

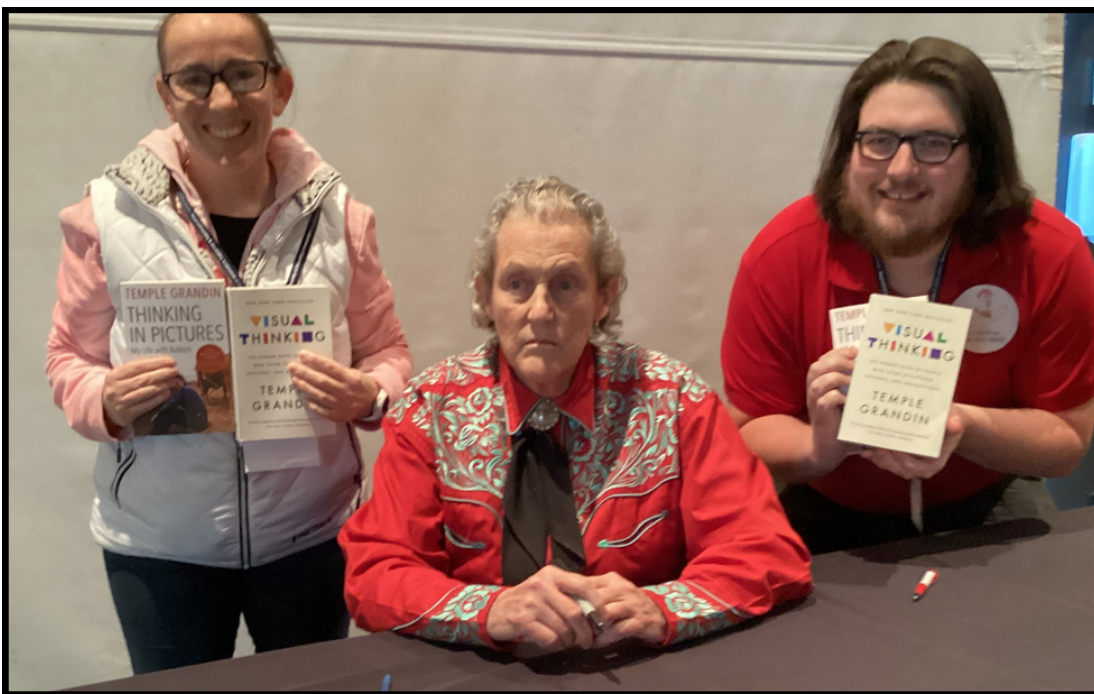


# COMMUNITY NEWSLETTER

# LITTLE RED HEN

Supportive Employment for Adults with Developmental Disabilities

501(c)(3) Non-Profit Corporation



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*Thank You to Our Supporters*



**Far Northern Regional Center**

It is the season of change! In that vein, Little Red Hen has quite a few big changes happening, and we would love to take the time to tell you all about some brand new opportunities, including, and most notably, our brand new enrichment offerings! You can read more our Tools & Trade community integration programs on page 3.

Before we get to that, you might have noticed that the Little Red Hen team had the honor of meeting Doctor Temple Grandin (pictured above with Meghean S. and Alex W.). Little Red Hen attended the 2024 Neurodiversity & Disability Symposium held at Chico State in February which featured Dr. Grandin as the keynote speaker.

Dr. Grandin did not disappoint. The famous autism advocate shared her thoughts on the changes that our society needs to support others, as well as a few anecdotes about her own journey in life. She included tips on how best to cultivate potential in people with autism.

Dr. Grandin's wisdom, as well as the perspectives of our Little Red Hen team members in attendance, are shared on page 7. On page 5 find the Little Red Hen Bulletin. Your breakdown for what's going on at our locations. Last but definitely not least, mark your calendars for our annual Autism Carnival, April 20th, 2024.

# Newsletter Team

## Featured Employees

Jessica P.  
 Alex W.  
 Meghean S.  
 Josie H.  
 Nate C.  
 Alex M.  
 Jonathan M.  
 Zane S.  
 Graham R.  
 Robby I.  
 Robert T.  
 Max G.  
 Emily G.  
 Sam G.  
 Issac C.

