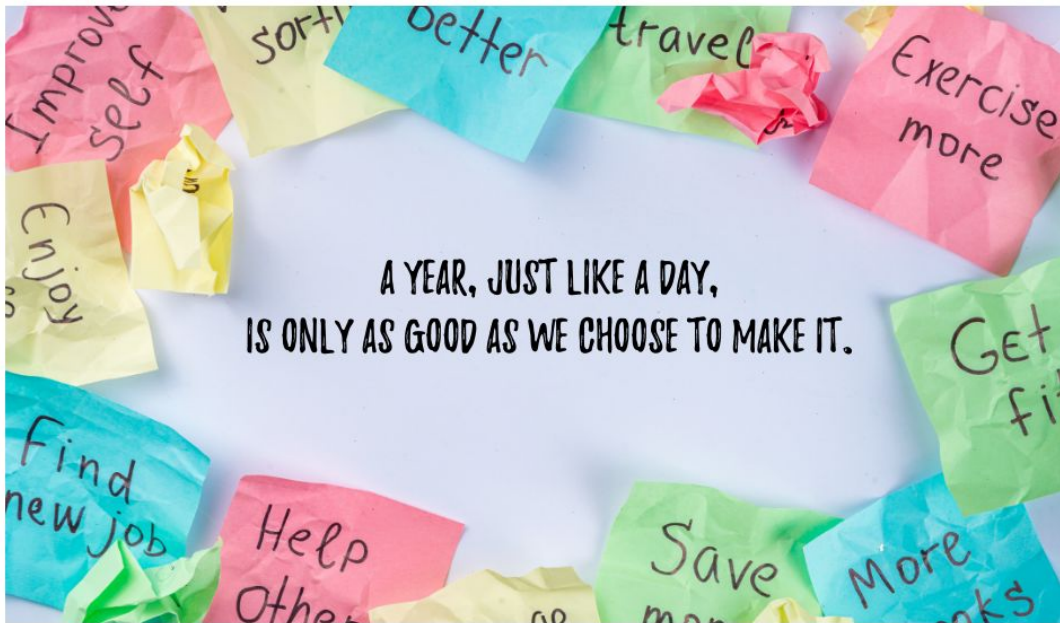




COMMUNITY NEWSLETTER LITTLE RED HEN

Supportive Employment for Adults with Developmental Disabilities

501(c)(3) Non-Profit Corporation



By Newsletter Staff

Now that we are over a week into the new year, we have all had the time to settle in, make some resolutions, and hopefully think about how we want this year to go.

Here at Little Red Hen, there is a lot we plan to do to continue working hard to support you, our amazing community.

We have quite a few ideas and pieces of information to share with you in this issue. Hopefully our suggestions will help you live your best life in 2023.

Little Red Hen team members are planning to center their year around healthy living, financial responsibility, and maintaining a positive attitude.

A year, just like a day, is only as good as we choose to make it. What are your plans for 2023?

Here are a few suggestions to help you make this year great. Taking walks in the park with your dog, or alone, can be incredibly relaxing. In fact, we recommend getting fresh air in any way that makes you happy. We also recommend that you take the necessary time for yourself, whether that means reading a book, listening to music, walking around the block of the street that you live on, doing yoga, meditating, hiking in the mountains, or even going out with friends and family.

We hope everyone has a fantastic year!

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*Thank You to Our
Supporters*



**Far Northern
Regional Center**



Newsletter Team

Core Team

Alice R.
Bailey W.
Bill W.
Garrett G.
Jodi D.
Juan Pe.
Julian P.
Sam Di.

Photographers

Meghean S.
Bailey W.
Lucas P.

Graphic Designers

Bailey W.
Hallie G.
Sam R.

Editors

Garrett G.
Stephanie R.

Mission Statement

Little Red Hen is a 501(c)(3) non-profit organization serving children and adults with developmental disabilities. Our six Chico retail locations provide employment that is not subminimal wage. Our retail and horticulture departments employ 175 developmentally disabled adults, 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.

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 | 530.587.7144
Vintage 215 Main St | 530.894.1311

Questions

+1-530-487-7100 |
info@littleredhen.org
www.littleredhen.org

EMPLOYEE SPOTLIGHT

Congratulations!

We would like to take a moment to appreciate all of the Little Red Hen employees that have earned promotions recently. These employees exemplify hard work, kindness, positivity, and professionalism. These are just a few of the wonderful employees that make Little Red Hen what it is. We are proud of all of you! Congratulations!

