March 2020

A monthly update for AgrAbility projects and friends of AgrAbility

National AgrAbility Project News

<u>AgrAbility National Training Workshop - New Dates Set!</u> While it was a difficult decision, in response to the issues surrounding COVID-19 and requests to not gather in large groups, the AgrAbility NTW scheduled to begin on March 23rd was postponed.



The great news is that we were able to secure space at the same location for the dates November 30th - December 3rd, 2020! While none of the available dates at the hotel would have been our top picks, this is the date that the most people responded would work. Hosting the event before December 31st will allow those with flight reservations to re-book before the year-end deadline for most air travel.

Please look for communications from us regarding the re-scheduled event, updates to the conference website, rolling over conference registrations, and more! Thank you for your patience as we worked to re-schedule!

AgrAbility All-Staff Meeting. Join us April 15 at 2:30 p.m. Look for details coming in your inbox.

AgrAbility Webinar Series: "Smart technology in agriculture & the home: what is it and what is its impact on safety and efficiency?" Wednesday, April 8, 3:00 p.m. ET. The presenter will be Luke Cain, one of the NAP's OTD interns. <u>More</u>



The COVID-19 situation in the United States brings with it many questions and concerns. The CDC and local health organizations are the places to go for medical advice and assistance. ... However, 211 is the number to call to connect to area resources in your neighborhood. <u>More</u>

Are you having withdrawal from not seeing AgrAbility clients and other staff at the NTW? <u>Click here to check out the six new What AgrAbility Means to Me videos</u> that were just added to the NAP YouTube channel. They'll help you remember why you do what you do.

The National AgrAbility Project, along with the Indiana AgVet Project, INPREPared, the LIFE Project, and Life Essentials, exhibited at the 2020 National Farm Machinery Show in Louisville, Kentucky, February 12-15. Staff answered questions, distributed materials, and demonstrated the Life Essentials lift and Jiffy Hitch with the PTO hitch option.



Toolbox Spotlight



Powered by a rechargeable lithium-ion battery pack, the <u>Cordless</u> <u>High-Torque Impact Wrench</u> can reportedly deliver (depending on make/model) up to 1,000-foot-pounds of drilling or fastening torque and up to 1,400 foot-pounds of unfastening/loosening torque making it significantly faster and more powerful than a standard impact wrench. Being cordless, it's not restricted by the hoses or cords of pneumatic or corded models.

State and Regional AgrAbility Project News

Alaska

The Alaska AgrAbility team has a had a busy spring so far. The months of January & February held many events and weekend engagements.

On February 10-14, staff talked to attendees at a vendor fair, the Alaska Forum on the Environment, and were able to share information about the project during one of the event sessions. The event session was presented by Art Nash, DeShana York, and Tori Phipps.

CES hosted the annual Alaska Sustainable Agriculture Conference in Anchorage February 20-22 and AgrAbility participated with a vendor booth. <u>More</u>

On February 22, the Alaska Botanical Garden (ABG), located in Anchorage, hosted their annual Winter Conference again this year with a vendor fair and attendee sessions. <u>More</u>

The Alaska Cooperative Extension Service Delta District Office in collaboration with the Salcha-Delta Soil & Water Conservation District hosted their 48th annual Delta Farm Forum on February 29. <u>More</u>

The Spring Farmers Fair was held in Kasilof on February 29. This event was attended by representatives from Assistive Technology of Alaska.

Alaska AgrAbility non-profit partner, Assistive Technology of Alaska (ATLA), is moving to a new location. Their new address after March 1st is 1500 W. 33rd Ave., Suite 120, Anchorage, AK. 99503. They are excited about their new expanded space.

California

The 5 Healthy Steps for the Prevention of Diabetes novela is finally here! Check out the English and Spanish versions here. This novela follows a father who showed symptoms of diabetes, which led to his diagnosis. The father learns how to manage his diabetes with the support of his family. More



Staff did outreach at the Farmer Veteran Coalition's California conference at California State University, Fresno. <u>More</u>

California AgrAbility had an information booth at the Black Farmers Conference with Urban Farmers: Growing Together in Fresno, CA. The



event was hosted by the USDA in partnership with the West Fresno Family Resource Center. More

Colorado

Sometimes just a little bit of hope is all it takes to move forward. USAF veteran John Scoggins met with Colorado AgrAbility Project Rehabilitation Specialist Jim Craig at a Chatfield Gardens workshop and invited Jim to meet with him off-site for further conversation about the project. <u>More</u>

They are over for another year! Colorado's Winter Workshops made a strong finish in Greeley CO with the final workshop of the year hosted at the local Extension office on the fairgrounds. <u>More</u>



Georgia

Georgia AgrAbility staff and more than 700 people attended the Georgia Organics Conference on February 7. <u>More</u>



On February 11-12, staff attended the Georgia Grown symposium, a twoday event packed full of informational sessions and an all-day farm tour to visit agritourism operations in the middle Georgia area. <u>More</u>

Staff met February 4 with the NRCS state conservationist and assistant state conservationist to tell them about the Georgia AgrAbility project and

to share about clients who are currently involved in the Environmental Quality Incentives Program (EQIP) with NRCS.

Georgia AgrAbility was the featured speaker of the February Young Farmers meeting in Effingham County where they gave a presentation about the AgrAbility project.

Georgia AgrAbility staff members have been meeting with local Extension offices to make sure they are aware of the Georgia AgrAbility Project and to let them know more of how the staff can be of service to the local farming community.



Illinois

AgrAbility of Illinois staff shared program information at the 2020 Southwestern Illinois Commercial Tree Fruit School on Tuesday, February 4, in Hardin, and at the 2020 Southern Illinois Fruit and Vegetable School on Wednesday, February 5, in Mt. Vernon.

Staff also attended the Illinois Pork Expo on February 5 and the Ag Mech's Club 50th Annual Farm Expo in Macomb, IL.

Indiana

Indiana AgrAbility hosted the project's advisory team on February 24. The meeting was to obtain feedback on current activities and to receive input and suggestions for moving forward and for funding opportunities. <u>More</u>

Steve Swain, Indiana AgrAbility rural rehabilitation specialist, attended the quarterly meeting of the Indiana Vocational Rehabilitation Services home modification and farm modification workgroup. <u>More</u>

The Indiana Horticulture Conference was held in Indianapolis at the Marriott East Hotel and Conference Center. <u>More</u>

Kansas



The Women Managing the Farm Conference was held February 13-14 in Manhattan, KS. Since 2005, this event has been bringing together women farmers, rural business leaders, and landowners. <u>More</u>

Karin Rasmussen with KAP presented Kansas AgrAbility's "Maintaining Your Role on the Farm" at the Garden City, KS, Ag Women of the

Heartland Day on February 28th. Karin hosted an interactive exhibit with a number of "low-tech" ergonomic items.

