

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

1-800-825-4264

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**TIPS FOR FARMING IN
COLD WEATHER**

We all know that farming isn't just a fair-weather activity, so we have a few tips to help you stay safe and productive in the frigid working conditions.

Whenever possible, try to complete part or all of a task inside to minimize time spent outside. Since you won't always be able to bring your work inside, it is important to remember that cold temperatures have the ability to slow down your physical performance of a task. You should allow yourself extra time to complete your work and also factor in frequent breaks in a warm shelter.

It is important to dress appropriately, and it is best to wear layers. This allows for protection against the cold with the outermost layer and for humidity/moisture control with the inner layers in case you begin sweating while you are working. Also, remember that up to 40% of body heat can be lost through the head so it is important to wear a hat at all times. Additionally, wearing a facemask, such as the ColdAvenger mask pictured in the Toolbox Features, will help keep heat in and cold out. Lastly, select gloves or mittens

based on the tasks you will be completing. You may choose gloves with slip-resistant pads for a better grip or choose to wear regular work gloves with a thin thermal glove liner, available at many stores and online outlets, worn inside for warmth.

Lastly, remember that the cold temperature is not the only factor to consider in the winter. Many accidents occur because there is ice or snow on the ground, which makes everyday tasks much more difficult. To avoid slipping on snow or ice, spread salt or sand on walkways, keep high traffic areas clear of snow, and wear anti-slip shoes or attachments whenever possible.

If you remember these common safety tips, you will be able to survive another Indiana winter with little discomfort. And keep in mind, spring is just around the corner!



**Breaking New Ground Receives
National AgrAbility Grant**

The USDA has awarded the Breaking New Ground Resource Center another four-year grant to fund the National AgrAbility Project (NAP). This funding will allow the BNG staff to continue their work with AgrAbility staff and clients on a national level.

The new NAP team is a partnership between Purdue University, Goodwill of the Finger Lakes (in New York), the Arthritis Foundation-Heartland Region, the University of Illinois at Urbana-Champaign, and Colorado State University.

The work plan for the new grant cycle contains many new activities, including the conducting of regional workshops around the US, expansion of The Toolbox Assistive Technology Database found at www.agrability.org/toolbox, and an increased number of educational webinars that will be offered to AgrAbility staff and the general public.

BNG staff members are very excited to be able to continue their work within the state of Indiana through the Indiana AgrAbility grant and around the country through the National AgrAbility grant. For more information about the National AgrAbility Project, please visit www.agrability.org.



Out & About with BNG

National Farm Machinery Show
Feb 13-16
Louisville, KY

Midwest Women in Ag Conference
Columbus, IN
Feb 21-22

Indiana Small Farm Conference
Danville, IN
March 1-2

St Vincent Healthy Aging Conference
Carmel, IN
March 15

AgrAbility National Training Workshop
Minneapolis, MN
April 8-11

IS YOUR COUNTY'S FAIRGROUNDS ACCESSIBLE?

February isn't usually one of the months that a person starts thinking about the county fair, but for one Madison County group, it's the perfect time to start thinking about making some improvements to their fairgrounds in time for this summer. The Madison County Jr. Leaders recently joined Steve Swain, rural rehabilitation specialist for Indiana AgrAbility, as he conducted an assessment of the fairgrounds in Alexandria, Indiana.

When Beth Vansickle, 4-H Extension educator, heard Steve discuss how conducting a fairgrounds assessment could help with accessibility at their fair, she knew it would be a project that her group would be interested in

tackling. Beth made an appointment with Steve to come to a Jr. Leader meeting where he explained how he conducts assessments and what he looks for. Steve then took the group through the fairgrounds and allowed them to point out potential problems they could find. Additionally, Beth had the members push her around in a wheelchair to help them better understand the obstacles a wheelchair user and his/her companions face when navigating the fairgrounds. "This really helped the kids see things from a different perspective," Beth remarked.

While conducting the assessment, Steve took photos and notes and later

compiled a report that he sent back to the Jr. Leaders, detailing the most economical options to make changes.

As the group discussed the assessment and the changes that can be made, they realized that every member knew someone who would be able to attend the fair who hadn't been able to before the changes were made.

Beth and the Jr. Leaders are looking forward to completing some of the suggested improvements listed in Steve's report once the weather warms up a little. They have been raising funds to help complete the projects and are looking forward to seeing how their hard work will help others.

The Jr. Leaders plan to enter their improvement project in the AgrAbility Bridging Horizons Community Service Contest this year. Any project completed by a community service organization, 4-H group, or FFA chapter can be entered for a chance to win cash awards sponsored by DuPont Pioneer and Indiana AgrAbility. The deadline for entries is June 1, 2013. For more rules and more information about the contest, visit www.breaking-newground.info/horizons.

If you would like to find out how you can make your county's fairgrounds more accessible, please contact Steve Swain at Indiana AgrAbility at 800-825-4264.



AGRABILITY NATIONAL TRAINING WORKSHOP MOVES TO SPRING

Mark your calendars for the 2013 AgrAbility National Training Workshop (NTW)! The NTW is scheduled for April 8-11, 2013 in Minneapolis, Minnesota at the Doubletree by Hilton-Bloomington-Minneapolis South. We hope that you will be able to join us.

The 2011 NTW was held in Indianapolis, Indiana with a record-setting attendance of 225 people representing 38 states, Canada, and Sweden.

Last year's NTW also had a record number of more than 30 farmers and caregivers on scholarship, and we are hoping to continue to increase farmer participation. We will once again have scholarships available for farmers and their caregivers that will cover the conference registration fee, hotel room, and much of the transportation costs.

We will feature a special "Farmer/Rancher Track" that will include break-

out session topics on finding funding for your operation, marketing your product, estate/succession planning, and business planning for ag operations.

This conference is a great opportunity for AgrAbility staff members, rural professionals, and farmers to meet each other face-to-face and participate in sessions, go on offsite agricultural tours,

and learn about farming with a disability or injury.

We invite you to go to

www.agrability.org to view presentations that were given in previous years and view the 2013 NTW information as it becomes available. If you have any questions or if you would like to receive a scholarship application, please email us at agrability@agrability.org or call 800-825-4264. We look forward to seeing you in Minneapolis in April!



To protect your face from the harsh, cold conditions, try the ColdAvenger Pro Face Mask. Through its valve and ventilation grate, the mask mechanically mixes inhaled cold air with exhaled warm air to achieve a balance of warmth and humidity while keeping your face dry. It is made with a stretchable soft shell that covers your ears, face, and neck, adjustable Velcro closure, and an adjustable, removable interior valve (controlling air intake).



Toolbox Features



Avoid back strain when shoveling snow by adding the D-Grip Handle to your snow shovel. The D-Grip handle is an attachable handle that allows you to shovel snow in a stance that minimizes bending the back. The ergonomic design of the D-Grip handle adjusts to any height and also adjusts for the right-handed or left-handed user. Made of lightweight plastic, the handle is attached by two bolts, which are provided.

Visit:

www.agrability.org/toolbox