



# *In House*

**A Newsletter to our Community**

Employment Services  
pages 2

Access Voluntarism  
Fitness & Wellness  
pages 3

Volunteer Services  
pages 4-7

Day Break  
page 8

Adult Education  
page 9

West Haven Charity  
Golf Classic  
page 10

Grant Annoucements  
page 11

Other News  
page 12

Best Buddies  
page 13

ARTworks  
page 14

The Well-Nest  
pages 15

LIFeworks 2,3 & 4  
page 16

Back on Track Program  
Page 17

Covid-19 Info  
pages 18

Ford Keast  
Social Worker  
page 19

Coming Events  
pages 20



## **Nathan's Urban Farm**

Throughout our lives, we will all meet many different people. Some of those that we meet will leave an indelible mark on our soul and forever capture a special place in our hearts and memories.

Nathan Deslippe was one of those individuals for all who knew him. Full of joy, radiating warmth and kindness, possessing a real zeal for humanity, and a true friend to all he encountered. He was described by those who knew him as “a bright light”, and “a positive energy” that touched those who knew him and inspired those who didn’t.

cont on next page

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

# Employment Services

## Nathan's Urban Farm

Nathan tragically lost his life under unfathomable circumstances in 2016. Survived by his mother Mona, father Tim, and sister Jessica; they united in their intent to keep Nathan's memory and legacy alive by establishing the Nathan T. Deslippe Memorial Foundation.

Nathan manifested "a force in life" who affected change by living his ideals in all of his deliberate actions to help shape his community in his vision of things that truly mattered. Living harmoniously with the environment, being healthy, happy, and kind to each other were some of his personal maxims. Nathan's Memorial Foundation is continuing those actions as his legacy.

One such partnership that has arisen from Nathan's important 27 years on our earth is "Nathan's Urban Farm", a sustainable hydroponic urban farm developed and managed in a partnership between Hutton House and The Nathan T. Deslippe Memorial Foundation.

Nathan was a true believer in sustainability, the environment, and healthy clean living. He was a yoga instructor and a life coach, and a rising entrepreneur. His purpose will be reflected in this farm, as its three chief focuses are creating a sustainable local healthy food source, teaching job skills to those with employment barriers looking to make their own mark on the world like Nathan did, and offering educational opportunities to help teach others the importance of growing and consuming local and healthy food.

Nathan's Urban Farm is already operating 12 hydroponic towers, possessing 336 growing pots, and capable of producing hundreds of edible plants every single month. Produce is already being donated regularly to the Youth Opportunities Unlimited shelter, and more partnerships are in the works with other organizations such as Growing Chefs, as the farm continues to grow and COVID restrictions continue to lift.

The farm is currently being operated by a dedicated and hearty team of volunteers from Nathan's Foundation, Hutton House staff and participants, and will soon be hiring an employee from our local job seeking work force. The towers are currently operating within the offices of MLD Solutions while "The Grove", the agri-business food hub at Western Fair is undergoing renovations. The farm will eventually be re-located to its permanent home there, with satellite hubs opening at Cavendish Park and hopefully other locations in the future.

Nathan's Urban Farm represents opportunity, sustainability, clean living, and hope. All things that

were important to Nathan in his time on our earth, and all priorities that will continue to be furthered by Hutton House and the Nathan T Deslippe Memorial Foundation in their urban farming partnership in his memory.

To learn more about the farm, please follow our journey on Facebook at <https://www.facebook.com/NathansUrbanFarm>, and if you would like to discuss being involved as a volunteer in the project, please send Jeremy an email at [jeremy@huttonhouse.com](mailto:jeremy@huttonhouse.com) or Chris an email at [chris@huttonhouse.com](mailto:chris@huttonhouse.com)

## RDC-21 Re-Thinking Disability Conference – Diversifying Your Business

Hutton House in partnership with other service providers from across Ontario and the Ontario Disability Employment Network (ODEN) planned together and hosted a conference on March 24 to provide an opportunity for businesses to learn and network with professionals and business leaders who are actively Rethinking Disability and to understand the benefits of inclusion and diversity. The virtual event included a plenary session with Josh Davies of the Centre for Work Ethic Development, breakout sessions, a panel session and networking rooms representing a variety of sectors - retail, technology, manufacturing, professional services and agriculture.

Gord Fansher from the Hutton House Employment Services team and Mona Lam-Deslippe facilitated a networking session for Technology companies. Mona is the founder of MLD Solutions Inc. a London software development firm specializing in interactive digital media and customer relationship management systems. Mona believes that diversity and inclusion are key values of her company. Mona talked to the attendees about the importance of having conversations with employment providers and finding one that is a good fit for their company like she did with Hutton House. Building a relationship with an agency is important to understanding the needs of both sides. Over the years Mona and her company have hired and had participants in work placements. Also Mona has become an advocate for those on the autism spectrum being involved on local initiatives to enhance understanding of hiring people on the spectrum. Mona shared also that having a diverse,





flexible and inclusive workplace enables success for all employees.

We would like to thank ODEN, Community Living Oakville, Community Living Sarnia Lambton, Windsor Essex Employment Group and Stride Rehabilitation Services Inc. for partnering together along with Hutton House to highlight the benefits of inclusion and diversity for human resource professionals and the business community.

