

AUTISM NEWSLETTER

Little Red Hen



Spring 2018

501(c)(3) Non-Profit Corporation

Autism Resource of the North State Community

Fun and Games at the Carnival



On April 8th, 2018 Little Red Hen hosted our annual Autism Awareness Fair and Children's Carnival in order to raise awareness for autism and raise money for our children's programs. This year, we partnered with the Yellow Door and Chico Walks for Autism to make the event even bigger and better than ever! We had over 30 local vendors offering different products ranging from plants to art, as well as local resources available to the community.

There was a mega bounce house donated by Bounce Pro as well as a variety of interactive carnival games such as the Potty Toss. Carnival games were constructed by Little Red Hen's Tools and Trade program, as well as the Blunkall family. In addition, several games were sponsored by local businesses.

In addition to games, we had several sensory stations throughout the area where kiddos could get their sensory needs met. Families could also enjoy several characters galavanting around the park, including the Storm Troopers from Star Wars' 501st Legion, several Disney Princesses who couldn't wait to do some face painting, and two mini horses who loved to get petted.

This year we had a wonderful assortment of community volunteers and an outpouring of donations. We would like to thank everyone who came out to support us and we hope to see everyone again next year!

Calendar of Events

April 28th @ 10am - 3pm

"Fantasy Fun 4K Run Walk"

All Ages/7 am check in

Sycamore Field, Bidwell Park

visit raceplanner.com for more info

May 5th @ 10am - 3pm

"Pioneer Day Parade"

Downtown Chico

Call (530)-521-2334 for info

May 5th @ 10am - 2pm

"9th Annual Special Needs Carnival"

Durham Park

Carnival for children and adults with special needs.

May 5th @ 1pm-4pm

"St. John Episcopal's Spring Garden Tour"

Visit Eventbrite for additional information and tickets

May 26th @ 7:30am - 2pm

"Remi Vista Spring into Action"

5K Family Fun Run

South Park Drive, Chico

Call (530)-521-2334 for info

June 10th @ 3-4pm

"Non-denominational Special Needs
Worship Service"

St. John the Evangelist Episcopal Church

530 894-1971

Meet & Greet

Support for families and Caregivers with loved ones on the autism spectrum.

May 21st @ 6-9pm

Little Red Hen Lifespan Center

2418 Cohasset Rd.

We will be serving

Hot dogs, Macaroni Salad and Chili!

RSVP by May 17th to Loren@autismlifespan.org

(530) 897-0900

Childcare is not provided

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**Little Red Hen's
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Tools of the Trade



Tools and Trade staff hard at work constructing bird houses.

Little Red Hen is excited to introduce a new program: Tools & Trade. This program is designed to teach trade skills such as automotive repair, manufacturing, and furniture repair. Tools & Trade's brand new 3,300 square foot space came about when it became clear that our hard working maintenance crew needed a

much bigger space in order to serve the demand for teaching these kinds of skills.

Tools & Trade will be a full retail location, open to the public just as much as the Kitchen Store or Floral & More. As well as teaching brand new skills, this location will also be continuing furniture restoration for Vintage Hen and mosaics for Park & Garden.

In addition, Tools and Trade will be doing the metal work for Vintage Hen, Shelving for signs at the Plant Nursery, as well as making pallets for various bridal and garden shows for Floral & More.

Many new employees will have joined the Little Red Hen team at this location, as well as some familiar faces who will be learning these valuable skills. Tools and Trade has various stations such as ceramics and painting, tree maintenance, and irrigation.

Tools and Trade will also be working with all the other Little Red Hen locations to make sure they have appropriate resources and equipment that is in full working order. By learning these skills, our staff will be able to carry them over and succeed with future jobs in our community.



Bill M. paints a chair for Vintage Hen.

College Scholarships

ELIGIBILITY REQUIREMENTS

To qualify, students must fall into one of the following classifications:

-Recent high school grad -Current undergraduate Attend an Autism School -Be enrolled in or have been accepted by an accredited school - US citizen -Diagnosed with ASD.

Students will need two letters of recommendation from a teacher or mentor, showing their character, skills, and which school they plan on attending.

-Students must apply to the contest by e-mail and provide your name, address and the name of the institution you are attending or plan to attend.

-Students Must provide their written essay by the deadline listed on each of the scholarship information pages.

- All winners will be chosen on Jan 17, 2019.

To learn more about the scholarships, you can visit the websites at the links below. If you have any questions please let us know.



<https://www.iconicdisplays.com/Iconic-Displays-AutismScholarship.html>

<https://mediaworksgroup.com/mediaworks-scholarship-students-autism/>

<https://yourseosquad.com/2019-scholarship-fund/>

<https://sunwisecapital.com/autism-scholarship/>

COLLEGE PLUS

College Plus is a year-round program that supports people interested in getting a college degree or academic certificate. Trained Mains'l employees are available to assist people with their academic needs and provide support in the community, and home, as well as to help strengthen social, independent living skills, and vocational skills.

Together, realistic goals are created in accordance to each person's hopes and dreams. Students receive support all year long, not just when school is in session.



WANT TO LEARN MORE?

Contact a Mains'l Navigator today at Mainsl.com.

Siblings with Autism



Having a sibling with autism comes with its own set of challenges. You may be unsure about what having autism means for your brother or sister. It is very important to remember that they are just like any other kid, except that they have autism. Your brother or sister will react to things differently, but they are growing and learning the same as you.