Central Kansas KAP AT Ag Specialist Cassie Ramon attended the Women in Ag event in Overbrook, KS February 27th. <u>More</u>

Maine

Maine AgrAbility is into month two of <u>Boots-2-Bushels (B2B): Boot Camp for Military</u> <u>Veteran Market Gardeners & Farmers</u>. This is a nine-month market gardening education and training program for military veterans and their family members. <u>More</u>

On February 11, Ellen Gibson presented a "Gardening Forever: Adaptive Strategies" workshop in Falmouth for Cumberland County residents. Ellen introduced ergonomic tools and techniques to keep flowers blooming and vegetables ripening while keeping aches and pains at bay.

On February 22, Richard Brzozowski staffed the AgrAbility display at the Wild Blueberry Conference in Bangor. The event drew about 150 people. <u>More</u>

On February 29, Maine AgrAbility hosted its first farm theater event at the Waldo County annual meeting. Staff used the material titled "A new way to deliver health and safety information to farm families,"... <u>More</u>

February 2020 was filled with helpful webinars hosted by one of Maine AgrAbility's partner networks, <u>Maine CITE</u>. <u>More</u>

Michigan

Michigan AgrAbility was once again blessed by the efforts of Alpha Gamma Rho Tau Chapter at Michigan State University through their annual Beef Preview Show. More than 500 head of cattle were exhibited during the event held February 7-9. <u>More</u>



Sigma Alpha at MSU has selected AgrAbility for their philanthropy project, dedicating their annual 5K Duck Race profits to AgrAbility. The race will be held on March 29 and includes a raffle for a Yeti cooler and other cool gifts. <u>More</u>

Missouri

The following activities are a snapshot of those that addressed the specialized needs of

AgrAbility customers in Missouri during the month of February. Missouri AgrAbility continued to build service capacity across the state and at the local levels through education and networking. <u>More</u>



The University of Missouri Extension, Missouri AgrAbility, Missouri Botanical Gardens, and GDS Associated, Inc., Engineering and Consultants from Wisconsin, offered three grant-funded Natural Resources Conservation Service (NRCS) Farm Bill water quality and energy efficiency workshops. <u>More</u>

The Tri County Dairy Day was offered February 7 to Mennonite producers at the Show Me Auctions in Versailles, Missouri. Attendees learned about ventilation, dairy financial survey & price outlook, FARM 4.0... <u>More</u>







"Raising awareness one screening at a time" was the theme of this year's Western Farm Show's Health & Safety Roundup. The Health & Safety Roundup, February 21-23 at the American Royal in Kansas City, MO, offered an array of health screenings that were free or had a nominal fee. <u>More</u>

Missouri AgrAbility focused their social media efforts on developing health, safety, and wellness posts for American Heart Month, sleep health,

electrical safety, National Grain Bin Safety Week, and their attendance at the Western Farm Show... More

University of Missouri-Kansas City School of Pharmacy (UMKC SOP), a Missouri AgrAbility collaborator, provided health screenings and education at the Western Farm Show on February 22nd in Kansas City at the American Royal Complex. Twenty-three students and five pharmacists from Kansas City and Columbia campuses facilitated outreach education and wellness screenings for attendees. <u>More</u>



Lincoln University's Cooperative Extension (LUCE) Innovative Small Farmers Outreach Program (ISFOP) in collaboration with the University of Missouri Extension Missouri AgrAbility Project was busy throughout the month of February...educating farmers across the state at five different venues... More

Maureen Cunningham with the Brain Injury Association of Missouri (BIA-MO) discussed the Missouri AgrAbility Project with survivors of brain injury and family members at support groups in Joplin and North Kansas City, Missouri, on February 11.

Information about AgrAbility was also shared during the BIA-MO Support Group held in St. Charles, Missouri on February 13.

Nebraska



Staff members were able to tour a facility in Fairbury, Nebraska, called Prairie View Industries. PVI is a leading builder in ramps for individuals with mobility impairments as well as kitchen equipment. Nebraska AgrAbility invited PVI to be a vendor at the National Training Workshop.

Nebraska AgrAbility hosted the annual advisory board meeting February 19 in Kearney. As always, the weather was not quite cooperating, but 15 board members participated either by ZOOM or in





Women in Ag in Kearney was a big hit again this year. All the rooms were packed with women eager to learn about new things. <u>More</u>

Emily attended several events in February including the monthly veteran's meeting and a Continuum of Care meeting in Norfolk, the Beginning Farmer/Rancher Meeting in Lincoln, the Assistive Technology Partnerships meeting on the ReUse Program, and the Nebraska Occupational Therapy Association Course. <u>More</u>

North Carolina



NC AgrAbility Partnership participated as an exhibitor at the 2020 Southern Farm Show in Raleigh, NC, on February 25-27. The SFS included over 400 exhibiting companies, making this event one of the largest agricultural expositions in the Carolinas and Virginia. <u>More</u>

On February 8, NC AgrAbility Partnership participated as an exhibitor at the 2020 NC Agritunity Conference in Statesville, NC. Over 270 participants were able to receive information about the program and how to refer themselves or others to the program. <u>More</u>





NC AgrAbility Partnership was one of the exhibitors at the 2020 Small Farms Opportunities in Franklin County on February 8. More than 150 farmers attended the event to learn more about the production of different commodities, composting, and more. <u>More</u>

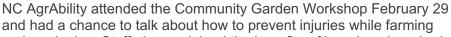
On February 11, NC AgrAbility participated as an exhibitor at the Hemp Conference at NCA&T's campus in Greensboro, NC. Around 300 participants attended the event. Farmers, students, educators, and other stakeholders had the opportunity to learn about the NC AgrAbility program and register to the NC AgrAbility listserv.