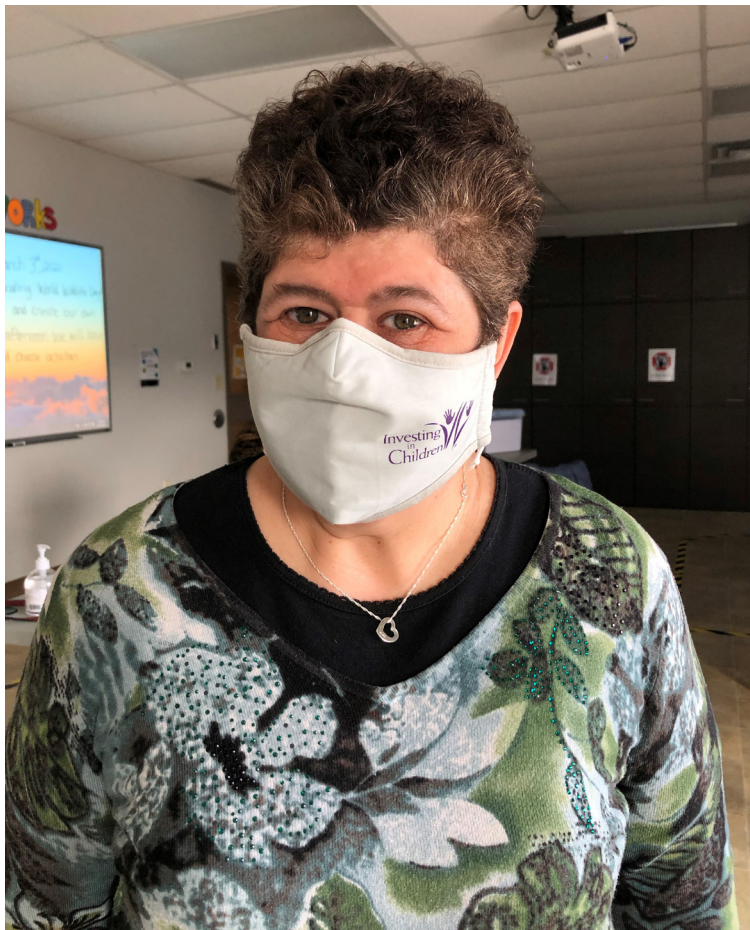
## Access Voluntarism

The Access Voluntarism Program would like to congratulate Danusia for receiving her 15 Years of Service award for volunteering at Mount Hope!

Over the past 15 years, Danusia has dedicated her time to help porter residents to the hair salon. Each week, Danusia helps residents get to their hair appointments safely and on time. She brightens their day with her friendly smile and conversation.

Though she has not been able to volunteer since the beginning of the pandemic, she was still honored with this beautiful necklace for her commitment to St Joseph's Health Care.

We are very proud of you Danusia, and happy to have you as a participant of our program!



## Fitness & Wellness

The Hutton House Fitness program has added an additional training class to their schedule. Many participants are very interested in learning how to offer first aid for family or friends so we have added the "Safety Skills" program. In this class participants are able to learn about what causes infections, how to treat a variety of wounds, how to notice signs of a heart attack or stroke as well as a variety of additional First Aid skills.



In this picture Emma is practicing her wound care skills on a banana.

If you are interested in learning first aid skills, don't hesitate to connect with the Fitness program to find out more information.



# Volunteer Services

## Volunteer Services



### National Volunteer Week is April 18 – 24, 2021

This year's theme in recognizing volunteers is **"The Value of One, The Power of Many."**

"This theme reflects on the awe-inspiring acts of kindness by millions of individuals AND the magic that happens when we work together towards a common purpose. This past year, we have seen people supporting family, friends, neighbours, and strangers, people standing up to systemic racism, and people sharing insights on how to create a more just and equitable society. We recognize the value of the caring and compassion that each one has shown another, and we recognize the power of people, organizations, and sectors working together." **Volunteer Canada**

The past year has certainly been one of unprecedented change, and volunteers have risen to the forefront with their ability to adapt and quickly form local mutual aid networks in response to the pandemic.

Although Hutton House volunteers have not been able to help in-person they have provided their support for our program participants online whenever possible and have maintained their communication and connection to us.

We want to thank all of our volunteers for their abiding support and look forward to the time when they can become involved at our locations again. The stresses experienced over the past year have also brought to focus the importance of taking care of our mental health. This

year, we are thanking our volunteers during **National Volunteer Week** with a week of fun, insightful webinars focused on their self-care and resilience.

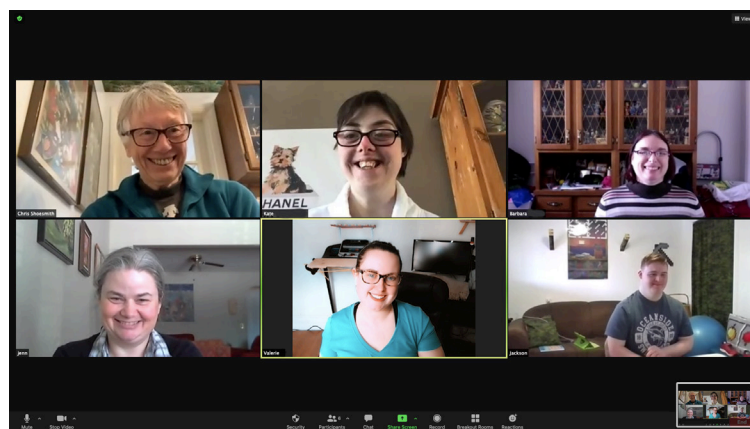


We invite our volunteers to pour themselves a "cup of self-love and" join us at "The Mindful Café" for some sessions on mindfulness, meditation and self-compassion and learn some practices they can incorporate into their daily lives. Volunteers will also receive a \$10.00 gift certificate toward the purchase of our one-of-a-kind pottery our booth at The Market at Western Fair.

**Happy National Volunteer Week!**  
**#VolunteersBringChange**

## Shifting to a Virtual Role... Volunteers Share Their Thoughts

### Chris



Chris Shoesmith is enjoying her new venture as facilitator of one of our online book clubs. Reading the book, "Mary Poppins Returns" is sparking lots of laughter and conversation, and as Mary Poppins would say, "It's practically perfect in every way!"

When asked if she ever thought she would be volunteering in an online program, Chris replied with a laugh, No!, it's been a nice surprise though, that it's gone so well! I was expecting it to be difficult because I'm not



tech-minded, but it's been very smooth. I'm on an iPad so it's a little more restrictive, but working with Val the Adult Education staff, having another person there to do the games and share the screen is so helpful to facilitate together. I would do it again based on this experience."

Adjusting to an online format rather than in-person has been a learning experience, but Chris notes that she didn't have to make any change in her teaching style. "Because I'm a retired teacher I fell back into teaching mode. I jumped back into something I've loved doing for the last 40 years. It brings me that satisfaction of feeling useful and helpful. I organized facilitating the book club the same way I would organize a lesson in a classroom, with accommodations for each person's abilities. We start with some questions to refresh what we talked about last week and where we are at in the story. We're having fun talking about the meaning of some of the words or expressions from the past that are used in "Mary Poppins Returns" that we don't hear people saying today, like "plum out"!"

Chris has also been able to use her knowledge as a former science teacher by contributing some activity ideas on fundamentals in science for an upcoming science program that Val is preparing for Adult Education. "I didn't think I would ever be drawing on my science background as a volunteer, but am certainly happy to help out more in that respect again."

What has she learned from the experience of facilitating an online program?

