

Adult Education
page 2

Access Voluntarism
Best Buddies
page 3

Volunteer Services
Social Worker
page 4-6

Volunteer Services
page 7

ARTworks
page 7

Employment Services
GPS
page 8-10

Day Break
pages 11

LIFeworks 2
LIFeworks 3
LIFeworks 4
Donor's Corner
page 12-13

Passport Program
First Aid/CPR
Fitness
pages 14

CtCOVID-19 Support
Page 15

Charity Golf Classic
page 16



Hutton House Learning Centre graciously received a generous donation from Craig Combe to upgrade the Learning Centre's computer lab. Six new systems were purchased including large monitors to increase visibility for participants with vision barriers. The computers will be used for different online certifications such as Safe Food Handlers, First Aid and CPR, and WHMIS. Other uses will include job searching, job development, resume writing and employment readiness workshops. In Adult Education they'll be used for learning literacy skills such as reading, writing and math and basic computer skills. This fantastic donation will impact the lives of many participants now and for years to come!

Adult Education

The fall and winter have brought many curious minds into The Learning Club. Many new members have entered The Learning Club and Adult Education is currently running 3 classes each week! The participants in these classes work on reading, writing, math, money skills, communication, and spelling in a fun and interactive environment. Topics are covered using video clips, in-class demonstrations, science experiments, technology, games, presentations, small group discussion and role playing.

The participants in The Learning Club tried their hand at coding this winter. Using an online platform, the participants had to instruct the computer how to move the objects on the screen in order to complete a goal. Many participants found this skill relatable as they play computer or phone games during their leisure time.



Zach focuses during a difficult level in the coding sequence.



Emily works on a computer to practice her coding techniques.

Congratulations to all of the learners in the Adult Education program on another year of hard work and learning. Thank you to the tutors, families, and staff that support their goals. Unfortunately, we have had to cancel the Celebration of Learning we hold every spring, but we are trying to keep in touch and create opportunities for ongoing learning.

Literacy classes, offered in partnership with the Gateway program - Thames Valley District School Board, have moved on-line. Students are working on weekly writing and fun thinking activities accessed through a website created by the instructor. Sally and her students alike have learned they can handle a computer better than they ever thought possible!

The Hutton House Adult Education program is offering friendly calls to learners. Valerie is working with interested learners from The Learning Club in online learning sessions. She is meeting with each learner on Zoom for one hour each week to provide this new fee-for-service program. They are working on the participant's goals such as reading and listening comprehension, math, writing, and novel studies. We have also created websites with lessons and links to help people keep learning on their own. Please leave a message for Heather at 519-472-1541 ext. 228 if you want more information about any of these services.

Access Voluntarism

Volunteer Spotlight



Heather is a longtime participant with the Access Voluntarism Program. She began volunteering at The Village of Glendale Crossing when it opened in 2010 and Oak Park in 2011. She is a dedicated volunteer, giving her time weekly at both of these organizations, in addition to her paid employment jobs. Here is her story.

Well, spring is now here the birds are chirping and



the leaves are coming out, according to Oak Park Day Care Center, which is one of my favorite places to volunteer. Where the little kids are playing while I'm in the kitchen doing clean up – dishes, lunch prep, and laundry. It is easy, though some people say it is hard work.

Glendale Crossing is my other favorite place to volunteer. That is on Tuesdays with the Recreation Department, and Thursdays with the Laundry Department. I have made many friends while I have been volunteering at Glendale, the staff and the other volunteers.

I am involved with Special Olympics Gymnastics and I made it to the spring games this year in May 2020 in Kitchener. (unfortunately due to COVID-19 this event was cancelled)

~ Heather

Congratulations Heather on all of your hard work, it is truly appreciated!

I would like to thank the Access Voluntarism team, Liz, Nevzeta, Chris, Lani and Lori, for all of their continued support of our participants during our COVID-19 closure. Through email, text messaging and phone calls, our participants are able to know we are thinking of them during the closure due to COVID-19. Thank you everyone for being such a great group of people!

Storybook Gardens Update

At the time of this publication, we are still facing uncertain times as to when things will reopen, and when people will be able to gather in groups. We are waiting for guidance from our government and will keep everyone posted as we receive more information, and if we are able to run our volunteer program at Storybook Gardens this year. If you have any questions, please email Jen at jenniferv@huttonhouse.com.



Hutton House Best Buddies Program



It was another fun filled year with the Best Buddies program. Lots of new memories were made at our events which included crafts, painting and parties. Best Buddies had to end early and miss the last event, due to COVID19. We hope to be able to start again in the fall. We hope everyone keeps in touch with each other, even though we are distanced, it is always nice to have a call or an email from a friend!

If you would like information on the Best Buddies program, please call Jen at 519-472-1541 ext 239 or email at jenniferv@huttonhouse.com.

