

Farmer SUCCESS Spotlight Focuses on Ruby Tucker

While farming, completing projects, tending to the animals, and caring for the garden is certainly nothing new for Ruby Tucker; she might appear surprised at times to find herself back on the family farm. After all, it was the last place she thought she would be when she left home over twenty years ago...

Ruby enjoys raising her chickens, peacocks, and guineas; as well as caring for the cattle and hay pastures on the 80-acre family farm in northeastern Oklahoma, but, she enjoyed it a lot more when completing associated farm tasks didn't hurt so much. When she began experiencing fatigue, reduced energy and decreased endurance as a result of an underactive thyroid, Ruby attempted to just get by. When her circulation and hand strength began to diminish, she knew it was time to look for solutions to reduce her pain.

Ruby's brother, Michael, introduced her to Sandra Stevenson, AgrAbility Program Manager, and the two began talking. What started off as a casual conversation quickly turned into discussing tasks that were difficult for Ruby to complete, and possible ideas about accommodations to reduce barriers in the garden. "I hadn't expected to conduct an official on-site farm assessment that day, but as it turned out, it couldn't have worked out any better," said Stevenson.



Priority was given to ergonomic equipment that included a hose reel cart, deluxe tractor scoot with bucket, poly-tough wheeled cart, and winged-weeder garden tool. Tucker and Stevenson worked together to coordinate funding through the Oklahoma Assistive Technology Foundation's grant for Oklahoma Farmers and Ranchers with Injury, Illness, or Disabling Conditions. "It was a simple process. Thank you so much!" said Tucker.

Ruby, her brother and additional family members work together to plan for their family's next generation of farmers by implementing best practices in caring for their animals and land. They also ensure the children have ample opportunities to participate and experience farm life, and teach them about accommodations and assistive technologies that make a big difference. Ruby knows they will leave home for a while. However, she won't be at all surprised when they return, to a life they will love-at home and on the family farm.

About Oklahoma AgrAbility

Oklahoma AgrAbility educates and connects agricultural families who are living with a disability with resources to secure assistive technologies for continued independence and success in their operation and daily life activities.





AgrAbility and OCES continue to tackle arthritis!

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

The Exercise Program will help:

- Keep joints flexible and muscles strong
- Sleep better
- Increase energy
- Improve your overall outlook

Contact your local Extension Educator for more information about a course in your community.



Oklahoma Equipment Exchange

The Oklahoma Equipment Exchange is a free program to help Oklahomans with disabilities acquire affordable equipment. Log onto the Equipment Exchange website, <http://oec.okstate.edu>, or call ABLE Tech to list your devices or inquire about products at 888-885-5588. Currently, we have many diabetic items listed for FREE!

Some of the items include:

- Lancets
- Syringes
- Needles
- Stockings
- Monitoring Kit



Oklahoma ABLE Tech Servicing Others with iPads

Through a cooperative effort with Liberty Braille, Oklahoma ABLE Tech has helped to introduce digital text and iPads to more than 60 Oklahoma K-12 students with visual impairment. The Read2Go app lets you enlarge the font, change colors and have the text read aloud. The iPad can also be paired with a refreshable braille display giving students the opportunity to continue improving their braille literacy.

For more information about AIM, iPads or other Assistive Technology, contact ABLE Tech at 800-257-1705 or visit www.okabletech.okstate.edu/AIM.html.



Langston University

Oklahoma AgrAbility Partner: Langston University

Langston University, a historically Black land grant institution of higher learning established in 1897, will continue its rich tradition of developing leaders from a diverse, multi-cultural student body through excellent teaching, research, community service and public and private sector partnerships.

Langston University, Doctor of Physical Therapy Program focuses on educating individuals who have the desire to be professional physical therapists and will practice primary care physical therapy in communities with diverse racial and ethnic populations.

