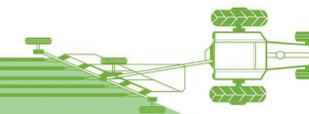


News Note

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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AVOID HEAT-RELATED ILLNESSES

After the winter we had, most Hoosiers are more than happy to welcome the sunshine and warm temperatures back to Indiana. As the mercury rises, there are some risks to keep in mind before you go out to work in the hot sun.

Heat stroke and heat exhaustion are the most serious conditions. Heat stroke occurs when the body temperature rises over 104°F and could result in death if not treated right away. Signs of heat stroke include confusion, fainting, and seizures. Heat exhaustion can occur when the body temperature rises over 100.4°F, and symptoms include headache, nausea, dizziness, weakness, irritability, confusion, thirst, and heavy sweating.

Heat cramps and heat rash are less serious, but should still be looked out for and treated when noticed. Heat cramps can be relieved by drinking water and/or electrolytes to replenish lost fluids. Heat rash is caused by sweating and can be treated by keeping the area dry and using powder to increase comfort.

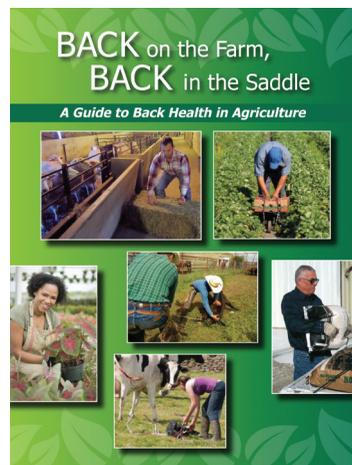
To avoid these heat-related illnesses, there are a few tips that can help you stay safe and healthy this summer. First, try

to gradually increase your time working in the heat over several days so you can get used to it and build up your endurance. Next, remember to stay hydrated by drinking some water every 15-20 minutes. Also, take breaks as often as you can and rest in the shade or an air-conditioned area. Lastly, if possible, try to be inside during the hottest part of the day and do most of your work in the cooler parts of the day.

These are common-sense tips, but most people don't think about them when they're trying to get their work done. When a job needs to be completed, they're going to do it rain or shine and regardless of the temperatures. If you remember these tips and the signs and symptoms of heat-related illnesses, you'll be able to stay safe over the summer and get all of your work done also.



**AgrAbility Presents New Resource,
*BACK on the Farm, BACK in the Saddle***



The National AgrAbility Project has published a new resource for anyone involved in the agriculture industry who experiences, or is at risk for, back problems.

Back on the Farm, Back in the Saddle: A Guide to Back Health in Agriculture discusses the main risks for back problems and how to reduce them. It also provides information on how to manage existing back issues.

The booklet is available online at www.agrability.org/Resources/back. If you would like to order copies for your organization, contact us at 800-825-4264 or agrability@agrability.org. You can also pick up a copy from our display at any of the events where we exhibit.

Social Media Updates

Stay up-to-date on AgrAbility and also get the latest news on farming with a disability, by following AgrAbility on Facebook, Twitter, and YouTube.



“National AgrAbility” on Facebook



Follow @ NatlAgrAbility on Twitter



View the National AgrAbility channel on You-Tube

BRIDGING HORIZONS COMMUNITY SERVICE CONTEST WINNERS

The Bridging Horizons Community Service Contest provides an opportunity for community service organizations such as FFA chapters, 4-H clubs, Junior Leaders, and Girl/Boy Scouts to make a positive impact by helping community members overcome physical barriers. Bridging Horizons entrants complete a low cost project in their community that helps to enhance independence for people with disabilities.

Participants are asked to submit a report and photos of their project. Entries were due by June 1. The contest is sponsored by Indiana

AgrAbility and DuPont Pioneer. First, second, and third place winners are awarded cash prizes of \$500, \$250, and \$100 respectively.

Once again, we were not let down by the contest entries. Participants completed significant projects that were designed to help multiple people in each community.

First place in the 2014 Bridging Horizons Contest went to Carroll Fort Wayne FFA for the second year in a row. This FFA chapter opted to help several families in need as their contest entry this year. The first was an elderly couple who needed help with yard work, so several members spent

a day weeding, mulching, trimming, and fixing the deck.

The second family needed some physical therapy equipment for their daughter who has a disability, but couldn't afford to buy it. FFA members called around and found a family who was able to donate the needed equipment.

The last family needed a special bicycle that could be used by the

son who is autistic and also by the father who has Parkinson's disease. FFA members did some research on these bikes, compared prices, and then purchased and assembled a bike for the

family. After speaking with the family, they found out that they also run a daycare for kids with disabilities and have nowhere to store outdoor toys, so they decided to build them a shed too. The students set a budget, made a materials list, sought donations, and completed their projects on time and under budget. Great job, Carroll Fort Wayne FFA! Your projects are surely appreciated in your community.

Second place went to Jay County FFA in Portland, which has participated in the Bridging Horizons Contest for many years. This year they noted that the Indiana FFA Leadership Center in Trafalgar needed a little



Carroll Fort Wayne FFA constructing a shed

Bridging Horizons cont...

work to improve its accessibility.

FFA members noticed that two walkways were impassable in a wheelchair. One was a gravel path that connected the main building to an outbuilding, and the other was a sidewalk with broken concrete that connected the FFA Fellowship Center to the parking lot. With the help of the FFA Leadership Center staff, Jay County FFA members were able to replace these with concrete walkways.

The FFA chapter donated the concrete, equipment, labor, and money needed to complete them. The chapter partnered with local businesses to help them complete the projects and utilized expertise from FFA staff to help them pour the concrete walkways correctly. Thank you Jay County FFA for working to make the FFA Leadership Center accessible to all attendees.

Third place was awarded to the Perry Wildcats 4-H Club in Tippecanoe County. This is the first entry the club has submitted for the Bridging Horizons contest and



Perry Wildcats assembling accessible tables

they did a great job.

The 4-H club noticed there was a need for accessible picnic tables at their fairgrounds. They found plans for how to build these tables and then came up with ways to raise money for the materials. Ultimately, the club raised enough money to build four picnic tables.

They met at their county fairgrounds to assemble the tables and completed them in one day. Thanks to this project, wheelchair users will be able to join their families for meals at the fair now.

Thank you once again to DuPont Pioneer for sponsoring the cash prizes and to all of the groups who submitted entries for the Bridging Horizons contest. We are looking forward to next year's entries and seeing all of the ways that groups are enhancing their communities.

If you have difficulty working on your lawn mower because it is so hard to get underneath it, you may want to purchase a riding lawn mower lift. These lifts will raise the front end of the mower to safely allow you to perform deck maintenance. Many models also work for lawn tractors, zero-turn mowers, ATVs, and golf carts.



Toolbox Features



The Thermo-Cool Vest helps you keep cool in the summer heat by holding frozen gel packs against the body to provide constant cooling. The vest weighs approximately 4 pounds. The packs are reusable by simply refreezing them. The makers of this vest also offer head-bands and bandanas made of water-absorbent fabric that help cool as the water evaporates.

Visit:

www.agrability.org/toolbox