



Depression & Age

Welcome to the first in an ongoing series of articles that we hope will provide information on stress management and emotional wellbeing relevant to the agricultural community. Our first installment will touch on depression and aging. Statistics show that about 1 in 5 adults over the age of 50 experience some type of behavioral/emotional health concern such as anxiety or depression. This means that odds are high that someone you know or love may be facing similar challenges. Depression tends to be the

most common emotional health issue for older Americans, and signs and symptoms can include:

- Persistent sad, anxious, or “empty” mood;
 - Loss of interest or pleasure in hobbies and activities;
 - Feelings of hopelessness, pessimism;
 - Feelings of guilt, worthlessness, helplessness;
 - Decreased energy, fatigue, being “slowed down”;
 - Difficulty concentrating,
- remembering, making decisions;
 - Difficulty sleeping, early-morning awakening, or oversleeping;
 - Appetite changes and/or unintended weight changes;
 - Thoughts of death or suicide, suicide attempts;
 - Restlessness, irritability;
 - Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment;

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If you think that you or a loved one may have depression, it is important to seek treatment. Depression can also lead to suicide, particularly if left untreated, and you are more likely to develop a physical illness if you have depression. Older Americans represent the highest risk for suicide compared to other age groups. Knowing what to look for and what to do if you recognize concerns can help save a life. The National Institute of Mental Health suggests the following ways to support someone you suspect is struggling with depression. If you know someone who has depression, first help him or her seek a doctor or mental health professional. Several ways you can help an older adult with depression is to:

- Offer support, understanding, patience, and encouragement;
- Help keep track of his or her appointments and weekly “pillbox” if possible;
- Try to make sure he or she has a way of getting to doctor visits;
- Talk to him or her and listen carefully;

- Never ignore comments about suicide and report them if you are a spouse or parent;
- Invite him or her out for walks or outings, or to engage in indoor activities with you;
- Remind him or her that, with time and treatment, the depression will lift;

The last bullet point is important to remember, and the good news is that depression is one of the most successfully treated behavioral health conditions regardless of age.

As we learn more about the seriousness of behavioral and emotional health and aging, we are also learning that there are simple and low-to-no-cost steps we can all take to best ensure our physical and emotional well being regardless of age. We would like to explore these positive findings with greater depth in future articles but, for now, the National Institute on Aging recommends the following steps:

- Be physically active and eat a healthy, balanced diet. This may help avoid illnesses that can bring

- on disability or depression. Some diets — including the low-sodium DASH diet — have been shown to reduce risk of depression;
- Get 7-9 hours of sleep each night.
- Stay in touch with friends and family;
- Participate in activities you enjoy;
- Let friends, family, and your physician know when you’re experiencing symptoms of depression;

If you or someone you know is thinking about suicide please contact the National Suicide Prevention Hotline at 1-800-273-8255. If you have questions, would like more information, or to speak with someone about options for behavioral health treatment please contact Chad Reznicek with the Colorado AgrAbility Project at 970-744-9011 or chad.reznicek@colostate.edu.

Meet the Newest Member of our Team!



The Colorado AgrAbility Project is please to announce that we have a new employee. Made available through the Farm and Ranch Stress Assistance Network (FRSAN) and Western Regional Agricultural Stress Assistance Program (WRASAP) grants, Chad Reznicek, a Behavioral Health Specialist has joined our staff to assist Colorado farmers and ranchers presenting with behavioral health issues in seeking resources appropriate to their needs. Growing up in rural Nebraska where his parents were raised on farms, and agricultural values and ethics were woven into all aspects of their lives. Chad has worked as a licensed clinical therapist since 2001. Chad’s professional experience has included residential treatment, correctional settings, and community-based programs with a wide range of populations and services. He has taken a particular interest in trauma recovery, suicide prevention, and generally empowering people to understand behavioral issues from a practical and strength based perspective so that they can take charge of their own wellbeing. Chad is proud husband, father of 2 incredible children. We welcome any questions or feedback at chad.reznicek@colostate.edu.

WRASAP in Action



The Western Regional Agricultural Stress Assistance Program (WRASAP), funded by a USDA Farm and Ranch Stress Assistance Network grant, is composed of lead agencies representing 13 states and 4 territories. WRASAP recognizes that high levels of stress have been present in our agricultural communities. It is their goal to bring culturally competent agricultural focused behavioral health professionals to rural America.

The first step is the creation of the Western Regional Agricultural Stress Assistance Program (WRASAP). Program activities are directly tied to the goals of this FRSAN as they share the following objectives:

- Establish a diverse, regionally-representative network of member organizations.
- Develop a clearinghouse of farmer assistance programs in the region.
- Educate your region about FRSAN activities and how they can access and use existing resources and programs by visiting their [website here](#).

Current FSA Loan Interest Rates

Have you been considering applying for a Farm Service Agency (FSA) farm loan?

The current rates as of August 1, 2021 are listed below:



Program	Interest Rates
Farm Operating– Direct	1.750%
Farm Operating– Microloan	1.750%
Farm Ownership– Direct	3.250%
Farm Ownership– Microloan	3.250%
Farm Ownership– Direct, Joint Financing	2.500%
Farm Ownership– Down Payment	1.500%
Emergency Loan– Amount of Actual loss	2.750%

For more information, call your county Farm Service Agency.



Serving the needs of Colorado’s Farm and Ranch Families with Disabilities

AgrAbility Contact Details– Candy Leathers. Program Manager. 720-539-4435

AgrAbility: Restoring Hope, Renewing Productivity



The vision of AgrAbility is to enhance quality of life for farmers, ranchers, and other agricultural workers with disabilities. While the term “disability” often brings to mind conditions such as spinal cord injuries and amputations, AgrAbility addresses not only these but also many other conditions, such as arthritis, back impairments, and behavioral health issues. Learn more about the many faces of AgrAbility today by visiting the [website here](#).

Save the Date, Our Winter Workshops are Coming!

The **2021-2022 Colorado AgrAbility Project Winter Workshops** will soon be here!

Following the long health and safety break for COVID, the Colorado AgrAbility Project is back on the road for our both in-person and virtual Winter Workshop sessions statewide. The sessions will deliver information on our traditional programs that we call AgrAbility 101, and will feature our newest staff member Chad Reznicek presenting on behavioral health issues of aging. The final presentation delivered by Dr. Norm Dalsted will be a topic of interest to all farmers: **“How will the new tax issues affect my bottom line?”**

At this time, we do not have exact dates or locations, but we will offer programs in Steamboat, Lamar, Pueblo, Cortez, Sterling, and Grand Junction, in both in-person and online formats.

Stay on the look-out for further news and direct emails giving date, times, and locations!

A Life-Saver DIY Step Kit

By following these Added Step Plans, one can produce a device to help reduce strain on knees when climbing on or off the tractor, combine, or other equipment. The step flips up and down with a rope and stays in place while driving. (Those who don't need the extra step can simply leave it folded up, stepping on it in place.)

The online instructions include a list of supplies needed as well as the text and pictures on how to make and mount the step. The author indicates that in an equipped farm shop it takes him about two hours to build this step.



To learn more and build your own Added Step, click [here](#).

“Go Goodwilling” from the comfort of your home and shop thousands of unique online auctions at PickGoodwill.com! From vintage jewelry to designer handbags to fun fashion, toys, electronics, art, and home décor items, we've got it all! Enjoy the thrill of bidding or the convenience of “buy it now” items.

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