## Core Team and Contributors

Alison C.  
 Kyle H.  
 Daisy A.  
 Poppy F.  
 Sam De.  
 Sam Di.  
 Meghean S.  
 William M.  
 Bill W.  
 Jodi D.  
 Bailey W.  
 Julian P.  
 Stephanie R.  
 Chelsea O.  
Garrett G.

## 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 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 232 Main St | 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

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

LittleRedHen.org

# MEET OUR TEAM

## Jessica P

By Meghean S.



Jessica P.

Jessica P. works at Little Red Hen Vintage. Jessica always looks forward to seeing what kind of merchandise is brought into the store.

In a perfect world, Jessica would find herself in Florida. Why? She just loves the sunshine state, and it is where Jessica is originally from. What would she be doing? Jessica shared that if she could be anything she wanted to be, then she would be a horse trainer.

Jessica P. has been working for Little Red Hen for about 10 years. Jessica first joined the team in 2006, then, following a brief hiatus, Jessica made her triumphant return to Little Red Hen.

If time travel were on the table, Jessica would go back to the 1990s. Of course, the Little Red Hen Vintage Store functions as its own kind of time machine.

# Breakfast With Santa 2023



# TOOLS & TRADE

By Julian P.

## Join The Fun!

Little Red Hen now offers a multitude of options where adults with intellectual and developmental disabilities (ID/DD) can engage with others in interesting ways. Make new friends, meet new people and have the opportunity to choose which activities you want to participate in. This could mean anything from Dungeons and Dragons to ceramics classes to basic computers skills!

### Enrichment and choice!

Engaging in the community and developing new friendships can be difficult for some. Limited access to community is a real issue for adults with ID/DD. Many obstacles interfere with access, too many to list, however Little Red Hen through our Tools & Trade program is dedicated to removing as many obstacles as possible. Our mission is to provide quality services, founded in choice and enrichment where our community members can find easy access to participation.

Some of the programs offered include fun-filled activities such as:

- Drama Club
- Pokemon & D&D Clubs
- Video game time
- Bingo
- Board Games
- Ceramics
- Mosaics
- Painting
- and more!

Tools & Trade Manager Kyle H. feels that the artisan activities in particular offer a fine balance between relaxing fun and personal development.

The entire Tools & Trade team share the belief that these programs will benefit everyone.

The variety of socially oriented activities will allow people to connect in ways they haven't before, deepening and enriching their social lives.

Nate C. shares that his favorite thing about Bingo is "calling out the bingo ball numbers".



Emily G. and Jonathan M.



Nate C., Zane S., Sam G.



Top: Graham R., Robby I.,  
Bottom: Josie H.

**ASK YOUR MANAGER OR SERVICE COORDINATOR ABOUT SIGNING UP!**



# FEATURED STORE: FLORAL

*By Newsletter Staff*

For almost a decade 959 East Avenue, was home to the Little Red Hen Floral. Today, you can find Little Red Hen Floral in the heart of downtown Chico.

## **232 Main Street** *By William M.*

Floral Manager Angela H., who's worked for Little Red Hen for over 12 years, shared some of the things that excited her about the downtown move. Chiefly, Angela mentioned being closer to other downtown Little Red Hen locations.

Our 232 Main Street store, known officially as the Little Red Hen Floral Shop & Studio, opened its doors just in time for the 2023 holiday shopping season.

Floral fully transferred their operations to downtown Chico at the start of the new year. Now, our floral team is just settling into the downtown atmosphere.

This new location will allow us to offer exciting new classes and workshops to the Chico community. With plenty of big holiday events around the corner such as Easter, Mothers Day, and the start of the wedding season, the floral team is thrilled welcome the community into their brand new space!