Publications Mail Agreement 40069186

Volunteer Services

NATIONAL VOLUNTEER WEEK 2020

APRIL 19-25

IT'S TIME TO APPLAUD
CANADA'S VOLUNTEERS



VOLUNTEER.CA | #NVW2020



Our thanks to all of our volunteer partners who help us fulfill our mission and make us stronger!

National Volunteer Week

National Volunteer Week is a time designated annually to recognize volunteers for their significant contributions across Canada. This year's theme for National Volunteer Week (April 19 – 25) was **“It’s time to applaud this country’s volunteers”**, and indeed, we have so many reasons to do so! At Hutton House, our volunteers fulfill a variety of roles in diverse areas; front reception duties, adult education, tutoring, book club, leisure programs - arts, fitness, pottery, theatre, cooking, bowling, golf, and Day Break - our day program for adults with complex needs. Working with groups and one-to-one, our volunteers help us reach over 1,000 participants a year. By sharing their time, skills and support for our programs and participants, they bring our values of Inclusion, Collaboration, Excellence and Innovation to life every day!

This year, due to our closure to help stop the spread of COVID-19, giving our “virtual” thanks was an even more important means of expressing our



and we also recognized our volunteers with a print ad in The Londoner during National Volunteer Week.

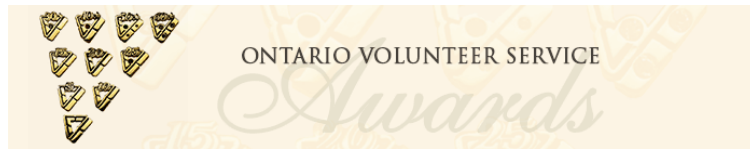
“Recipes & Resources” during Covid-19

Now more than ever, the spotlight is on people who are helping, and we are clearly seeing and appreciating the impact that volunteers are making here in London, and across Canada. People are reaching out to help others in any way they can. Our community is embracing the value and strength of volunteering more and more. The many creative ways that people have developed to support others while self-isolating and social-distancing throughout the COVID-19 health crisis in our community alone, is evidence of the power of volunteers and the impact they make!

Keeping in touch with Hutton House volunteers via email and phone has been a priority throughout our closure and sharing links to resources with them like activities to do at home, mental health tips for challenging times and opportunities to volunteer or donate in support of others during COVID-19. A regular email update to our volunteers has provided them with current information related to the pandemic such as contact information for essential supports like grocery and prescription delivery and government relief funds criteria and contact info. It has also been an interactive way to keep people’s spirits up by sharing personal coping strategies, activities and positive thoughts with each other. It has evolved into “Recipes & Resources” with volunteers sharing their favourite recipes and ideas for staying active and motivated during difficult and stressful times. Volunteers have been sending positive feedback and thanks for this regular email update, and have been contributing their activity and exercise suggestions, recipes and inspirational quotes. One of our volunteers is sending letters to seniors, another is making “ear savers” for masks for front-line workers, another has taken a “virtual” volunteer job through the links that the “Recipes & Resources” email update has provided. It has been a great way to stay connected to our volunteers, help and support them, and also provide them with an opportunity to help others. This experience has reaffirmed that human contact, even from a distance can really make a difference. Seeing the spirit of giving rise throughout the COVID-19 health crisis is heartwarming and confirms what our Hutton House volunteers show every day...that, “Each of us can

do something to make a difference”, and “little things, like a phone call, card, letter or posting a sign...can mean a lot.”

Annually, the Province of Ontario honours volunteers...



We reflect at this time of year on all of the incredible work achieved by our volunteers, who partner with us to make our programs stronger, more inclusive, more interesting and fun! In thanks and recognition for their years of dedicated volunteer service, we are pleased to announce that the following Hutton House volunteers will receive Ontario Volunteer Service Awards:



10 years of service

Faye Simmons, Adult Education

5 years of service

Claudia Bayona, President, Board of Directors
Peter Holland, Treasurer, Board of Directors
Eric Riley, Board of Directors
Liz Han, Adult Education
Mike Hemphill, Fitness Centre

2 years of service, youth category

Kenneth Huang Adult Education & Fitness Centre
Lauren VandenBygaart, Adult Education

With your diverse roles and dedicated years of service, you've all made an impact on many lives. We look forward to celebrating your achievements with you at the future Ontario Volunteer Service Awards ceremony!

I Volunteers Speak Volumes...

Volunteers share their motivations and thoughts on the value of volunteering...



*“My volunteer experience has been Rewarding, Enriching, Challenging.”
Adult Education Volunteer,
Chris Shoemith*

How did you get interested and involved in volunteering with Hutton House?

When I retired I decided to look for a volunteer position that would use the skills I had developed over 45 years of teaching. I felt that I needed to do something productive in society that would be of benefit and give me a sense of personal satisfaction. A friend, who volunteers at Hutton House suggested I look into Hutton House, I did and have been happy that I took the step.

What do you like most about volunteering as a tutor?