Nursery & Greenhouse



Andy G., Senior Staff Assistant
Garrett H., Staff Assistant



Joann N., Staff Assistant

Park & Garden



Jose R., Staff Assistant

HOME



Sam Di., Staff Assistant



Julian P., Staff Assistant

Vintage



Cheyenne R., Staff Assistant

Tools & Trade



Nicole D., Staff Assistant



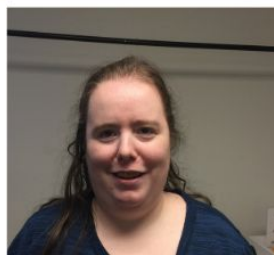
David B., Staff Assistant

Gift Shop



Miguel F., Staff Assistant

ONLINE



Emily M., Staff Assistant



Andy K., Staff Assistant

Floral



Klair B., Staff Assistant

EMPLOYEE SPOTLIGHT

Major Milestones



Amanda N.



Mike P.



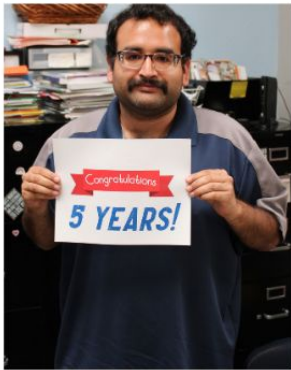
Darby S.



Savannah W.



Coby W.



Miguel F.

2022 marked a significant anniversary for several Little Red Hen employees. We wanted to take the time to honor the team members who have been with us for so many years.



Alice R.

Thank You!



Peggy B.



Bill W.



Meghean S.



Jodi D.



Carol M.



Rod M.



Brandon S.



Klair B.



Jose R.

If your picture didn't appear in this issue, don't worry! We will highlight all our amazing employees in time.

LOOK BACK TO 2022

By Bailey W. and
Garrett G.

Over the course of 2022, Little Red Hen participated in and organized several events with great success. One of the first was the Autism Carnival, which was held on April 2nd from 10 a.m. to 1 p.m. It was a wild success, with the whole community showing up to enjoy the many local booths, carnival games, and activities that were set up, all of which were free! We can't wait for the next one, which will be on Saturday, April 15th!



Face paint fun at the Carnival

Not long after the success of the carnival, another big event occurred for Little Red Hen. Tools & Trade Too! opened. The opening of our latest location marked a large step forward for Little Red Hen as an organization, allowing the Tools & Trade department to expand and handle more projects.



*Some Members of the
Tools & Trade Too Team*

Little Red Hen has had the opportunity to participate in several great community events. Those events included the annual Home and Garden Show, the Nonprofit Insurance Alliance's nonprofit picture contest, and more!



Setting up for the Walk

In October, both Vintage and the HOME store participated in Downtown Chico's Art and Wine Walk. This event showcased art from multiple artists while serving wine and crackers at Vintage, and Soju and fortune cookies at the HOME store.



Employee shows off fortune cookies

Little Red Hen was proud to host the art of Sten Hoiland and Chunhong Chang and the libations from Dog Creek Cellars and Golden Beaver Distillery.

On December 10th, Little Red Hen's Breakfast with Santa returned. The trustees of Eagles Hall in Chico were kind enough to let us use their space to host this classic Little Red Hen event.



Smiles at Reception

We were thrilled to pass out pancakes to our loyal and loving community members, and we are grateful to Insomnia Cookies for donating some delicious goods that were the perfect complement to our team's breakfast.



Kitchen staff having fun

We would also like to take a moment to appreciate the local businesses that donated to our silent auction, as well as the kind people who bid on our auction items. A special thanks to anyone who donated to Little Red Hen this year.

We give our thanks to the community for supporting us and for joining us this past holiday season and throughout the year, and we wish you all a happy new year!

LOOK AHEAD TO 2023

By Newsletter Staff

Let's welcome in the new year with an age-old tradition: New Year's resolutions! Each of our departments would like to share a few words of wisdom and wishes with you. We hope you will keep them in mind this year.



My resolution is to learn new hobbies & make healthy choices

Marissa W.



My resolution is to take on more, so that I can help more people.

Alex W.



I want to take better care of myself, my physical and my mental health. This year I am making my health a priority, we only get one body, we have to treat it right!

Karen B.

Lifespan

Take the time this year to look at the world through the eyes of a child and remember that everyone has the right to play!

Vintage

Be resilient. Hard work pays off.

Tools & Trade

Have faith that the new year will be everything you need it to be.

Tools & Trade Too!

Plant the seeds of creativity and they will grow.

Floral

Fill your year with flowers and all the sunshine and happiness they bring.

Nursery and Greenhouse

In the words of Diane McLaren: "Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together."

HOME

Be kind to yourself and others.

ONLINE

Expand your horizons and try new things. The world awaits.

Gift Shop

We hope for peace between all nations and all people.

Kitchen

We would like to encourage random acts of kindness, they truly make the world better.

Park and Garden

We would like to spread the words of Walter Anderson: "It is only when we take chances that our life improves."



To continue eating healthy, to get stronger this year and to ride my bike more.

Juan P.