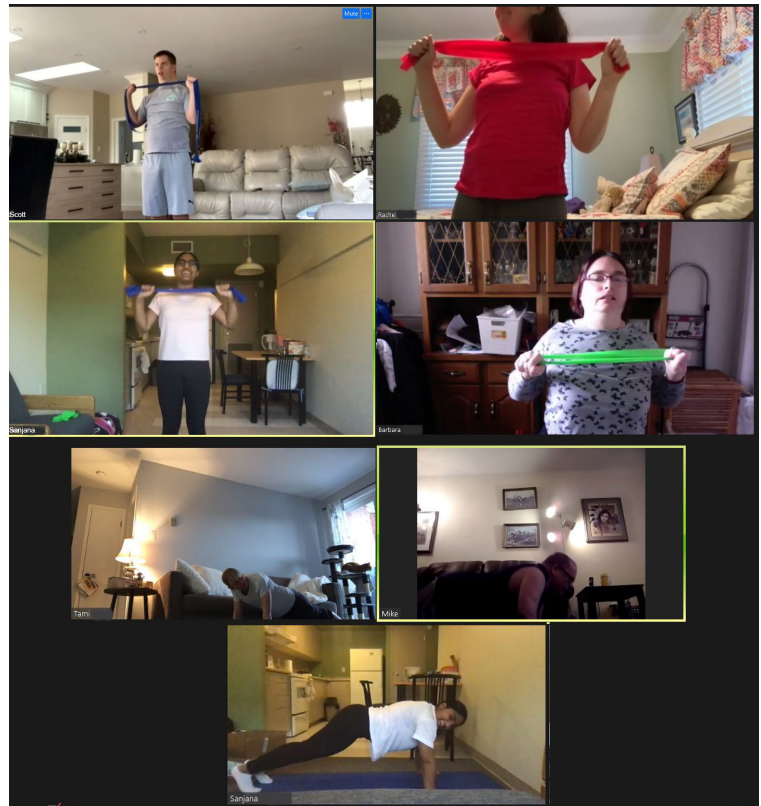
"Well, I'm more capable on the iPad than I thought I was! Before I did this, I did use Zoom a bit with my own family and friends to keep in contact. It was nice to see them but not the same feeling as having them with me. But, I have found with the Book Club group that it's been easy to get to know and feel comfortable with the participants and establish a rapport with them. I didn't think that was going to happen, but it has! I was a hands-on teacher doing projects and science experiments with students and didn't use technology to teach. I was a bit biased about using technology to teach and connect with people, but this experience is dispelling that bias."

Reflecting on the value of the online Book Club program and what she likes the most about it, Chris says, "It's very satisfying to see how people can progress through the book we are reading. It's an eye-opener for me as to how much interest and information I can help people obtain. It's the same feeling as when I tutored one-to-one. Just seeing on their faces how much they are enjoying being there. And the commitment that the participants are putting in to attending every week shows how important it is to them. They are all accepting and supportive of each other. It's giving that human contact

that we are missing in-person, not only for the program participants, but for all of us, during this pandemic."

"They're a lovely group of people, and it's going really well."

## Sanjana



Sanjana Vuyyuru has been a valuable part of the fitness program, assisting twice a week and jumping in to lead the class whenever needed!

"Once I knew I would be attending Western University I was looking for volunteer opportunities in the London community and found Hutton House online and read about all the great programs. I was wondering if there was a virtual opportunity and was really glad that you had one for me!", says Sanjana.

Sanjana has a passion for fitness, and with her experience teaching yoga at a virtual summer camp, she was able to easily adapt to teaching fitness online! She has found the role fits into her interests and future career goals. "I played competitive tennis and was also on the badminton team in high school. I just fell in love with how fitness is great for your physical and mental health. I have found with Hutton House it's great to exercise with others because we can all motivate each other, and it connects with something I want to be doing in the future. I want to get my fitness instructor or personal trainer certification, and even further down the line I want to pursue a career in healthcare where I can really advocate about how important physical activity is toward improving both your mental and physical health."

# Volunteer Services

“What I like most about this experience is the social aspect, connecting with the participants in the classes and getting to know them. In the warm-up and cool-downs, we really get to talk to each other. When I moved to London, I didn’t know anyone and I’ve grown to feel a nice sense of community through volunteering for the fitness programs. I also enjoy working with the Fitness Facilitator, Tami; she’s so creative and easy to work with.”

“The main advantage of online fitness is that the participants can still maintain good physical health from the comfort of their own homes and not have to worry about the commute. It’s always great when you can see someone in-person in a gym setting - they can use a larger amount of equipment and you can check people’s form more easily when they are doing movements. However, to compensate for that, Tami has incorporated resistance bands which are safer to use than weights. If your form is not exactly perfect using resistance bands it’s more forgiving and there’s less chance of an injury. We’re making it work online.”

“I would say the biggest thing I’ve learned from this experience is the importance of adapting to new circumstances and keeping a positive attitude. With Covid happening, I’ve learned that you can adapt without too much effort – you only have to learn the basics of Zoom, get some resistance bands and learn how to do some variations of exercises that work the same muscles as you would be in a fitness centre using machines or other equipment.”

“The value I’m feeling is, I’m sure the same as for all of the program participants – you get to meet more people and motivate each other to live a healthy lifestyle. Plus, we’re all having fun learning some unique exercises that Tami comes up with that I’ve never seen before, and we can continue doing them from home. Tami brings your imagination into it, like today we were all doing “wood choppers” and pretending we were chopping wood! With the gyms closed and not being able to see your friends in-person over the past year, this has been a really important avenue for all of us to maintain our mental health.”

“With all of the programs Hutton House offers online, you’re still able to build a good sense of community with your program participants. It shows a pandemic can’t limit that – you can still have a great time learning some new skills and doing some fun classes with others in the community.”

## Heather & Marina



Stir it up! Heather Morris & Marina Knox are having fun sharing their skills in our cooking programs.

I know that you both have experience volunteering with food and cooking programs, however that's in person, so how does your online volunteering experience compare with the in-person for you?

**Marina:** Well we didn't know at first how it would work, but it's worked out really well! At the beginning we had two participants, three participants, and this morning we had ten. We are now volunteering with two full groups a week. And what's fun is each group they can say hi to each other and have a little conversation among them and we can watch what they are doing as we're all cooking. It's worked out really surprisingly well. And you know under these circumstances I think everyone's still so excited to cook, and we have time to complete the recipe and even sometimes time to share it together.

Did you ever think that your skills would ever be used in an online program?

**Marina:** No actually. After visiting Hutton House we really just got everything completed and then everything shut down due to the pandemic. We had other volunteering we were doing as well, in other locations, but nobody we were involved with went to the capacity that you have. So when you called and you asked, we had no idea what to expect and it's grown into something that is enjoyable for everyone. We enjoy it, and the participants enjoy it. It's good positive feedback we're getting.

