



UW EXTENSION -- AGRABILITY DECEMBER 2005 UPDATE

AgrAbility of Wisconsin promotes success in agriculture for individuals with disabilities. In a partnership between UW-Cooperative Extension and Easter Seals Wisconsin, the program assists farmers and farm workers with disabilities or chronic health conditions to continue to farm safely and productively. For more information on AgrAbility's services, call (608) 262-9336, toll-free at 1-800-422-2324, or e-mail aaw@mailplus.wisc.edu.

Farmers: An invitation to get away from the daily grind

This is just a friendly reminder to those who may have seen it all ready. If you know of an individual or couple who would benefit from one of these weekend getaways, please encourage them to attend.

7 getaway weekends planned for couples, individuals

Contact: Kathy Schmitt 800-942-2474

MADISON - Working farm families and individuals have an opportunity to get away from the daily grind this winter, thanks to a coalition of private and public agencies.

The Sowing the Seeds of Hope coalition is sponsoring seven no-cost getaway weekends: four for farm couples; two for farm women; and for the first time, one just for men.

"Participants learn a variety of coping strategies, work on plans for the future and enjoy a break from the demands of farming," said Kathy Schmitt, community services specialist with the Wisconsin Farm Center.

The **Farm Couple Weekend Getaways** are limited to nine couples each and are scheduled for:

- **Dodgeville**, Jan. 21-22, The House on the Rock Inn
- **Shawano**, Jan. 28-29, The Comfort Suites
- **Rib Lake**, Feb. 11-12, Camp 28 Resort
- **Black River Falls**, March 11 - 12, Holiday Inn Express

The **Farm Women Weekend Getaways** are limited to 15 women each and are scheduled for:

- **Fennimore**, Jan. 28-29, Fenmore Hill Motel
- **Black River Falls**, March 11-12, location to be announced

The **Farm Men Weekend Getaway** is limited to 20 men:

- **Wausau**, Feb. 11-12, Stoney Creek Inn

There are no costs while attending the weekend but registration is required, first come first served. Farmers may be eligible for some financial assistance to offset the cost of labor or childcare while away.

To register or for more information, contact Kathy Schmitt, Wisconsin Farm Center at 800-942-2474 or Mary Bub, women's getaways, at 262-723-4156. Sowing the Seeds of Hope is supported by a grant from the U.S. Department of Health and Human Services - SAMHSA, with assistance from state partners.

AGRABILITY ON THE ROAD

If I will be in your area in the near future, stop by and say hello:

UPCOMING EVENTS

- January 18-19, 2006 **28th Midwest Farm Show** La Crosse
- January 24-25, 2006 **15th Rice Lake Area Farm Show** Rice Lake
- February 28-March 1, 2006 **Eau Claire Farm Show** Eau Claire
- March 14-15, 2006 **PDPW Trade Show** Madison
- March 28-30, 2006 **WPS Farm Show** Oshkosh

PLOWING AHEAD NEWSLETTER

The Winter 2005/2006 Plowing Ahead Newsletter will be sent in late December/early January. If you do not receive the newsletter and are interested in receiving it, please contact me at 608.262.9336 or aaw@mailplus.wisc.edu. You can also access the current and past newsletters online at www.bse.wisc.edu/agrability.

###

AgrAbility – Promoting Success in Agriculture for Individuals with Disabilities and Their Families.
Visit us at <http://bse.wisc.edu/agrability>.