Seeing the progress that the learners make over time, and their appreciation for the time we spend together. It was a memorable moment when, after being away, I returned to tutoring to be told by my student that he had really missed our sessions and was ready to work, seeing the obvious pleasure he had in coming to Hutton House, and the increase in his self confidence.

As a retired person, do you feel there are specific benefits to volunteering at this time in your life?

Yes, I feel useful and a productive member of society, it also gives me a new learning experience and challenges me to provide the best possible help for clients of Hutton House.

What advice would you give to others who are considering volunteering?

Definitely!!

What do you feel is the value of volunteering?

Personally to still have the opportunity to use my teaching skills for the benefit of people who live with challenges, and who have not experienced some of the advantages that I have had, and to give me a sense of purpose, and a new challenge in my life. Volunteering gives various agencies and the programs they run the ability to tap into a vast range of expertise and experience.

What has kept you interested and continuing to volunteer?



*"My volunteer experience has been Exciting, Gratifying, Special."
Adult Education & Fitness Centre Volunteer,
John Casciano*

Developing relationships with other staff, my learners and members of the fitness program has been an amazing experience. Between volunteering as a tutor and in the fitness centre I get a lot of self gratification. Being able to make someone smile, laugh or help them when they need it is very rewarding.

My time at Hutton House has been amazing so far and I always find myself leaving with a smile on my face.

What do you like most about your different volunteer roles?

My favourite part about tutoring is being able to assist my learner in subjects that may be particularly difficult for them and watching them conquer those obstacles and move on to the next makes me very proud. Volunteering in the fitness program is a lot of fun. The atmosphere is always very upbeat and positive. During fitness class I'm usually in control of the music - being able to ask the participants what their favourite songs are/favourite musicians and then playing the music they want is a lot of fun as our workouts often lead to dance parties!

As someone with a busy work schedule, do you feel there were specific benefits to volunteering with Hutton House programs?

I find volunteering at Hutton House while working full time very beneficial. It has always been a bright spot in my week that I always look forward to. It has been a great way for me to relieve stress and has added another sense of purpose to my life, being able to give back and serve my community.

What do you feel you will "take away" from this experience?

I feel good knowing that I am helping others in the community and that I am promoting healthy lifestyles

in the fitness program. I have met a lot of amazing individuals that have changed my outlook on life. Volunteering has taught me new skills that I have been able transfer to many other areas of my life. It has also reinforced existing skills. My ultimate goal is to become a Police Officer here in London so being able to volunteer at Hutton house and serve members of the community I live in is an amazing experience that I feel is very transferable to policing. I would say my time at Hutton House has changed me as a person and has really improved my life.

Volunteer Opportunities



The 24th Annual Hutton House Golf Classic at West Haven Golf Club will take place on Monday September 21st. Have a fun day helping! Join our tournament day volunteer team!

Contact roberta@huttonhouse.com

Like us on Facebook



<https://www.facebook.com/HuttonHouseLdn>

Follow us on Twitter



<https://twitter.com/huttonhouseldn>

Watch us on YouTube



<https://www.youtube.com/user/HuttonHouseLondon>

Follow us on Instagram



[huttonhousefitnesscentre](#) [huttonhouseartworks](#)
[huttonhousepottery](#) [hutton.house](#)

Social Worker Services

Can I Help You?



Our Social Worker can provide individual counselling to help with personal issues and in locating community resources. Support is also available to complete forms for various services including ODSP, housing, CPP and assistive devices.

For more information, contact:

Lisa Havens, MSW, RSW at 519-472-6381 ext. 240

lisah@huttonhouse.com

ARTworks

Bowling Club

Our Fleetway bowlers were hit with a gutterball and ended up meeting at the Hutton House main



building one early Monday morning. As



much as we would have liked to be bowling we had some fun and got our hands dirty with



some bowling pins! These pins were donated from our local bowling alley so we made sure to make the most out of them! The group took the time to transform these ordinary pins into fun characters. These turned out great! Awesome job bowlers!

Ladies Club

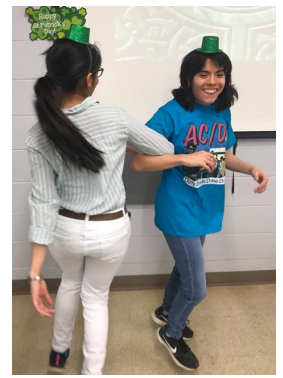
Ladies club is always keeping busy making friendships and having fun! In March we



showed our spirit and wore green to celebrate St. Patrick's Day! After learning a little bit about the holiday, we played some St. Patrick's Day BINGO, a club favourite! Later on, there was a quick



scavenger hunt around the room before we were lead through a step by step doodling activity we call ZenDoodle. This activity has been shown to reduce stress, enhance relaxation and produce a great piece of art! Afterwards they took it to the dance floor and gave it their best at Irish dancing. We hope you had as much fun celebrating this year as we all did! Cheers!



