



COMMUNITY NEWSLETTER LITTLE RED HEN

Supportive Employment for Adults with Developmental Disabilities

501(c)(3) Non-Profit Corporation

Little Red Hen Goes to Baltimore



In this issue, we will tell you all about the ways Little Red Hen is deeply connected to our community. We are proud to be part of the fabric of Chico, and we are equally excited to share that Little Red Hen is doing all we can to put Chico on the Map. The fact that Chico embraces people of all abilities is worth sharing. We travelled to Baltimore Maryland to do just that. Little Red Hen took part in the HCBS national conference that addresses how we as a country support people with disabilities. A central focus of that conference was discovering new ways for people with developmental and intellectual disabilities to be integrated into a wider community.

You can read more about the conference on page 4, and you can read the rest of this issue to learn about the many ways Little Red Hen is working to build a community where everyone can come together.

One of the core ways Little Red Hen fosters community integration is through our annual **Breakfast with Santa** event. We would like to take this moment to invite you and your family to celebrate the holidays with our family on Saturday December ninth. You can get tickets for the fundraiser at any of our retail stores, or at LittleRedHen.org.

We hope to see you there!



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Thank You to Our Supporters



Far Northern Regional Center

Newsletter Team

The Editors, Writers,
and Artists that
make this possible:

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- Sam Di.
- Chelsea O.
- Graham R.
- Bill W.
- Juan Pe.
- Mateo G.
- Jodi D.
- Garrett G.
- Julian P.
- Rebecca R.
- Sam De.
- William M.
- Stephanie R.

Mission Statement

Little Red Hen is a 501(c)(3) non-profit organization serving children and adults with developmental disabilities.

Our seven Chico retail locations provide employment that is not subminimal wage. Our retail and horticulture departments employ 175 adults with developmental disabilities, supported through the sales of items. 100% of our sales/donations benefit quality programs for children and adults with developmental disabilities like Autism, Cerebral Palsy, Down Syndrome, and other cognitive disabilities.

Little Red Hen Stores

- Floral 959 East Ave | 530.894.0040
- Kitchen 959 East Ave | 530.894.1300
- Nursery 189 E Eighth St | 530.891.9100
- Gift 897 E 20th St | 530.897.0100
- HOME 204 Main St | 530.487.7144
- Vintage 215 Main St | 530.894.1311

Questions

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LittleRedHen.org



Events

By Bill W. and Newsletter Staff

So many events! So much fun!

On October 13, downtown Chico was transformed into a center for refined, artistic expression. The annual Art & Wine Walk combines the work of incredibly talented local artists with rich wines to give Chico's citizens a chance to explore both at their leisure.



Sabrina Chavez standing in front of her art



Art By Alex Marshall Studios

Chelsea O., of the Little Red Hen Home store was one of the many smiling employees that worked the walk. Chelsea thought that the event went really well.

The Home Store featured the creations of two local artists: Alex Marshall and Chunhong Chang. Golden Beaver distillery provided the drinks. Across the street at our Vintage Store, beverages were supplied by Straw House Cellars, and the featured artist was Sabrina Chavez.

Little Red Hen will also participate, as usual, in downtown Chico's Christmas Preview event on November 19.

We will also host our own annual Holiday Crawl starting on December 1st and ending on the 3rd. To participate in the Holiday Crawl all you need to do is collect a stamp card from any of our six retail locations, then visit the five remaining locations to finish your card. Make sure to take your time at each store so that you can take advantage of our Holiday Crawl sale. Merchandise will be 15% off.

Upcoming Events

- Christmas Preview Nov. 19
- Small Business Saturday Nov. 25
- Giving Tuesday Nov. 28
- LRH Holiday Crawl Dec. 1-3
- Breakfast with Santa Dec. 9

EMPLOYEE SPOTLIGHT

Employee Art

By Newsletter Staff

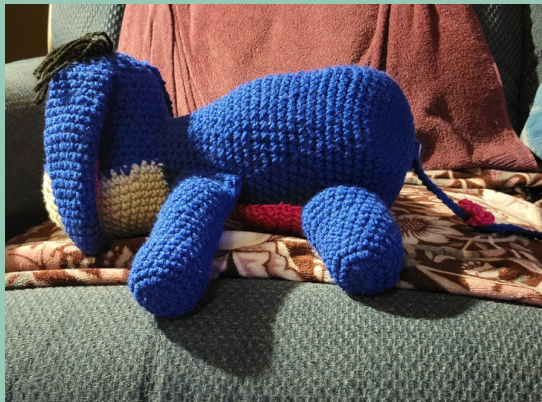
Little Red Hen has a plethora of artistically inclined and creatively minded people. This page is dedicated to showcasing their art.



Savannah W. - Crocheted Eeyore



Meghean S. - Conch Shell



Are you interested in expressing yourself through art, but don't know how to begin? Join us for Art Therapy Tuesdays! Email Info@littleredhen.org or call 530-370-3146 for more information!



Meghean S. - Nightmare Before Christmas

Why Baltimore?



HCBS Team: Sam Di., Andrew S., Alex W.

