



In House

A Newsletter to our Community

August 2018

Adult Education
page 2

Access Volunteering
Fitness & Wellness
page 3

Volunteer Services
page 4-5

Marilyn Neufeld Award
Best Buddies
Passport Program
page 6

LIFeworks 2
page 7

LIFeworks 3
page 8

New Staff & Students

Skills 4 Life
pages 9

Employment Services
page 10-11

ARTworks
pages 12-13

Day Break
First Aid/CPR
page 14

Charity Golf Classic
page 15



Spring into Fashion!

Cherryhill Village Mall held their annual Spring Fashion Show on May 6th in collaboration with Hutton House! Aside from the great prizes, the supportive, friendly atmosphere, and the amazing new fashion trends of 2018, what made this year's show a unique event was that we were celebrating Mother's Day! The pre-Mother's Day event was jam packed with exclusive prizes from local stores located within the mall as well as a fun photo booth and wine and cheese tastings. The main event was a ball! For the first time ever, walking the runway were Hutton House models accompanied by their mothers and a Day Break participant modeling with her Support Worker! All models looked stunning in their fashion forward attire that brought vibrant colour, and life to the stage. The mother-daughter duos rocked the stage and wowed the crowd of nearly 400 people! The fashion show has been put on by Minto for the past two years. The fashion show was a natural event to promote inclusion and build support from the community, and our models received rousing cheers from the crowds! The raffle prizes and grand prize draw for a pearl necklace, dinner & one night stay at the Elmhurst Inn and \$100 Visa Gift Card raised over \$2,300 in support of our programs and participants!



www.huttonhouse.com

Adult Education

Celebration of Learning!

This year at the Adult Education Awards we celebrated the learners with a full house in attendance! The annual celebration of learning was held at Eagle Heights Public School, across from Cherryhill Village Mall where our Hutton House Learning Centre is located. Students received a certificate indicating their accomplishments and had their photos taken to commemorate the moment! There were smiles all around as family and friends showed support to their loved ones on their special day. The ceremony was full of laughter and cheer as each one of the participants was recognized for their hard earned success. The night ended off on a high note as celebratory cake was handed out and enjoyed by all! All in all it was a fantastic ceremony and a wonderful night. Congratulations to all those that have achieved their education goals. We are proud of your accomplishments and know you will be successful in all that you set out to do!



Valentina receiving her award from Sally in Adult Education



Barb who celebrated another year of learning and Omayma received a certificate for her work in the Adult Education program

Adult Learner Awards!

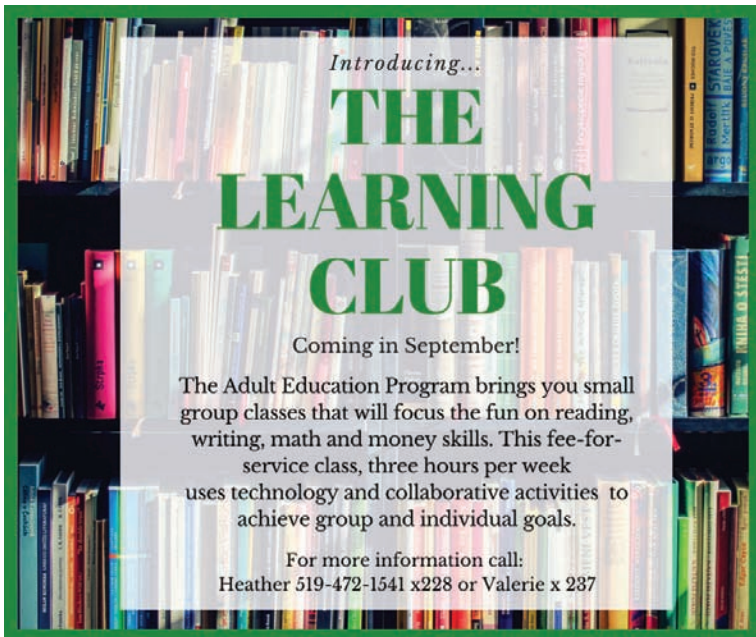


Adult learners from local organizations were honoured at the London Council for Adult Education Adult Learner Awards on May 17 at the Wolf Performance Hall. This year, Cory Worotny received the award from Hutton House. Cory joined the Adult Education program at Hutton House over a year ago. He stood out initially being such an interesting and friendly

young man. Cory builds amazing birdhouses and is into body building. As time went on, it was Cory's level of ambition and persistence that really impressed Adult Education staff and made him an obvious choice for this award. Cory is a hard worker. He works at London City Chrysler doing detailing, cleaning, helping the mechanics and delivering parts. He comes to tutoring on his day off from work. Despite challenges, Cory remains cheerful and he doesn't give up.