Songwriting and Storytelling

For the last few sessions our songwriters have been learning and growing their musical talents while trying their hand at recording their songs! By using graciously donated equipment in the music and drama department we were able to put together a recording studio and began the slow process of transitioning our songwriters into the studio. Over the last year we were able to record a little over 40 songs! This took a lot of patience, determination and persistence as this is a whole new undertaking for a lot of our writers who have been with us for many, many years. We commend our performers and are always looking to the future to see what these bright artists come up with next! Bravo!

If you would like to hear some of our songs, check out our SoundCloud!

Instructions: visit www.soundcloud.com

: in the search bar type Hutton House

: click on Hutton House

: enjoy all of the musical stylings of our participants!

We are missing seeing our coworkers and participants from our ARTworks and Fitness classes but are listening to the recommendations and staying safe at home! In the meantime, facilitators are staying in touch with participants through phone calls and emails. Please let us know if you'd like us to add you to the list by sending an email to artworks@huttonhouse.com or call 519-472-6381 ext 229 and leave a message including your name and number.

We are posting some online creative challenges and workout videos, check out our Instagram accounts at [@huttonhouseartworks](https://www.instagram.com/huttonhouseartworks), [@huttonhousepottery](https://www.instagram.com/huttonhousepottery), and [@huttonhousefitnesscentre](https://www.instagram.com/huttonhousefitnesscentre), as well as our Hutton House Facebook page to stay in the loop!

Employment Services

Hutton House Employment Services is a no cost employment program with a unique ability to connect and successfully support individuals with disabilities that have diverse abilities, backgrounds, and experiences. Participants engage with us with many variations of a common goal: to further integrate with their community and create positive social and emotional outcomes through paid employment. Regardless of your education, experience, or background; Hutton House provides customized help to create opportunities that align with their your goals, interests, and needs.

Cory

Cory is one participant who connected with our agency with the goal of obtaining free employment help that built upon his strengths, and helped to create opportunities he may have difficulty in obtaining on his own. Over the past few years, Cory has worked in a role that he loves. Unfortunately, his employer could not offer more hours than the one shift a week that he was already working. Cory approached Hutton House Employment Services for help because he found the idea of starting from scratch and creating another job opportunity on his days off incredibly daunting.

From his first day as a participant, Cory has been an absolute pleasure to work with. He has been accessible, positive, enthusiastic and willing to undertake opportunities to further his resume, training, and employability. Cory is responsive and open to all help offered by Hutton House's diversely skilled employment team.

Hutton House Employment Services was recently able to develop for Cory the perfect employment opportunity for him. He was hired to work overnights at London Police Services(LPS) Headquarters as a cleaner. This role is perfect for him because of his previous experience, it being walking distance from his home, and doing work that he truly enjoys and on a schedule that works for him.

Despite the COVID-19 pandemic and subsequent shutdown of LPS Headquarters to the general public, Cory has still been faithfully attending every single shift he has been scheduled for. He has even been offered and is accepting extra shifts due to his reliability and excellent performance. Even though the building is no longer open to the public, offering a sterile work environment helps keep our first responders safe and healthy.

Cory continues to excel when it comes to attending work

and putting his best effort into every single shift. He was recently recognized and thanked in a social media post by a LPS staff sergeant, who applauded all of the custodial workers at headquarters for "showing up every day and making sure that our place is sanitary and clean, keeping us safe and healthy."

It is an absolute pleasure to collaborate with participants like Cory, who are always open to turning opportunities for training and coaching with Employment Services staff into successful job roles that meet their employment goals.

Mikaela

Mikaela's previous work experience was mainly in the retail industry so when she came to Hutton House, she wanted support with finding something she was passionate about. One of her goals was to work as a receptionist in a garage/dealership. After a while at Hutton House practicing mock interviews, editing her resume, talking about strategies to making her employment successful, she was ready to start her job search. In late February, Mikaela and her job developer scheduled a day to go out and connect with potential employers. Job developing with a participant is one of the best ways to provide support through the process and be there when under pressure. If a participant begins to feel anxious when meeting employers, we can provide them with feedback on what they are doing well. Employment Specialists are also there to provide on the spot information to the employer about the benefit of working with an organization like Hutton House and the additional strengths of the participant that they may not think of or feel comfortable to mention. Mikaela was ready for this day and after visiting four employers, she was fortunate enough to have one interview on the spot, three more interviews later and two job offers. Mikaela was so pleased with herself and went from having no job to now getting to choose the right employer for her. She chose to accept a full time position with Jiffy Lube on Dundas Street East at Clarke Road.

Mikaela is happy she has found her match!

During the COVID-19 Pandemic, Hutton House Employment Services has kept a close tab on their participants. Using a holistic approach and regular contact, our Employment Specialists have been ready and able to provide a variety of need-based supports; ranging from remote job coaching to a friendly ear to chat with to reduce isolation, and even direct support in meeting basic needs.