NC AgrAbility started a collaborative work with Dr. Jason Ward, professor of analytical methods in engineering design at NC State University. <u>More</u>

NC AgrAbility farmer Suzanne Ramsey has received direct services from NC AgrAbility, but she was not eligible to receive financial services from Vocational Rehabilitation. NC AgrAbility has been trying to put together other financial resources to help her acquire the assistive technology recommended. <u>More</u>

On February 24 and 25, NC AgrAbility participated as a presenter at the 2020 NC AgriShop Series at the Watauga County and Madison County Cooperative Extension offices. <u>More</u>



and gardening. Staff also explained the benefits of learning about body mechanics and the use of ergonomic tools. <u>More</u>





Ohio



Ohio AgrAbility partnered with the Ohio State University College of Nursing and the Ohio Department of Developmental Disabilities to form the Caregiver Support Network and held a workshop: "Building Resilience, Sharing Resources," on February 22. <u>More</u>

Pennsylvania

AgrAbility PA staff members Abbie Spackman and Kendra Martin presented in two sessions during PASA's Annual Sustainable Agriculture Conference. Abbie provided AgrAbility information and an overview of holistically managing farm stress as part of a panel discussion, "Therapeutic Farming." <u>More</u>



AgrAbility PA staff member Abbie Spackman and AgrAbility PA's occupational therapist Dwight Heller provided a two-hour training session to PA's Office of Vocational Rehabilitation. <u>More</u>



AgrAbility PA staff member Abbie Spackman provided a "Farm Safety and Family Wellness" training to members of the District 12 PA Farm Bureau during their regional conference. Over 20 farmers attended the session. <u>More</u>

Tennessee

The 2020 Pick TN Conference was the site for the Farmer Veteran Coalition of TN chapter formation stakeholders meeting. TN AgrAbility was placed on the advisory board to help increase the growing number of disabled veterans who wish to start or return to careers in the agriculture sector. More



TNAP staff attended the rural health and safety Progressive Ag Safety Day training. Progressive Agriculture Safety Day's primary focus was on farm safety for the last 25 years but is now turning attention to the overall health of children living in rural and agricultural communities. <u>More</u>



TNAP was seen at the West TN and Middle TN Grain Conferences (five counties interested in a grain bin rescue class organized by TNAP and TARS) and Tennessee Association of Conservation Districts and presented at the 2020 Farm School for Lake and Obion Counties (three referrals).

TNAP met with Wayne County Vocational Rehabilitation counselors and an agricultural producer. <u>More</u>

Texas

Texas AgrAbility visited Down Home Ranch, a residential ranch for individuals with developmental disabilities. The residents live and work there for wages. Their jobs consist of everything from horse care to cleaning and helping in the greenhouse. <u>More</u>



Texas AgrAbility staff visited with the Texas Workforce Commission's Migrant and Seasonal Farmworkers Program to develop outreach to migrant and Hispanic farmers and farm workers in Texas. Ellie Gandara-Castillo will be organizing outreach efforts for Texas AgrAbility at regional Migrant and Seasonal Farmworker Program events.



Texas AgrAbility and BattleGround to Breaking Ground hosted a webinar titled "Strategic Winter Supplementation Programs". <u>More</u>

The "Tax Considerations for Farms and Ranches" webinar recording was made available through the Texas AgrAbility YouTube channel. Jason Morgan, retired Marine major and financial consultant, hosted the one-hour webinar. <u>More</u>





BattleGround to Breaking Ground graduated 15 participants in Gatesville. Participants completed 16 weeks of business planning coursework, developed a comprehensive agriculture business plan, completed 100 hours of hands-on training with a mentor, and participated in online agriculture production courses.

Texas AgrAbility and BattleGround to Breaking Ground will be hosting a webinar titled "Ideas for Starting Rural Agriculture Businesses" on March 19. <u>More</u>

Three "Food Safety for Military Veterans" workshops have been scheduled across the state for the spring and summer. <u>More</u>



Four "Introduction to Agriculture Business" workshops will be hosted throughout Texas in the spring and summer. The workshops are geared toward military veterans and beginning farmers and ranchers... <u>More</u>

Utah

On February 4, Randall Bagley presented at the Northern Utah Fruit Growers Meeting in Brigham City, Utah. <u>More</u>

Michael Porter attended the Utah Farm and Food Conference in Cedar City, Utah, on February 7-8 and set up a display table with brochures. Michael shared AgrAbility information to many of the 180 attendees.

AgrAbility of Utah's Michael Porter attended Alfalfa U. on February 11 and staffed a display table. The conference was held in St. George, UT, and was attended by over 90 farmers and ranchers from Southern Utah.

Randall Bagley attended the Cache County Crop School in Logan, UT, and gave a brief presentation on AgrAbility of Utah's services. The event was held on February 11 and had over 60 attendees.

AgrAbility of Utah attended both the Southern and Northern Utah Soil Health Workshops in Richfield and Brigham City, UT, and gave brief presentations. <u>More</u>

Virginia

AgrAbility Virginia co-hosted an agritourism safety in Virginia webinar conducted by Livvy Preisser (Virginia Cooperative Extension agent at Isle of Wight County) on February 12th as part of the collaborative efforts with the Farm Safety, Health, and Wellness project.

The AgrAbility Virginia team conducted outreach to farmers at the No-Till Alliance 2020 Harrisonburg Winter Conference held on February 18th in Harrisonburg, VA.

On February 20-21, AgrAbility Virginia's field coordinator, Jeremy Daubert, gave a

presentation on addressing farm stress at the 2020 Women in Agriculture Gathering held in Goochland, Virginia.

AgrAbility Virginia's partnership with the Farm Safety, Health, and Wellness project published five "farm stress" case studies and created a factsheet for educators to address the connections among farm safety, mental health, and wellness in their communities.



AgrAbility partners co-organized farm dinner theatres focusing on farm stress and safety in Madison and Russell counties on February 20th and 22nd, respectively. Dr. Deborah Reed from the University of Kentucky is a partner on this project, leading the post-theater discussions.

Washington

The Washington State AgrAbility Project (WSAP) hosted a table at the Spokane Ag Expo in Spokane, WA, with numerous attendees. Assistive technology specialist Curt Johnson with program partner Washington Assistive Technology Act Program (WATAP) staffed the booth and demonstrated assistive technology devices on display.

WSAP was presented alongside complementary mental and behavioral health programming at the Washington State University Extension All Unit meeting in Spokane, WA, both as part of a poster presentation session and as part of a presentation on agricultural stress and suicide prevention.



WSAP was also presented at the Western Washington Potato Workshop held at the Washington State University Mt. Vernon Research and Extension Center with farmers, companies, and agencies present. Seventy-seven percent of survey respondents reported hearing about AgrAbility for the first time.

Washington State AgrAbility Project team members are headed to Madison in March and looking forward to connecting with other programs.

StaffChanges and Recognition

Washington

The first-year Washington State AgrAbility Project (WSAP) has hired a coordinator, Kristen VanValkenburg, to conduct educational trainings and worksite assessments. Kristen has an extensive background in agriculture, as she was raised on a farm, which fueled her passion for agricultural education as a teacher in the high school classroom and then in the private sector working with the Washington Farm Bureau and Washington Agriculture in the Classroom.