Cory's tutor, Lauren, said that Cory is an exceptional student. He is motivated and puts a lot of effort into his work. He tackles new challenges eagerly with a positive attitude. He is focused and wants to keep on learning. Cory is a hands-on kind of guy because that is what has come easily to him; however, he is open to learning new technology. He learned how to use a new app quickly and uses it at work.

Cory has goals and a plan to achieve them. He will attend tutoring at Hutton House over the summer and in the fall when Lauren returns. At the same time, he will work on obtaining his DZ license. Then he is going to continue his training at a truck driving school with the goal of becoming a short haul truck driver. We look forward to continuing to work with Cory until he moves onto the next step in his career. Congratulations Cory!



Access Voluntarism

New Volunteers, Thank You

Over the past few months, new volunteers have begun their volunteer journey through the Access Voluntarism program.



Barb at Byron library

We want to congratulate them on giving back to their community.

We have placed our volunteers at the Salvation Army Centre of Hope, the Mission Thrift Store, Byron Library, the Salvation Army Thrift Store, and the Boys and Girls Club of London. We would like to thank these community partners for their continued support of our program and volunteers.

The Access Voluntarism program is gearing up for another fun filled summer of volunteering at Storybook Gardens. There are several new volunteers this year joining the ranks of dedicated long time Storybook volunteers. A shout out to LIFEworks 3, LIFEworks 4, and Skills4Life coming on board again this summer. Don't forget your sunscreen!!

Fitness & Wellness



Two different cooking classes are offered through Fitness & Wellness: Microwave Chef and Mason Jar cooking. The classes teach participants not only how to follow a recipe but how to problem solve as well. They learn how to make the recipes healthy and their own by substituting ingredients. They also learn how to work together as a group and to share tasks.

The classes teach and create recipes for all occasions, from breakfast to dinner and even dessert! Participants work on how to measure and prepare ingredients for different recipes. The hardest struggle they have is deciding what to make for the next class, since everyone has so many great ideas. Since the focus is on learning how to make healthy meals, the class makes a dessert every third week.

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

Volunteer Services

Celebrating the Value of Volunteering

National Volunteer Week (April 15 – 21, 2018) is designated as a time to shine a light on the 12.7 million volunteers across Canada who make a huge difference for others through their volunteer work. This year's theme was "Celebrate the Value of Volunteering" and we did just that at two special events in April.

Ontario Volunteer Service Awards

The Ontario Volunteer Service Awards were held on March 24th at the Hellenic Community Centre. In recognition of their dedicated years of service for Hutton House, from left: Micheline MacDougall, Adult Education, 5 years of service; Ruth Ann Mills, Adult Education, 5 years of service; Mary Serna, Adult Education, 5 years of service; Jack Yin, Fitness Centre, 2 years of service – Youth Award Category; Brian Ysebaert, Reception, 5 years of service; Virsika Yogeswaran, Fitness Centre, 2 years of service – Youth Award Category; Duncan Hunter, Adult Education, 5 years of service. Congratulations also to Ontario Volunteer Service Award recipient, Jean Knight, President – Board of Directors, 10 years of service. By sharing their time and abilities, they have all made a significant and lasting impact on the many lives they've touched at Hutton House!



Volunteer Recognition Night

We appreciate the contributions our volunteers make to enhance our programs and services on a daily basis, and host a special evening each year to formally recognize them. On April 19th we gathered together for our celebration dinner, and presentations of thank-you certificates and volunteer appreciation gifts.



Bowls of Love

For the second year, our volunteers got to choose their own "bowl of love"- these small pottery bowls are created by our participants in thanks to our volunteers for their support. This has become a popular and meaningful gift for our volunteers. Our annual recognition night is a great opportunity for our volunteers to meet fellow volunteers and get to know them. It's also a great chance for us to share the wide variety of things volunteers do at Hutton House and show how much we value our volunteers.



Summer Volunteer Opportunities



There are many fun opportunities for volunteers to help over the summer in unique programs like: Garden Inspired Pottery, Summertime Art, Make a Zine, Theatre Group in the Park, World Traveller and more! Learn more about our volunteer roles and the steps to become a volunteer on the volunteer page of our website at: www.huttonhouse.com

Spring Fashion Show Thank You's!