Employment Specialists John and Jeremy began working with a new participant right before Hutton House had to close due to the Pandemic. She was successfully participating in Employment Readiness Workshops, and ready to overcome her barriers holding her back from fulfilling her employment goals. Obtaining work was essential, as her household required two incomes in order to be able to meet their financial obligations.

The province-wide shutdown temporarily slowed her positive momentum. Despite her options for available work narrowing so quickly, the participant kept pressing forward and managed to develop a job for herself working part time in a grocery store.

Three days before her start date, she received an interview and job offer for an even better opportunity, being successfully offered a position in office administration for a busy local auction company. Throughout the process of developing her own opportunities, the participant was grateful in receiving ongoing virtual resume and interview supports, as well as training on how to remain safe and limit the risk of exposure to COVID-19 in the workplace.

Then crisis struck. She suddenly developed a severe medical condition that required immediate emergency surgery. After discharge from the hospital, the new employer requested a 14 day isolation period prior to starting the new role due to possible hospital exposure to COVID-19.

At this point, her family had financial difficulties. Putting food on the table was now the biggest an insurmountable challenge given the circumstances of being isolated and still unable to generate any income. Hutton House was able to provide emergency food supports through the purchase and delivery of grocery store gift cards to the participant's husband, as well as providing access to a list of opportunities for available ongoing community food supports moving forward if needed.

The participant, her husband, and daughter are all immensely grateful for the consistency and variety of ways in which Hutton House Employment Services have been able to provide support. In expressing gratitude to her Employment Specialists, the participant stated "I hope you are keeping safe. Thank you once again for the assistance. We are so very grateful. We are eternally indebted to you all at Hutton House for your generosity." Even in time of crisis, Hutton House Employment Services staff members are proud to continue to live the Hutton House mission, vision, and values. These include assisting persons with disabilities in having equal access to participate in all aspects of community life, and living our commitment to our participants: In a safe,

supportive, and respectful environment, we will work together, with open and honest communication, to enable you to discover and achieve your goals. Job development is about finding the right match for the employer and employee.

Goals Preparation Skills(GPS) Personal Success Stories

1. "I was unemployed for over a year and in a bad spot in my life with depression. I was getting worse and I was getting concerned if I could ever get myself to function enough to hold a job. A friend told me about her experience with Hutton House and how they helped her with her individual needs. The environment was very supportive and friendly, and the facilitators genuinely cared about the participants. This environment helped me get back into day to day life and develop productive habits. They helped me find a job placement that suited my needs and I was hired on after my placement ended and still offer support any time I need. Thanks to everyone at Hutton House for all their support and for doing a good job."

Dustin

2. "My time in the GPS program has truly changed my life. When I started, I was unemployed and riddled with anxiety over money and personal circumstance. Because of GPS, I was able to get a placement at the barn I board my horses at and was recently asked to continue there after I am out of the GPS program. Not only have I been able to advance in my sport, but I've also become mentally and physically stronger. I didn't think it was possible for so much good to come out of one decision; but I can honestly say that joining GPS was one of the best choices I've made to date."

Noor

3. "My time within the GPS program was something I won't ever forget. The incredible staff worked hard to help me find employment in the field I went to school for, as well as helped me build interpersonal skills for future employers before entering my placement. Since the GPS program was my only source of income at the time, the funding they had to help me purchase everyday essentials such as groceries and bathroom amenities were a huge and needed assistance. I truly appreciate what Hutton House has done for me and would recommend this program to anyone."

Kurt

4. “Before being able to be a participant in the GPS program, and had very little knowledge about anything to do with workplace professionalism and basics. I am now certified in safe food handling, workplace safety measures, WHMIS, and smart serve certified! The GPS staff and employment counsellors/specialists have kindly set me up at The Tasting Room downtown. I'm proud to say I've been working full-time since October of this year and look forward to future opportunities. I'm extremely thankful to everyone who made this possible for myself and others!”

Regards,
Rowan



Join Now!
Memberships at the Hutton House Fitness Centre are only \$15 per month!

Need help to find a job?
We support individuals with:
• Physical, Developmental, Learning Disabilities and Mental Health needs
• Limited Education and/or Work Experience

We Get It! We Can Help!
519-472-1541 x 232
FindWork@huttonhouse.com

Hutton House Presents
Youth Employment Program for individuals 15-30

GOALS PREPARATION SKILLS

PROGRAM BENEFITS

WORK PREPAREDNESS

PAID training

Get paid \$14/ hour, 30 hours a week for 3 weeks. Training will be completely facilitated online for the first group. 3 weeks, **WORK FROM HOME.**

SPECIALIZED TRAINING & CERTIFICATES

Receive specialized training in: **Time management, Resume building, Interview preparedness (and more)**

Get Certified in: **First Aid, Safe-Food Handler, Smart Serve (and more)**

* Certification programs are optional. We won't ask you to complete a certificate if your placement/occupation doesn't require one.