Wisconsin



AgrAbility of Wisconsin is excited to welcome a new student program assistant to the team. Jenna Langrehr is a junior at UW-Madison studying dairy science and life science communications. She grew up deeply rooted in agriculture on her family's dairy farm in West Salem, WI, where they have Holsteins and registered Guernseys. She will be

working with us a few hours per week focusing on social media, blog posts, articles, and photography.

AgrAbilityin the News

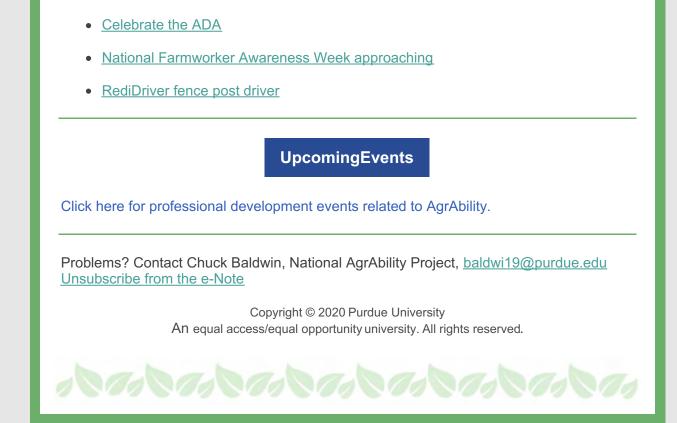
Click titles below for news stories featuring AgrAbility projects.

- <u>Now Is the TIME...</u> (AgrAbility for Pennsylvanians)
- February 10, AgrAbility of Utah was mentioned as a valuable resource for farmers and ranchers during Access Utah's "Doing Good in the Community" radio program on KUSU-FM.
- Healthy Aging Network: Caregiving (Ohio AgrAbility)
- Burned out caring for someone? Attend this workshop (Ohio AgrAbility)
- The Tennessee AgrAbility program (Tennessee AgrAbility Project)
- <u>AgrAbility National Training Workshop</u> (National AgrAbility Project)
- <u>AgrAbility Training Workshop</u> (North Carolina AgrAbility Partnership)
- <u>AgrAbility: Cultivating accessible agriculture</u> (Kansas AgrAbility Project)
- Rural agriculture business ideas topic of March 19 webinar (Texas AgrAbility Project)
- <u>AgrAbility program focuses on keeping farmers working</u> (Washington State AgrAbility Project)
- How farmers can start an estate plan (Maine AgrAbility)
- <u>6 things aging farmers can do today for their health and safety</u> (Maine AgrAbility)
- <u>Son manufactures 'tractor lift' for his dad on the farm</u> (AgrAbility Note: it was Ned Stoller of MI AgrAbility that shared the tractor lift design with this family)
- First responders receive grain bin rescue training (Tennessee AgrAbility Project)
- <u>Troops transitioning to agriculture can get tips at conference</u> (AgrAbility Virginia)

OtherNews

Click titles below for other news of interest to AgrAbility staff members.

- Online database raises awareness of agricultural injuries
- USDA to open signup March 16 for CRP Grassland
- Farm Bureau Women's Communications Boot Camp
- <u>USDA opens Wildfires & Hurricane Indemnity Program+</u>
- <u>Contest cultivates awareness of grain bin hazards</u>
- Farm State of Mind campaign to support rural mental health
- <u>Millions of dollars available for on-farm conservation</u>
- New, free online resources available for young farmers





March 2020

National AgrAbility Project



The COVID-19 situation in the United States brings with it many questions and concerns. The CDC and local health organizations are the places to go for medical advice and assistance. However, with schools closing, businesses requiring work from home, senior groups being unable to meet, and other complications, many people experience feelings of stress,

anxiety, and uncertainty, not to mention the need for food, housing, and other assistance.

211 is the number to call to connect to area resources in your neighborhood. This number can be used by service providers and consumers alike to get assistance. Most 211 networks have 24-7 coverage and thousands of area resources in their databases. Love the web better than the phone? Go to 211.org to see if your region's 211 website has what you need. Like to chat online instead of the phone? Many 211 centers offer that option as well.

In times of concern, check out your region's 211 service, make sure your organization is listed, and take some time to see what resources are available.

Submitted by Goodwill of the Finger Lakes



March 2020

Alaska

CES hosted the annual Alaska Sustainable Agriculture Conference in Anchorage February 20-22 and AgrAbility participated with a vendor booth. This event was attended by over 120 partnering agencies, farmers, and members of the general public, and was a great opportunity to provide outreach on resources and potential assessments for farmers.

On February 22, the Alaska Botanical Garden (ABG), located in Anchorage, hosted their annual Winter Conference again this year with a vendor fair and attendee sessions. AgrAbility was represented by collaborator Patrick Ryan and DeShana York with a presentation on "Benefits of Gardening: Aging in the Garden". Patrick provided information on various adaptations, and DeShana provided resources from the NAP and other online assistive technology searchable databases and resources.

The Alaska Cooperative Extension Service Delta District Office in collaboration with the Salcha-Delta Soil & Water Conservation District hosted their 48th annual Delta Farm Forum on February 29. This event was well attended by local farmers and agency participants totaling about 75-80 people. DeShana York gave a presentation titled "AgrAbility: Overview & Updates" and gave attending farmers information about getting scheduled for an assessment this coming summer.

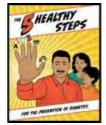
Submitted by DeShana York

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California

The 5 Healthy Steps for the Prevention of Diabetes novela is finally here! Check out the English and Spanish versions here. This novela follows a father who showed symptoms of diabetes, which led to his diagnosis. The father learns how to manage his diabetes with the support of his family. Management tips along with healthy portions are also introduced in this novela. In collaboration with the Western Center of Agricultural Health and Safety and Dignity Health, this novela hopes to bring education and awareness on diabetes to the agricultural worker community.



Staff did outreach at the Farmer Veteran Coalition's California conference at California State University, Fresno. Agencies from all over California including Farm Bureau, USDA Natural Resources Conservation Service, Center for Land Based Learning, and many more came to inform veterans from the Central Valley and surrounding areas about resources available to them. California AgrAbility was able to display small ergonomic hand tools to educate participants on assistive tools available to them.