At times, you will need to talk about how all of this affects you. Find an adult you

trust who you can be open and honest about your questions and feelings. Ask your parents about activities that you and your brother or sister can do together. It is important for you to know the best ways to interact with your brother or sister.

There may be times that your brother or sister is doing something suddenly or in an unusual way that can cause you to feel frustrated and upset. It may take a little time and a lot of patience to learn how to play with your brother or sister,

but it will be worth it in the end. As you spend time together, you will get to know him or her better and you will start to appreciate the differences between the two of you.

The Nutrition and Food

Science Department of California State University is looking for volunteers to fill out an anonymous online survey about nutrition and eating habits of adults with autism, who can win 1 of 4 \$50 Visa Gift Cards. This survey takes less than 30 minutes complete. To take the survey, go the web address below:

<https://www.surveymonkey.com/r/5L9QLNM>

For More information about the survey contact:
Veronica VanCleave-Hunt at (707) 479 -7736
E-mail: vvanceleave@mail.csuchico.edu



Activities and Games

This super simple and fun i-spy farm sensory jar is a perfect calming activity for kids! It's really easy to make, and your kids will use it over and over again.

i-Spy Bottles

Materials Needed:

- Clean, dry, clear plastic bottle, with top.
- Uncooked rice (amount depends on size of bottle)
- Pen and paper
 - Super glue
 - Funnel
 - Clear packing tape
- Assortment of small items/toys (Example: Coins, Paper clips, Safety pins, Buttons, Game pieces, Miniature figures, Erasers, Small rocks, Beads, Nuts/bolts, Marbles, Balls, Charms, Barrettes, Keys, Toy jewelry)



photo credits: flickr.com



Instructions:

1. Use your pen and paper to write down the items that you are planning on putting in your bottle.
2. Tape the list to the outside of the bottle.
3. Fill your bottle with rice and the assortment of I Spy items. Layer the items as you fill the bottle.
4. Once filled, glue the lid on the bottle and enjoy!

A Special Thank You FAR NORTHERN REGIONAL CENTER

We at the Lifespan Center
would like to extend our heartfelt thank you to
Recology for their generous donation of recycleable
bins for our Children's Carnival!

Lending Library Hours:
Tues / Thur 10-2 P.M. & Wed / Fri 2-6 P.M.

Share Your Wonderful Experiences With Us!

Our loved ones are so amazing! We would love to include one of your favorite stories in a new section of our newsletter. Sharing our stories helps new families realize they are not the only ones experiencing the uniqueness of our lives. Include a picture of your loved ones too, if you so desire.

Submit your Story
to Loren@AutismLifespan.org

New Study on Autism in Adulthood

A ground breaking new study is providing a glimpse into the daily lives of adults with autism as they hit their 30s and 40s. It looked at a group of 169 adults ages 22 to 51 with autism who had participated in a study in the 1980s of Utah children with autism. Either they or their parents/caregivers gave their input. 75% of study participants had an intellectual disability in addition to autism.

When it came to employment, 12 % had full-time jobs without support. A similar number had part-time jobs without special supports. Jobs ranged from janitorial work to restaurant service to trucking. 33 % of those in the study attended day programs and 20 percent were unemployed.

Those in the study who did not have intellectual disabilities had difficulty holding down jobs, but others with both diagnoses “were gainfully employed on the one marketplace at a full time level, but the study



also noted “an unmet need for effective strategies aimed at securing and maintaining meaningful work opportunities for adults with ASD”. 47% of study participants lived at home with their families; while 39% lived in group homes, only 9% lived independently in their own home or apartment. In addition, 44% had a legal guardian, nearly all of who were their parents. There is a lot of unfinished business for parents as they age and need to establish a plan for their adult sons and daughters for when the parents are no longer around.

Socially, participants had little experience with dating and relationships. Only 5%

had experienced marriage and 75% had never dated. However, when parents were asked whether their adult children wanted a romantic partner, 67% said they believed their child was not seeking such a relationship.

The study found that more than 60% percent of participants were involved in at least one club or organization with regular group meetings, nearly half reported spending little or no time with peers.

The results reveal a greater need for support for adults with autism around employment and social interaction, and additional support needed for families who are providing much of the care, she indicated.

This study highlights the need for programs like Little Red Hen and Autism Lifespan to help adults with ASD improve self esteem and become active participants in their local community.

*Taken from Disability Scoop
By Michelle Davis*



Little Red Hen

Autism Services at LifeSpan

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Chico, CA

Located at
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Chico, CA 95926

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The Voice and Resource of the Autism Community
Serving Butte, Glen, Tehama, Shasta, Trinity, Siskiyou, Lassen, Modoc and Plumas

Autism LifeSpan does not endorse individual programs. Articles appearing in the newsletter regarding programs, resources, treatment, etc. should not be interpreted as an indication of endorsement by Autism LifeSpan. They are provided for information purposes only.

ENDORSEMENT POLICY

THE MISSION OF AUTISM LIFESPAN is to promote lifelong access and opportunity for all individuals within the autism spectrum and their families, to be fully participating, included members of their community. Education, advocacy at state and federal levels, active public awareness, and the promotion of research form the cornerstones of Autism LifeSpan's efforts to carry forth its mission.

Located at
2418 Cohasset Road, Suite 150
Chico, CA 95926

