



For Immediate Release

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LEARN ABOUT RURAL MENTAL HEALTH TIPS AND RESOURCES DURING “ALL THINGS DAIRY” APRIL CONFERENCE CALL

The Monthly Call Will Be Held on Wednesday, April 8th at 1 pm

Harrisburg, Pa. – The Center for Dairy Excellence’s “All Things Dairy” bi-monthly conference call aims to provide a platform for organizations and industry partners to share timely updates, resources, programs, and upcoming events relevant to the dairy community. The next call is scheduled for Wednesday, April 8 at 1 p.m. EST. Panelists will share rural mental health tips and advice, resources from AgrAbility, and HPAI and biosecurity updates.

“As dairy producers continue to feel the pinch of milk prices and prepare for a busy spring planting season on the farm, we invited several guests to share rural mental health and farm stress tips on our April conference call,” shared Valerie Mason-Faith, Risk Education Manager at the Center for Dairy Excellence. “You’ll learn simple, realistic ways to handle day-to-day stress on the farm and resources you can use to support your neighbors, family and clients.”

During the April 8th call, listeners will hear:

- **Rural mental health tips and advice.** Monica McConkey, a Rural Mental Health Specialist at Eyes on the Horizon Consulting, will share what stress *really* does to your mind and body. She will also describe simple, realistic ways to handle day-to-day stress from a rural, farming perspective and how to notice when someone might be struggling — and what you can do to help.
- **Resources from AgrAbility.** Haze Orner will share the history and overview of AgrAbility, an overview of client services and benefits, and how they have helped past dairy farmer clients. AgrAbility is designed to assist farmers and other agricultural workers with disabilities or long-term health conditions by providing the resources and support they need to live independently and to continue working in or return to production agriculture.

- **Update on HPAI and biosecurity.** Dr. Erin Luley from the PA Department of Agriculture will provide real-time updates on HPAI and other biosecurity threats.

Individuals who join the conference call on April 8 will be able to ask real-time questions to each panelist. Learn more about how to join the conference call on April 8:

- **Date:** Wednesday, April 8 at 1 p.m. EST.
- **How to Join:**
Dial: +1 301-715-8592
Meeting ID: 817 5434 4282
Passcode: 824719
- Click here to join the meeting via Zoom: www.centerfordairyexcellence.org/dairy-call

Contact Valerie Mason-Faith at vmason@centerfordairyexcellence.org to learn more about these monthly calls. Visit www.centerfordairyexcellence.org/newsletter to sign up to receive email updates and get notified of future calls, news and resources.

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The Center for Dairy Excellence is a non-profit organization initiated by the Pennsylvania Department of Agriculture in 2004. Bringing together people from more than 40 different dairy organizations in Pennsylvania, the Center's mission is to enhance the profitability of the dairy industry by empowering people, creating partnerships, and increasing the availability and use of resources. Learn more at centerfordairyexcellence.org.

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