

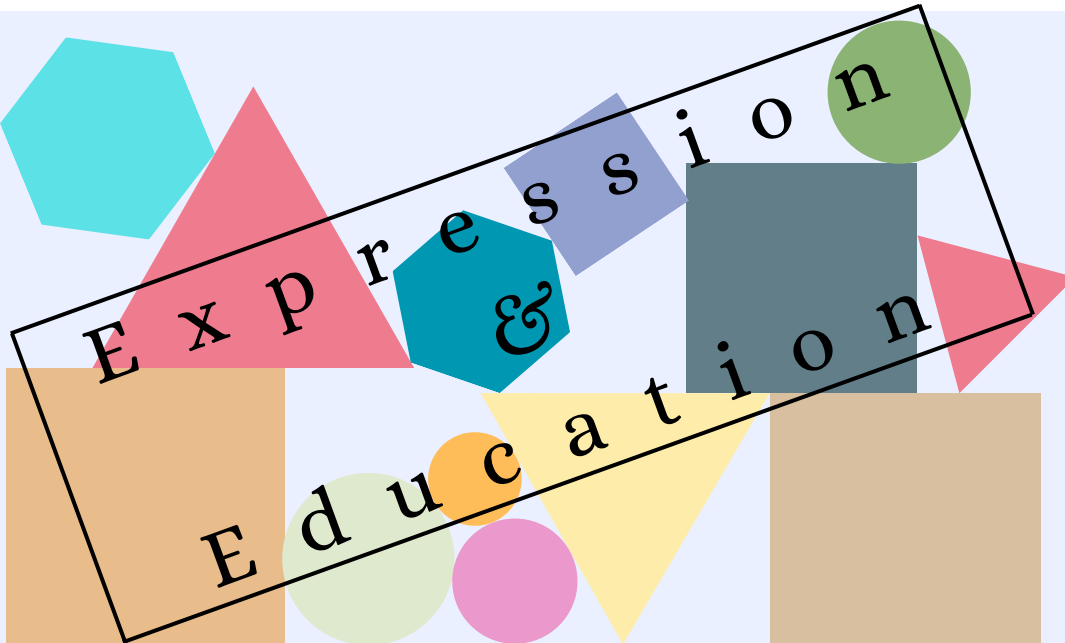


COMMUNITY NEWSLETTER

LITTLE RED HEN

Supportive Employment for Adults with Developmental Disabilities

501(c)(3) Non-Profit Corporation



By Newsletter Staff

In this issue, one of our employees, who is also a parent, shares a personal perspective of how the current education system helps prepare youth for adulthood. Also in this issue you will find our regular Watering Can column with great advice for June planting. Additionally we celebrate the creativity of our talented employees, review some recent events and cheer on our Special Olympics athletes. We hope you enjoy it as much as we have enjoyed putting this issue together.

Let's get started and learn what Sam De can tell us about the education system. He shares "As a parent and as a disabled adult myself, I have

seen firsthand the difficulties that many newly graduating students will experience as an adult on the spectrum or just simply as a person with a disability." Sam is no stranger to how difficult the transition from school to the wider world can be. Not only has Sam navigated his way through college to receive a degree in journalism, but he has also witnessed his child's experiences adjusting to the world after high school. Sam feels that it is important for special education programs to exist to help people with disabilities prepare for the world. No where is this more important than in California which, according to a recent CDC related study, has an autism diagnosis rate of over 44%.

Continues on page seven

IN THIS ISSUE

EMPLOYEE SPOTLIGHT
Kevin D. & Issac C.

Page 2

Employee Art

Page 3

Special Olympics

Page 4

Thank You for Coming

Page 5

THE WATERING CAN
Late Spring To-Do

Page 6

NEWS

Special Education- A Basic Breakdown

Page 7

Thank You to Our Supporters



Far Northern Regional Center



EMPLOYEE SPOTLIGHT

Newsletter Team

Core Team

Bailey W.
Bill W.
Juan Pe.
Mateo G.
Jodi D.
Julian P.
Sam Di.

