



AGRABILITY CHIT CHAT

January 2005

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2005 IS HERE TO STAY!

We received a wonderful surprise in the mail – a \$500 donation from a family member of a former AgrAbility consumer. The donor asked that the money be used to help other farm families. The donation has been placed in a special account until we can determine how best to use it. What a wonderful surprise!

DID YOU KNOW . . .

How dangerous it is to warm your car in your own garage?

So dangerous that it must NEVER be done, even for a short time. The extremely high concentrations of carbon monoxide (CO) produced by an engine can raise CO concentrations in a closed building so quickly that a person may collapse before they even realize there is a problem. This is especially true if you are unable to move quickly away from the area. Because CO is colorless and odorless a small amount can be dangerous. In an Iowa State University study, warming up a vehicle for only two minutes with the overhead door open raised CO concentrations in the garage. Even if the garage door is open, the concentration of CO can reach dangerous levels in a very short time. It can also contribute to the CO level in the house if the garage is attached. In the house CO is most likely the result of a faulty furnace, water heater or range which uses gas, oil or coal as fuel. The danger of

such poisoning increases in the wintertime when many are living and working inside rather than outside. CO is a special concern for those at risk for heart, respiratory, neurological, or limited mobility conditions. Carbon monoxide poisoning is frequently misdiagnosed as flu because of the similarity of symptoms.

More:

http://www.abe.iastate.edu/human_housing.asp

HAVE YOU SEEN . . .

The book written by Lila Ridings Darnell. It is [The Ghost Behind the Wheelchair](#). Her son became quadriplegic in a diving accident when he was 28. He has a C 5-6 spinal cord injury. The book tells about her journey with her son as he learns to reclaim his life. Excerpts from her book were printed in the August 2003 [Paraplegia News](#) so it can be “sampled” before deciding whether to read it. More:

www.pvamagazines.com/phnews/magazine/article.php?art=939

SHERRY SAYS: WINTER ON THE FARM

I think we can all agree that this has been an unusual winter – weatherwise, that is. I remember one of my worst winters on the farm in Southwest Iowa. My children were still in school at the time. We had an

AGRABILITY CHIT CHAT

incredible ice storm. All the power to the house was out for four days. The only heat we had was a wood burning stove and a gas range. Telephone and utility employees were brought in from other states to help make the repairs as quickly as possible. They all worked long into the night. I was waiting tables at a local café where the workers would come in looking bleary-eyed and eat as if they had not had a bite since last Thanksgiving. The farmhouse I lived in was large enough to turn it into a bed and breakfast so, with little heat, we had to block off as much of the house as we could to keep warm. Until those four days were gone and power restored, we hung a curtain over the doorway from the kitchen to the living room. That left five people living in the kitchen and the utility room off the kitchen. Unfortunately, the bathroom was in the closed off section. BRRRRRR! We also slept in the unheated portions of the house. I was amazed that only one of us got sick. I “waited” until everything was back to

normal before I became ill and spent more than four days down in bed. Anyone looking forward to the rest of the winter? Just once I would like to see Punxsatawney Phil not see his shadow on February 2. Take care!

NEED A SPEAKER?

If you ever need a speaker for an organization you belong to and you would like someone to talk about AgrAbility, just call 515-294-8522 (SW) or email brndilee@iastate.edu (SW).

HELP

If you are willing to be profiled in an upcoming issue of Chit Chat, this is the opportunity to tell your success story. Please call 515. 294. 8522 (SW) or email brndilee@iastate.edu. Thanks for your help.

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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