*Left to right: Gayle J., Joleen H., Blanca M. prepping for Valentines Day*

## **In Full Swing:**

*By Sam Di*

February 14th is always a major day for floral shops across the country. Once we set up shop at the new Floral Shop & Studio, our team wasted no time in preparing for the holiday. We worked hard, and it paid off!

Our team is always busy around this time of year, and with the Floral Shop & Studio being nestled right in the heart of town, we hoped to be even busier. The new location proved to be the perfect spot. We cannot wait for next year!

We are also eager to continue providing all the services that put you are used to. Our quality delivery and wedding services have continued uninterrupted by the big move. We also have a few workshops just around the corner, so be sure to keep an eye out for those!



*Floral's New Home: 232 Main St.*



*Blade M., Robert T., Jessica L.*



## **We Love Downtown** *By Meghean S.*

One of the main characteristics we love about the downtown location is how big it is.

The interior of the studio has beautiful architecture, which the floral team absolutely adores. When you walk through the front door, the store sprawls out in front of you. You see Little Red Hen employees working side by side to craft the beautiful bouquets our Shop is known for.

The decor, the displays, the lighting, and (of course) the smiling faces fill you with a sense of cozy charm the minute you walk in the door.

We hope you stop by our new store to experience the floral atmosphere for yourself.

# LRH BULLETIN

## KITCHEN STORE

Check out the work from our Artisan team. The team creates a whole host of unique items that range from buttons, pottery, keychains, embroidery projects, and more!



## GIFT SHOP

Gift has a new grad! Alex M. has joined the ranks of Little Red Hen employees that have received a college degree. Alex earned a Bachelor's degree in Psychology from Chico State.



Congratulations to Alex M.

## HOME

The merchandise available at our HOME store is always high quality. We want to highlight some particularly special brands:



All The Bitter

These brands round out our already extensive barware collection!



Bitter Housewife

## VINTAGE

The Vintage Diaries- Highlighting the hardworking team members and unique antiques that can be found at Little Red Hen Vintage. This Issue: Issac C.

- Issac enjoys setting up displays.
- One of the most important jobs Issac does is greeting customers.
- Issac finds the work he does at Vintage to be "really interesting"



## TOOLS & TRADE

There have been a lot of exciting changes for our Tools and Trade program.

The Tools and Trade location on East Avenue is now home to a variety of social recreation programs. You can learn the ins and outs of these programs on page three. Make sure to stop by our Wednesdays with Clay classes and the other artisan-based programs that Tools and Trade offers.

## PARK & GARDEN

Spring is right around the corner which means it's growing season! This spring, the P&G team is growing both garlic sprouts and garlic bulbs because you can never have too much garlic!



By Bailey W. and Poppy F.

# The Watering Can

## What's New at the Nursery?

Before we get into this installment of The Watering Can's plant advice column, we want to share some of the many projects happening at the Little Red Hen Nursery.

## 15% off on 3/22-23

### 10th Annual Crawl

By Poppy F.

The Nursery Crawl is a great local event that includes 15 nurseries in Chico and many smaller towns around it. Gardeners and plant enthusiasts look forward to it all year as a harbinger of spring and a chance to see which new plants the nurseries are carrying this year. It is important for Little Red Hen to take part in the crawl because it gives us the opportunity to share our passion for plants with customers and inform them about our mission and all of our programs for children and adults with developmental disabilities.

A lot of people take part in the crawl, and participating gives us a chance to reach customers who may not have heard of our organization or have not shopped with us before. We make sure to hand out a location card to each person who comes in, and hopefully they will use it to shop at all of our locations after the crawl too!

## Embracing Spring

Spring is a colorful time, and a lot of people love to boost the already beautiful spring colors by planting a whole host of colorful wildflowers. Some people will even sprinkle an assortment of random wildflower seeds to liven up the season.

While this can be fun, it is always important to understand what you are planting and how it can affect the world around us.



Max G. preparing plants for the crawl

Some wildflower varieties, like Common Yarrow and Evening Primrose, are native to California but also at high risk of becoming invasive due to their aggressive growing patterns. Others, such as Batchelor's Buttons, and Creeping Bellflower, are invasive plants commonly found in wildflower mixes. Regulations keeping those packets safe and full of true native species are few and far between, making them rife with problems. Instead of using a mixed wildflower seed packet, it's safer to pick out individual plants and then mix the seeds together for planting.

