

2002

Celebrating 10 Years of Service

2012



Oklahoma  AgrAbility

2012 Desktop Calendar

JANUARY 2012

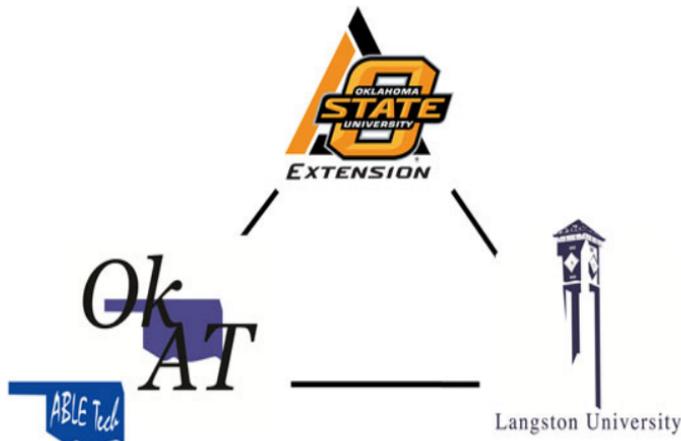
S M T W T F S

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

**Serving Oklahoma
for 10 Years**

The Oklahoma AgrAbility Project has reached more than 1 million people since it began in 2002.

OKLAHOMA PROJECT PARTNERS



www.agrability.okstate.edu

Oklahoma  AgrAbility

888-885-5588 (voice/tty)



PROJECT PRIORITIES

Education - Involve community members and professionals to better understand how to accommodate farm, ranch and home needs for agricultural families in need of service.

Outreach and Networking - Expand the program through mutually sharing information and resources with individuals and organizations.

Direct Service - Assist farmers, ranchers and their families, on-site or by phone, with immediate needs that will allow them to continue to farm or ranch successfully.

Scan this QR code to access our website
using any free smart phone app.



FEBRUARY 2012

S M T W T F S

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Low Vision Awareness Month

Retinopathy is the leading cause of blindness in working-age adults.



Bob and Dorothy own and operate a four-acre agri-business where they practice water preservation initiatives, soil conservation, recycling and organic gardening. The property houses more than 100 free-range chickens, rabbits and turkeys, in addition to melons, okra, squash, tomatoes, corn, pumpkins, asparagus, onions, green beans, lettuces and other fruits and vegetables.

www.agrability.okstate.edu

Oklahoma  AgrAbility 888-885-5588 (voice/tty)

BOB & DOROTHY

With a diagnosis of arthritis, six fractures resulting from a 2006 car accident, and both hips replaced, it was difficult for Dorothy to quickly maneuver to several places around the farm. Bob has arthritis, and was also diagnosed with cardiovascular pulmonary disease, bradycardia and partial hearing impairment.

Improving mobility and access was a top priority for both Bob and Dorothy. After a joint effort between them and AgrAbility to identify funding, a mobility device was purchased. The assistive technology vehicle features a tilt/dump bed, front wheel suspension and rear differentials, trailer and towing hitch capacity. "This was a real blessing," Robert said. "It is a God-send."



Oklahoma  AgrAbility

Oklahoma Ag Statistic

Heart disease resulted in over 49,000 hospital stays in 2008, totaling over \$2 billion in charges.

Safety Tip

Treat your high blood pressure. Left untreated, it can cause permanent vision problems.

MARCH 2012

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Oklahoma Cooperative Extension Service

The OSU Botanic Garden opened a Sensory Garden in 2011 to provide experience using multiple senses.



Bringing the University to you...

www.oces.okstate.edu

405-744-5000

www.agrability.okstate.edu

Oklahoma  AgrAbility 888-885-5588 (voice/tty)

OKLAHOMA COOPERATIVE EXTENSION SERVICE

The Oklahoma Cooperative Extension Service (OCES) is a proud part of Oklahoma State University's Division of Agricultural Sciences & Natural Resources. OCES Agriculture, Family & Consumer Sciences (FCS) and 4-H Educators live and work side-by-side with local residents throughout the state, addressing issues that impact Oklahoma families. OCES is the state's source for research-based information, working to develop educational programs that increase opportunities for: youth, family and community development; natural resources and environmental management; as well as productive agricultural enterprises.