Our thanks to Minto at Cherryhill Village Mall! Mall Events Coordinator Cindy Sedge of Retail Detail, Grand Prize donor Karat Fine Jewellery and Elmhurst Inn, all participating stores and donors of the fabulous raffle prizes, Hutton House staff and volunteers who assisted, and of course, all of our spectacular models!

We would like to say a special thank you to Thea Hiemstra for her support of Hutton House at the Spring Fashion Show and volunteering with her daughter Sara at the Hutton House Golf Tournament. Sadly, Thea passed away on June 15th 2018. Thea was passionate about planning with family members for independence, she was a part of a collaborative group with L'Arche, Participation House and ourselves, advocating for community inclusion, ensuring choices are respected and putting the person first. Our thoughts go out to Sara and her family.

*Thank
you!*

Get Involved with Book Club!

If you're interested in volunteering with the Book Club, contact Heather to register as a participant, heather@huttonhouse.com, and contact Roberta to learn about volunteering as a Book Club Facilitator, roberta@huttonhouse.com

We are always open to volunteers sharing their unique talents to provide a fun new experience for our program participants.

Do you have a particular skill or hobby, be it musical, dance, art, crafts, cooking or another specialty that you could share with a group? Contact our Volunteer Coordinator for special guest instructor opportunities!

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



[huttonhousefitness](#) [huttonhouseartworks](#)

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



Sara & her Mother Thea



Heather & her Mother
Carole



Jenny & her Mother Wendy



Valentina & her Mother Mary



Lynn, who participated with her support worker Dorie

The Marilyn Neufeld Award

Hutton House was pleased to present its second annual Marilyn Neufeld Life Long Learning Award! The Marilyn Neufeld Award is given to a Hutton House participant who is nominated by staff for their hard work and growth. Any Hutton House participant within the last 3 years who has demonstrated a passion or commitment to lifelong learning by actively pursuing their goals through personal improvement and/or professional development can be nominated to receive this award, and this year the award was presented to the well deserving Dennis Clarke!



Dennis has been attending Hutton House for a number of years. Since 2009 he has been actively participating in a variety of programs including Microwave Chef, Jazzercise, and circuit training in the Fitness Centre at our main building.

Aside from his participation in the programs that he loves to attend, Dennis also has a long history of volunteerism through out the community. Using his time to give back, Dennis has volunteered at St. Joseph's Hospice, the Salvation Army Christmas Kettle at Cherryhill Village Mall each winter, Story Book Gardens and with the Parkinson's Society to assist with mailings. Dennis is the perfect fit for this award. We couldn't be more proud of his progress and positive spirit! Congratulations once again Dennis, your award is well deserved!

Hutton House Best Buddies Program



After a year with lots of different events and fun activities with our friends from Kings University College, Best Buddies has finished our scheduled events until the fall. Thank you to everyone who joined the program and made it another successful year. For information on joining, please contact Jen at 519-472-1541 ext 239 or jenniferv@huttonhouse.com.

Passport Program

Hutton House offers a wide range of fee for service programs that participants can purchase using their Passport funds. Participants can also have Hutton House manage their Passport funds for the year; this option lets Hutton House take on the financial stress of the reimbursement funding model and also gives peace of mind that funds are being budgeted each month without the fear of running out of funds before year end.

Currently over 20 participants purchase Support Worker services from Hutton House; each Support Worker hired through Hutton House has completed mandatory yearly training (i.e.: WHMIS, First Aid/CPR, CPI to name a few) and is a Hutton House staff member.

There are currently 7 Passport Support Workers in the program supporting participants in the community for over 100 hours each week. Some things that Support Workers in the Passport program have helped with include learning independent living skills, securing volunteer jobs, attending community events, and helping participants connect with their community in a wide variety of ways.

Here is a picture of Kennon who went with his support worker to tour the new EMS building.

Kennon has visited over 5 different emergency response buildings in London.



If you are interested in hiring a Support Worker through Hutton House please connect with Sarah McRae at (519)472-6381 ext 247 or sarah@huttonhouse.com

LIFeworks 2

LIFeworks 2 has been busy! We have had an action packed spring getting out in our community and trying new things! LIFeworks 2 spent some time at our community garden planting wildflowers for the nearby beehives! Our community garden sponsors provide us with farm fresh honey for our daily tea, and it was neat to see the bees in action. The wildflowers will provide food for our worker bees so we can keep getting the delicious honey that we love so much.



LifeWorks 2 enjoying a day out in the sun with a furry friend at the Community Garden!