Graphic Designers

Bailey W.
Hallie G.
Sam R.

Editors

Garrett G.
Hallie G.

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 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 | 530.487.7144
Vintage 215 Main St | 530.894.1311
Tools & Trade 973 East Ave | 530.894.8401

Questions

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

www.littleredhen.org

15 Years With Kevin D.



Nicole and Kevin D.

Kevin D. has been with Little Red Hen for 15 years! He has worked at several of our locations and is currently at Tools & Trade. Kevin is hardworking, detail-oriented, and enjoys handcrafting a variety of art projects. Kevin is currently in love with creating mosaics, something he does both at work and at home.

By Newsletter Staff

Kevin is proud of all that he has accomplished over the years, especially his promotion to Senior Staff Assistant.

Kevin is pictured with his wife, Nicole D. She loves to paint and practice her problem-solving skills by building planter boxes at Tools & Trade alongside Kevin.

They send a huge thank you to our founder, Teresa Wolk Hayes, for "being extremely awesome and creating a place full of love for them to be a part of."

THANK YOU!

Hello Isaac

By Jodi D.



Isaac C.

Isaac C. joined the Little Red Hen Vintage team in April, and has enjoyed his job so far.

Isaac's favorite hobbies are doing paper crafts and listening to music. On his days off Isaac likes to watch T.V. and play video games. Isaac is friendly and approachable. He loves to tell jokes and make people laugh, he also loves to play the Ukulele.

One thing Isaac has always been interested in trying is researching horology, the study and art of clock making. Isaac is also an avid participant in Special Olympics.

LRH Employee Art

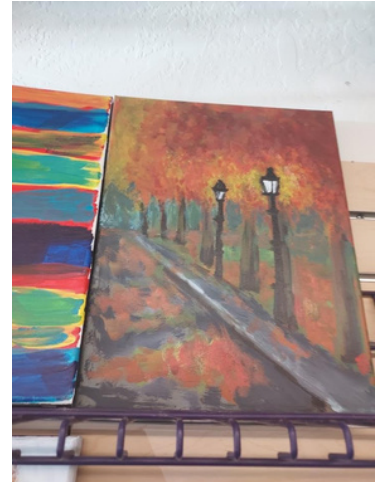
By Newsletter Staff



Cat and Seahorse by Michael B



Otter by Bailey W



Street Lamp Painting by Nick H



Art Pieces from Tools and Trade, Too! for sale at our stores



*Little Red Hen's official mascot, Henrietta,
by Cheyenne K. of Cheyenne's Critters*

Cheyenne's Critters

Cheyenne's Critters is a small business aiming to make your anthropomorphic creatures come to life! In the form of costumes and art! By offering custom made costumes known as fursuits, pre-made fursuits, character designs, head bases, and costume parts.

Cheyenne's Critters plans to open up a physical location in Chico sometime in the future to provide more products and services. But they need help from you to make that happen! You can help by commissioning art pieces or buying one of their products. Donations are always welcomed as well.

The official mascot of Little Red Hen was created by Cheyenne K. of Cheyenne's Critters

SPECIAL OLYMPICS

World & Summer Games

By Bailey W.

Many world leaders, especially those with growth mindsets, have come up with ingenious events to bring together people from different countries, as well as walks of life. One of these events is the Special Olympics World Games being held in Berlin, Germany, this June. With their goal of giving people with developmental disabilities the chance to compete in athletics and their commitment to integrity and excellence, the Special Olympics organization has been a groundbreaking movement.



This may well be because the athletic teams are entirely made up of people with developmental disabilities. The organization makes a strong effort to empower people by teaching good sportsmanship and leadership qualities. The contestants also have their own stories about how these events have collectively been a real game changer for their lives. The way they see it, inclusion is their way of changing the world.

