



COLLEGE OF  
AGRICULTURE,  
COMMUNITIES, AND  
THE ENVIRONMENT

**Sustainable Agriculture Workshop**

**"Third Thursday Thing"**

November 15, 2018

Harold R. Benson Research and Demonstration Farm

1525 Mills Lane • Frankfort, Kentucky • (502) 597-6325

Dr. Marion Simon, State Specialist, Small Farm and Part-time Farmers

e-mail address: marion.simon@kysu.edu

**College of Agriculture, Food Science, and Sustainable Systems**

Harold R. Benson Research and Demonstration Farm, Center for the Sustainability of Farms and Families

1525 Mills Lane, Frankfort, KY (4 miles south of I-64, off US 127)

Directions: From I-64 Exit 53, take US127 South toward Lawrenceburg to the 4<sup>th</sup> stoplight, turn left onto Mills Lane, the KSU Farm is 1 ½ miles on the right.

**Nutrition, Fitness and AgrAbility**

| TIME             | PROGRAM  |
|------------------|--|
| 10:00 - 10:15 am | Welcome and Announcements<br>Dr. Marion Simon, Kentucky State University   |
| 10:15 – 10:45 am | "Socially disadvantaged Farmers and Ranchers (SDFR) Policy Research Center – Advancing the Success of SDFR"<br>Eloris D. Speight, Director, Socially Disadvantaged Farmers & Ranchers (SDFR) Policy Research Center<br>Alcorn State University, Lorman, MS |
| 10:45 – 11:15 am | "Farm to School"<br>Gidgett Sweazy, Kentucky State University  |
| 11:15 – 11:30 am | Break and Change Rooms   |
| 11:30 – 12:00 pm | "Chair Exercises"<br>Happy Raffaele, Kentucky State University   |
| 12:00 – 12:45 pm | Lunch<br>Kentucky State University Farm Crew   |
| 12:45 – 1:15 pm  | "Recreation for a Healthy Life"<br>Cindy Jacobelli, Recreation Rehabilitation Therapist<br>Kentucky Easter Seals at Cardinal Hill  |
| 1:15 – 1:45 pm   | "Aging on the Farm"<br>Elizabeth Hunter, Ph.D., OTR/L Assistant Professor, University of Kentucky  |
| 1:45 – 2:00 pm   | Break  |
| 2:00 – 2:30 pm   | "KY AgrAbility – What It Is and Why"<br>Linda Bokros, KY AgrAbility Program Coordinator, University of Kentucky  |
| 2:30 – 3:00 pm   | KY AgrAbility Modified Equipment and Raised Bed Gardens  |

**PLEASE NOTE: The next Third Thursday Thing Program will be January 17, 2019 and will be on Grapes.**

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