WORK EXPERIENCE

PAID placement

Get paid \$14/hour, 30 hours a week for 12 weeks during your placement. We work with you during the Work Preparedness phase to develop your placement interest

PLACEMENTS

Some previous placements include

- Call centre inbound customer rep
- Child & youth worker
- Hostess
- Dishwasher/Food prep
- Grounds crew
- Construction
- Light janitorial
- Grocery store clerk

APPLY TODAY

Email us to apply
intake@huttonhouse.com

We focus on supporting YOU throughout the 15 weeks.
Securing employment through your placement is our ultimate goal.

WWW.HUTTONHOUSE.COM

Day Break

It has been a busy and exciting period for Day Break staff and participants as we found innovative ways to work from home and support each other during the province wide COVID-19 Emergency Order.

Staff have continued to embrace virtual collaboration tools like Microsoft Teams and Zoom and we have been creative and busy engaging participants.

Staff meet with participants through Zoom, giving them the opportunities to connect. We have provided them with check-in and ideas on what to do to keep them busy at home, to practice social and physical distancing, hygiene as well as general well-being.

Day Break staff have also reached out to participants through curbside drop offs of activity packages consisting of different items like games, printed colouring papers, activity paper, loaner iPads and Lego at each participant's home to keep them busy during this time. Day Break Staff also meet virtually twice a week through Zoom and we have jointly worked as a team to get through the challenges of this time. Thanks to all Day Break staff - you have been awesome.

The Health and Wellness Committee put together an amazing potluck idea. All staff were asked to bring in a dish that represented their culture and or a favorite dish from their childhood. We had so many delicious options and everything was made with love. The Participants enjoyed being a part of this and loved seeing what we came up with.



Martha having fun on Snapchat Chat. She wanted to discover all the fun new filters. She was very happy seeing all the fun things she could do all in one app. Her laugh and smile says it all.

Staff participated in an anti-bullying awareness day and we all wore pink. This was our way of showing our support in the community.



Bakri had a blast out Bowling with his friends. He definitely knows how to have a good time. He did so well we all cheered him on when he got a strike.



Along with Bakri, Marissa joined the group on their outing to Fleetway. She had so much fun with her peers; her smile was from ear to ear the whole time. Marissa loves being able to get out in the community and shows her excitement through her beautiful smile.

LIFeworks 2

Oh how the time flies... Crazy to think that we are already in 2020! This new year has brought a lot of new adventures for LIFeworks 2. At the beginning of the year we got some very exciting news... our favourite kind of news... baby news!!! Our LIFeworks



facilitator Ben welcomed a bouncing baby boy. We were all very excited to be able to meet and hold baby Elliot.

Just in time for Valentine's Day LW2 got a new and exciting opportunity to do some community outreach. We were able to partner with McCormick Home

to handout some homemade Valentine Day cards to residents! It was an amazing experience for both our participants and they residents. We hope to be able to visit again sometime in the future.

We decided to add some beautiful new art to decorate our room. We all made some lovely string art, it was a challenging craft but we all worked very hard! Can't wait to hang them up on our new art



board. We can't wait for summer to come so we can do some more activities outside in the sun.

Since the COVID-19 shut down lots has changed for the LIFeworks programs, however we are all still keeping in touch. LIFeworks facilitators Julia and Ben have been touching base with participants via telephone and have recently started virtual hangouts. Virtual hangouts have been a great means of communication not just for facilitators but for participants to interact with each other again. Additionally, we recently handed out an activity package to all participants, we hope that this package will help incorporate some new activities into participants day to day.

We miss everyone dearly and hope that everyone is staying healthy and safe!

LIFeworks 3

Welcome to LIFeworks 2020!! During this winter season LW3 has kept plenty busy, we were all very excited to get back from our Christmas holidays. Our new year started with us making our vision board to see what we wanted to do and goals that we wanted to achieve as a group or individually for the upcoming year. We have been able to try some very cool and exciting activities that we haven't



done before, these have included working with Malcolm taking apart computers and learning how they work!

Additionally, we were able to take a road trip with one of our community partners Chris to learn the ins and outs of making maple syrup. We were able to see all of the equipment used and even learned how to tap our own trees! Chris and his team were amazing not only showing us around but also treating us to a delicious pancake feast.

We are looking forward to selling maple syrup at our market stand this summer!

Last but not least LW3 was able to continue their tradition of going to see Disney on Ice. This year we were met with some amazing performances including Moana, Toy Story 4 and Mulan!! We had a blast singing and dancing to all the songs.



LIFeworks 4!

This winter has been super busy for LW4! To promote personal growth, we created a goal tree in our space to showcase the personal and group goals we are working on! Some of the goals include trying 50 different apps or learning how to play new board games that we might not have known about. For Valentine's Day we celebrated with a little party including mocktails and tasty treats.

