Colorado AgrAbility will host a workshop in Holyoke on Tuesday, Feb. 12 at the Phillips County Event Center.

The workshop, “Gear for Working Smarter with Agr-Ability,” will take place from 9 a.m.-noon and includes lunch for those who pre-register at least one week prior to the workshop. For a complete listing of the workshops, check out the website at http://www.agrability.cahs.colostate.edu . Besides the dairy milk, meat and eggs that her livestock provide her, Vickie Paxton’s goats and chickens give her a reason to get out of bed each morning and force her to keep moving. Movement is important for a person dealing with rheumatoid arthritis and fibromyalgia. However, the accompanying chronic pain and joint inflammation had Paxton wondering if she could continue working with her livestock as she always had.

Paxton attended a workshop she saw advertised in her local paper for Colorado AgrAbility. She had their occupational therapist come to her farm at no cost and offer ideas on how to work easier while protecting her joints and conserving her energy. They brainstormed options to feed and milk her goats, clean the pens and get around the property with less effort.

Division of Vocational Rehabilitation, a state agency that assists injured workers, stepped in to provide more hope by purchasing for Paxton equipment to clean the goat pens. Paxton is also working with Natural Resource Conservation Service for their high tunnel program so she can extend her vegetable crop production season. She hopes that in the future raised container beds and ergonomic tools will also help ease her joint pain.

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