The theatre was calling our name, so we went to go see “Shrek: The Musical” at Beal Secondary School. It made for a fantastic day. The performers were excellent and boy could they sing! We have been singing Shrek songs since. We just can’t get them out of our head.



Our favourite trip of all this spring was our adventure to “African Lion Safari”! We were excited to spend our hard earned fundraising money and go on a trip. We rode the safari bus around the safari and got to learn lots about all of the animals that we saw. We saw baboons, monkeys, giraffes, zebras and much more! After our safari ride, we ate lunch by the elephant ponds and watched them come in from their afternoon play. It made for a great day!



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

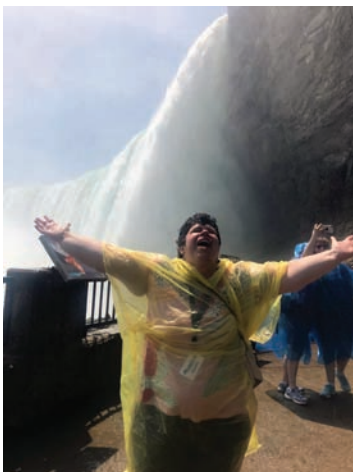
LIFeworks 3

We have had a wonderful spring in LIFeworks 3! We finally spent our hard earned money and went on our annual big adventure. We loaded up our vans and hit the



road to Niagara Falls for the day. We spent the day seeing some great attractions and checking out all the city had to offer. We started the day at the “Journey Behind the Falls”. We walked through the tunnels behind the Falls, and finished up feeling the mist from below!

From there we headed to the “Skylon Tower”. We took the elevator to the top and enjoyed the view of the city. It was neat to walk around the observation deck and see a total 360 degree view of Niagara Falls.



We saved the best for last and ventured up the famous “Clifton Hill”.

We went on 6D zombie rides, went into wax museums, and ended on the Skywheel! Overall it was a wonderful day!



LIFeworks 3 also got the LIFeworks community garden started! We went shopping and picked out a few new options and a few old favourites. We then headed over to the garden and planted for over 2 hours! We planted beans, tomatoes, onions, watermelon, pumpkins, cucumbers, zucchinis, and much more! We can’t wait to enjoy all of the fresh veggies this summer. They will be the perfect addition to our meals in cooking class!



Welcome New Staff

Hutton House has recently received a grant from the Federal government's Canada Summer Jobs Program for funding to take on 11 new summer student positions! These positions are spread out across our organization fulfilling the need for student placements in ArtWorks, which includes our pottery programs, theatre and drama groups, LifeWorks and Fitness! We are pleased to have had our first set of students join us in June, they have already made the main building lively and full of excitement! We welcome four more positions later in July and can not wait to get to know our new summer student team! With funding comes great opportunities to have a diverse team that will benefit not only our staff experience, but our participants as well! We would also like to welcome new staff in Administration and the Passport Program. Welcome aboard team! This summer will be a great one!

Thank You

Hutton House says a heartfelt thank you and fond farewell to 2 long time employees. Margaret Thornicroft retired in March. Margaret was a favourite instructor within the LifeWorks and ArtWorks programs for the last 21 years. Initially she started out as our Retail Store Manager in Westmount Mall. When the store closed her artistic background and her outgoing personality made her a good fit for our art and lifeskills programs. She was a natural and participants loved her positivity and nurturing support. After 21 years Margaret is moving forward pursuing her passion for art. Thanks for your sense of fun and joy you brought to Hutton House every day. Mary Munro is retiring from the Administration team after 7 years of helping to keep the financial books balanced and paying all our bills. Mary was also the Treasurer for the Hutton House Foundation. We will miss Mary's sense of humour in the hallowed halls of Administration but appreciate all she has done to keep us accountable (you will never have to hunt us down for a receipt again – what a blissful thought I am sure!) Thank you Mary for your wit and wisdom. We will think fondly of you on Smile Cookie Day!! Thanks to the both of you for your dedication to the organization over many years. We will miss you!



New Funding

Skills 4 Life!

Hutton House is excited to announce that with much dedication from the participants, families and the Skills 4 Life team- we have received funding from the Ministry of Community and Social Services! Phase three of Employment and Modernization funding will allow Hutton House and its partnership with Fanshawe College to continue the Skills 4 Life program. In our next phase of the program,

Hutton House will be able to assist the community and will train others in new approaches using Applied Behaviour Analysis (ABA) principles and thus assist individuals to find their place in community. Additionally, knowledge of this program will assist in the development of another program offering of the CICE program at Fanshawe College through Ministry of Advanced Education and Skills Development for those with higher support needs. The funding will assist in supporting participants from September 2018 until March 31, 2020. Thank you to the Ministry of Community and Social Services for this wonderful opportunity.



