

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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Bill Field -
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Steve Swain -
Rural Rehab Specialist

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Administrative Assistant



**AUTO ACCIDENT LEADS
JOSH CRISSEN TO
PROMISED LAND FARM**

Josh Crissen of Bloomfield, Indiana was in a car accident 19 years ago at the age of 17. As a result, he suffered back impairments and also developed post traumatic stress disorder (PTSD). These conditions led Josh to Indiana Vocational Rehabilitation Services (VR), which is how he found out about BNG.

When trying to decide what he wanted to do, Josh realized that he had always enjoyed farming and liked that it is "good, honest work." Knowing that everyone has to eat, he decided he wanted to start his own small, diversified farm. This is when the idea for Promised Land Farms was born.

VR put Josh in contact with Steve Swain of Breaking New Ground, who did a farm visit with Josh and presented him with several options and alternatives to start his business. Josh feels very fortunate to have had Steve's help in getting his business plan put together. He said that Steve's biggest contribution was helping him focus his ideas into a profitable business plan, in addition to

helping him learn how to do the paperwork and marketing to keep the business going.

Josh is still farming, and since starting his farm, has been able to pick up additional acreage to expand his product offering. He is currently raising meat goats, beef cattle, and produce. He sells his goods at local farmers' markets and strongly believes in the local foods movement.

Josh is currently working to transition his farm to a Community Supported Agriculture (CSA) farm. CSAs have become popular because they allow consumers to buy local food directly from the farmer. This is typically arranged through a contract between the farmer and the consumer where the consumer pays a certain fee and receives a certain amount of food each week. The arrangements may vary among different CSAs, but they follow this general pattern.

Josh hopes to keep farming for many years to come and plans to continue to sell his products locally for as long as he can.

Congratulations Paul Jones!

The Indiana AgrAbility staff would like to offer congratulations to Paul Jones, who was awarded the 2011 PUCESA Special Award. PUCESA (Purdue University Cooperative Extension Specialists' Association) presents seven awards annually. The Special Award is presented to individuals whose leadership or support of a specific Extension program is outstanding.

Paul is the Manager of the National and Indiana AgrAbility Projects. His leadership and support of the AgrAbility program for the past 13 years have more than earned him this recognition.

In his career with AgrAbility, Paul has worked on developing new educational resources that have been recognized nationally for their excellence. He has also made a significant contribution to enhancing the relationship between Extension and Old Order communities through the planning of national conferences, in addition to the national conferences he has planned to enhance the relationship of Extension with rehabilitation professionals and farmers with disabilities.

We are very grateful for all of Paul's hard work over the past 13 years and are proud to have him as part of AgrAbility and the Extension team. Thank you for all of your work Paul and congratulations!



American
Occupational
Therapy Assoc.
Conference
Apr 26-29
Indianapolis, IN

Mental Health
First Aid
May 3-4
IU Health
Paoli, IN

Home and
Family
Conference
June 12-15
Purdue
University

Indiana
Rural Health
Assoc. Annual
Conference
June 14-15
Indianapolis, IN

IT'S TIME FOR A VACATION!

It's springtime again in Indiana, which brings new growth, newborn livestock, and hopefully the beginning of a successful crop year. Come April, many farmers' minds are focused solely on the planting season and on when they will be able to get in the field. Each day spent not in the field is a day filled with equipment maintenance and repair and a lot of anxiety. This stress will continue until all the planting is completed and the crops are up and thriving. During these next several months, the last thing on a farm family's mind is a vacation. After the planting season ends, all the new baby animals are on the ground and doing well, and school lets out, that could be just what the doctor ordered to get you relaxed and ready to start the whole process again next fall.

As you start making your summer plans, you might be wondering what kinds of accessible recreation activities are available around the state. For many families, a trip to the county fair will be on the agenda whether your children are participating in the shows or you just enjoy supporting the local families. This is a great option because many fairgrounds in the state have made major strides in accessibility. If you do have a problem getting

around, notify your Extension educator of the issue so they can look into a solution before next year's fair.

If you enjoy the outdoors and a little peace and quiet, you may be interested in planning a weekend out on the lake fishing or in the woods at a hunting preserve. If this is more your speed, consider Presnell Plantation, which has one location in Franklin and another at the Jefferson Proving Grounds. For more information see, www.presnellplantation.com.



In addition to hunting and fishing, the outdoorsman in you and your family may also enjoy spending a day or two at any of Indiana's State Parks. Many have accessible trails, rest rooms, and cabins. Just call them before you go to find out what is available for you.

Lastly, many of the popular destinations around the state, such as the Indy Children's Museum, the Indiana State Museum, Holiday World Theme Park, Indiana Beach Amusement Resort, and many other attractions throughout the state are accessible.

So when you're rained out of the field this spring, take a few minutes to explore your options and make plans to get away for a few days this summer to relax, spend some time with your family, and get recharged before you have to get back out into the fields. Have fun!

UPDATES FROM OUR PARTNERS

Amber Wolfe, of the Arthritis Foundation was recently named a member to the Indianapolis Mayor's Advisory Council for Disabilities (MACD). We would like to congratulate her and wish her well in this role.

Amber has also been busy traveling around the state to participate in various conferences, including the Midwest Women in Ag in Shipshewana, the St. Vincent Minority Health fair in Indianapolis, and the St. Vincent Healthy Aging Conference in Carmel.

Amber also spoke at the Hendricks County Rotary Farmer Appreciation Luncheon in Danville where she discussed arthritis and pain management, the AgrAbility program, and the relationship between agricultural workers and arthritis. She gave the same presentation to the Lafayette Extension Homemakers.

Amber will be the featured speaker for the OA Action Alliance Lunch & Learn session as well as for the MACD program the same day. Also, she will be helping with the Indy Arthritis Walk and the Indiana Rural Health Association annual conference.

Linda Tarr from Hoosier Uplands has been busy in her first months with AgrAbility. She has attended numerous events, including the National AgrAbility conference, the Indiana Rural Health Association Fall Forum, the Governor's Council for People with Disabilities conference, Indiana Farm Bureau annual convention, district Indiana Beef Cattle Associations area meetings, Farm Bureau county/regional meetings, and the National Farm Machinery Show.

Linda has also been out and about visiting FFA and 4-H groups to encourage their participation in the Bridging Horizons program. She has also had the opportunity to do some client visits with Steve Swain to begin meeting the amazing farmers that AgrAbility is working with.

Linda has a busy spring planned. She has scheduled presentations with local Area Agencies on Aging and at ASCS-sponsored Barn meetings. She will also be hosting a training program on mental health first aid to help the public understand and respond to mental illnesses.

For many farmers, spring is a time for calving and processing young calves. Trying to hold young calves to tag, give shots, or band in the middle of the pasture or corral can be difficult. The portable calf restraint can make your job a little easier. This steel muzzle fastens to a wire cattle panel, wooden gate, etc, and allows you to bring a chain behind the calf's ears to hold him in while you do your work.



As you prepare to plant this spring, consider purchasing a bulk seed/fertilizer tender, caddy or wagon. These usually have an auger that is powered hydraulically with a spout that can be maneuvered into each seed box or drum. If you have a gravity bed wagon, you may be able to purchase an auger to mount on it that will achieve the same result as buying a new seed tender and will save you a little money. Either option will allow you to load the planter more quickly and reduce the amount of stress on your body.

Visit:

www.agrability.org/toolbox