Oklahoma  AgrAbility

Oklahoma Ag Statistic

The horticulture-focused *Oklahoma Gardening* TV show has aired for over 30 years.

Garden Tip

Find creative containers at garage sales or estate auctions to create fun, raised beds to meet your individualized needs.

APRIL 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Tractor Safety

More than half of all farm-related deaths involve a tractor, and 20% involve a tractor rollover.



William's 80-acre property is in a remote location bordering a national forest in the southeast part of the state. He has been paralyzed for 15 years, and yet being in a wheelchair maneuvering the rough and rocky terrain can't stop him from managing an Ag business. He runs a longhorn cow-calf operation as well as breeding and selling horses and mules.

www.agrability.okstate.edu

Oklahoma  AgrAbility 888-885-5588 (voice/tty)

WILLIAM

In addition, William seeds pastures with Bermuda, rye and a mix of both for grazing grass. He also clears cedar trees from the property, and continues to work with his table saw, drill press and jig saw to create children's riding rocking horses, rocking motorcycles, and rocking dinosaurs.

William worked with AgrAbility to connect with several resources. Together, they identified funding for assistive technology accommodations to his property and work truck. A powered all-terrain scooter/wheelchair was also purchased to increase his safety and independence.



Oklahoma  AgrAbility

Oklahoma Ag Statistic

Eighty (80) percent of the state's land area is used for agriculture purposes.

Safety Tip

Lock out the ignition and put a warning sign over the ignition that tells everyone that you are working on the machine.

MAY 2012

S M T W T F S

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

National Arthritis Awareness Month

Arthritis affects more than 300,000 youth in the nation as young as 2 years old; 3,500 of which live in Oklahoma.



After several decades not living in the country, Ruby has again embraced farming and ranching on her 80-acre family farm. She and her brother Mike are slowly building a herd of Black Angus cattle, chickens, guineas and a produce garden. They hope to build up the property for the next generation.

www.agrability.okstate.edu

Oklahoma  AgrAbility

888-885-5588 (voice/tty)

RUBY

An under-active thyroid causes Ruby to have reduced energy, while other health conditions create reduced hand strength and poor circulation in her fingers. These obstacles create difficulty in grasping, holding farm tools and hauling heavy materials.

To overcome these barriers, AgrAbility connected Ruby with resources to fund the purchase of ergonomic gardening tools and other AT designed to increase her safety and reduce secondary injury.

“The Hose Reel Cart is nice and easy to wheel instead of carrying the hose to water trees or even the cattle when needed,” said Ruby.



Oklahoma  AgrAbility

Oklahoma Ag Statistic

The average age of farm operators in the state is 58.

87.5% (male)
12.5% (female)

Garden Tip

Never stand on the top 3 rungs and stay centered between the rails of the ladder.

JUNE 2012

S M T W T F S

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**Langston University's
School of Physical
Therapy**

LU Doctor of P.T. grads
focus on primary care
services in diverse
communities.



**Langston University
School of Physical Therapy**

www.langston.edu/academics/physical_therapy.aspx
1.877.466.2231

www.agrability.okstate.edu

Oklahoma  AgrAbility

888-885-5588 (voice/tty)



Langston University offers the Doctor of Physical Therapy degree program. Each year students participate in a week long seminar focused on the Oklahoma AgrAbility Project and the rehabilitation needs of farmers and ranchers. This seminar incorporates a hands-on learning experience at Langston University's renowned E. (Kika) de la Garza American Institute for Goat Research. The School of Physical Therapy faculty are educators and physical therapist clinicians who are committed to excellence in education, clinical practice and research. Graduates are licensed and work in Oklahoma as physical therapists who focus on the mission of the School of Physical Therapy program.

Oklahoma  AgrAbility

Oklahoma Ag Statistic

Oklahoma reported 86,600 farms, ranking 4th in the nation.

