

Farmer SUCCESS Spotlight Focuses on: Ia Vang

Ia Vang and her husband, Joua Kao, manage a 2-acre garden in northeastern Oklahoma where they produce a wide variety of vegetables and fruit including squash, zucchini, green beans, sugar peas, spinach, tomatoes, broccoli, brussel sprouts, okra, eggplant (Asian, Japanese and Ball), sweet basil, thai pepper, lemongrass, rice, and strawberries. They travel approximately 100 miles each week to sell their produce at the farmers market.

Ia Vang enjoyed her life on the farm and working in the garden until it became painful for her to stand, walk, climb, or carry heavy items. She also experienced leg pain when her muscles tighten, as well as, swelling in her knees when she is on her feet for extended periods of time. These disabling conditions presented obstacles to her when attempting to complete needed tasks around the farm, inside the hoop houses, and in the outside gardens.



Assistance was requested from Oklahoma AgrAbility who conducted an on-site farm assessment and provided recommendations for assistive technology and accommodations that would assist in reducing barriers to her continued employment. The Department of Rehabilitation Services was identified as the most appropriate provider of accommodations and assistive technology that included an outdoor scooter to improve mobility, an irrigation system for the hoop house, and improved access to her home.

While the drought has certainly impacted their operation, both Ia Vang and her husband continue to strive to provide their specialized produce, and; with the right tools in place, accommodations and use of assistive technology, should see many successes in their future.

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.





Oklahoma Extension: ARTHRITIS LAND EXERCISE UPDATE

Oklahoma AgrAbility, OCES, and the Arthritis Foundation have joined together to provide the next Arthritis Land Exercise Instructor Training! "It's the third training we have coordinated for FCS Extension Educators since the initiative was written in the AgrAbility Work Plan" said JanJohnston, Co-Director of Oklahoma Extension. "Our goal is to train and certify Educators so that they can teach classes to people in their communities who experience pain due to arthritis or related symptoms" Johnston said. We are happy that forty-one Educators have been certified so far.



OkAT Assistive Technology Grant

Oklahoma Assistive Technology Foundation (OkAT), a non-profit organization, may provide individual grants up to \$750.00 to Oklahoma farming families impacted by injury, illness or disabling conditions who need accommodations or assistive technology to increase their independence at work, home, or in valued leisure activities.

The AgrAbility Client Services Program is provided through OkAT and provides assistive technology to Oklahoma's farmers or ranchers with a disability that have limited means and little or no access to any other public funding source. Contact the OkAT at 888-885-5588 to request additional information regarding funding options for needed adapted equipment or modifications.



Oklahoma ABLE Tech Device Demonstration and Short-Term Loan Program

ABLE Tech's AT Demonstration and Loan Centers improve access to assistive technology. AT centers are available throughout the state at partnering locations, and demonstrations give individuals a chance to see, touch, and try AT devices to help in the decision making process. Devices can be borrowed for free for a 2 to 6 week duration and is available to anyone in Oklahoma. The device inventory contains over 2,000 devices.

For more information contact:
405-744-9748 or 888-885-5588
toll free (v/tty)
Website: okabletech.okstate.edu



Langston University

LANGSTON UNIVERSITY SCHOOL OF PHYSICAL THERAPY

It's a White Coat affair...
for the Class of 2015 students enrolled
in Langston University's (LU) Doctor of
Physical (DPT) Therapy Program. The

White Coat Ceremony is a symbolic event for the incoming DPT students who have earned the privilege of moving forward to the next step in their learning process, i.e., the clinical internship. The White Coat Ceremony is held annually in February at LU's main campus where friends & family join to celebrate this momentous occasion as the student is donned the White Coat by LU's President, Kent J. Smith, Jr. The School of Physical Therapy is proud of the efforts made to create and maintain a student focused atmosphere of teaching and learning in order to graduate students willing to serve the underserved population by working in both urban and rural communities.

Congratulations!



OKLAHOMA FFA FOUNDATION

Announces the Oklahoma FFA Car Tag! The license plate will cost \$35.00 (plus a \$2.00 mailing fee) for a new or replacement plate. Renewal decals are \$35.00 (plus a \$1.00 mailing fee.) Twenty dollars of the fee will go to support the Oklahoma FFA Foundation.

To order, contact your local Tag Agency.

For additional questions, contact the Oklahoma FFA Foundation at 405-743-5496 or visit the Oklahoma FFA website at www.okffa.org.