We have kept up with our cooking Monday's trying out a variety of new recipes including rainbow pancakes, and smoothies! With Summer time quickly approaching, we have been hard at work brainstorming new items we can create for the market this year, as well as already making some items in the Pottery Studio.

Stay tuned for what we do next!

Fitness & Wellness

There is never a dull moment in the Fitness and Wellness program at Hutton House! During the last few months, the Fitness program has been lucky enough to have help from numerous placement students and volunteers! We were extremely grateful for their support and had extra hands on board for every single class.

We were joined by placement students from Fanshawe College and Western University that helped continue to run and eventually lead our Smoothie Bar Circuit and Strength and Stability Band classes. These students also got the chance to offer one-on-one training to participants who have a Hutton House Fitness Membership.

We were also joined by caring and passionate volunteers that helped tremendously during our Microwave Chef and Comfort Food cooking classes. We are extremely lucky in the Fitness program to open our doors to these students and volunteers because it is a way to not only have some helping hands, but to learn from others! Students and volunteers are constantly bringing in new fitness and wellness ideas and adding to the program.

One of the highlights from our placement students from Fanshawe College was the Fitness and Wellness program bulletin board that they created! Other highlights include; doing more dancing than exercising during circuit classes, incorporating boxing into exercise classes, developing relationships with the amazing participants, and many more!

Income Tax Clinics

The deadline to file your income tax has been extended to June 1. As our Income Tax Clinics had to be cancelled, you can still drop off your information in the mail slot at the Main Building at 654 Wonderland Rd N. We will take your information to the Accountants so they can do your taxes and let you know when they will be ready to pick up. For more information call 519-472-6381 and leave a message and we will call you back.

Donor's Corner

The music and drama classes were grateful to receive another generous donation this year. We purchased some equipment to help our songwriting class. We also invested in a new PA system, stage microphones, and sound panels which will make participants in our Karaoke and Songwriting classes feel like rock stars!

Passport Program

Due to the COVID-19 Pandemic the Passport Program has changed how supports are being delivered to our participants. The support workers in the Passport program have been working hard supporting their participants in contactless ways including:

- Phone calls: some long calls each week and some short calls more frequently during the week. These calls range from checking in to helping participants navigate the changing news and updates about the pandemic.
- Video chats: seeing a friendly face helps during these difficult times. Participants have enjoyed being on video chats and colouring with their support worker, giving them tours of their bedrooms and meeting their pets!
- Online gaming: support staff are enjoying engaging with participants online in friendly gaming competitions!
- Other activities: supporting participants to navigate on line grocery shopping and pet food delivery!

Each participant has different needs and the Passport Program at Hutton House strives to help foster independence in the community.

Ministry of Children, Community and Social Services (MCCSS) announced temporary changes to eligible expenses for Passport funding. Some of these changes include:

1. Sensory items- multi-sensory related products
2. Technology- laptops, tablets, video games, e-readers
3. Home based hobbies and physical fitness activities- arts and craft supplies, books and puzzles, home fitness equipment
4. Personal Protective Equipment- masks, gloves, disinfectant wipes
5. Essential Service Delivery fee- grocery and pharmacy delivery fees
6. Behaviour support plans and interventions

More information on these changes are coming soon. If Hutton House manages your Passport funding please connect with Sarah at Sarah@huttonhouse.com or leave a message at 519-472-6381 x.247



RED CROSS FIRST AID/CPR

Hutton House is a Canadian Red Cross Training Partner offering First Aid/CPR and AED courses to participants, partnering agencies and employers as well as the general public.

We have provided training to dental offices, the London Language Institute, London X Ray Associates and Beach Comber Hot Tubs. If your company needs to be CPR Certified reach out and we can help get your staff trained!

- Our qualified facilitator provides a learner-centered training plan that will keep participants engaged
- Small group settings provide the means to offer additional supports
- Programming will be offered at the Hutton House Learning Centre in Cherryhill Village Mall (details regarding in person training are in development due to the COVID-19)
- Access to free parking, food court and grocery store
- Participant subsidy may be available, please speak with staff

COURSES OFFERED INCLUDE:

Standard First Aid/CPR – level C

- 14 hours of teaching time
- Learn adult, child and baby CPR and use of public access defibrillator (AED)

Standard First Aid & CPR- C Recertification

(Current SFA/CPR C certificate required)

- 7.5 hours of teaching time
- Receive updates and refreshers

Emergency First Aid

- 7.5 hours of teaching time
- Includes first half of Standard First Aid course

Blended Learning

This option includes One day in class and one day online. Specifically formulated for those that cannot attend a regular two day in-class session. The online portion is at your own pace, while the in-class time is from 9:00am-5:00pm

*Anyone who registers must be able to demonstrate the required skills contained within the course as well as complete the testing.

Non-Certification courses are also be available for individuals with a general interest in learning about First Aid.