What do you like the most about this experience?

**Heather:** What I like is the excitement of the participants and just the joy around cooking. It just feels like “food is love”, and that's what's happening there.

**Marina:** I have to say similarly with myself. I think the biggest thing was when we jumped from having just two on the screen to ten on the screen. There's a real buzz, wouldn't you say Heather?

**Heather:** Yes, and excitement!

**Marina:** They're happy to be there, they want to get started and they're talking and engaged. So, it's really nice.



What have you learned from the experience?

**Heather:** Well, what an outstanding organization you people are running, and the program you're offering and the people you're attracting. Your Facilitator, Tami, is amazing, your University of Waterloo co-op student, Emma, is amazing, what you do is amazing. It makes you just feel good, when you see what a lovely community you have all created.

**Marina:** I think even just interacting with the young adults, who do have some challenges and disabilities- just learning from them, and seeing their disposition and how they manage with things like cooking. Even today, one of the participants had spilled some maraschino cherry juice. We said, "Oh you know, I think you can solve that problem!" and he said, "Yes I can!" He made this awesome creation; he was using food coloring- he just took a lead on the whole thing. We're dealing with individual personalities. Some just want to be there, they're happy to just be there and listen. So, I think for myself, it's about letting it all happen organically. It's a different way of thinking and being in the kitchen.

Do you think you're getting to know people as well as you would in person?

**Heather:** Oh yes! It would be different face to face, but definitely we're still getting a connection.

**Marina:** It's nice too because sometimes you go off script and have conversations, because you know, they have a dog or its Christmas time, etc. Heather always asks if anyone has cooked over the weekend, and they're so happy to say if they did.

If you could sum it up for yourself, what you see as the value of the program?

**Heather:** Well, I think a number of things. One, having some structure to your day is so good for everyone. To see their friends, with ten of them in the class, they can really go back and forth and if you're alone at home you can be lonely, so the socialization is important. And I think with the cooking too, everyone is growing. We have so many substitutions, everyone is always out of something. They show us what they substitute, and they're getting really good at it!

**Marina:** We do a jeopardy game at the start, and it's all learning. They like the game- some are more competitive than others! Even this morning a participant commented and noticed we were using a whisk, which was a question in the game! They also end up with a recipe booklet.

**Heather:** One participant said she cooked on the weekend, she used the oatmeal recipe from last session, but she substituted raisins for chocolate chips.

**Marina:** She was using the language, the kitchen terms and tools lingo. And your University of Waterloo

student, Emma makes these beautiful recipes for the booklet, she makes it really picturesque. So, the participants actually come out of the program with a themed recipe book that they can use!

Thank you so much for your time Heather and Marina! You're doing such a wonderful job and we're lucky to have your support!



If you are interested in participating in a cooking program, go to the [Calendars & Forms](#) page on the Hutton House website to learn more!

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# Day Break

As of February 8th Day Break started gradually reopening. We could not be more excited to see participants in person. We have welcomed back 2-3 participants per day for 5 days a week. We are closely following all public health protocols. It has been a positive adjustment for participants, caregivers and staff.

Day Break has been running the program with virtual gatherings through Zoom during the pandemic. We are continuing the virtual gatherings every day, Monday through Friday, 9:00-2:30. The participants and staff can still all be a team while at home or in person at Day Break. Participants enjoy seeing their friends busy at Day Break. All participants look forward to reconnecting with each other and staff.

The virtual activities are education, surprise demos, yoga, crafts, participant choice of activity and Fun Fridays. Every month a package with all the items needed for the activities are delivered to participants' homes. New things we have learned about include; places around the world, the solar system, indigenous culture and much more. A yoga instructor joins us virtually. One of our favourite poses is Lion's Breath. Participants often request this. Some crafts that we have done are sun catchers, flowers in the garden, frames to hold pictures, lava lamps and so much more. Fun Friday entails playing games such as Pictionary, Hangman, Jeopardy, and Wheel of fortune. It can also be a day of singing and dancing. Every day is a new adventure.



Lava Lamps made at Day Break

It is so nice to see the warmer weather. We have been going for walks to Victoria Park, window shopping downtown and even taking a small break to watch people skating at Victoria Park. Day Break is looking forward to the warmer days that are coming.



Visiting Victoria Park

**HUTTON HOUSE  
EMPLOYMENT SERVICES**

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Hutton House Employment Services is excited to announce the launch of our new e-newsletter! Subscribe to get VIP insights on upcoming events, resources, employment news highlights and more! The Employment e-newsletter goes out once a month for your convenience! Stay up-to-date on the latest pandemic employment supports, new workshops and free supports available to you. [Click here to subscribe!](#)



# Adult Education

This winter, Adult Education offered many group classes including Animals, Canada, World Heroes, Folktales, Fun and Games, Discover the Past, and Book Club. Virtual group classes have some benefits. Being able to show photos, videos, and websites helps bring the lessons to life. An online newsletter lets us share some of those links with you.

## Fun Facts about Canada

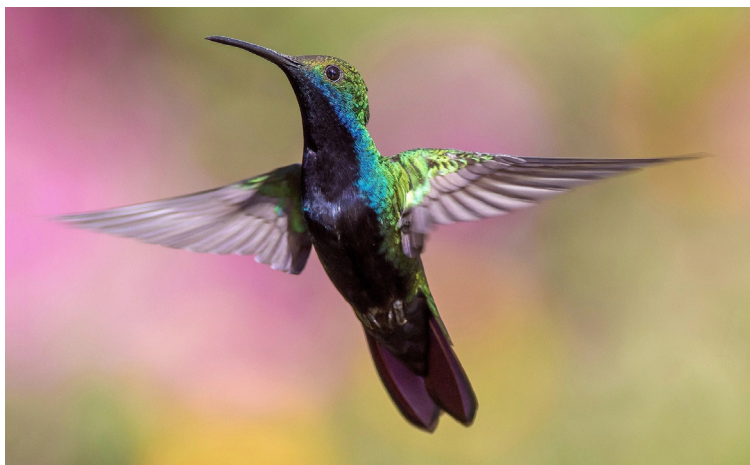
- The capital city of Canada is Ottawa.
- The 2 main languages spoken in Canada are English and French.
- Canada is the second largest country in the world by total area (Russia is the largest).
- Canada features the longest coastline in the world, stretching 202,080 kilometres
- The name Canada comes from the word 'kanata' which means 'settlement' or 'village' in the language of the indigenous St. Lawrence Iroquoians.
- Canada has over 30,000 lakes.

