

Supportive Employment for Adults with Developmental Disabilities

501(c)(3) Non-Profit Corporation



By Newsletter Staff

July 26th marked the 32nd anniversary of the Americans With Disabilities Act. The ADA revolutionized the way those with disabilities are treated. Here at Little Red Hen, we wanted to take a moment to remember it.

The act was passed in 1990 and served as an absolute game changer. The ADA outlines the rights that those with disabilities are entitled to. It guarantees that people with disabilities should be provided employment opportunities, public services, public accommodations, and telecommunications services.

Brian B. from our HOME Store was in school when the ADA became a law.

Brian has seen a lot of positive changes since that time and said, "It's good that accommodations are being made for the disabled."

Brian found the ADA to be important because it made it "so disabled people can have a fair chance of living." It guaranteed that they would be able to enter buildings, access restrooms and other facilities, and that they would have a chance at getting a job.

The ADA led to countless changes that have served to improve the quality of life for those with disabilities. IN THIS ISSUE

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Thank You to Our Supporters





## > EMPLOYEE SPOTLIGHT <

## Bailey W.

Bailey W., an employee of our HOME and Annex team, is one-of-a-kind. With their red hair, love of cats, and their formidable writing skills, one can't help but wonder if they've ever met anyone quite like Bailey.

Bailey helps write the regular Watering Can column for our newsletter and for our blog. They have a strong ability to demonstrate narrative parallels, something that comes in handy both in and out of work. Although Bailey does all manner of writing for Little Red Hen, they still do quite a bit of writing in their free time. In fact, Bailey really enjoys writing fan-fiction.

Bailey has said one thing they would really like to do is try German food.

Bailey W.

Bailey's two cats shower them with love and affection, and they are undoubtedly Bailey's favorite part of their home. They enjoy reading their favorite fan-fictions and other stories to their cats, and Bailey treats them like human beings.

In the future, Bailey plans to one day major in Library Sciences, although they aren't set on a specific college or university.



Bailey in action

### Anti-Bullying Presentation

By Newsletter Staff



Team members from Nursery and the HOME Store

The We Care A Lot Foundation's Same As You (SAY) program coordinated with our HOME annex team to educate Little Red Hen employees on bullying. William and Rebecca of SAY explained some of the information related to bullying.

A short story called The Torn Heart was used to illustrate the damage bullying can do, and that it can never be undone. As William said, "Damage to your heart and spirit; that, can last forever."

The presentation was also designed to help encourage the audience to stand up for themselves, and be kind to others.

At the end, they had each member of the audience write out a compliment to become a new link on a paper chain, demonstrating how we are all connected by kindness.



The participants discussing the impact of bullying



William holding up the Compliment Chain



By Julian P.

We are proud to carry a number of local products at our stores. Here are some of the local brands we have at our Kitchen store:

**Chico Honey** – Pure and unfiltered honey that's incredibly popular at the kitchen store.

The makers of this honey ensure the bees that create it enjoy happy and healthy lives and have been doing so since 1965.



TJ Farms – TJ Farms is a Butte County staple, and their delicious products, such as their tasty pickles, that many love, might as well be a Little Red Hen staple.



Sutter Buttes Olive Oil Company—Making handcrafted gourmet products is their prime objective. From their base in Yuba City, they make natural and delicious oils and sauces.



**SkyLake Ranch** - A local brand aimed at sharing just how healthy and delicious pomegranates can be. This family-run company uses pomegranate juice as the main ingredient in their food products.



Rancho Gordo - A Napa based company that offers a variety of beans and the creative recipes to get the best out of those beans. Employees at Kitchen especially love how their garbanzo beans are used as an ingredient for hummus.



Maisie Janes - Known for great tasting nuts and almonds that are grown right here in Chico! They're terrific stocking-stuffers and great treats year-round.

Oaktown Spice – A bay area based company that makes quality exotic spices. Oaktown Spice offers a variety of handground spices, as well as delicious chilies and sauces.



There's certainly more where that came from! Being a homegrown organization ourselves, we love carrying local products and brands, and we carry a ton of fantastic ones. We will make sure to share more brands on our blog and in future issues, so stay tuned!

# LIFESPAN

### Winner Wellness Wednesday

By Newsletter Staff

Every week, Little Red Hen hosts Winner Wellness Wednesday, a program that has been carefully constructed to help people learn how to live a healthy life. The program offers opportunities to learn about nutrition, exercise, and healthy living habits.