Safety Tip

Choose ergonomically designed tools or add handles. You will bend less, use larger muscles, and keep your spine straight.

JULY 2012

S M T W T F S

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Women in Ag

The U.S. Department of Agriculture reports women operate 14% of the 2.2 million farms.

In Oklahoma, 12.5% are women.



Valerie lives on a 4-acre farm in northeast Oklahoma where she, her husband and daughters raise chickens and horses. She grows sweet potatoes, tomatoes, cucumbers, white potatoes and corn as the weather and wildlife allow. After a fall tearing the ACL in her knee, arthritis invaded the joints in her legs and hips reducing her ability to navigate around the farm, lift and haul heavy materials and safely mount her horses.

www.agrability.okstate.edu

Oklahoma  AgrAbility 888-885-5588 (voice/tty)

VALERIE

Valerie experiences major physical limitations on her property, specifically walking, twisting, lifting and climbing. She took responsibility for managing their farm while her husband, Paul, was deployed with the military. He since has returned home with a disabling condition and the family is adjusting to that as well.

Teaming with Valerie, AgrAbility identified funding to purchase gate wheels and a mounting steps for her horses. These increase her safety and mobility on the property while reducing her pain.

“Your help took the weight off my shoulders,” she said. “There are still bricks falling down but now they are not so strenuous!”



Oklahoma  AgrAbility

Oklahoma Ag Statistic

Livestock
operations
produce
60,545 jobs &
\$3.9 billion in
output yearly.

Garden Tip

*Oklahoma
Gardening* airs
on Saturdays
at 11:00 a.m.
and Sundays
at 3:30 p.m.
on local OETA
stations.

AUGUST 2012

S M T W T F S

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Oklahoma
Assistive Technology
Foundation**

Since 2001, OkAT
has loaned over
\$4 million to people
with disabilities
in Oklahoma.



Oklahoma Assistive Technology Foundation

www.okatfoundation.org
1-800-257-1705 (voice/tty)

www.agrability.okstate.edu

Oklahoma  **AgrAbility**

888-885-5588 (voice/tty)

OKLAHOMA ASSISTIVE TECHNOLOGY FOUNDATION

The Oklahoma Assistive Technology Foundation (OkAT) assists Oklahoma families living with disabilities to acquire assistive technology (AT).

Three of OkAT's programs are: Alternative Financing Program (AFP), Access to Telework Fund (ATF) and Oklahoma AgrAbility. The "Assistive Technology Grant for Farmers with Disabilities" funds up to \$750.00 for the purchase of needed AT for eligible AgrAbility clients. The AFP has loaned more than \$4 million for AT to individuals with disabilities. The Telework Fund provides eligible persons a bank loan to purchase equipment for employment needs.

To donate to OkAT, visit www.okatfoundation.org.



Oklahoma  AgrAbility

Oklahoma Ag Statistic

Oklahoma produced an average 66.9 million pounds of pecans from 2005-2009.

Safety Tip

To reduce chances of arthritis, keep muscles around joints strong (ie. the thigh muscles to support knees.)

SEPTEMBER 2012

S M T W T F S

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

National Aging Month

Just 10 minutes two times per day of moderate aerobic physical activity can have substantial health benefits.



Wilbur has lived on the family farm his entire life and personally farmed the same land for 70 years. He and his wife, Imogene, now share the family heritage with their grandchildren and teach them about their agriculture business where corn, wheat, and milo crops are now harvested.

www.agrability.okstate.edu

Oklahoma  AgrAbility 888-885-5588 (voice/tty)

WILBUR

Wilbur began experiencing mobility obstacles due to pain associated with rheumatoid arthritis, now located in all joints of his body. He also has pain in his lower back and pelvic area from an accident he sustained while operating a crane that overturned and crushed him. He has had two open heart surgeries and surgery on both arteries.

Being very active and loving the outdoors, Wilbur refused to give up when walking long distances became a challenge. The Department of Rehabilitation Services worked closely with him and the AgrAbility Project, and authorized funding for the Royale 3 powered scooter that provides the opportunity for him to oversee his farm operation and continue in his agricultural work.