Video: [Canadian Inventions](#)

## Fun Animal Facts

- A polar bear's hair is not white – it's colourless.
- A giraffe has seven bones in its neck, which is the same as a human has, but they are much larger.
- A chameleon's tongue is at least as long as its body.
- Huskies can run at speeds of around 31km per hour.
- An eagle's eyes are at least four times sharper than a human's.
- Adult bison are the largest land mammals in North America.
- To hover, hummingbirds may beat their wings up to 200 times per second.
- Pregnant nine-banded armadillos always give birth to four identical babies.

Video: [Amazing Animal Facts](#)



Every week, participants get together with their friends for Fun and Games. They take turns choosing games or activities. You can try some of these quizzes at home or put on your favourite song and have a dance party.

Quizzes: [Guess the Animal](#)

## [Disney Silhouette](#)

In Discover the Past, we explored about how scientists learn about the past from what is left behind. The ancient Egyptians spelled names by the sound. Try to spell your name on this typewriter. The English spelling of names might not match exactly because we have silent letters and letters that make different sounds.

Link: [hieroglyphic typewriter](#)

Watch as archaeologists do an experiment to try to figure out how the large statues on Easter Island were moved.

Video and Article: [Easter Island Statues](#)



We've been reading Mary Poppins Returns in the Book Club and have watched some trailers for the movie. Seeing the action makes everyone excited to read on and find out what will happen next in the book!

Video: [Mary Poppins Returns trailer](#)

**Join Now!**

**Memberships at the Hutton House Fitness  
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Virtual classes are available.**



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Charity Golf Classic  
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# Grant Announcements

## United Way Pandemic Funding

2020 was the year to bring people together. United Way Elgin Middlesex launched a second call for applications for the Emergency Community Support Fund (ECSF). The fund provided financial support to vulnerable Canadians during the COVID-19 pandemic. Cheshire London was the driving force to secure and manage this funding opportunity. Hutton House was fortunate to be a part of the project to assist with gaining access to supports for those that needed it the most.

The funding supported the following initiatives:

- Urgent financial support for groceries, prepared meals, transportation and other basic needs for seniors and adults with disabilities.
- In-home respite supports for caregivers at risk of burnout as a result of caring for a family member during the pandemic.
- Care kits for low income seniors and adults with disabilities to provide basic needs, social connection, and information resources.

Since early 2020, Hutton House staff have provided their time and energy in planning, organizing, shopping and delivering items such as: basic needs, meals and or just a friendly hello from a distance to ensure participants and families know we were still there to support them.

Today, United Way Elgin Middlesex has approved 13 organizations through ECF, a total of \$538,026 in grants to support local programs!

A special thank you to Cheshire London for collaborating with other community agencies and Meals on Wheels London for your integral service. Hutton House alone delivered \$21,000 worth of meals to Hutton House participants and families from May 2020 to March 2021.

## Community Wellness and Artistic Program Grant Update:

We appreciated receiving funding from United Way Middlesex Elgin to offer this online program to participants from September 2020 to March 2021. Drawing on their extensive experience of facilitating in person classes, our team of ARTworks and Fitness facilitators adapted their approach to deliver fun and creative online classes. Part of this journey was learning how to design project kits so participants could engage with the classes hands on. We were lucky to be able to

work with Kerri Jerome through this grant and appreciate all the new learning that happened. We had over 100 participants access our online fitness and art classes through the course of this grant, and we offered almost 200 classes!

## Ontario Trillium Fund Pottery Grant update

We're offering lots of creative opportunities for participants. Through our online classes participants engage with different materials such as air-dry modelling clay, bisqued pottery, and paint to create unique pieces of art. We have also been excited to get back in the studio and offer some small in person pottery classes. It's been great to have participants working in the studio again!

## Well-Nest

The pandemic has not been easy for many but with the support provided by Ministry of Children, Community and Social Services (MCCSS), the new Well-Nest virtual program was here to help! The program was developed to support the good mental health wellness and resiliency.

Well-Nest was a virtual wellness program for participants and their caregivers specifically designed to support people with development disabilities.

Topics covered in the virtual program included: caregiver workshops, managing anxiety, mindfulness, yoga, music and song writing, theatre and cooking skill building. These topics were delivered by a roster of 7 skilled facilitators and clinical staff.

This initiative was successful in reaching out to many remote areas in the West Region to those who otherwise, would not have had access to supports. Some areas included: Brodhagen, Waterford, Camlachie, Mooretown, Port Elgin, St Catharines and Wingham.

Many great moments were to be had including comments on the amount of fun people were having and the enjoyment in connecting with others. In particular, a facilitator shared "I have observed growth in participants through increased engagement, skill development, recall and confidence. There is a lot of smiles and laughter as well!"

The program was presented from February 8th to March 31st, 2021. Thank you to MCCSS for supporting us to deliver such meaningful programming.



# Other News

## Hutton House One Year Later

March 17 2021 marked the one year anniversary of Hutton House closing due to the pandemic. We closed our doors thinking that we would be back in 2 weeks. In the time since then staff, participants and families have been able to pivot to a new way of service delivery. We have also appreciated the ongoing support of our funders and their understanding of the challenges we as well as many other organizations have had to adjust to.

As the realization that we were not coming back to our locations soon, staff created opportunities online that enabled participants to reconnect with others and continue to learn and have fun. Not only did our staff learn new skills to become online instructors but they also supported participants and families to access technology in the form of Zoom classes. We are proud of the adaptability of everyone to continue to connect and participate in activities that foster their interests, skills and abilities.

While we are slowly introducing in person activities however smaller in size, we know it cannot replace the good feelings we experience when we are physically together.

We continue to follow the news about the vaccines and are hopeful this helps us to return to a more normal lifestyle. If you would like more information about the vaccines, how and where to get one, and vaccine safety please call us at 519 472 6381 and leave a message and we will get back to you. Information about who is eligible for a vaccine can be found on the Middlesex London Health Unit (MLHU) website at the link here: <https://www.healthunit.com/covid-19-vaccine-eligibility>

Information about vaccines can be found on the Government of Ontario's website here: <https://covid-19.ontario.ca/covid-19-vaccines-ontario>.

As well a guide created by Sunbeam Community and Developmental Services also helps to make the COVID-19 virus and vaccines easier to understand and can be found on our website [www.huttonhouse.com](http://www.huttonhouse.com) under News and by clicking the "What you should know about the COVID-19 Vaccine on page 13 .