California AgrAbility had an information booth at the Black Farmers Conference with Urban Farmers: Growing Together in Fresno, CA. The event was hosted by the USDA in partnership with the West Fresno Family Resource Center. Speakers included Will Scott, president of the African American Farmers group in California, and Dr. John Boyd, president of the National Black Farmers Associations. The conference featured sessions on

urban farmers, farmers, and youth.

Submitted by Sara Wat



March 2020

Colorado

Sometimes just a little bit of hope is all it takes to move forward. USAF veteran John Scoggins met with Colorado AgrAbility Project Rehabilitation Specialist Jim Craig at a Chatfield Gardens workshop and invited Jim to meet with him off-site for further conversation about the project. The two met later and discussed what John's dreams looked like. Through the use of some Colorado Department of Military and Veterans Affairs dollars, Jim was able to get John some tools that would make his farm work easier and with less wear and tear on his body. John was featured in a Farmer Veteran Coalition Facebook video recently. According to John, he would never have been where he is now except for that chance meeting with AgrAbility.

They are over for another year! Colorado's Winter Workshops made a strong finish in Greeley CO with the final workshop of the year hosted at the local Extension office on the fairgrounds. The group included some clients, a few Division of Vocational Rehabilitation counselors, and several mental health professionals who collaborated with them to discuss the farmer suicide issue and the stigma that still surrounds treatment.



Submitted by Jim Craig

March 2020

Georgia

Georgia AgrAbility staff and more than 700 people attended the Georgia Organics Conference on February 7. Staff were able to share with participants about AgrAbility. Staff had the opportunity to be able to tour various organic operations in the local Athens area. Georgia AgrAbility staff toured: The Pastures of Rose Creek, a sustainable pasture-raised beef operation; Little Flock Farm, a small scale, pasture-raised poultry operation; and Woodland Gardens, a USDA Certified Organic highly diversified produce operation.



On February 11-12, staff attended the Georgia Grown symposium, a two-day event packed full of informational sessions and an all-day farm tour to visit agritourism operations in the middle Georgia area. Tour stops included a pecan growers and processors operation, a peanut production facility, and a Georgia Grown retail experience.



Submitted by Rebecca Brightwell



March 2020

Indiana

Indiana AgrAbility hosted the project's advisory team on February 24. The meeting was to obtain feedback on current activities and to receive feedback and suggestions for moving forward and funding opportunities. There were AgrAbility clients and representatives from the Indiana FFA Foundation, Indiana FFA advisors, Farm Bureau, Indiana Vocational Rehabilitation Services, the INDATA Project, the Indiana AgVet Project, the LIFE Project, and the veterans' representative from the lieutenant governor's office. The discussion was lively and constructive.

Steve Swain, Indiana AgrAbility rural rehabilitation specialist, attended the quarterly meeting of the Indiana Vocational Rehabilitation Services home modification and farm modification workgroup. The workgroup is made up of home and farm assessors who work closely with VR to provide feedback and discuss current policies and procedures for Indiana AgrAbility's VR clients. This meeting was attended by assessors whereas some of the previous meetings included vendors and construction managers.

The Indiana Horticulture Conference was held in Indianapolis at the Marriott East Hotel and Conference Center. The conference provides producers, Extension educators, and vendors, an opportunity to learn from each other and discuss relevant topics to the business. Steve Swain presented a session titled "How Do I Work When My Bones Moan and Groan?"

Submitted by Steve Swain

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Kansas



The Women Managing the Farm Conference was held February 13-14 in Manhattan, KS. Since 2005, this event has been bringing together women farmers, rural business leaders, and landowners. Kansas AgrAbility is a strong supporter of this conference and was at the conference with an exhibit table, a variety of technologies, and knowledgeable AT ag specialists to answer questions and to demonstrate devices. Attendees were

invited to get their hands on technology! Additionally, Kansas AgrAbility specialists Lesa Clubine and Karin Rasmussen, along with Sheila Simmons, ATK program coordinator, presented two sessions: "Assistive Technology for Arthritis" and "Mobile Health and Diabetes."

Central Kansas KAP AT Ag Specialist Cassie Ramon attended the Women in Ag event in Overbrook, KS February 27th. Cassie shared information about identifying working tools, techniques, and operations; defined what disabled means and what qualifies as a disability; and discussed outreach to younger farmers, encouraging them to take precautions and care of themselves before problems begin.

Submitted by Tawnie Larson

March 2020

Maine

Maine AgrAbility is into month two of Boots-2-Bushels (B2B): Boot Camp for Military Veteran Market Gardeners & Farmers. This is a nine-month market gardening education and training program for military veterans and their family members. This program, sponsored by UMaine Cooperative Extension's Maine AgrAbility in partnership with the Veterans Administration and the Maine Organic Farmer & Gardener Association (MOFGA), takes participants from seed-to-salary in a hands-on and realistic project. Students are provided 10 weeks of classroom instruction by Extension and MOFGA educators that include practices for growing fruits and vegetables for market, as well as business skills required to sustain a farm business. Participants put all this knowledge into an intensive six-month growing season to provide food for their families, other veterans and employees at the VA health center, and the local food bank communities.

On February 22, Richard Brzozowski staffed the AgrAbility display at the Wild Blueberry Conference in Bangor. The event drew about 150 people. Richard presented "Tips for Aging Farmers" to about 60 people during the conference and distributed brochures to all in attendance. On February 27, Richard was interviewed by the Bangor Daily News about his work with AgrAbility and Tips for Aging Farmers.

On February 29, Maine AgrAbility hosted its first farm theater event at the Waldo County annual meeting. Staff used the material titled "A new way to deliver health and safety information to farm families," developed by Dr. Deborah B. Reed, University of Kentucky College of Nursing and the University of Kentucky College of Agriculture, Food and Environment. There were 41 people in attendance with a nice mix of farm backgrounds. The audience was engaged and held good discussions after the skits. The event was moderated by AgrAbility with support from the UMaine Ag Mediation team.

February 2020 was filled with helpful webinars hosted by one of Maine AgrAbility's partner networks, Maine CITE.

- Assistive Technology Resources for Case Managers in Maine
- Getting into the Drivers' Seat Driver Assessment Services in Maine

Submitted by Lani Carlson

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Michigan

Michigan AgrAbility was once again blessed by the efforts of Alpha Gamma Rho Tau Chapter at Michigan State University



Tau Chapter at Michigan State University through their annual Beef Preview Show. More than 500 head of cattle were exhibited during the event held February 7-9. The men are tallying up the receipts and



balancing the books, and will make a donation to AgrAbility from the profits.