Oklahoma  AgrAbility

Oklahoma Ag Statistic

Forests cover 17.4% of the land area in the state, with a \$2.7 billion value of products shipped.

Garden Tip

The chances of injury are reduced as a natural result of improved work posture, reduced force, or less repetition.

OCTOBER 2012

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

National Disability Employment Awareness Month

An estimated 15 to 30 percent of farm workers have disabilities, many sustained on the farm.



www.okrehab.org
800.845.8476 Toll Free Voice/TTY

www.agrability.okstate.edu

Oklahoma  AgrAbility 888-885-5588 (voice/tty)

OKLAHOMA DEPARTMENT OF REHABILITATION SERVICES

The Oklahoma Department of Rehabilitation Services (DRS) provides Oklahomans with disabilities, who have a barrier to employment, with vocational rehabilitation (VR) services that will assist a person in reaching their employment goal, including self-employment such as farming. To be eligible for VR a person must require VR services to prepare for, find, keep or return to work. Eligible clients may receive vocational, medical or psychological services; physical and mental restoration; vocational training; rehabilitation equipment and devices; and/or equipment to operate a business in a self employment case. There are specialized services for people who are blind, deaf, or hard of hearing.



Oklahoma  AgrAbility

Oklahoma Ag Statistic

In 2009,
Oklahoma
reported
35,100,000
acres of
farmland.

Safety Tip

In case of fire,
exit planning
is extremely
important for
individuals
who may have
difficulty exit-
ing a burning
building.

NOVEMBER 2012

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

American Diabetes Month

Thirty-nine percent of Oklahomans are at risk for developing diabetes, one of the highest rates in the country.



Jerry's family operates a 450-head beef cattle and hay operation in eastern Oklahoma. He shares responsibility as his medical and physical conditions allow. After a 26-year history of Type 2 diabetes, a successful kidney transplant in 2006 was not soon enough to avoid damage to his right leg, ankle and foot causing Charcot foot disease and neuropathy.

www.agrability.okstate.edu

Oklahoma  AgrAbility 888-885-5588 (voice/tty)

JERRY

A primary concern for Jerry was safe accessibility in the bathroom and at the entrance of his house. Additionally, due to weight limitations, he could not access the cab of the tractor, and several barriers kept him from being able to drive.

Teaming with Jerry, AgrAbility identified funding sources to gain modifications inside his home such as a shower bench and hand-held shower head. Outside, a ramp was installed to increase safety as it has a more steady walking surface and hand-rails. In addition, a tractor lift, hand controls and a quick hitch system increase his mobility and independence.

"Everything is better now. It's fantastic hooking up equipment. You can hook on to something in seconds," he said.



Oklahoma  AgrAbility

Oklahoma Ag Statistic

Reports show 5,450,000 head of cattle and calves in 2010 in OK; the 4th largest in the nation.

Garden Tip

Additional mirrors, adaptable handles and controls on machinery can reduce the chances of injury.

DECEMBER 2012

S M T W T F S

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Oklahoma ABLE Tech

In 2011, 396 individuals received information and referral on AT devices and services.



800-257-1705 (voice/tty)
www.ok.gov/abletech

www.agrability.okstate.edu

Oklahoma  AgrAbility

888-885-5588 (voice/tty)

OKLAHOMA ABLE TECH

ABLE Tech is funded under the Assistive Technology Act by the U.S. Department of Education, Rehabilitation Services Administration.

Oklahoma ABLE Tech strives to improve the access and acquisition of assistive technology (AT) to individuals with disabilities of all ages statewide. ABLE Tech accomplishes this purpose by providing AT through a short term equipment loan program, AT demonstration centers, re-utilization of AT through the Equipment Exchange and a low interest bank loan for AT.

ABLE Tech also provides information and referral services, training on various AT topics and collaborates with state agencies and private organizations to enhance the understanding of AT.



Oklahoma  AgrAbility

Oklahoma Ag Statistic

The average farm size in the state is 405 acres, with average cash receipts of \$67,045.

Safety Tip

Maintaining a healthy weight reduces stress on the weight-bearing joints.