Please stay safe everyone and continue to follow all recommendations to wear a mask where possible, physical distance 2 metres or 6 feet apart, and wash your hands frequently. We hope to see you at our locations in the future but we really enjoy seeing and chatting with all of you online. Take care.

## Board Member Retirement

Peter Holland a Board member since 2014 retired from the Board of Directors in February 2021. Peter has been the Treasurer of the Board since September 2015. Peter helped to streamline our financial policies and procedures ensuring they meet current standards and practices. At each Board meeting he reviewed the statements with all members in a manner for everyone to easily understand general accounting practices. He always made himself readily available for anything we needed and instilled confidence in the Board and the staff of the financial stability of the organization.



Peter continues his volunteer service with Hutton House as a member of the Hutton House Foundation and we hope to see him as usual at the Hutton House Golf Tournament September 13. We wish Peter all the best and thank him for his generosity in sharing his knowledge and expertise with us.

## Hutton House Welcomes New Board Members

Hutton House is pleased to announce that 3 new directors have joined our Board of Directors.

### Duncan McLean

Duncan McLean has joined the Board as our new Treasurer. Duncan works at Price Waterhouse Cooper where he works as a Director that advises clients on tax and accounting issues and help them navigate through complex matters. Duncan brings his experience in accounting/finance, board and governance, business connections, management, public speaking and risk management, and strategic planning. Duncan spends his free time with family, his wife and 18 month old son and enjoys playing golf, hockey, squash and other sports whenever possible.





When asked why Duncan would like to be a member of the Board he responded: “To contribute my time and skills to an important community endeavor.”

### Troy Townsend

Troy is a Testing Assistant at Fanshawe College and has a variety of volunteer experience with various community organizations. She has extensive experience providing services and supports in employment and training programs and academic environments to persons with disabilities and students.



Troy brings her experience related to business connections, community relations, awareness about disabilities, fundraising, organizational learning, public speaking, community and social services and volunteer management to the Board.

When asked about Troy’s interest in joining the Board she says” Hutton House is a cause and an organization that I believe in and happy to support by bringing some of my experience working with adults with disabilities to the table.”

In her spare time, Troy likes to read, cycle, dabble in food and wine and advocate for Equity, Diveristy and Inclusion in the community.

### Kris Nyhout

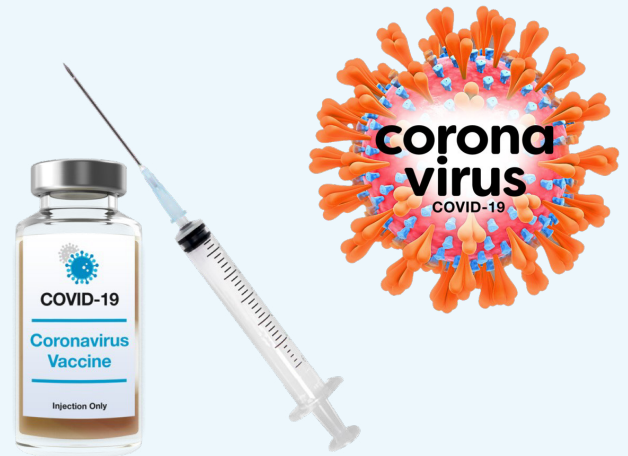
Kris is retired but now enjoys the rewarding experience of volunteerism. She volunteers with Special Olympics and is the Chair of their annual fundraising gala. In her career, Kris worked in public relations and communications and also worked for a number of years as a freelance writer, publishing articles in various national magazines and many newspapers, often on the topic of disability awareness. Kris is pleased to bring her experience in these areas to the Board.



Kris cites an important reason for wanting to join the board. “My daughter has benefited from Hutton House programming,” she explains “as have a number of other people I know, so I am incredibly happy to be able to give back.”

In her spare time Kris enjoys writing, travel, reading and cooking. She looks forward to helping Hutton House achieve its mission and vision.

## What you should know about the COVID-19 Vaccine



*A plain language guide to learn why vaccines matter*



This guide is provided for information only. It is not intended to be medical advice.

Click the aboved image to see the the above guide.

## Hutton House Best Buddies Program



Best Buddies has changed with the times we are in. Through technology, we have been able to connect virtually with our friends. Zoom has allowed us to gather safely from our own homes. We have had card making, paint night and game night for some of our events over the past few months. Though we look forward to when we can meet again in person, everyone is happy they have still been able to stay in touch with each other.

If you have any questions about the program, please contact Jen at [jenniferv@huttonhouse.com](mailto:jenniferv@huttonhouse.com).

## Watercolour Class

Although it is still winter, we are welcoming the Spring like weather with some tulips. In our Zoom watercolour class, we learned how to draw simple tulips. Once we had our bouquet drawn, we learned how to blend different colours to make realistic and beautiful florals! These flowers are sure to make you feel warm and fuzzy!



## All About Flowers

The participants are really enjoying the many creative opportunities that ARTworks is offering online. In All About Flowers participants create different flowers every week using modelling clay. At the end of the class they have a whole arrangement to display! Patrick especially enjoyed making flowers in this class.

Other classes offer opportunities to learn about and create visual art such as All About Graffiti and the Art of Gaming. In all our classes we encourage social interaction and discussion about a wide variety of artistic subjects.



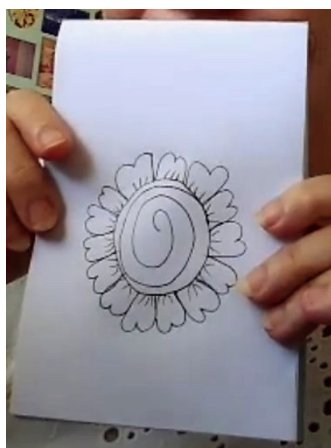
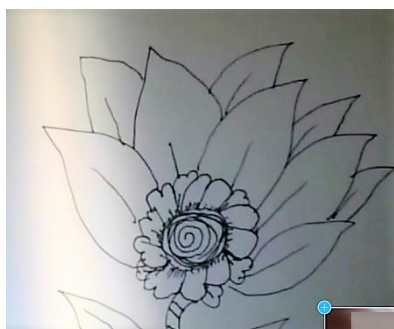
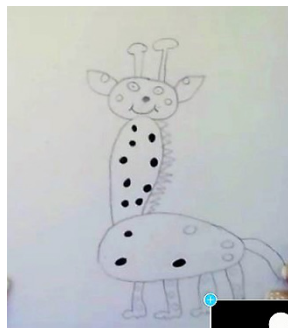


# Animal Magic and Doodle Calm

In the past year there have been so many fun and engaging Artworks programs for people to choose from. Animal Magic and Doodle Calm are just a couple of those programs that have brought us a lot of joy, while being together online.

