

# AUTISM NEWSLETTER

Little Red Hen



Summer 2017

501(c)(3) Non-Profit Corporation

Autism Resource of the North State Community



*Children running and playing under Little Red Hen's LifeSpan's parachute*



*Children traversing the obstacle course*

## Little Red Hen's Autism Fair

Little Red Hen's Autism LifeSpan hosted their annual Autism Awareness Fair on April 15th at Manzanita Place in Chico, CA.

The fair drew in hundreds of locals and families showing their support for loved ones diagnosed on the spectrum as well as those interested in learning about autism and local children's resources.

The fair consisted of local vendors, resources, music, bounce houses, face painting, sack races, obstacle courses and a sensory section where kids could play with moon sand, water beads and sift through thousands of beans.

We also had several types of food to choose from, with hot dogs, popcorn and tasty bake sale items as well as two food trucks, Gnarly Deli and Slyderz Grill.

Little Red Hen would like to thank the vendors, everyone who came out to support the fair, and a huge thank you to Elk's Lodge for donating their facilities, tables and chairs. We look forward to seeing everyone next year!



*Selfie Photo Studio with props*

## Something New!

### California Mentor Bringing Caring Closer

A new program that helps adults with developmental disabilities find homes by matching adults with families to live with rather than placement in a group home.

**Kathy Stracner**  
Recertification Coordinator

Kathleen.Stracner@  
thementornetwork.com

(530) 221-9911

696 Azalea Avenue

Redding, CA 96002

[www.mentorswanted.com](http://www.mentorswanted.com)

## FAR NORTHERN REGIONAL CENTER PRESENTS

### Casual Conversations Series

A World Café

Tuesday, June 20<sup>th</sup> 9:30 A.M. – 12:00 P.M.

FNRC –Redding Office

Large Conference Room 3<sup>rd</sup> Floor

1900 Churn Creek Road #319

### Self-Determination Program #1

Speakers: Laura Larson & Melissa Gruhler

Thursday, July 13<sup>th</sup> 10 - 12 P.M.

Chico Family Masonic Center

1110 W. East Avenue

Pre-registration required

For details: [www.self1eventbrite.com](http://www.self1eventbrite.com)

### CalAble Training #1

Speaker: Carrie Fisher Stone

Monday, August 7<sup>th</sup> 10:30 - 12 P.M.

FNRC-Redding Office

Large Conference Room 3<sup>rd</sup> Floor

1900 Churn Creek Road #319

Pre-registration required

For details: [www.calable1.eventbrite.com](http://www.calable1.eventbrite.com)

## New Meet & Greet Dates

As of May 22<sup>nd</sup> Meet & Greet will have a new meeting day!

**4<sup>th</sup> Monday of each month**  
**6 - 8 P.M.**

**And of course dinner included!**

If you hear of a fun event that would make a great “Meet & Greet” activity, let us know, contact [Loren@AutismLifespan.org](mailto:Loren@AutismLifespan.org)

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# Little Red Hen N.Y.G.V.\* Theater

**\*Not Your Garden Variety**



Our N.Y.G.V. Theater program provides quality intervention that addresses the core social deficits of children and adolescents with autism. The program is for kids ages 4-17, and is divided into three groups by age. N.Y.G.V. Theater incorporates role-playing, performing art, music, theater activities, sensory exploration, and peer collaboration.



**July 3rd - August 12th**

**Mondays, Wednesdays  
& Thursdays**

**10:00 A.M - 1:00 P.M.**

Final performance is Saturday, August 12



Participants will be part of the final production of **"The Wizard of Oz"**

**Sign up now** by contacting  
LifeSpan Center at (530) 897-0300  
or email [Brooke@LittleRedHen.org](mailto:Brooke@LittleRedHen.org)



**Looking for  
N.Y.G.V.**

**PEER  
TUTORS!**

**Interested in  
theater  
& working  
with children  
with autism**

If interested email  
[Brooke@  
LittleRedHen.org](mailto:Brooke@LittleRedHen.org)

or call the  
LifeSpan Center at  
(530) 897-0300



**SIGN UPS NOW!**

# Chico Children's Museum

With huge plans to help revitalize downtown Chico, Chico Children's Museum's new home is nearly 9,000 square feet, and located at 325 Main Street.