My resolution is to be healthy

Andrew S.



Never be afraid to learn new things

Alan J.

2023 is just beginning, and whether you have a resolution or not, we hope you join Little Red Hen in making it a great year.

THE WATERING CAN

By Bailey W. and Garrett G.

As the year came to a close, we wanted to look back on the year behind us and remember the things that brought us here. For Little Red Hen's horticulture programs, this has included a good deal of change.

Nursery News

The Nursery team worked hard to overhaul their location to make it more customer-friendly. This endeavor included more intuitive placements for products as well as more shady areas to protect plants during the summer. There's also been a greater effort to include native plants that are drought-tolerant and pollinator-friendly, with the drought making watering tricky.

The Nursery team worked hard during the holidays to create a truly festive atmosphere.



A uniquely holiday display

The Nursery had all manner of holiday-themed plants for your holiday-related needs.



Trees at the Nursery

Of course, the holidays have drawn to a close, so moving forward with your home and garden, Nursery has you covered. The Nursery, as always, is continuing to receive and grow new plants, any of which could make a great addition to your home. The Nursery also has several upcoming projects. A lovely greenhouse was donated to Little Red Hen just recently, and we couldn't be more grateful. This greenhouse will help to expand our plant nursery's stock and capabilities. Be sure to stop by once the greenhouse is operational.

Park & Garden Projects

The Park & Garden team has had much to celebrate, including the fact that the newest flock of Little Red Hen chickens has turned a year old. You should feel free to pay us a visit and meet our chickens, and enjoy the grounds.



The Little Red Hen flock

The team is continuing to work on their train village, mosaic display, and garden. They are also in the middle of a project to switch from mature winter greens to baby greens, harvesting the plants while they're still tender.



Park & Garden's baby greens

Plant Tips

Remember, it's rose pruning time! Our greenhouse location just received a new inventory of roses and will continue to expand our rose varieties this year. The Greenhouse and Nursery teams are working hard to prune our roses, and we recommend you do the same with yours.

Frost cloth is, of course, an important part of winter plant care. However, it's important to understand why. As Nursery Instructor Karen B. explained, covering your plants with frost cloth is not supposed to keep them warm; it's supposed to prevent dew from collecting on them.

Dew can be dangerous if it collects on your plant and freezes. Frost cloth is all about keeping dew off your plant.

Representation On TV

Representation across television, film, and general media has become an important priority in society. There is a push underway to explore and expand the amount of representation people with disabilities receive.

Nielsen, a major television ratings tracking organization, is setting out to specifically track the representation that people with disabilities receive in modern television. As reported by Disability Scoop, a Nielsen-owned company called Gracenote worked with a disability-oriented nonprofit called RespectAbility to set up ways to monitor the representation that people with disabilities receive.

The goal is to find out information such as how often people with disabilities appear on television, whether or not the actors playing people with disabilities actually have them, and if those disabilities are portrayed positively or negatively.

By Julian P. and Juan Pe.

Gracenote will pay particular attention to the amount of representation minorities with disabilities receive, and they will classify the kinds of disabilities that are represented.

Monitoring the amount of representation that goes on in the television industry will hold that industry accountable. If the representation of people with disabilities is tracked, then that could hopefully lead to an increase in the amount of representation people with disabilities receive.

Several people at the HOME annex, including Jodi D., are excited to hear that representation will be increased for people with disabilities. "I think it's great that they are getting representation... I think it's excellent."

A recent PBS documentary was designed to do just that.

The Public Broadcasting Service documentary *In a Different Key* tells the story of Donald Triplett, the first person to ever be diagnosed with autism. When Triplett was young, his parents realized that social interaction was a challenge for him and that his behavior differed greatly from those around him. According to the documentary, Triplett's parents nearly gave up on him; however, they chose to fight for their son, which led to a revolution in the way we treat disabilities as a society.

A Little Red Hen team member, Juan Pe., reviewed the documentary and highly recommends that you check it out. The documentary is a fascinating glimpse into how autism affects families in positive and negative ways and demonstrates that a disability can bring people together.

SSI Increase & ABLE

By Jodi D.

We are getting the biggest increase in Social Security benefits in decades. Social security has not jumped like this since 1981.

People can now receive 8.7% more per month than they did last year. For an individual, this can mean \$914, and for couples, it can mean \$1,371. This is already in effect.

This is an automatic response to the cost of living going up.

You should be able to view changes to your SSI online on your social security account.

Separately, a major bill has been approved by the United States government to provide over \$15 billion for special education programs across the country.

The bill will also support and

expand several programs that assist people with disabilities including Achieving A Better Life Experience Act (ABLE).

The ABLE program assists those with SSI in saving more money without losing their government benefits. Qualifying recipients can save up to \$17,000 in their ABLE account without running the risk of losing their SSI qualifications.

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