

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

New publication targets arthritis and agriculture

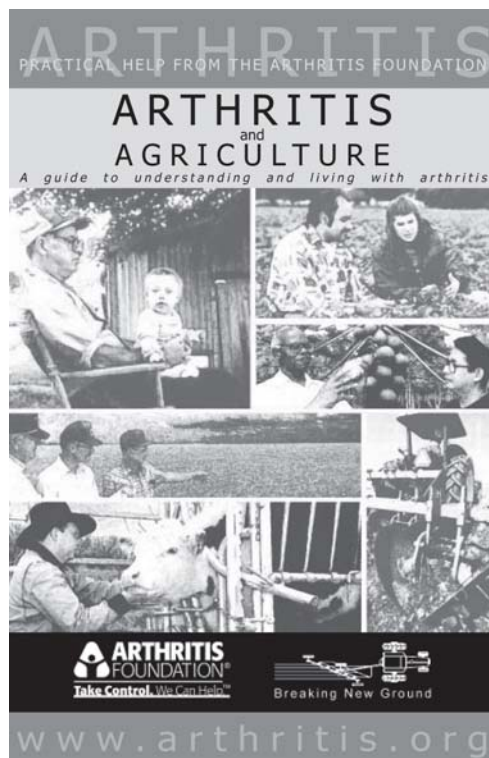
Arthritis is one of America's most common chronic disease conditions, affecting one in every three individuals. Because of the physical nature of agricultural work, arthritis can have an especially disabling effect on farmers and ranchers.

To help provide guidance on this subject, the Breaking New Ground Resource Center and the Arthritis Foundation, Indiana Chapter have joined forces to publish *Arthritis and Agriculture: A Guide to Understanding and Living with Arthritis*. This resource is a revised version of *Arthritis, Farmers, and Ranchers* previously distributed by BNG and the Arthritis Foundation. DynoMed, an Indianapolis-based patient education company that produces medical resources for physicians and consumers, provided consultation on the text of the brochure and updated the layout.

Arthritis and Agriculture contains information on a variety of arthritis-related topics, including common types of arthritis, managing arthritis, unproven arthritis remedies, and sources of assistance. Since this publication is designed specifically for agricultural workers, it gives advice on methods of modifying farm and ranch tasks to provide added protection to joints.

The publication also emphasizes the importance of proper diagnosis, exercise, medication, stress management, and working with a team of professionals to cope with arthritis. A variety of organizations are listed for those wanting further assistance with arthritis or disability-related issues.

Arthritis and Agriculture is 24 pages in length with a full-color cover. Single copies are available free of charge from the Arthritis Foundation,



Indiana Chapter by calling 800-783-2342 or emailing info.in@arthritis.org. Ask about pricing for bulk quantities.

Workshop trains trainers, launches Web site

Professionals from several regions of Indiana gathered in Indianapolis on June 29 for Caregiving in the Heartland 2004: Training the Trainers. The workshop focused on equipping professionals to serve as resource specialists for caregivers. Participants were provided materials for conducting caregiver workshops in their own communities and encouraged to do so.

The workshop was coordinated by BNG and held in Indianapolis in cooperation with nonprofit partner the Ar-

thritis Foundation, Indiana Chapter. Financial support was provided by the Indiana Office of Rural Health, and the planning committee included staff members from Attain, the Fountain/Warren Care and Share Support Group, Hoosier Uplands/Area XV Agency on Aging, the Independent Living Center of Eastern Indiana, Indiana Hospice and Palliative Care Organization, and the Southern Indiana Center for Independent Living.

At the workshop, BNG also introduced its newly developed Web site for rural caregivers, www.ruralcare.info. The site includes a variety of resources, including electronic versions of BNG's *To Everything There is a Season* materials for caregivers. Also featured are numerous links to other organi-

zations that can benefit caregivers.

If you have feedback concerning www.ruralcare.info, including suggestions about additional links and resources, contact Breaking New Ground at bng@ecn.purdue.edu or call 800-825-4264.



Professor Bill Field addresses the workshop participants

AgrAbility conference scholarships available

If you are a farmer with a disability or the family member of one, you are eligible to apply for a scholarship to attend the National AgrAbility Training Workshop this fall. This conference is scheduled for November 16-19 in Springfield, IL.

To apply, call 866-259-6280 or email skjolaas@facstaff.wisc.edu by August 31.

BNG Project Leader: Bill Field

Program Manager: Paul Jones

Rural Rehab Specialist: Steve Swain

FFA recognized for assisting people with disabilities

The Bridging Horizons FFA Contest, sponsored by BNG, continues to impact the lives of people with disabilities in Indiana. The contest challenges FFA Chapters to complete community-based, disability-related service projects. Three winning chapters were recognized for their efforts at the State FFA Convention in June.



Owen Valley FFA member building ramp

Owen Valley FFA assisted a wheelchair user in their community by building a ramp onto her trailer. Technical

assistance was obtained from a retired brick mason and a general contractor—both of whom were relatives of the FFA member who organized the project. After drawing plans, compiling a materials list, and picking up the materials, the chapter was able to complete the actual construction in two days, thanks to the many volunteers. Their efforts won them the grand prize and \$500.

The \$250 second-place prize went to Paoli FFA for their work to improve the accessible parking at their county fairgrounds. The chapter's efforts required them to search the Web for ADA parking standards, obtain permission from local officials to begin the project, and successfully apply for a mini-grant to pay for the work. A total of 47 FFA members spent approximately 325 hours working on the project.



Paoli FFA improving fairgrounds parking

Rensselaer FFA won third place and \$100 for constructing a ramp to provide wheelchair users easier access to the greenhouse in their agriculture department. The greenhouse is used extensively for classes and for preparing for an annual plant sale.

The motto of FFA is "Learning to Do, Doing to Learn, Earning to Live, Living to Serve." The three chapters noted here succeeded in living out the values of their organization.

Students put a face on the ADA

As reported in the Winter 2004 *News Note*, ADA Indiana (Indiana's ADA Steering Committee) sponsored a "Put a Face on the ADA" calendar art contest to promote awareness of the Americans with Disabilities Act (ADA). School-age children and youth were encouraged to create a drawing, painting, or other artwork that depicted the positive impact of the ADA on their

communities. Winning artwork was to be featured for each month of the calendar.

This spring, more than 200 entries for the contest were received from youth aged 6-19 years. Entries came from public and private schools, after-school clubs, and individuals. Fourteen winners were chosen (one for each month plus front and back cover winners) representing 13 cities and 10 counties.

ADA Indiana plans to have the calendar printed in the fall and ready for distribution at the annual conference of Indiana Governor's Council for People with Disabilities. For more information about obtaining a calendar, contact Matt Norris, staff member for ADA-Indiana, at (812) 855-6508 or email adainfo@indiana.edu.



A winning entry submitted by Brittany Purlee

IRSHC plans forum



The Indiana Rural Safety and Health Council (IRSHC) is sponsoring a one-day forum to focus on farm safety and health-related issues. Leaders in agriculture will review efforts currently being implemented to keep farm families healthy and explore strategies to enhance the security of agricultural production sites.

The forum is scheduled for 10:00 a.m.–3:00 p.m. on September 14 at the Indiana Farm Bureau Building, 225 South East Street in Indianapolis.

A light lunch will be provided, and there is no charge for attending if reservations are made by September 5. Please call 765-494-1191 or email field@purdue.edu for more information or to make a reservation.