



AGRABILITY CHIT CHAT

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HOLIDAY TRIMMINGS

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They're back; the winter holidays are upon us. Many of us prepare for the joys and stresses of the upcoming month with mixed emotions. In this issue of Chit Chat, you will find several snippets of holiday advice to get you through the remainder of the year!

HOLIDAY ADVICE

The following advice and ideas are from ISU Extension family resource management specialists:

Budgeting

- Make a list and check it twice (or at least stick to it)
- Get your shopping done and stay out of the stores
- Include all holiday costs in your budget: decorations, greeting cards, postage, food, entertaining, and more

Money Saving

- Borrow items like tablecloths or centerpieces

- Share your talents, recipes, and ideas
- Search for the best buy

Gift Giving

- Exchange names and establish a spending limit
- Give coupons for future services (baking cookies, shoveling snow, mowing the lawn)
- Coordinate gifts among family members (one person gives the doll, another gives doll clothes)

Family Fun Ideas

- Watch home videos
- Bake cookies
- Tell family stories (best from grandparents)
- Look through photo albums
- Play music and have a sing along

Tips for Reducing Stress

(excerpt from ISU Extension publication “All About Stress” – PM1660a)

- Do something about one small piece of a problem.
- Ask for support from families, friends, or community resources.
- Use exercise to relieve physical and emotional symptoms.
- Do something enjoyable each day.
- Make time for quiet or meditation.
- Eat well and avoid drugs, alcohol, and tobacco.

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- Accept change as a part of life

Anytime Gift Ideas

These easy living gift ideas are from ISU Extension's Universal Design for Better Living program:

For the Gardener:

- Gardening bench with tool storage and cushioned kneeling pad. When turned upside down, legs become handles to help push from kneeling to standing position.
- Soft-grip trowel (Fiskars)
- Comfort grip pruner (Fiskars)

For the Cook:

- Soft grip spatula, peeler, and measuring spoons/cup
- Large timer with large lettering
- Rocker knife

For the Office Manager:

- Spring action scissors (Fiskars)
- Easy slide staple remover
- Larger pens, easy grip with thick lines

For the Family:

- TV remote with large lettering
- Wireless doorbell
- Key turner holder

For the home:

- Quickset mousetrap
- Grab bars
- Push button soap dispenser

FULL PARTICIPATION FOR ALL PETITION: You can make the American Dream possible for everyone

Too often people with disabilities are locked out, left out or overlooked.

While the 1990 Americans with Disabilities Act addresses fundamental civil rights for people with disabilities, the basics of everyday life are still out of reach for too many Americans with disabilities:

- Getting an education
- Accessing healthcare
- Using public transportation
- Getting a job
- Finding housing
- Voting independently

Sign the Easter Seals online petition at www.easterseals.com/sign and make the American Dream accessible to people with disabilities. If you do not have access to the internet, you can contact Tracy Keninger at 515-289-1933 ext. 251.

FAREWELL

After spending the last year learning about you, your families, and your farms, I will be leaving the AgrAbility program this month. I was fortunate enough to meet many new consumers, along with quite a few people who have been a significant part of the program over several years. With your help, we've reenergized the program with the beginning of an AgrAbility family event, helped people learn about home and farm accessibility, and connected families with the resources they needed. I thank each of you who welcomed me into your homes and your lives and look forward to crossing paths with you again in the future. Erin Haafke

LET ME INTRODUCE MYSELF

I am Sherry Washburn, the new AgrAbility Program Specialist. I graduated from ISU in May of this year with a degree in Human Development and Family Studies, specializing in Life Span Studies, and a minor in Gerontology. In the past, I have worked in a variety of organizations that served individuals with disabilities. I grew

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up on farms in southwest Iowa and northwest Missouri. I look forward to meeting and getting to know all of you.

UPCOMING EVENTS

Overall Women: A Conference for Today's Rural Women
January 21-22, 2005
Cedar Rapids Marriott Hotel

Women today are pioneers in a new kind of agriculture. You're invited to spend time to benefit yourself, your family, your farm, and

your community. Workshop tracks:
Value-Added Agriculture
Farm Business
Personal Growth
Leisure Pursuits

Registration is \$100 if registered by January 9th.

Call 1-800-262-0015 for more information or to register.

IOWA AGRABILITY - A joint effort of ISU Extension and the Rural Solutions Program of Easter Seals Iowa. The program can help farm family members with a disability stay in farming.

This newsletter from the Iowa AgrAbility Project will be sent monthly to AgrAbility families and other interested individuals. Please send comments and suggestions to:

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