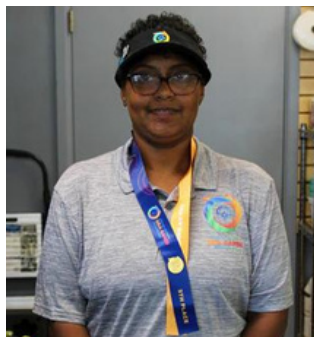
The Special Olympics World Games being held this summer in Berlin, Germany, hold a special place in the heart of one of our most determined employees. That employee is Jessica L., from our floral department here at LRH.

From June 10th to the 26th, she'll be heading to the German capital to compete for Team USA in the golfing tournament of the Special Olympics. While she will be mostly in it for the fun of sportsmanship, Jessica will also enjoy meeting quite a few different international athletes.



Jessica L. celebrating

Ever since Jessica was 10 years old, she has loved the sport of golf. That love has taken her to international heights. Just one year ago, Jessica competed at the Special Olympics USA games in Florida; now she is taking to the international stage. Jessica intends to highlight it all on her Facebook, Twitter, and Instagram pages. But there is no doubt in any of our minds that she is looking forward very much to her time in Germany competing in the Special Olympic golfing games. And she won't hesitate to tell anyone about her experiences when she returns her feet to American soil.



Jessica L. modeling her medal

It is important to note that Jessica L. is certainly not the only Little Red Hen team member participating in Special Olympics this summer, and while the Berlin World Games are monumental, there are equally important Special Olympics events happening right here in California. Isaac C. who we met earlier will be at the Summer Games in Santa Clara competing in Bocci Ball, Lance S. will be swimming and the same Summer games as well as Darby S. competing in Track and Field.

They are just some of the many Little Red Hen employees who have competed in and excelled at Special Olympics. And this is far from the last time Little Red Hen will be celebrating our community athletes in their Special Olympics pursuits!



Thea B. competing at the 2019 World Games in Dubai

Keep an eye out on Action News Now for a story covering Jessica L. in the World Games!



Thank You for Coming

By Bailey W.

Little Red Hen has had the honor to participate in and be the beneficiary of several community events over the past couple of months. We would like to take a moment to share how grateful we are. Autism Acceptance Month, also known as April, was a huge month for Little Red Hen. Of course, we had the Autism Carnival that took place one sunny Sunday morning right alongside The Yellow Door's Walk for Autism. Our annual carnival was once again a blast!

We want to give a huge thank you to everyone who donated money, help, entertainment, time, and love to the carnival. Whether you were a sponsor, a booth attendant, or an attendee showing your love and support, we appreciate you.

The carnival was also the debut of the official Little Red Hen mascot! The costume was designed and created by Cheyenne K. of Cheyenne's Critters. Keep an eye out for our mascot at future Little Red Hen events.



Kyle H. creates massive bubbles

During the month of April, Little Red Hen was also honored as the beneficiary of Pints for People. The Specific Chiropractic Center partnered with Secret Trails Brewing Co. to put together an event that directly benefited Little Red Hen. It was a fun night, and one we are incredibly appreciative of.



Top: Henrietta takes a photo with a fan

Bottom: Henrietta and Meghean S. take a photo with the 501st Legion

Some of our employees wanted to share their thoughts on the carnival. "From my own perspective, things went really well. There was a great turnout; people were having fun and visiting booths; lots of people came up to donate and spin the wheel; and there were plenty of people who were happy enough to just spin the wheel," shared Bailey W. of the HOME annex team.

Little Red Hen was also fortunate enough to be the beneficiary of an auction put together by the kind folks at Caliber Home Loans. This silent auction featured art created by kids from the Chico Unified School District. Thank you for thinking of us.

Little Red Hen loves engaging with the community and plans to keep doing just that. Keep an eye out for us.