By Newsletter Staff

Little Red Hen embodies both the ideas and the ideals that disability-oriented organizations across the nation have been searching for. A team of Little Red Hen employees flew across the country to represent our community at a national conference, and contribute our voice to an important conversation.

Home and Community Based Services (HCBS)

HCBS are long-term services that are provided to people with developmental disabilities both in their homes and their communities. This could mean social recreation, housing, and job employment programs. All HCBS programs must meet evolving legislation guidelines that range from providing choice to community integration. National conferences like the this one are designed to help leaders, service providers, policymakers and stakeholders meet together to exchange ideas and demonstrate how the world can better serve people with disabilities.

HCBS POV: By Sam Di.

At the end of August, I, Sam Di, got the chance to go to Baltimore, Maryland, on behalf of Little Red Hen, along with three other employees, Alex W., Frankie G., and Andrew S.

It was quite an experience going there to promote our company. Despite a long and exhausting series of flights from California to Baltimore, we made it to the conference ready to work hard.



Why: By Sam DeLong

The HCBS conference represented an important opportunity to bring the message and mission of Little Red Hen to the world.

The Home and Community Based Services conference was all about finding new ways to support people with disabilities, and include them in a wider world.

A big part of the conference was the opportunity for Little Red Hen to connect with industry professionals and also reach members of an all-new community. We demonstrated to policy-makers, state and federal officials, and industry-leaders how Little Red Hen stands out. We provide important employment based services that help people with disabilities connect with their community.

The conference started the next day and we set up our booth. It was pretty successful. We had the opportunity to tell a multitude of people from all over about Little Red Hen. We arrived at the conference armed with eye-catching Little Red Hen merchandise. We gave away many of the items we had, while connecting with attendees on a personal level.

The conference lasted for two days, we met hundreds of people and forged valuable connections. After the conference, we moved on to Washington, D.C., for a little sightseeing.

Despite some bumps in the road, we worked hard and were proud to bring Little Red Hen into a wider world.



HCBS
CONFERENCE
Home & Community-Based Services

**BINGO
NIGHT**

6PM	EVERY TUESDAY	\$5
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Get ready to shout "BINGO!"
and win some
amazing prizes at this fun-
filled event.

**LIFESPAN CENTER *
2418 COHASSET RD #150
(DIRECTLY BEHIND
CATHY'S SEW & VAC)**

Clean Teeth & Hands

By William M.

Thank you to the We Care A Lot Foundation for choosing the Little Red Hen Home annex as the site of their Clean Hands and Teeth presentation. The health and hygiene presentation was led by Cory Smith and his facilitator, Doug Churchill.

To illustrate the importance of clean hands, a special powder was used on participants' hands. After a handshake, ultraviolet light was used, causing germs to glow. The process was repeated, and some still had powder residue. It was a reminder of how quickly germs can spread and how proper hand washing can go a long way toward good hygiene.

Just as important as clean hands are healthy teeth. Cory explained the importance of proper nutrition, encouraging a diet of fruit, vegetables, and dairy. He warned that eating foods high in sugar, like candy and soda, can create harmful acid on your teeth when combined with bacteria. Unchecked, this bacteria can lead to loss of tooth enamel, cavities, and gum damage. These cavities can lead to people losing their teeth and having dentures or false teeth.

Teeth health can be managed with regular brushing, at least twice a day.

Smith continued to explain the importance of flossing, giving three possible options to clean between your teeth: regular floss, floss picks, and a waterpik. The first two options are a thread between your teeth, while the latter is a device that uses pressurized water.

Cory Smith concluded by reinforcing the importance of regular dental visits, including getting x-rays when needed. With some simple, regular care, your teeth will be clean and healthy for a long time to come.

The Watering Can

By Bailey W.

Autumn is here, and with it comes the harvest season! Apples are an autumn staple, and with California's mild winters, it also happens to be a great time to plant them! The Little Red Hen Plant Nursery offers many apple varieties such as Pink Lady, Fuji, Honey Crisp, and Granny Smith. Apple trees may be tricky to grow, but with the proper care and attention, they will bring out a delicious bounty year after year.



Jonagold Apples

Some apple tree varieties, like Jonagolds, are naturally pest-resistant. Their pest resistance isn't 100 percent, though, so it's important to still use pest control methods, no matter which variety you choose! Another alternative to pesticides, though tedious, is to place paper bags around each apple as it starts to grow to protect them.



Apple Bushels

They require full sun, well-draining soil, partner trees for cross-fertilization, and good air circulation to thrive. If you decide to plant one, it's important to take these needs into consideration when you decide where to plant it. When planted, remember to water it regularly and watch out for pests.



Apple Trees at the Nursery

As heavy fruiting plants, apple trees need careful annual pruning to ensure branches don't weaken and break off. Pruning should be kept to the minimum required for the tree's health and should only be done while the tree is dormant to prevent harm to the tree's growth. Aside from that, thinning the fruit during harvest season can help create a healthier tree with larger and better-tasting fruit. As much work as it is, apple trees can be highly rewarding, much like the work we do here at Little Red Hen!