Chico Children's Museum is in the developmental/fundraising stage. They are members of the Association of Children's Museums, in partnership with North Valley Community Foundation, a 501(c)(3) non-profit.

The museum broke ground in February, 2016 and the opening is contingent upon financial support. Tax-deductible donations to CCM go through NVCF's Chico Children's Museum Fund.



*Photo credit: Bill Husa, Enterprise-Record*

Chico Children's Museum follows the model of hundreds of successful children's museums, while incorporating the incredible artistic talent found locally

in Chico, to bring the museum alive.

As the museum grows, their vision is to offer museum scholarships to under-privileged children, providing admission and giving them access to programs and classes at the throughout the year.

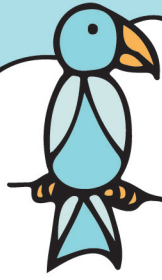
Chico Children's Museum will be uniquely conducive to the necessities of children with special needs, and has a pointed focus on being a place where EVERYONE can safely come enjoy the magic.

The museum will be a magical space that enables

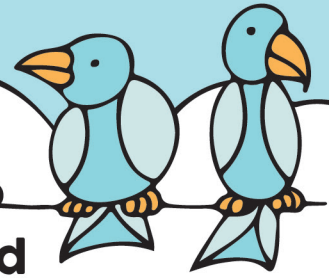


*Photo credit: ChicoChildrensMuseum.org*

Little Red Hen



# F.L.O.C.K.



**Feeling Like One Common Kid**

**FLOCK** is a socialization therapy for kids with autism. The goal is to help children and teens with autism find **social success**. This fun program develops much needed social and life skills. We offer a structured and supportive environment in which participants feel like they can be themselves, open up, and **make friends while having fun**.



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**July 10th - 27th**  
**Monday - Thursday**

Level One (Ages 6 - 10): 9 A.M. - 1 P.M.  
Level Two (Ages 11 - 15): 12 P.M. - 4 P.M.

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**Sign up now** by contacting your  
Far Northern Regional Center Service Coordinator  
and email [Rachel@LittleRedHen.org](mailto:Rachel@LittleRedHen.org)

**SIGN UPS NOW!**

## Chico Children's Museum Continued...What Will it Be Like Inside?

children to learn through play! The museum will open the door to early learning by offering enchanting and exciting educational programs for children, beginning at birth.

One-third of the museum will be a miniature artistic replica of Chico, sitting beneath the boughs of a giant Majestic Climbing Tree. It will offer hands-on exhibits, allowing for exploration as veterinarians, dentists, chefs, biologists, agriculturalists, and every

other career you can think of.

Little Red Hen even has a Barn exhibit featuring a chicken coop, with life sized chickens and gardening supplies.

In addition, educational enrichment programs, developed by experts in the area, will be offered to children in every exhibit.

The remaining two-thirds of the museum will be divided into interactive rotating exhibits as well as a multi-sensory

environment zone, designed especially for the children in our area with special needs (but open for ALL to play.)

Much like the calm, surroundings of a Jellyfish exhibit, multi-sensory environments help children explore at a quieter, calmer pace. We will even have a swing that allows children in wheelchairs to safely swing.

The Chico Children's Museum can't wait to open their doors and invite you into a wonderland of play.

# Autistic Meltdowns in Adults: What Not To Do

Written by John Scott Holman

“My meltdowns can be very frightening and confusing for those around me. I work very hard to appear as capable and composed as possible throughout each day, so when I finally lose it, people are shocked to see me act so “autistic”. I cry, scream, break things, flap my hands, and pound my fists against my head. I haven’t found the perfect remedy for my meltdowns, but I do know what makes them far worse...”

## IF I’M HAVING A MELTDOWN ...

### **DO NOT become angry with me or raise your voice.**

“Autistic meltdowns may be frightening to observers, but at their most intense, they are nothing less than pure psychological torture for the person experiencing them. I feel as if I am caught in a war zone, terrified for my very life. My senses are on fire and I have very little

control over myself. I may feel threatened by intense emotional displays. This is very dangerous.”