CONNECTING YOUTH, AGRICULTURE,
and ACCOMMODATIONS

Let's join efforts to learn about agriculture and reduce barriers experienced on the farm or ranch! We can help with Service Learning Opportunities across the entire state!

We have cool programs for farmers, who need added technology support due to injury or illness to keep them successfully farming and supporting their families, so we spend quite a bit of time on the farm or ranch working together to reduce obstacles.

Contact us, and let's get started preparing today's youth for a bright and successful future!



AGRABILITY DAY AT THE CAPITOL

AgrAbility Day at the Capitol will be held Monday, March 25, 2013, from 1pm to 4pm to increase state legislators' awareness of the importance of the Oklahoma AgrAbility Project to the success of agricultural producers who have disabilities.

In 2007, the Oklahoma AgrAbility Act was unanimously passed by a bipartisan vote and became law providing Oklahoma farmers/ranchers with disabilities access to the education, assistance and support they need to help them be more independent with their agricultural operations. The Oklahoma Legislature however did not choose to appropriate any funds that would support expanded services for the Project and provide the program with the ability to be sustained.

During AgrAbility Day at the Capitol, the Oklahoma AgrAbility Project will have the opportunity to explain to state legislators the positive employment impact which the program has on the lives of agricultural producers with disabilities. In addition, exhibits and demonstrations showcasing the services and accomplishments of Oklahoma AgrAbility will be available in the fourth floor rotunda of the Capitol building.

If you wish to attend and would like more information about how you can participate, call 888-885-5588 (voice/tty) or email ability@okstate.edu.

Assistive Technology **TIP SHARE**

Find out how to manage your arthritis from people like you in this peer-to-peer arthritis community. Try Tip Share today for FREE and start sharing your tips. Tip Share is officially endorsed by the Arthritis Foundation.

Tip Share gives you the opportunity to:

- Share tips on managing arthritis pain
- Rate other people's tips
- View tips from the Arthritis Foundation

Downloads available for iPhone, iPad and Android.

Visit the Arthritis Foundation website at:
<http://www.arthritis.org/tip-share.php>



Oklahoma Equipment Exchange

The Oklahoma Equipment Exchange is a free program to help Oklahomans with disabilities to acquire affordable equipment. To view the 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.

Items for sale include:

- Wheelchairs
- Scooters
- Vans with lifts

Free items include:

- Diabetic lancets, needles, and syringes
- Braille travel clock
- Lightwriter communication device



People of AgrAbility: Tandi Mize

Tandi Mize, Mission Programs Manager for the Arthritis Foundation, has worked with non-profit programs for over thirteen years; the last five including community health programs. She holds a bachelor's degree in Sociology and is working towards a master's degree in Social Work.

Tandi has been with the Oklahoma Arthritis Foundation for one year and is responsible for the Arthritis Foundation's Life Improvement Series that includes Exercise, Aquatics, Walk With Ease, and Tai Chi. She also coordinates educational forums and outreach initiatives related to juvenile arthritis, as well as, the annual state wide CME Lectureship to update rheumatologists on arthritis related issues. "It is our mission to reach out to all Oklahomans in an effort to prevent, control, and cure arthritis and related diseases," said Mize who focuses on having the best presence in the community.

 **ARTHRITIS**
FOUNDATION
Take Control. We Can Help.

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7170 S. Braden, Suite 170
Tulsa, OK 74136
1-800-400-4526

Oklahoma
710 W. Wilshire Creek
Blvd., Suite 101
Oklahoma City, OK 73116
1-800-627-5486





On the Horizon: AgrAbility Events

**Arthritis Foundation Land Exercise
FCS Educator Training**
Stillwater, Oklahoma
January 15, 2013

**Oklahoma Cooperative Extension Service
FCS and 4-H/Youth Development Biennial
Training**
Stillwater, Oklahoma
January 17-18, 2013

**American Farmers and Ranchers
Convention Trade Show**
Norman, Oklahoma
February 22-23, 2013

AgrAbility Day at the Capitol
Oklahoma City, Oklahoma
March 25, 2013



GOING GREEN! The Oklahoma AgrAbility Project supports initiatives for a healthier tomorrow. Let us know if you would be interested in receiving our newsletter electronically or discontinue all together by emailing ability@okstate.edu with the subject line "Email Newsletter," or call 888-885-5588. We will then discontinue mailing you a hard copy.

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