Each Wednesday, Little Red Hen team members assemble at our Lifespan building on Cohasset Road to learn how to properly exercise, create a healthy snack, and form healthy habits. Participants spend their time learning, walking, and

preparing nutritious food that uses ingredients from Little Red Hen Park & Garden.

In the future, we will take a closer look at Winner Wellness Wednesday and learn more from the people who make it possible. In the meantime, below this is one of the many great-tasting snacks that have been shared at Winner Wellness.

Don't forget, Winner Wellness isn't all Lifespan has to offer. We have all sorts of educational and productive programs such as Art Therapy Tuesday, and Growing Together Teens.



One of the latest Winner Wellness snacks, a flatbread pizza made from vegetables fresh from Park & Garden

### RECIPE

### A HEALTHY Recipe: Banana Sushi

#### **INGREDIENTS:**

Peanut Butter
Whole wheat tortilla
Nutella Spread
Banana (if you don't like bananas you can use sliced apples)

#### **DIRECTIONS:**

- 1. Spread peanut butter all over your tortilla.
- 2. Spread a light line of Nutella down the middle of the tortilla.
- 3. Place the whole banana in the middle of the tortilla. (Place apple slices in the middle if you are using apples).
- 4. Roll the tortilla up around the banana or apples as tight as you can.
- 5. Slice your "sushi" roll into 1/2-1 inch rounds, then enjoy!



# > NURSERY <

### THE WATERING CAN

### **Pesky Pests**

By Bailey W.

Hello and welcome back, Little Red Hen family and friends! It seems like headed towards cooler weather. Hooray! Of course, watering your plants is still important, so be sure to load them up on water when you can, and use a watering can for the rest of the week. Today we would like to talk to you about a few things. First up is mosquitoes and the danger of standing water.

Mosquitoes lay their eggs in standing water, creating spawning spots that the unwary gardener will soon regret not noticing. There are, however, a variety of ways to repel or get rid of mosquitoes, some of which also repel other harmful insects as well.

Alongside any mosquito traps you put consider planting lavender, up, citronella, mint, basil, thyme, marigolds, rosemary, or alliums. These plants naturally repel mosquitoes with their scent, and several of the plants' leaves can be crushed and rubbed on skin or clothing to keep mosquitoes away from you. They not only repel mosquitoes, but other pests as well.



The Nursery is looking great

Basil also repels moths and flies, cabbage moths, and flea beetles. Before slathering some all over your skin, though, you'll want to apply some to a small patch of skin and monitor it just in case of an unexpected allergy.

As we move into the fall, you may find whiteflies plaguing your garden. To help with pest control, you can mix a teaspoon of Dawn dish soap with water in a spray bottle and control their population. If that's not helping, then you can use Neem soap mix to solve the pest problem.



Karen B., Brandon S., and Gavin L. offering helpful advice

If aphids are annoying you, then never fear, our Nursery team is here! They would recommend planting calendula in order to ward off the pesky pests. Calendula actually attracts aphids, so we know planting it might sound counter intuitive. However, planting calendula will steal the aphids' focus away from your more sensitive plants, leaving them safe and sound.



Neem Oil

Simply mix a teaspoon of Dawn dish soap and a tablespoon of Neem oil into a gallon of water and spray on your plants. It's safe for your plants and pets and splendidly works against whiteflies as well as dozens of other garden pests, though it is mildly toxic to fish and aquatic life.

you Before start spraying, though, you might want to use a sticky trap or two around your plants to check what insects are eating them. Please be careful when doing so, as sticky traps can be harmful to wildlife and are indiscriminate in what they catch.

Bringing in lacewings ladybugs can also help your garden, as they'll hunt other harmful insects and won't harm your plants. The same goes for many common garden spiders. While they can be spooky, they're helpful allies against garden pests and can relatively unobtrusive.

### VINTAGE

### Nostalgia By Alice R.

We are proud to say each of Little Red Hen's locations are unique in their own right. Our Vintage Store can bring you back to another time and another place.

A lot of work has gone into making Vintage what it is. Several people have played major roles in forming Vintage, and currently, manager Frankie G. is continuing that trend. "I love it," said Frankie. He loves working with the team. He loves "the atmosphere of the store... It's a pretty rewarding job." Frankie loves helping his coworkers build new skills.

Frankie isn't the only one who enjoys his job at Vintage. Mike H. likes his job as well, as does Mia C. Mia loves that it keeps her on her feet and that she gets a chance to interact with the public, and she loves working with her coworkers.