Friends Of Little Red Hen

We hope it is no secret that we absolutely adore our community. The strong foundation of friends that have formed around the Little Red Hen has allowed us to do some genuine good. Thank you!

If you want to help us continue to our work now is the time! The Little Red Hen volunteer program would love for you to join us.



Volunteers enjoy being part of the Little Red Hen family where we focus on growth, inclusion and acceptance.

We all have talents to share and contributions to make and we welcome our friends to help make a difference. Email info@littleredhen.org to get involved.

NURSERY

THE WATERING CAN

By Bailey W.



Neem Oil available at Nursery

Spraying water can also remove aphids, and should the problems continue, then using soapy water or Neem oil will do the trick. Using porous bags and baskets to protect any growing fruit from birds and insects can also work, just be sure to check them for damage, as your opponents can get quite creative! Be sure to keep chemical pesticides as a last resort, as the harsh chemicals can have harmful effects on you and the environment.

Maintenance

Once you've started securing your garden from pests, it's time to turn your attention to maintenance. At the top of that list is weeding and keeping your garden clear of any invasive plants. The earlier this is done, the easier it is to do and maintain.



Garlic Field with mulch

Following that, replenish the mulch around your plants. Just be sure not to over-mulch, as piling it around plant stems and trunks can rot them, and the soil below still needs nutrients as well.

Hello and welcome back! It was a long, wet winter. Spring was late, but that just means we need to hurry and try to beat the coming heat!

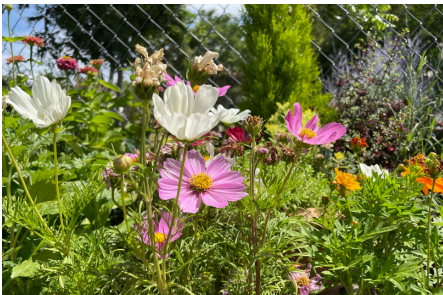
Planting

Planting season is still in full swing, with cucumbers, dill, tomatoes, and zucchini all ready to be planted. Watermelon and basil seedlings will be ready for planting soon as well.



Basil Seedlings at Park & Garden

On the more ornamental side of things, barrel cacti and many annual flowers are ready to be planted, including cosmos, petunias, snapdragons, nasturtiums, and marigolds. With the right care, some of these annuals can become perennials in our Mediterranean climate.



Cosmos in bloom at Nursery

Pest Defense

But planting is not all there is to do! With spring comes a wealth of pests. Protect your plants and monitor for potential infestations. Companion planting with nasturtiums and marigolds can help draw off aphids and other insects from your plants.

Thinning out overcrowded plants and finishing pruning is next, allowing the remainder to grow stronger and healthier. In much the same way, fruit trees and plants can be thinned out to create larger, healthier fruits.



Grapefruit Tree Buds

Park & Garden

At Park & Garden, they're dedicated to keeping up with all of these things and more! Seeds for basil, cucumber, marigolds, and melons have been started as they flip their plant beds from winter to summer crops. Some onions have still made it through, and they, along with their garlic patch, are ready for harvesting. They've also begun propagating succulents, wisteria, and violets. As their new plants grow, Park & Garden has implemented netting to protect their plants against birds and harmful insects. This protection will extend to their cherry trees and other fruiting plants as their fruit ripens. Look out for the cherry harvest, as it's looking to be a big one!



Full Cherry Branch

Education Resources

By Garrett G.

Continued from page one

The special education system is complex. Everyone, regardless of disability status, has their own individual needs, and supporting students with disabilities means finding a way to meet those needs.

The Local System

To this end, the Chico Unified School District (CUSD) is dedicated to developing individual approaches to assist each student who is diagnosed with a disability.

If given parental permission, the district will assess any student between infancy and the age of 21 if that student is believed to have a disability. A 60-day assessment period begins in which students are tested and conferences are held to help determine what the students' needs are. At the end of the period, a meeting will be held to create an Individualized Education Plan (IEP). Parents, teachers, and other educational professionals will sit down together to determine how to meet the students educational needs.