Participants of these programs, share their own personal creativity, often leading the group with examples of their own projects or giving facilitators input as to what things they would like to explore when making or drawing. There's nothing more therapeutic than being with friends to do the things you love. Both Animal Magic and Doodle Calm are programs for that. They are a way to relax, laugh and use our imagination, despite being apart from one another.

The following photos are a few samples of what our participants have enjoyed creating. Thanks to everyone attending these programs; you are the ones that make them so much fun.



## Family and Caregiver Facebook Group!

Hutton House is a people place. Over the years we have enjoyed bringing people together to learn, laugh and grow with one another. In March 2019 Hutton House conducted a survey for families and caregivers to fill out so that we could gain feedback about our services and look at new ways we can further support our participants and families/caregivers. From this survey, Hutton House families and caregivers indicated they were interested in attending a Hutton House support group, where parents, caregivers, and legal guardians can come together.

When the pandemic started many things changed at Hutton House, but the goal of creating a support group for caregivers did not. We realized that now more than ever our caregivers and families need support. Due to COVID-19 measures and to ensure the safety of all, Hutton House has started a virtual support group for families and caregivers. The Well-Nest, a virtual space to promote mental wellness, provide resources, information, and host discussions, virtual presentations and most importantly build connections is a private group where Hutton House families can safely get-together and get to know their community. This virtual group is held online on the popular social media platform, Facebook.

If you are a parent, family member or caregiver of a Hutton House participant we encourage you to connect with other families and caregivers by joining the Facebook page.

<https://www.facebook.com/groups/thehhwellnest>

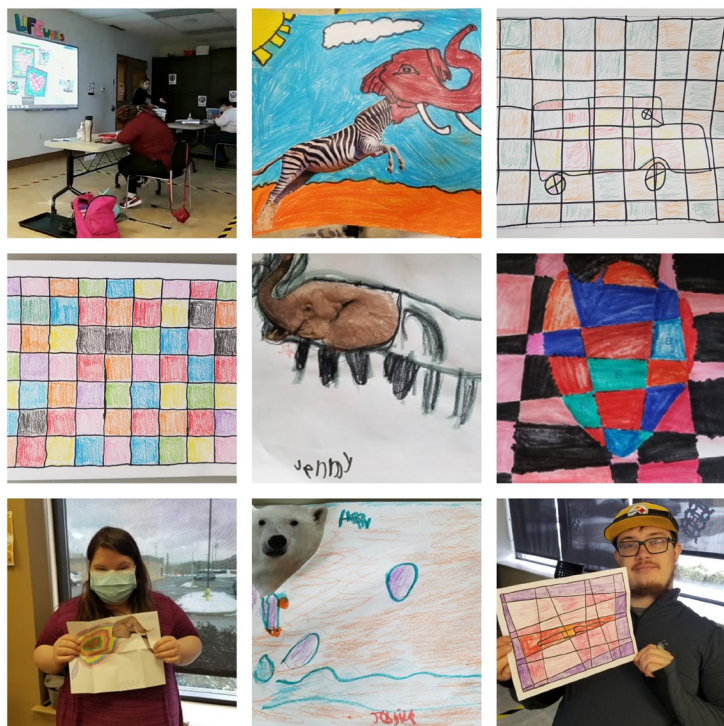
# LIFeworks 2, 3 & 4

## WE ARE BACK!

LIFeworks 2, 3 and 4 has returned to in-person services as of February 16th, 2021! Although we are continuing our virtual services for those who are unable to join us in-person, we are happy to be able to see some smiling faces back at the Hutton House Main Building.

Now that we're back in-person we have had to adapt and make some changes to how our program usually looks - but lucky us because LIFeworks as a collective is the DREAM TEAM and we've been rocking it! Go LIFeworks Go!

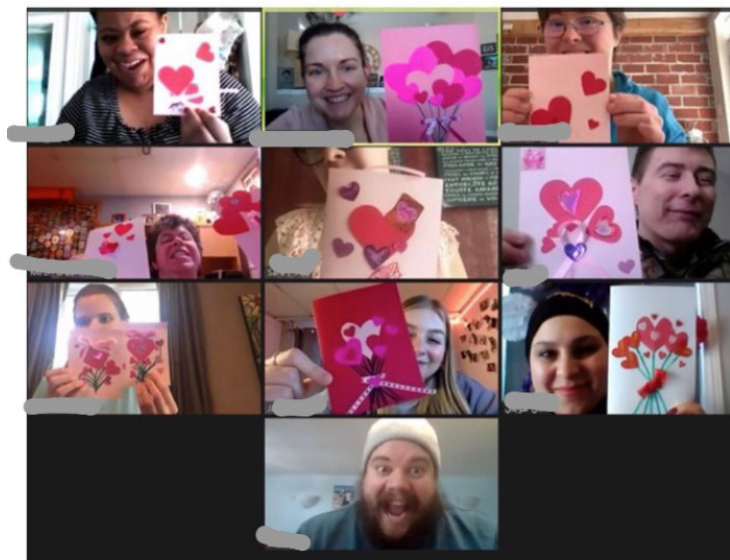
Even with our limitations, LIFeworks has been working hard to get back into the swing of things at the Main Building. We've been working on art & pottery projects; keeping up with the world by watching CNN 10; playing games like Kahoot, Scattergories, and Jackbox; and finding new creative ways to utilize our iPads to develop stronger technology skills!



In the month of March, we celebrated things like World Wildlife Day (March 3rd), St. Patrick's Day (March 17th), and World Down Syndrome Day (March 21st). April brings more fun events - like April Fools', Easter, Earth Day, and hopefully some warmer weather too! On April 28th it is Pay it Forward Day - so start thinking of some ways you can show your friends, family, and others some kindness!

Seeing as our world has gone virtual lately - LIFeworks has also made the effort to be more active on our social media! For those who don't know, we have a LIFeworks Instagram page for our families and participants to follow along and see what we get up to on a weekly basis (@huttonhouselifeworks). We've also recently started up a Facebook page specifically for LIFeworks families to keep in touch and keep up-to-date with anything going on in LIFeworks and/or at Hutton House. If you are a LIFeworks member or have a family member in LIFeworks, please reach out to one of the Facilitators (Ben, Rachel, or Kaitlyn) to receive the link to join.