Sigma Alpha at MSU has selected AgrAbility for their philanthropy project, dedicating their annual 5K Duck Race profits to AgrAbility. The race will be held on March 29 and includes a raffle for a Yeti cooler and other cool gifts. To sponsor or purchase raffle tickets, contact Hannah at campb911@msu.edu. To purchase raffle tickets or provide sponsorship, mail checks to Sigma Alpha, 336 Oakhill Ave., E. Lansing, MI 48823.

Submitted by Beverly Berens

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Missouri

The following activities are a snapshot of those that addressed the specialized needs of AgrAbility customers in Missouri during the month of February. Missouri AgrAbility continued to build service capacity across the state and at the local levels through education and networking. To accommodate disability in farming for individuals who engaged in farming and farm-related occupations, staff provided direct onsite farmstead assistance to eight customers. Direct assistance addressed AgrAbility customers' needs that were inadequately addressed by Missouri's health, farm, and government service providers. Lastly, Missouri AgrAbility used targeted marketing activities to direct the public to initiatives in AgrAbility-related education, networking, and assistance.



The University of Missouri Extension, Missouri AgrAbility, Missouri Botanical Gardens, and GDS Associated, Inc., Engineering Consultants from and Wisconsin, offered three arant-funded Natural Resources Conservation Service



(NRCS) Farm Bill water quality and energy efficiency workshops. Workshops were specific to beginning farmers, veteran farmers, socially disadvantaged farmers, and farmers with disabilities. To address the specialized



needs of the intended audiences, workshops were offered in Ste. Genevieve on February 4, Sedalia on February 5, and Springfield-Greene County on February 6. Information about the NRCS Farm Bill Water Quality & Energy Efficiency Workshops are found on the University of Missouri Extension calendar.

The Tri County Dairy Day was offered February 7 to Mennonite producers at the Show Me Auctions in Versailles, Missouri. Attendees learned about ventilation, dairy financial survey & price outlook, FARM 4.0 - approved methods to manage your non-ambulatory cow, and baby calf health/management. Missouri AgrAbility and Beginning Farmers and Ranchers resources were handed out and discussed.





"Raising awareness one screening at a time" was the

theme of this year's Western Farm Show's Health & Safety Roundup. The Health & Safety Roundup, February 21-23 at the American Royal in Kansas City, MO, offered an array of health screenings that were free or had a nominal fee. Interactive health and safety exhibits were offered by Missouri AgrAbility. Participants could also tap into health, safety, and wellness resources from University of Missouri Extension, Lincoln University Cooperative Extension, and Brain Injury Association of Missouri (Missouri AgrAbility collaborative

partners) as well as Missouri Farm Bureau, Missouri Vocational Rehabilitation, Missouri Department of Mental Health, Missouri Veterans Commission, and Missouri Department of Health and Senior Services, all of which are stakeholders. Susan Butterfield, Missouri AgrAbility ambassador, and her companion Bruce, David Middleton and Susan Jaster from LUCE ISFOP, Adriene Aubuchon, ag promotion student paraprofessional, Heather Clinch, master's



student, and Karen Funkenbusch, all from the University of Missouri Extension, were on hand throughout the weekend to answer AgrAbility health, safety, and wellness questions.

Submitted by: Karen Funkenbusch

Missouri AgrAbility focused their social media efforts on developing health, safety, and wellness posts for American Heart Month, sleep health, electrical safety, National Grain Bin Safety Week, and their attendance at the Western Farm Show, which was used to raise AgrAbility awareness and provide handy resources to farmers and followers. Make sure to check out Missouri AgrAbility on Facebook, Twitter, and Instagram at @MOAgrAbility.

Submitted by: Tevin Uthlaut



University of Missouri-Kansas City School of Pharmacy (UMKC SOP), a Missouri AgrAbility collaborator, provided health screenings and education at the Western Farm Show on February 22nd in Kansas City at the American Royal Complex. Twenty-three students and five pharmacists from Kansas City and Columbia campuses facilitated outreach education and wellness screenings for attendees. Pharm to Farm, American Pharmacist Association- Academy of Student Pharmacists (APhA-ASP), and the UMKC SOP student chapter of the College of Psychiatric and Neurologic Pharmacists (CPNP)

collaborated at the event to provide multiple education booths and health screenings. Pharm to Farm distributed Missouri AgrAbility flyers, Pharm to Farm brochures, medication wallet cards, and education that included materials regarding healthy sleep habits, fall prevention, hearing protection, and stroke prevention to 17 farmers. CPNP provided 10 mental health screenings for depression and anxiety, connecting clients with resources and referrals as appropriate. Wellness screenings for blood sugar and blood pressure were performed for 110 attendees at a value over \$6,300. Through the various education booths, 185 farm families were equipped with information about preventive health and immunizations, youth OTC medication safety, smoking cessation, women's health, and Generation Rx safe medication disposal.



Submitted by: Kelly Cochran

Lincoln University's Cooperative Extension (LUCE) Innovative Small Farmers Outreach Program (ISFOP) in collaboration with the University of Missouri Extension Missouri AgrAbility Project was busy throughout the month of February. Using the Jesup Wagon outreach method, Mr. David Middleton, Mr. Nahshon Bishop, Mrs. Susan Jaster, Mr. Jim Pierce, and Mrs. Karen Funkenbusch brought modern agricultural tools and research-based information into both rural and urban Missouri to educate farmers across the state at five different venues:

- Ag Expo at Black River Coliseum February 1: Poplar Bluff, MO.
- Farm to Fork Summit Feb. 11: Osceola, MO.
- Winter Vegetable Conference Feb. 17-18: St. Louis, MO.
- Western Farm Show Feb. 21-23: Kansas City, MO.
- High Tunnel 101 Workshop- Feb. 29: Springfield, MO.

... and speaking to more than 2,500 participants about the following topics:

- What is AgrAbility and how can it help you?
- Ergonomic hand tools every small farmer should own to prevent injury
- Use of drones on Missouri farms for farmers with disabilities
- Personal protective equipment (PPE) you should own before you spray pesticides on farm

Submitted by: Nahshon Bishop

March 2020

Nebraska

Nebraska AgrAbility hosted the annual advisory board meeting February 19 in Kearney. As always, the weather was not quite cooperating, but 15 board members participated either by ZOOM or in person. There were great conversations in this meeting about how to continue to grow AgrAbility. Staff are so thankful for their board members and appreciate their time and efforts throughout the year.