### **DO NOT attempt to restrain me.**

“I understand that my tantrums are scary, as I’m well over six feet tall, but you must remember that I am far more frightened than you are. I would never intentionally hurt anyone, but if you approach me in a hostile manner, or attempt to use any force without permission, I may lose the last bit of self-control I have.”

### **DO NOT ask me what is wrong.**

“Trust me, when I’m banging my head into the wall I do not want to discuss my emotional triggers.”

### **DO NOT taunt me, use sarcasm, or attempt to make me feel guilty.**

“This will confuse and enrage me. It also makes me feel threatened.”



*John S. Holman, an autistic author, public speaker and consultant*

### **DO NOT ask if I am drunk or on drugs.**

“This is incredibly insulting. I didn’t ask to be autistic, and last I checked, drugs don’t cause autism. Would you ask a crippled person if they were just too lazy to get out of their wheelchair?”

### **Most Importantly, DO NOT tell me to “snap out of it.”**

“Trust me, I would if I could. Don’t patronize or belittle me by acting as if I could control myself if I only tried harder. This is a good way to make the situation ten times worse.”

# Calendar of Events

## Thursday Night Market

Downtown Chico  
April 6<sup>th</sup> – September 28<sup>th</sup>

## Friday Night Concert in the Park

Downtown City Plaza  
May 5<sup>th</sup> – September 8<sup>th</sup>  
6 - 7:30 P.M.  
For details:  
[www.downtownchico.com](http://www.downtownchico.com)

## Hooked on Fishing

Horseshoe Lake Chico  
Saturday, May 20<sup>th</sup>

## Silver Dollar Fair

Chico Fairgrounds  
May 25<sup>th</sup> – May 29<sup>th</sup>

## Hooked on Fishing

Oroville, CA  
Saturday, June 3<sup>rd</sup>  
For details:  
[www. Oroville.net/kiwanis](http://www Oroville.net/kiwanis)

## Movies in the Park

The Secret Life of Pets  
Sycamore Field  
near One-Mile  
Saturday night, June 10<sup>th</sup>  
For details:  
[www.chicorec.com](http://www.chicorec.com)

## Slice of Chico

Downtown Chico  
Saturday, June 8<sup>th</sup>

## Driving to Fight Autism Golf Tournament

A benefit for Yellow Door  
Monday, June 26<sup>th</sup>  
For details: (530) 513-1078

## July Meet & Greet

Focus Film Festival  
Sierra Nevada Big Room  
1075 East 20th Street, Chico  
July 14<sup>th</sup>, 5 - 8:30 P.M.  
For details and to RSVP:  
Loren at (530) 897-0900

## Movies in the Park

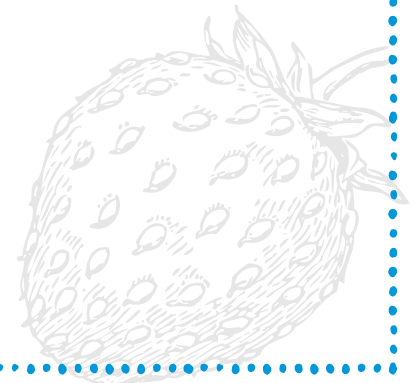
Moana  
Sycamore Field  
near One-Mile  
Saturday night, July 15<sup>th</sup>

## 6<sup>th</sup> Annual Growing Up Chico Night

Downtown City Plaza  
Thursday, July 20<sup>th</sup> 6-9 P.M.  
For details: (530) 518-6154

## Butte County Fair

Gridley Fairgrounds  
August 25<sup>th</sup> – 28<sup>th</sup>  
For details:  
[www.buttecountyfair.org](http://www.buttecountyfair.org)



## A Special Thank You to FAR NORTHERN REGIONAL CENTER

We at Little Red Hen LifeSpan would like to extend our heartfelt thank you to all of the vendors that came out to support us at Little Red Hen's Autism Fair.

## Little Red Hen's Autism LifeSpan 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](mailto:Loren@AutismLifespan.org)