Speaking of virtual LIFeworks is still also providing the virtual services through Zoom to our participants! During our virtual sessions LIFeworks has spent time travelling the world (through online tours, of course); playing games like Pictionary, BINGO, and Jeopardy; completing a variety of crafts; and we've also tried our hand at some Virtual Escape Rooms! We are also working on our art skills through step-by-step drawings - it can be difficult doing art lessons over Zoom, but LIFeworks is always up for a challenge and never disappoints. In February, we did a group craft by creating Valentine's Day Cards to share with our loved ones. We also played BINGO and there were tons of prizes won! We also spent some time learning about the oceans and rainforests from our student, Jaime, too!



We hope everyone is staying safe and healthy and are looking forward to the warmer weather!



## NEW \*\* Back on Track Program \*\* NEW

Back on Track is a program for people over the age of 30, with disabilities who are currently and recently unemployed. Specifically, we are looking to help those who have been impacted by layoffs and work shortages due to COVID-19. The program consists of in class and on the job training.

### 2 week Virtual (in class) Training

- 2 weeks of in class training (20 hours/week) to get participants ready to re - enter the workplace. Participants who successfully complete will receive a \$200.00 bonus!
- Initial in class portion (virtual or in person). This section will work on interview skills, updating resumes, applying to jobs, career exploration and other essential skills needed for returning to work.

### 2 week Specialized Training

- 2 weeks focused on specialized training, including Smart Serve, Safe Food Handling, First Aid etc. as needed.
- Also placement development, interviews, and on-going in person job coaching.

### 10 Week Job Placement

- 10 weeks - 30 hours/week job placement secured with an employer in the London area based on participant skills and employment goals.
- The work placement gives employers the opportunity to train employees and see their skills and abilities. Employers are able to access a 30% wage subsidy.

If you or someone you know is interested in the Back on Track Program please contact [intake@huttonhouse.com](mailto:intake@huttonhouse.com) or (519) 472-1541 ext 232. If you are already in our Employment Services Program please reach out to your Employment Specialist to let them know if you or someone you know is interested.

# Support while you are at home during COVID-19

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](mailto:hhservices@huttonhouse.com) for help as well.

## Other Help

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	<a href="http://www.cmhamiddlesex.ca/support-during-covid-19">www.cmhamiddlesex.ca/support-during-covid-19</a>
The Middlesex London Health Unit	Information about COVID-19	519-663-5317	<a href="http://www.healthunit.com/novel-coronavirus">www.healthunit.com/novel-coronavirus</a>
London Foodbank 926 Leathorne Street London	Provide food items Monday to Friday 9:00 -4:00	519-659-4045	Website: <a href="http://www.londonfoodbank.ca/">www.londonfoodbank.ca/</a> Email: <a href="mailto:info@londonfoodbank.ca">info@londonfoodbank.ca</a>
My Sisters Place 566 Dundas Street London	Serve lunch and provide basic needs	1-877-859-0352 or 519-679-9570	Website: <a href="http://www.cmhamiddlesex.ca/about-cmha/msp">www.cmhamiddlesex.ca/about-cmha/msp</a> Email: <a href="mailto:mysistersplace@cmhamiddlesex.ca">mysistersplace@cmhamiddlesex.ca</a>
Lifespın 866 Dundas St, London	Provide information and support for individuals surviving on low-incomes	519-438 8676	Website: <a href="http://www.lifespın.org">www.lifespın.org</a> Email: <a href="mailto:life@execulink.com">life@execulink.com</a>
Government of Canada Resources	Information about financial support for individuals during COVID-19		<a href="http://www.canada.ca/en/departement-finance/economic-response-plan.html">www.canada.ca/en/departement-finance/economic-response-plan.html</a>
Ontario Government Resources	Information about financial support for individuals during COVID-19	1-866-797-0000	<a href="http://www.ontario.ca/page/how-ontario-is-responding-covid-19">www.ontario.ca/page/how-ontario-is-responding-covid-19</a>
Community Support Services	A website with information for caregivers on how to find local resources ie finances, mental health, abuse, social/ physical distancing. Information also available on printable tip sheets.	London-Middlesex 519-673-6617	<a href="http://www.cssontario.ca/covid-19">http://www.cssontario.ca/covid-19</a>





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Where locals support local

## Locorum exists to support local

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**Purchase our handmade local pottery online!**  
visit [www.locorum.ca](http://www.locorum.ca)

## Tax Clinic

Hutton House would like to recognize the outstanding generosity of the accountants at Ford Keast LLP, who have once again made it possible for Hutton House participants to have their tax returns done free of charge, even during the current pandemic. For the safety of all involved, participants were asked to drop off their documents to Hutton House and staff safely delivered them to Ford Keast and coordinated the signing of the completed returns. This is a service that is usually done over 2 nights of in-person clinics, with a large number of people participating. This year is no exception and Ford Keast generously donated their time and resources to do 62 tax returns for participants. A big thank you goes out to Ford Keast LLP for their continued support of Hutton House and participants.

## 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](mailto:lisah@huttonhouse.com)



 Hutton House

**GOALS  
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SKILLS**

Youth  
Employment  
Ages 15-30

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**30 hrs/week**  
**for 15 weeks**

3 WEEKS ONLINE  
12 WEEKS WORK PLACEMENT

Apply online today at [www.huttonhouse.com](http://www.huttonhouse.com)

## Coming Events

### Visit the Hutton House booth at the Market at Western Fair

**900 King Street**

*Saturday 8 am to 3 pm*

*Sunday 10 am to 2 pm*

*Currently closed due to the Stay At Home Order*

### Annual General Meeting

*June 16th, 2021*

### West Haven Charity Golf Classic

**at West Haven Golf & Country Club**

*Monday September 13th, 2021*



# Hutton House

*Supporting youth & adults with disabilities*

Visit

**[www.huttonhouse.com](http://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

Jeanette Dutot - Ex-Officio

### Directors:

Wendy McGowan  
Troy Townsend  
Jon Lavkulich  
Eric Riley  
Bryan Smits  
Julie Watson  
Nelson Rodriques  
Bill Mills  
Duncan McLean  
Kris Nyhout

**Charitable Registration**  
**(Bn) No. 10807 1861 RR0001**

## “In House”

### Next Publication Deadlines

July 9<sup>th</sup>, 2021

November 12<sup>th</sup>, 2021

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

Please submit information directly - and early - to  
[Lori@huttonhouse.com](mailto:Lori@huttonhouse.com)