California boasts incredible biodiversity, due in no small part to the many varied climates here. One of the world's few temperate rain forests is housed along the coast, with deserts to the south, vast Mediterranean climate zones populating much of the coast and the interior, and steppe and highland climates spotting the mountain ranges and valleys. This biodiversity is threatened by many things, but one of the most preventable is invasive plants. One memorable example is the yellow star thistle. Not only is it invasive, being native to the Eurasian steppe, but it is also toxic to horses, and the plant bears painful thorns.

This year, in support of biodiversity and renewing native species, take the time to pick a few native species seeds to throw and plant.

## Get in the Spirit

If you are new to gardening or even just thinking about getting into the art, don't let the complexities confuse or discourage you. Our nursery team is always here to help. One of our instructors, AJ R., encourages everyone to give their green thumb a try.

"Having greenery is definitely a positive thing for anyone."

Also, be sure to stop by during this year's Nursery Crawl. Supporting local plant nurseries is always a great thing, and if you visit Little Red Hen, you are supporting more than just a nursery.

# Neurodiversity Disability Symposium

By Newsletter Staff



Alex W. and Meghean S.

"The world needs all types of minds to work together"

-Dr. Temple Grandin

## POV: Meghean S.

Attending the symposium was a privilege. We got to see some really great speakers share the unique experiences and challenges they have faced in their lives.

The first panel consisted of college students discussing how to navigate college while being neurodiverse. I was particularly impressed by one of the speakers, a young woman who had been recently diagnosed with autism. I felt that I could really relate to what she was going through. The fact she was up there in front of hundreds of people sharing her story gave me, as a person with similar challenges, some hope.

It was amazing to be able to hear Dr. Grandin speak. She shared how fear had followed her throughout life because of her disability, but also how she had overcome that fear. Dr. Grandin explained that she was paralyzed with fear during her first public speech years ago. To see her up there, in spite of the fear, was inspirational.

In February Little Red Hen attended the 2024 Neurodiversity and Disability Symposium at Chico State. LRH team members, including Meghean S. and Financial Manager Alex W., had the pleasure of attending several panels and lectures that provided valuable advice, anecdotes, and insights into neurodiversity. Alex and Meghean both reported that each speaker contributed a unique voice to the conversation.

The day began with panels focusing on exploring how young adults with disabilities can navigate complex experiences such as college and dating. Then, Abbie and Christine Romeo took the stage. Abbie Romeo, a young woman with autism, was featured on Netflix's *Love on the Spectrum*. After Abbie gave a short speech, her mother, Christine, shared some of her stories and struggles as a mother of a child with autism.

Later on, another panel was conducted by author John Marble, entitled *The Normalcy of Neurodiversity*.

Attendees also got the chance to visit booths, of which Little Red Hen was one. The goal was to learn about organizations that serve people with disabilities and to meet and to connect with like-minded individuals.

The final speaker was Dr. Temple Grandin, the famous author, advocate, and animal science researcher. Dr. Grandin's speech emphasized advice and perspectives that Christine Romeo had mentioned in her talk. It's important to give people with disabilities realistic opportunities to practice growth. You can gently push them towards overcoming something, without pushing them too far out of their comfort zone.



**15% OFF EVERYTHING**

**Little Red Hen Nursery**

**Friday & Saturday**

**189 E. 8th Street - Chico**



**DISCOVER LOCAL NURSERIES  
AND WATCH YOUR GARDEN GROW!**

**10TH ANNUAL**

**LOCAL NURSERY**

**CRAWL 2024**

**MARCH 22 & 23**

**FRIDAY AND SATURDAY**

**FEEL GOOD ABOUT SUPPORTING  
YOUR LOCAL NURSERIES!**

**FIND OUT MORE!**

**LOCAL NURSERY CRAWL**

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