For more information, to inquire about prices to book a course, contact Tami Clark at 519-472-6381

Support while you are at home during COVID-19

While all of our locations are closed, staff are still working remotely to provide support to participants and families as much as possible. Each week the staff are coming up with new ideas and activities. If you have ideas about activities you would like to do at home please let us know.

If you have photos, recipes and activities that you would like to share with others please let us know and we can post them on social media.

Check out our Facebook page, Twitter and Instagram accounts to see what is happening at Hutton House. You can also check our website www.huttonhouse.com

If you need help about:

- how to get medications and/or groceries
- how to get medications or groceries delivered
- supports to deal with stress, anxiety, loneliness etc
- what to do if you feel sick

Please call 519-472-6381 and leave a message and we will call you back.

You can also email us at hhservices@huttonhouse.com for help as well.

Other help:

We hope everyone is staying home, staying well and we hope to see you all soon.

NAME OF ORGANIZATION	HELP OFFERED	PHONE NUMBER	WEBSITE/EMAIL
Canadian Mental Health Association (CMHA)	Help to manage our mental health.	Call 24 hours a day, 7 days a week: Reachout: 519-433-2023 or 1-866-933-2023	www.cmhamiddlesex.ca/support-during-covid-19
The Middlesex London Health Unit	Information about COVID-19	519-663-5317	www.healthunit.com/novel-coronavirus
London Foodbank 926 Leathorne Street London	Provide food items Monday to Friday 9:00 -4:00	519-659-4045	Website: www.londonfoodbank.ca/ Email: info@londonfoodbank.ca
My Sisters Place 566 Dundas Street London	Serve lunch and provide basic needs	1-877-859-0352 or 519-679-9570	Website: www.cmhamiddlesex.ca/about-cmha/msp Email: mysistersplace@cmhamiddlesex.ca
Lifespın 866 Dundas St, London	Provide information and support for individuals surviving on low-incomes	519-438 8676	Website: www.lifespın.org Email: life@execulink.com
Government of Canada Resources	Information about financial support for individuals during COVID-19		www.canada.ca/en/department-finance/economic-response-plan.html
Ontario Government Resources	Information about financial support for individuals during COVID-19	1-866-797-0000	www.ontario.ca/page/how-ontario-is-responding-covid-19



West Haven
Charity Golf Classic
for



Hutton House

Monday, September 21, 2020

At

West Haven Golf & Country Club

Please join us for this year's Classic with its Unique format

6 Holes Best Ball

6 holes Scramble

6 Holes Alternate Shot

Compete in 2 person Teams

\$250 per person includes golf, cart, prizes, lunch and gourmet dinner

Register by Friday, May 29 to save \$25 per golfer!

Sponsorship Opportunities

Tournament Sponsor **\$7,000**
(includes golf for 8 & 4 additional dinner guests)

Gourmet Dinner Sponsor **\$5,000**
(includes golf for 4 & 4 additional dinner guests)

Albatross Sponsor **\$3,000**
(includes golf for 4)

Corporate Advertising Sponsor **\$1,500**
(includes golf for 4)

Team Prize Sponsorships **\$250/Team**
(4 available)

Dining Sponsorships: Lunch Sponsor **\$500**

On the Course...

Pin Flag sponsor (sold) **\$1,000**

Hole Sponsorships:

- "Par" Hole Sponsor **\$ 250**

- "Eagle" Hole Sponsor **\$ 725**
(includes 2 golf registration)

Contest Sponsorships **\$ 300**
(7 available)

Hors D'oeuvres Sponsor **\$ 500**

Wine Sponsor \$1,000

(Wine includes custom label with corporate logo)

All sponsors receive recognition for their contribution
 For additional details please contact Jim Belton, Events Coordinator
 Phone; 519-472-6381 x227 Email: Golf@huttonhouse.com

Coming Events

Due to COVID-19 all other events have been cancelled

Visit

www.huttonhouse.com
for Events & News updates



Hutton House Customer Service Commitment

Our most important customer is YOU.
In a safe, supportive and respectful environment
We will work together
With open and honest communication
to enable you to discover
and achieve your goals.

Our Mission:

Hutton House promotes and supports persons with disabilities through learning and life enhancing programs that focus on each individual's strengths, abilities and interests.

Vision:

Persons with disabilities have equal access to participate in all aspects of community life.

Board of Directors:

Claudia Bayona - President
Tilda King - Vice President
Peter Holland - Treasurer
Jean Knight- Past President
Jeanette Dutot - Ex-Officio

Directors:

Wendy McGowan
Michael Ketelaars
Jon Lavkulich
Eric Riley
Bryan Smits
Julie Watson
Nelson Rodriquez

Charitable Registration
(Bn) No. 10807 1861 RR0001



Hutton House

Supporting youth & adults with disabilities

“In House” Next Publication Deadlines

August 10th, 2020

January 15th, 2020

We gratefully accept articles, personal stories, and photos involving participants of Hutton House.

Please submit information directly - and early - to
Lori@huttonhouse.com