2012 FFA Contest

Return application with description and photos by the EXTENDED date of October 12, 2012 to: Oklahoma AgrAbility • 1514 West Hall of Fame • Stillwater, OK 74078 or e-mail: linda.jaco@okstate.edu



Oklahoma



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Service Learning Opportunities:

We are proud to announce a new initiative with Oklahoma youth and are coordinating opportunities for them to participate in our "Connecting Youth, Agriculture, and Accommodations" series. The first component of the series is to set a date for your club or group to meet a farm family and help them out for a couple of hours with a few tasks around the farm or ranch. We will learn about injuries, obstacles, work together to reduce barriers, try new ways of doing old things with common accommodations, and experience what a career in agriculture is really like. Call Oklahoma AgrAbility Today!



Oklahoma AgrAbility Project • *Shaping futures through Oklahoma tradition*



Purpose

The purpose of this conference is to incorporate and expand participant's knowledge related to assessing rehabilitation needs of farmers and ranchers. We will specifically focus on tailoring individual farm and ranch assessments, appropriate identification of assistive technology, accommodation, and funding.

Expected Outcomes

At the end of the conference, participants will:

1. Describe the common disabling conditions farmers and ranchers encounter, based on current research.
2. Identify common agricultural obstacles, barriers, and safety concerns.
3. Identify assistive technology and adaptive equipment recommended by farmers, ranchers, and their families.
4. Identify ways to tailor an assessment to meet the needs of the individual with a disability and develop a comprehensive plan of care.
5. Describe state resources and funding options available, and specifics needed for documentation of need.
6. Identify appropriate modifications and equipment based on farm assessments completed through the use of photography.
7. Integrate the course material through clinical studies of Oklahoma farmers and ranchers with disabilities.

Additional Details

- Registration deadline is October 19, 2012.
- Seating for the conference is limited.
- Conference fees include handouts, certificate of attendance, break refreshments on both days, box lunch on Friday. No lunch is scheduled on Saturday.
- Refunds will not be made after October 26.

November 2-3, 2012

**OSU Seretean Wellness Center
Stillwater, OK**

Assistive Devices for the Farm/Ranch



Hydra Bed®

Hauling, unrolling, or rack feeding your heaviest round bales becomes a simple and safe task.

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Hydra Feeder™

Designed to solve the problems associated with range and bunk feeding of supplement to cattle. The Hydra Feeder™ is designed to be loaded onto and unloaded from the Hydra Bed® by the bale handling arms. 1-800-530-5624



Special Financing Bank Loans

Need assistance with purchasing farm equipment?

Oklahoma ABLE Tech provides a low interest bank loan for Oklahomans with disabilities purchasing assistive technology or equipment.

Today's farmers can use automated technology solutions for farming needs.

Some examples include, but not limited to:

- Electronics
- Modifications to farm buildings
- Monitoring Systems
- Farm Tools
- Hydraulics
- Modifications to Machinery
- Motorized Lifts
- Automated Gates

Oklahoma ABLE Tech can help you purchase needed adapted equipment or modifications. Call Oklahoma ABLE Tech today! Contact Shelley Gladden @ 888-885-5588

People of AgrAbility:

Keith Boevers, Oklahoma Cooperative Extension



Keith Boevers has been a member of the Oklahoma Extension Department for 31 years. He is an Extension Educator in Agriculture and is a part of the Kingfisher County team. His job is to help assist and produce resources for Oklahoma farmers and ranchers with physical disabilities to succeed in their daily working lives. Keith said "It is important to recognize that farmers and ranchers are getting older, and it is our job to keep pushing the doors open and providing support for them to continue working."

**CONTACT KEITH BOEVERS
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On the Horizon: AgrAbility Events

AgrAbility Fall Conference

*Rehabilitating Oklahoma Farmers and Ranchers
with Injury, Illness or Disabling Conditions*
Stillwater, Oklahoma
November 2-3, 2012

Oklahoma Farm Bureau Women's Winter Conference

Downtown Double Tree Hotel
Tulsa, Oklahoma
November 30 - Decemeber 1, 2012

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