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Women in Ag in Kearney was a big hit again this year. All the rooms were packed with women eager to learn about new

things. Three staff members attended the conference to interact with rural Nebraska women and to teach about the tractor safety courses offered around the state this summer so that attendees might encourage to take the course. NE AgrAbility staff

their teenagers presented two sessions: "Stressed?" and "Sleepless in Nebraska."

Emily attended several events in February:

- The monthly veteran's meeting and a Continuum of Care meeting in Norfolk. An opportunity with Asera Care is in the works, as a result of the COC meeting, to help a farmer with an end of life wish. Nebraska AgrAbility staff wants to help this farmer see his farm one last time.
- The Beginning Farmer/Rancher Meeting in Lincoln. Representatives from about 20 different programs that work with beginning farmers/ranchers came to this meeting. There were updates on loan programs, grants, outreach opportunities, and many ideas thrown out on how these various programs can help one another.
- The Assistive Technology Partnerships meeting on the ReUse Program. This program helps to pass around the state AT that is used or in good condition. Right now, there is a possibility of an AgrAbility client being matched with a Bruno Turny seat and a wheelchair lift.
- The Nebraska Occupational Therapy Association Course. This meeting is well-attended by practitioners and students. Nebraska AgrAbility educated on tractor safety courses and invited them all to be a part of the upcoming continuing education day for occupational and physical therapists.

Submitted by Susan Harris-Broomfield





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North Carolina



NC AgrAbility Partnership participated as an exhibitor at the 2020 Southern Farm Show in Raleigh, NC, on February 25-27. The SFS included over 400 exhibiting companies, making this event one of the largest agricultural expositions in the Carolinas and Virginia. Thousands of farmers, educators, and other stakeholders attended the show. NC AgrAbility provided information about the program, how to enroll for direct

services, and how to use ergonomic tools that help farmers and gardeners to stay safe while enjoying the work outdoors. NC AgrAbility's partner, NC Agromedicine Institute (NCAI), had a couple of booths at the SFS exhibiting information about safety in agriculture and preventing accidents, mostly while working in grain bins and on tractors. In addition, NCAI provided screenings for blood pressure and glucose and information on how to protect from various stressors at the farm.

On February 8, NC AgrAbility Partnership participated as an exhibitor at the 2020 NC Agritunity Conference in Statesville, NC. Over 270 participants were able to receive information about the program and how to refer themselves or others to the program. They also received informational booklets on how to farm with arthritis and back injuries and how to sign up to be included on the NC AgrAbility listserv.





NC AgrAbility Partnership was one of the exhibitors at the 2020 Small Farms Opportunities in Franklin County on February 8. More than 150 farmers attended the event to learn more about the production of different commodities, composting, and more. Participants also had the chance to interact with the various exhibitors and learn about beekeeping, alternative feed for poultry, seed exchange, and NC AgrAbility among other topics.

Several farmers identified with having some limitations while farming and wanted to receive further information from AgrAbility. Several farmers registered to the NC AgrAbility listserv.

NC AgrAbility started a collaborative work with Dr. Jason Ward, professor of analytical methods in engineering design at NC State University. Beatriz Rodriguez, NC AgrAbility project manager, presented a lecture February 19 about working with farmers with disabilities. Dr. Ward and his students will be working in designing tools to help farmers with disabilities overcome limitations in their daily farming activities.

NC AgrAbility farmer Suzanne Ramsey has received direct services from NC AgrAbility, but she was not eligible to receive financial services from Vocational Rehabilitation. NC AgrAbility has been trying to put together other financial resources to help her acquire the assistive technology recommended. Subsequently, Mrs. Ramsey applied to the AgVentures Grant offered by NCSU and was awarded with \$8,000 for the purchase of an ATV. Mrs. Ramsey will greatly benefit from using an ATV, which will facilitate mobility around the farm, as well as carrying, dumping, and moving supplies, plants, and harvested products without having to get in and out of the ATV.

On February 24 and 25, NC AgrAbility participated as a presenter at the 2020 NC AgriShop Series at the Watauga County and Madison County Cooperative Extension offices. The events were attended by about 45 farmers who learned about production in high tunnels, plasticulture, pollinators, food safety, livestock production, and managing disabilities in agriculture. Farmers registered to the NC AgrAbility listserv to receive more information about disabilities and farming.



NC AgrAbility attended the Community Garden Workshop February 29 and had a chance to talk about how to prevent injuries while farming and gardening. Staff also explained the benefits of learning about body mechanics and the use of ergonomic tools. About 25 community leaders attended this event. One Latino farmer was interested in learning more about NC AgrAbility's direct services.

Submitted by Beatriz (Betty) Rodriguez

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Ohio



Ohio AgrAbility partnered with the Ohio State University College of Nursing and the Ohio Department of Developmental Disabilities to form the Caregiver Support Network and held a workshop: "Building Resilience, Sharing Resources," on February 22. The workshop was based in Columbus, Ohio (location of OSU campus), with six "local sites" across Ohio, which gave caregivers the opportunity to attend the workshop, hear the speakers, hear about local resources, and meet other caregivers in their local area. Attendance for the workshop was excellent - a total of 126 people attended, with 59

people in Columbus and 67 people at the local sites. Attendees included over 30 vendors/exhibitors from state and county agencies, service providers, and an online music therapist. Three speakers presented on preventing caregiver burnout, telemedicine, and helpful gadgets, apps, and technology. The Caregiver Support Network is planning more workshops on April 25 and November 14. The workshop was promoted with a press release from the OSU College of Food, Agriculture and Environmental Sciences, and an interview on the OSU Healthy Aging Network.

Submitted by Laura Akgerman

March 2020

Pennsylvania

AgrAbility PA staff members Abbie Spackman and Kendra Martin presented in two sessions during PASA's Annual Sustainable Agriculture Conference. Abbie provided AgrAbility information and an overview of holistically managing farm stress as part of a panel discussion, "Therapeutic Farming." The panel also included Robyn Mello with Edenspore Design, Red Wiggler Community Farm, and Taylor Kinniburgh shared information about cooperative farming and the Farm Alliance of Baltimore. The session was largely discussionbased with participants sharing their experience with therapeutic



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farming and stress management on and off the farm. Over 75 people attended the session. Kendra shared information as part of a panel discussion alongside organizations and agencies offering service and support to veterans in agriculture in Pennsylvania. Thanks to Pennsylvania Department of Agriculture's PA Preferred and Homegrown by Heroes, PA Veteran Farming Project, Saint Joseph's University, Rodale Institute, National Center for Appropriate Technology - NCAT/Armed to Farm, Farmer Veteran Coalition (FVC), and Kitchen Table Consultants.