Apple trees are vulnerable to pest problems, which makes it important to know which ones to look out for. This changes depending on which variety of apple you have as well as the regional area you live in, so double check just in case! Usually, dealing with pests on apple trees requires heavy pesticide usage; however, there are some alternatives.

Recently, with harvest season coming in, Park & Garden hosted a plant sale with the help of the nursery. The sale, which occurred on September 30th, was a way to connect with the community and get more people to know about us at Little Red Hen while sharing our love of plants.

The sale included plants and vegetables grown at Park & Garden, as well as a variety of succulents and houseplants. Robert T, who helped work the sale, said that he loved working the sale. "It allowed me to work on my customer service skills," Robert shared. Some of the duties held by those working the event included cleaning the area in preparation, clearing out pests, providing customer service, and helping carry plants out to cars when required. Make sure to keep an eye out for future plant sales. You can stay up to date on sales by signing up at LittleRedHen.org. The nursery will be conducting it's own fall sale through the 11th of November.

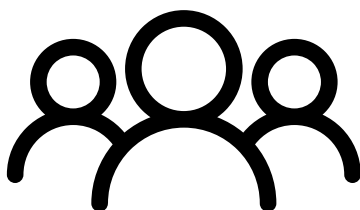


Fire Alarm Coral Bells



Inclusion

By Newsletter Staff



It's been said that humans are, by nature, social beings. 1 in 4 people in the United States are diagnosed with some sort of a disability, according to a report by the Center for Disease Control, published in 2023. These people deserve to be as engaged in their community as anyone else. Chico, California, the home of Little Red Hen, has a number of inclusion programs that are designed to allow people to connect, regardless of disability status.

Chico Resources

There are many resources people with disabilities can take advantage of right here in Chico. Organizations such as Friendship Circle allow adults with disabilities to connect with like-minded people in fun social settings. Ability First is another recreation program that offers inclusion. Ability First provides a wide range of indoor and outdoor activities for people, regardless of disability status.

There are also several programs that are in place to help connect people with needed resources. People in need can go to the South Chico Community Center for free food on the fourth Saturday of every month. The South Chico Community Center holds a number of other programs that you can learn more about on the center's Facebook page.

Clients of Far Northern Regional Center can go to the Chico chapter of People First to learn about peer advocacy. People First is an advocacy group for people with developmental disabilities that meets the first Thursday of every month. Peer and self advocacy groups like this one give people with disabilities the opportunity to make friends, contribute to their community, and speak up for themselves.

For readers there's always the Chico Branch of the Butte County Library. The library is open for all to use, and in addition to a wide selection of books, the Library offers access to DVDs, the internet, and other resources.

Little Red Hen's Lifespan Center has a resource library designed to educate people about developmental disabilities. The library is supported by a resource director to guide active parents and their families.

These resources offer individuals with disabilities and their families and caregivers help or support when they need it the most.

Little Red Hen Programs

For more than 20 years Little Red Hen has served children and adults with developmental disabilities.

Each week more than 120 children with autism connect with peers of all abilities in our after-school program that provides a positive, play based environment. We are excited to announce that our Children's and Teen Programs are now available Monday-Saturday.

Little Red Hen's supportive employment program has employed upwards of 175 adults with developmental disabilities in community based businesses. All of our programs are designed to foster inclusion and dignity.

Little Red Hen's commitment to this mission is strong and growing. As we move to the future we are planning more community integration opportunities that will enrich Chico.

Keep an eye out for an exciting number of workshops designed to foster creativity, teach useful skills, and facilitate inclusion.

Together we can build a world where 4 in 4 people feel included, engaged, and accepted.



LITTLE RED HEN HOLIDAY CRAWL

DECEMBER 1-3, 2023

15% OFF EVERYTHING
(some exclusions apply)

★ Visit all **SIX STORES** and enter
to win a \$200 Gift Certificate ★

LITTLE RED HEN STORES

HOME * 204 Main Street
GIFT * 897 E. 20th Street
KITCHEN * 959 East Avenue
VINTAGE * 215 Main Street
NURSERY * 189 E. 8th Street
FLORAL * 959 East Avenue

LITTLEREDHEN.ORG

LITTLE RED HEN BREAKFAST WITH SANTA



- PANCAKE BREAKFAST
- PHOTOS WITH SANTA
- KIDS ACTIVITIES
- AUCTION & RAFFLE

**Saturday
December
9th
9am-1pm**

Tickets available **ONLINE**
at LittleRedHen.org
AND at ALL Little Red Hen stores
(or at the door)

**ALL Proceeds Benefit
Quality Programs for
Children with Autism**



ADULTS \$12 / KIDS UNDER 12 \$8/ UNDER 3 FREE
EAGLES HALL - 1940 MULBERRY STREET, CHICO

JOIN OUR REWARDS PROGRAM!

Start earning points on your purchases!

How to earn points:

Sign up in-store or online (Earn 25pts!)

Every \$1 spent equals 1pt

15% off next purchase after earning 250pts

SHOP IN-STORE OR ONLINE

www.LittleRedHen.org