Several kinds of resources can be provided to a student who is diagnosed with a disability. Students with what are described as "more intensive educational needs" can be put in special day classes. These classes are for those who need more direct guidance or support than general classes can offer.

Designated instruction and services are services that it has been decided the student could benefit from or is in need of. These services, as well as additional resources are supposed to be provided by trained officials and specialists.

Additional & Alternative Programs

Some organizations exist to assist in the post-high school transitional period. The Adult Transition Center (ATC) is based in Oroville, CA, and serves this function. This program is dedicated to providing participants who generally have a mild to severe disability with social, leisure, personal, and transportation services. The general age range of participants is 18 to 22 years old. Most individuals age out when they turn 22, however, according to Judy Tatom of ATC, "some students meet their goal ahead of time." In instances like that, if the team feels that the individual is ready to move on to the next stage of their lives, then they graduate. Graduates often go on to participate in a variety of programs throughout Butte County including with Little Red Hen.

While at the ATC, individuals receive a variety of services. An important facet of the ATC is the job experience that the organization provides. "One of the big things about our program is that we have partnerships with a bunch of different programs," Tatom explained.

The ATC provides participants with the chance to learn job skills through on-the-job experience that pays them minimum wage.

Of course, the ATC serves the Oroville school district and that area; however, there are several similar programs within Chico.

A major organization that offers additional resources for students who are in school is the Special Education Local Plan Area (SELPA). SELPA serves the students that are enrolled in special education by helping connect them with important resources. Little Red Hen has the honor of working with SELPA to provide job experience opportunities for students.

"Butte County SELPA believes in success for all students and supports inclusion in all aspects of life," the SELPA website states. The resources offered by the organization are designed to fulfill that idea. The resources offered by SELPA include:

- California Children's Services
- Charter Schools
- English Learners
- Equity and disproportionality
- Legislative Advocacy
- Multi-Tiered System of Supports (MTSS)
- Section 504
- Student Study Team

You can learn more about SELPA at buttecountyselpa.org and contact them via their website.

The idea behind SELPA, CUSD's policies, the ATC, and organizations like them is to assist students by providing the support they need to highlight their strengths and receive the education they deserve.

Did you know? Little Red Hen is also a local resource! The Little Red Hen Lifespan center offers engaging social groups to help kids and teens with autism connect with their peers.

Enjoy!

RECIPE

HEALTHY Recipe: Chicken & Broccoli

INGREDIENTS:

- 2 Tbsp. olive oil or avocado oil
- 2 lbs. Chicken fillets, boneless and skinless
- 1 Tbsp. Italian seasoning
- 1 tsp. Garlic parsley salt
- 1lb. Broccoli florets

SUPPLIES:

- 1 Air Fryer
- 1 Pair of Tongs

DIRECTIONS:

1. Preheat Air Fryer to 350
2. Lightly oil chicken, place in air fryer for 10 minutes, remove and place to the side.
3. Drizzle broccoli florets with oil and seasoning.
4. Put broccoli in air fryer and fry at 400 degrees for 5 minutes
5. Remove broccoli and serve with Chicken

Serves 2 Adults

Health Benefits of Chicken:

A food rich in protein, chicken can help with weight management and reduce the risk of heart disease.

Chicken contains the amino acid tryptophan, which has been linked to higher levels of serotonin, one of the 'feel good' neurotransmitters and hormones in our brains.

Health Benefits of Broccoli:

A vegetable cultivated for millennia, broccoli is a food rich in vitamins and chemicals that are good for your health.

Broccoli contains the chemical sulforaphane, which is known for its antioxidant and anti-inflammatory properties as well as being linked to cancer prevention.

Little Red Hen

Employment



Children's Services



Skill Development



Special Thanks To Our Donors!

DONATIONS

Help Support Our Programs!