AgrAbility PA staff member Abbie Spackman and AgrAbility PA's occupational therapist Dwight Heller provided a two-hour training session to PA's Office of Vocational Rehabilitation. The training session was broadcast through video conferencing to all the state offices. Abbie provided information on AgrAbility, making referrals, farm assistive technology, and AgrAbility farm assessments. Dwight provided information about on-farm occupational therapy evaluations, injury prevention, and recommending the correct AT for each client. The training was well-received and well-attended.



AgrAbility PA staff member Abbie Spackman provided a "Farm Safety and Family Wellness" training to members of the District 12 PA Farm Bureau during their regional conference. Over 20 farmers attended the session. Topics included injury prevention, arthritis and back health resources and information, pain management tips, self-care ideas, and hands-on assistive technology demonstrations.

Submitted by Kendra Martin

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Tennessee



The 2020 Pick TN Conference was the site for the Farmer Veteran Coalition of TN chapter formation stakeholders meeting. TN AgrAbility was placed on the advisory board to help increase the growing number of disabled veterans who wish to start or return to careers in the agriculture sector.



Staff are helping farmers with disabilities farm and veterans heal from the wounds of war.

TNAP staff attended the rural health and safety Progressive Ag Safety Day training. Progressive Agriculture Safety Day's primary focus was on farm safety for the last 25 years but is now turning attention to the overall health of children living in rural and agricultural communities. TNAP learned about youth mental well-being and stress management with focus on hands-on activities tailored to help children understand stress and their emotions, learn positive coping strategies to deal with stressors, and provide resources to go home to the families to encourage open conversations and to break the stigma surrounding mental health. TNAP staff met Dr. Josie Rudolphi, who is with Illinois AgrAbility, and look forward to attending her session at the NTW. Check out the special RFD-TV interview with Dr. Josie Rudolphi and Brian J. Kuhl on mental health and stress and how Progressive Agriculture Safety Days is tackling this issue at their events. See: https://youtu.be/lei3QtW-ucU For further information or to host a safety day, click here.

TNAP met with Wayne County Vocational Rehabilitation counselors and an agricultural producer. The TNAP client was denied in 2019 but, as a result of TNAP presenting at the VR Regional meeting in November, the counselor wanted to reopen his case since they had a better understanding of agriculture and the AgrAbility program. Result: he is eligible for VR services and is awaiting approval for AT equipment and hearing aids.

Submitted by TNAP

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Texas

Texas AgrAbility visited Down Home Ranch, a residential ranch for individuals with developmental disabilities. The residents live and work there for wages. Their jobs consist of everything from horse care to cleaning and helping in the greenhouse. Down Home Ranch is interested in partnerships with Texas AgrAbility and BattleGround to Breaking Ground.





Texas AgrAbility and BattleGround to Breaking Ground hosted a webinar titled "Strategic Winter Supplementation Programs". Dr. Travis Whitney, associate professor in livestock nutrition with Texas A&M AgriLife Research, presented on winter feeding programs, ruminant nutrition, and small farm supplementation solutions. View the webinar recording here.

The "Tax Considerations for Farms and Ranches" webinar recording was made available through the Texas AgrAbility YouTube channel. Jason Morgan, retired Marine major and financial consultant, hosted the one-hour webinar. Topics covered were business structure, filing taxes, farm and ranch deductions, and much more. Jason Morgan is a past participant



of BattleGround to Breaking Ground and co-owner of Sweet Genevieve Farm. View the webinar recording here.



Texas AgrAbility and BattleGround to Breaking Ground will be hosting a webinar titled "Ideas for Starting Rural Agriculture Businesses" on March 19. Dr. Greg Clary, retired extension ag economist, will present on niche markets, non-traditional ag businesses, and using natural-resource-based businesses to complement an agricultural operation. Register for the webinar here.

Three "Food Safety for Military Veterans" workshops have been scheduled across the state for the spring and summer. The training is geared toward military veterans and provides information on GAPs, FSMA, food safety, the Texas Food Handlers program, cottage food law, and more. Learn more here.

Four "Introduction to Agriculture Business" workshops will be hosted throughout Texas in the spring and summer. The workshops are geared toward military veterans and beginning farmers and ranchers and will cover topics such as rural business ideas, business planning basics, financial funding for ag operations, and veteran and beginning farmer rancher resources. More information and registration can be found at https://txagrability.tamu.edu/workshops/

Submitted by Makenzie McLaurin Thomas



March 2020

Utah

On February 4, Randall Bagley presented at the Northern Utah Fruit Growers Meeting in Brigham City, Utah. The presentation provided an overview of AgrAbility of Utah services and the 40 attendees received AgrAbility of Utah brochures and resource materials.

AgrAbility of Utah attended both the Southern and Northern Utah Soil Health Workshops in Richfield and Brigham City, UT, and gave brief presentations. Rhonda Miller and Connor Dyreng attended on February 18 in Richfield, and Rhonda Miller and Randall Bagley attended on February 19 in Brigham City. Over 170 people attended the two workshops.

Submitted by Randall Bagley

March 2020

Upcoming Events

Name Dates City, State Contact Info/Web link	Veteran Farmers Conference : Boots to Roots - CANCELED March 17-18, 2020 Colonial Heights, Virginia https://www.ext.vsu.edu/events/2020/03/17/veteran-farmers- conference
Name Dates City, State Contact Info/Web link	AgrAbility National Training Workshop - NEW DATES SET November 30-December 3, 2020 Madison, Wisconsin http://www.agrability.org/agrability-national-training-workshop/
Name Dates City, State Contact Info/Web link	Accessible Garden Design March 26, 2020 Anchorage, Alaska https://tinyurl.com/srnqhpc
Name Dates City, State Contact Info/Web link	2020 AOTA Annual Conference & Expo - CANCELED March 26-29, 2020 Boston, Massachusetts https://www.aota.org/Conference-Events/Annual-Conference.aspx
Name Dates City, State Contact Info/Web link	2020 Virginia Agritourism Conference - CANCELED March 30 - April 1, 2020 Smithfield, Virginia https://tinyurl.com/vm72ord
Name Dates City, State Contact	 2020 West Tennessee New Farmer Academy: (Scholarships for beginning farmers with disabilities and veterans) 7-month certificate program April 23 – October 22, 2020 Memphis, Tennessee

Info/Web link	http://www.tnstate.edu/extension/NFA.aspx
Name	World Pork Expo
Dates	June 3-5, 2020
City, State	Des Moines, Iowa
Contact Info/Web link	https://tinyurl.com/tng564r