

Conclusion:

https://youtu.be/U_TalCagaUA

Richard Brzozowski: So Liz and Stephen, thank you very much for letting us be part of your day today and show us your farm operation, your animals and all that you've done to adapt your farm so that you can keep horses and accomplish tasks.

Liz DePoy: Well thanks for coming, we really appreciate it. And we're always happy to talk about our horses and the farm to anybody, but especially for your purposes. And we want to make sure that we also note about the people in our lives. You know, it's not about doing it alone. You know, my girlfriend Heather Mc Duffy, who is a social worker, walked into the barn one day and saw me having difficulty bending and she was the first one who put the raised bins in here. Carl Stanhope does anything and everything to help us. He put the ladder in, I mean, he redesigned - Steven designed and he redid the whole barn. And Sandi Oliver was the one who selected the perfect horses for us. So, you know, I mean, as much as we want to do everything ourselves we wouldn't even think about it, because there are such heroes in our lives.

Stephen Gilson: And it really is that part - learning from other people - and it's an on-going process. Because as we've talked about it, it's not that we end up with one solution that's the answer to all the issues, in terms of barn management, horse management, but it's a learning process, in terms of we try certain things, and we talk to either Sandi, Heather, or Carl.

Liz DePoy: Or you! Look what we learned from you!

Stephen Gilson: Or you. You taught us. You introduced us to the power assisted wheel barrow- PAW! And so, its kind of figuring out where are these multiple learning sources for you, as you try. Again, as Liz mentioned, it's great if we can do as much of it as we can ourselves. But, it really is, relying on others.

Leilani Carlson: My name is Lani Carlson, and I'm the project coordinator for Maine AgrAbility. And if you're interested in having us come out with, um, and provide information and referrals and some suggestions to make your farming easier and safer, check our website or call us.

Richard Brzozowski: Thank you. (Music).