

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

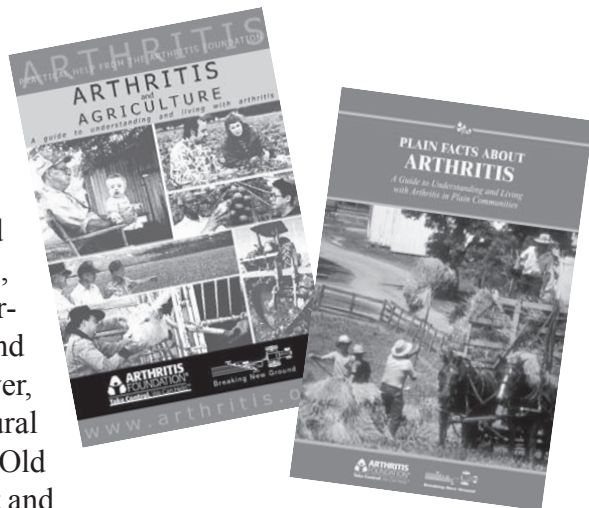
## Arthritis pub popular; Old Order version released

It has been one year since Breaking New Ground and The Arthritis Foundation, Indiana Chapter released *Arthritis and Agriculture: A Guide to Understanding and Living with Arthritis*. To date, approximately 11,000 copies of the brochure have been distributed in Indiana and many other states. The National Arthritis Foundation also awarded the publication a 2005 Innovative Chapter Award for Public Health.

BNG and The Arthritis Foundation, Indiana Chapter have teamed up again to introduce a revised version of *Arthritis and Agriculture* targeting Old Order (or Plain) groups, such as the Amish. This new publication, called *Plain Facts about Arthritis: A Guide to Living with Arthritis in Plain Communities*, was released in

August. To date, nearly 3500 copies have been ordered.

*Plain Facts about Arthritis* contains many of the major headings found in *Arthritis and Agriculture*, such as common types of arthritis, managing arthritis, and sources of assistance. However, because of the unique cultural and technological aspects of Old Order communities, the text and graphics have been modified to be culturally sensitive to these groups. Photos show various aspects of Old Order life, and the text includes examples that reflect such factors and the low-tech nature of Old Order societies and their heavy reliance on horses and mules for power.



As with *Arthritis and Agriculture*, single copies of *Plain Facts about Arthritis* are available free of charge from BNG and The Arthritis Foundation, Indiana Chapter. Contact BNG at 800-825-4264 or The Arthritis Foundation at 800-783-2342.

## Bridging Horizons winners develop creative solutions

BNG recognized two FFA chapters this summer for their projects to assist people with disabilities through the 2004-05 Bridging Horizons FFA Contest.

The North Montgomery FFA found a need to meet within its own chapter. One of their members has cerebral palsy that has resulted in mobility impairments on one side of his body. However, he also participates actively on his family's farm and therefore needs to be able to access and operate a tractor safely.

The FFA chapter sought the assistance of BNG's rural rehabilitation specialist, Steve Swain, who visited the student's farm and suggested various modifications, including several for the tractor. Armed with this information, North Montgomery FFA modified the tractor with added steps, a handrail, and a hand control on the clutch. They also enlisted the assistance of a local welder to reinforce the steps for safety. Their efforts won the \$500 grand prize.

West Washington FFA entered the Bridging Horizons Contest for the fourth time and took home their fourth award. This year, the chapter made modifications to a local Habitat for Humanity house by building a ramp with an extension to the existing deck. They also



*West Washington's ramp and deck extension*

constructed an accessible picnic table for the home.

The mayor of Salem was so impressed by West Washington's work that she allocated \$1000 per year for similar projects. The chapter also received grants from BNG partner The Southern Indiana Center for Independent Living and from a local resident. West Washington was awarded the \$250 second place award by BNG.

If you have a project you would like an FFA chapter to tackle or are an FFA member looking for a project, call Steve Swain at 800-824-4264.



*North Montgomery's tractor modifications*

BNG Project Leader: Bill Field

Program Manager: Paul Jones

Rural Rehab Specialist: Steve Swain

## ATV accessories offer increased versatility

A wide range of after-market products can add extra utility to ATVs. Here are three examples.

The **ATV Light Utility Worklift**, designed to mount on front of almost any utility-style four-wheeler ATV, can hoist 200 pounds to a height of 36 inches—high enough to reach the bed of a full-size pickup. The device bolts to the ATV's frame with mounting brackets and plates, and operates by electric winch. The control switch mounts on the vehicle's handlebars. Optional attachments include a bale spear, trailer hitch, work table, yard waste box, and pull-behind trailer. It is available from Work-N-Sports of



Spokane, WA (509-534-8722) for approximately \$1200.

The **ATV MultiMate L-1500 Attachment** has accessories that include standard lift forks, folding forks, hydraulic excavator, grader blade, bucket, dump box, log-skidding plate, and three-point hitch. The device can lift 1,500 pounds



to 26 inches (36 inches with an optional taller mast) and exerts up to 400 pounds of down-pressure, all controlled by activating the electric winch. The price is \$1,595 for the base unit and \$400–\$4,295 for accessories. Contact Norwood Industries at [www.norwoodindustries.com](http://www.norwoodindustries.com) or 800-567-0404.



When bolted onto the rear rack, the **ATV Light Bar** supports a pair of 55-watt bulbs that are positioned behind and about two feet above

the driver's head. Equipped with switch-operated optical lenses, these bulbs deliver about three times as much light as most ATV bulbs, which results in a 20-degree-wide horizontal beam with up to 2,600 feet of reflective range. It is distributed through the ATV Part Depot at 800-945-1850 or [www.atvpartsdepot.com](http://www.atvpartsdepot.com), and costs around \$230.

*Text contributed by Jon Smith*

## New help for prescription drugs

A new prescription drug assistance program was recently launched, and a second is coming in January 2006.

**Rx for Indiana** assists low-income, uninsured residents in acquiring free and low-cost prescription drugs. The program is a cooperative effort of public agencies, nonprofit organizations, and pharmaceutical companies. The [www.rxforindiana.org](http://www.rxforindiana.org) web site includes a step-by-step procedure to determine eligibility for the program. Inquiries may also be directed to 877-793-0765.

In January 2006, **Medicare Part D** prescription drug benefits take effect.

Medicare generally covers persons 65 and over plus many people with disabilities. A monthly premium is charged with Medicare services; however, extra help is available for those unable to pay the full premium. The enrollment period for Medicare Part D begins November 15, 2005. Those enrolling after May 15, 2006 will face additional monthly premium costs.

For complete information about this new Medicare program, visit [www.medicare.gov](http://www.medicare.gov) or call 800-633-4227 (TTY 877-486-2048). For assistance with prescription drug costs,

## Toolbox CD wins APEX Award

The Breaking New Ground Resource Center recently won an Award of Excellence in the 2005



APEX (Awards for Publication Excellence) competition for *The Toolbox CD*. The APEX Awards are given annually for more than 100 categories of publications.

*The Toolbox CD* is available for \$25 from the BNG Resource Center. Call BNG at 800-825-4264.

call 800-772-1213 (TTY 800-325-0778) or visit the Social Security web site at [www.socialsecurity.gov](http://www.socialsecurity.gov).