Health First Aid training workshop for thirty participants at IU Health in Paoli. Dr. Roberta Schweitzer led the twelve-hour public education course that teaches participants how to identify and respond to people who are showing the signs and symptoms of a mental illness or are experiencing a crisis. Participants learn steps to take until professional treatment is received or the crisis resolves.

The program gives participants an overview of mental illnesses and substance abuse disorders. It shows first responders how to use the ALGEE Mental Health First Aid Action Plan: **A**ssess for risk of suicide or harm, **L**isten nonjudgmentally, **G**ive reassurance and information, **E**ncourage appropriate professional help, and **E**ncourage self-help and other support strategies to aid the individual and help them connect with each other.

This course can benefit a variety of audiences, including primary care professionals, first responders, students, teachers, nursing home staff, and the general public. For more information or to find a training workshop in your area, check the Mental Health First Aid website at www.mentalhealthfirstaid.org. You may also contact Roberta Schweitzer at roschwei@comcast.net if you are interested in hosting a training workshop for your area.



**MENTAL
HEALTH
FIRST AID**

Out & About with BNG Upcoming Events

Indiana Governor's Council for People with Disabilities Conference
Dec 4-5
Indianapolis, IN

Indiana Farm Bureau State Convention
Dec 7-8
Indianapolis, IN

Indiana-Illinois Farm Show
Dec 11-13
Indianapolis, IN

Fort Wayne Farm Show
Jan 15-17
Fort Wayne, IN

VETERANS AND AGRICULTURE CONFERENCE

According to a White House report, only 17% of the U.S. population lives in rural areas, but 44% of our military are rural residents. Additionally, as of February 2012, more than 47,500 wounded service members have returned from combat since 2001, according to the Military Family Research Institute at Purdue University (MFRI). MFRI also noted that nearly one fourth of all service members returning from recent deployments have some type of hidden or visible injury.

To address these needs, Breaking New Ground/Indiana AgrAbility partnered with the Veteran's Administration, Purdue Military Family Research Institute, Purdue Agronomy Department, and Purdue Student Veteran Organization to sponsor the conference, Veterans and Agriculture: Opportunities for Employment, Entrepreneurship, and Enrichment on November 7-8 at the Beck Agricultural Center in West Lafayette.

The goal of this conference was to educate veterans, their families, and professionals who work with military families about getting back into or entering the agricultural field. Classroom sessions were held on Wednesday and included three main types of breakouts: some were geared primarily to veterans and their families, others focused on professionals who work with veterans and their families, and others were beneficial to

both audiences. Sessions mostly for the veterans and their families focused on finding financing to get started, the different kinds of operations that could be a good fit (i.e. produce, grain, livestock, or niche markets), and how to write a business plan. Sessions that were more for professionals working with veterans included dealing with post-traumatic stress disorder (PTSD) and/or traumatic brain injury (TBI), reintegration challenges the veterans may face, and using horticulture as therapy for veterans.

The second day of the conference was devoted to on-site learning. Participants visited the Purdue aquaculture facility and the Purdue sheep facility in the morning and then toured This Old Farm, a meat processing facility, and Pleasant Acre Farms where they raise vegetables and produce in a hydroponic greenhouse and outdoors.

The conference was well attended and received very good reviews from the participants. If you would like to view the presentations from the conference, please visit www.breakingnew-ground.info.



UPDATES FROM OUR PARTNERS

Indiana AgrAbility partner, the Arthritis Foundation, has had a busy summer!

In April and May, Amber Wolfe, Project Coordinator, was the featured speaker for both the Osteoarthritis Action Alliance and the Marion County Mayor's Advisory Council for Disabilities program.

In June, Amber helped to coordinate the Indy Arthritis Walk at the State Fairgrounds and was a judge at the Indiana FFA State Convention at Purdue University. Educational displays were staffed at the Indiana Rural Health Association conference and the Decatur County Memorial Hospital Healthy Fair. Amber also presented a session to attendees at the IRHA conference on "Arthritis and Agriculture."

July and August were full of county fairs and the Indiana State Fair. Additionally, Amber presented at the Red Gold Grower's Field day and to the Farm Service Agency district directors at their annual meeting. Amber rounded out the summer by speaking at the Fayette County Farm Bureau dinner in September.

If you raise livestock or horses, you might want to consider purchasing a wireless video camera to mount in your barn. This system from Rostech Electronics can transmit up to 1,000 feet and lets you monitor activities in the barn or around the farm on a TV in your home. Many farmers use these cameras at breeding time to make it easier to A.I. an animal or to help keep an eye on them when they are close to birthing.



Hoosier Uplands has been working hard to raise awareness of AgrAbility in Southern Indiana. Linda Tarr, AgrAbility consultant with Hoosier Uplands, has participated in a variety of events throughout the summer.

Some of the events Linda attended include a local field day at the Southeast Purdue Ag Center, Washington, Orange and Crawford County Conservation Field Days, and a Stump to Product Field Day in Orange County in addition to several county fairs and the Indiana State Fair.

Linda also presented a program for the Orange County Master Gardeners as well as a Safety Awareness program for the Orange County Farm Bureau, Inc Mini-Barnyard Carnival for all Head Start children.

Upcoming events include a local forestry field day and booth at the Indiana Forestry Owners Association conference. She is also looking forward to holding an emergency preparedness workshop for first responders this winter.

Toolbox Features



With winter just around the corner, it's time to start thinking about getting ready for snow. One product to look into is the HeatTrak Snow-Melting Traction Mat. These mats plug into an electric outlet to prevent snow and ice accumulation on walks, ramps, and stairs. They are made of non-slip, UV-protected rubber that can be secured in place and left outside throughout the winter. These mats provide stable, non-slip walkways for better wheelchair and on-foot mobility.

Visit:

www.agrability.org/toolbox