The store certainly has its own atmosphere. Lava lamps, Tiddlywinks, and old telephones fill the store. Displays are infused with nostalgia and attention to detail.

It's hard not to fall in love with some of



Tiddlywinks set

the items here. Personally, I adore the old Fisher-Price toys; they transport me to a happier time when my playroom was strewn with them. Simply seeing them floods me with memories and nostalgia, and I'm not the only one.

Frankie B. likes the classic Fisher-Price toys too. He also likes the glass flatware, carnival glass, and picture frames that can be found in the shop. Mike H.'s favorite item is a Looney Tunes tribute to the iconic voice actor Mel Blanc. Mia C. likes a pair of speckled lamps.



A look inside Vintage

Honestly, there is so much to love about Vintage, it's hard to find a favorite item or characteristic. Vintage is a place of home and heart, and the people who work there help ensure that. As Frankie said, the team "makes my job."



A classic toy





Top: Kermit The Frog phone Bottom: Jeziel S working on a display



A lovely display

If you enjoy hearing about vintage merchandise, then check out our blog every Saturday to learn about some of the history and memories connected with our treasures.

# NEWS Airline Bill Of Rights

A "bill of rights" was created to help remind adults with disabilities of what they are entitled to in airports and on airlines.

The document highlights ten core necessities everyone is entitled to. The Bill of Rights is meant to remind adults with disabilities that they are guaranteed to be treated with respect and dignity. They have a right to any information services they might need, as well as accessible airport facilities, assistance both at the airport and on the aircraft, and the ability to travel with an assistive device or animal.

By Sam Di and Bailey W.

Accessible aircraft features, seating accommodations, and a right to resolution are also outlined in the bill.

Most of these rights seem like basic necessities at the airport and on the aircraft. Those with disabilities might need extra help with information and finding their correct flight gate or even knowing what items they can take with them, and the bill of rights is meant to remind them that they are entitled to that assistance.

There is another push to improve

airline travel for those with disabilities. Unrelated to the Bill of Rights, a new airline, Breeze Airways, founded by Jet Blue founder David Neeleman, is working hard to ensure their staff are properly trained to assist those with disabilities.

Breeze Airways will be working with Autism Double-Checked, an educational organization working to raise autism awareness and autism readiness in the travel industry, to provide specialized staff training to become autism inclusive.

### ${f D}$ entists and ${f D}$ octors

By Jodi D.

Act, and a large number possess negative views of those with disabilities.

The American Medical Association and the American Dental Association aim to fix this issue. Although they haven't outlined their specific plans, the American Academy of Developmental Medicine & Dentistry did announce that the groups are working on establishing a timetable to form a proper curriculum to educate physicians. Adults with disabilities are supposed to play key roles in helping

AMA AMERICAN MEDICAL ASSOCIATION to form those curricula.

Little Red Hen team members are glad to hear that physicians would be better educated. Alice R. of the HOME annex team would suggest that healthcare professionals learn to take time with their patients, particularly if a patient has a disability.

Alice shared that the most positive experiences she has had with doctors and dentists were when they took the time to understand her. According to Alice, one of the most important things doctors and dentists can do is consider the unique perspective of those in their care.

Doctors and dentists from the United States recently recognized how unprepared they are to meet the needs of those with disabilities. Representatives of the American Dental Association and the American Medical Association promised to better prepare the next generation of medical professionals so that they can better meet the needs of people with developmental disabilities.

This is hoped to pave the way for badly improvements needed and advancements in the way people with disabilities are cared for. According to Disability Scoop research studies have found that physicians are woefully under-prepared to care for adults with disabilities. The research states one third of doctors don't even comprehend their responsibilities under the Americans With Disabilities

## We Have a New Blog Schedule!

### Monday

**Eat Healthy Be Healthy**Great Tips and Recipes
from Winner Wellness.

### Thursday

Aspiring Gardener
Great plant advice from
our horticulture team.

### Tuesday

Employee Spotlight Get to know the team

### Friday

In the Kitchen
Healthy recipes and
why they work.

### Wednesday

Staff Picks

Discover our favorite brands and products.

### Saturday

Down Memory Lane
Explore the Vintage
store and find treasures.

## LittleRedHen.org

Special Thanks To Our Donors!

## DONATIONS

Help Support Our Programs!





## PLANT SALE

AT THE LITTLE RED HEN PARK AND GARDEN
SATURDAY, OCTOBER 29
8 AM TO Z PM
971 EAST AVE.
CHICO, CA 95926