***We have your next
great employee!***

Contact Kim Neable via phone 519-472-1541 ext. 229
or email Kim@huttonhouse.com

Employment Services

Hutton House Helps

Meet Tim and Greg, two of the happiest guys you will have ever seen in your life working and loving their job! Tim (pictured in the red shirt) started part time at Canadian Tire seven months ago with a training subsidy that originally lasted 2 months. Greg started almost 1 year ago, as a part

time associate in the garden centre with a training subsidy as well.

After their subsidies had ended, with a big thanks to Mr. Dan Colig at Canadian Tire for this opportunity that he had offered the Hutton House employment services participants,

Tim and Greg had received good news of being hired full time!

They are both respected hard working and successful employees of Canadian Tire on Wellington road, and are happy to have found a work atmosphere that they enjoy tremendously. Just take a look at the smiles on their faces! The experience of Tim and Greg shows that Hutton House has clients that are ready to work and willing to give their best on a day to day basis. Both Tim and Greg are from Ontario Works programming, and have now found a steady income with great success from the help of Canadian Tire and the Hutton House team. An incredible thanks goes out to John, Lindsey and Janice for the support provided for Tim and Greg. They were involved in the Opportunity Works Job Chats workshops and so much more. Today we continue our partnership with Canadian Tire and Dan Colig and we are working with him to provide two more client opportunities to get started in the Garden centre, thank you Dan.

Keep smiling everyone; and congrats once again to Tim and Greg!



GPS is More than just Job Support...

Heart beating fast, racing thoughts, clammy palms, nothing but fear and anxiety fill my head, a deer in the headlight sort of stance. That was me, the first time I walked into the gym at Hutton House. I fought against the idea of ever setting foot in that place again. How can a girl my size ever feel okay working out in such a place? Looking back on that day, I met multiple staff members that work both in the gym and around the building in general. After our tour was over, I can recall saying "well that was nice, but never again will I go back". After a week of supportive talks both with family and Hutton House staff, I decided to give the gym and the staff a chance to prove my theories wrong. The first time working out, I pushed myself more than I had in years prior, and payed for it, for the next week. Again, I caught myself fighting the idea of going back, but something in me decided to do it again. I went to the gym that afternoon, and defensively I refused to do much of anything within the four walls of the gym. I thought for sure I had found a way around going and "working out". However, I was then confronted with a solution, one that I rolled my eyes at, but did it anyways. A facilitator, myself, and two other class mates, in a separate room. We were not within the four walls of the gym, there was no big machines, there was no heavy lifting. In fact, we were sitting in chairs. The facilitator at the time left the three of us to do a few simple ankle stretches while she went to grab exercise bands. I can recall looking to my classmates and laughing at the fact that I was "working out". The facilitator returned and we continued our stretches. Time went by, and I had no idea. The facilitator told us that we were "free to go" and I remember looking at the clock astonished, I had been working out for just about an hour and half! That night I called my family and told them all about my time at the gym, everything that we did and the fact that I was able to do everything being shown to us. There was a sense of accomplishment. During the week, I found myself doing some of the stretches by myself at home. I did them while watching t.v, doing dishes, laying in bed etc. I even went as far as showing my friends and family. No matter where I went I was doing those stretches. Monday rolls around again, and I've got a bounce in my step, a smile on my face and I'm ready to go. The Hutton House staff asked us in class that morning who was going to the gym in the afternoon, and to everyone's surprise, my hand was the first up in the air. As each week passed I was more and more eager to go to the gym. It became something that I enjoyed and looked forward too. One particular Monday afternoon, as we arrived at the gym, the facilitator that was normally with

us was off sick. What were we supposed to do? The gym fell silent as I offered to take the lead. Once our stretches were completed, the others who joined us that day needed to do a few cool down stretches, and again I took the lead. The gym at The Hutton House has given me a sense of accomplishment. It has boosted my confidence level, and I have a sense of pride. I have also learned that I can be a leader, I don't always have to follow behind in someone's shadow. When I think of the gym, there are no more, racing thoughts, clammy palms, or deer in the headlights. Instead, my eyes widen with excitement, a smile that goes from ear to ear and a new hope that maybe today, I can hold that one stretch just a little bit longer. I only see a world of possibilities. Thank You Hutton House for believing in me, when I couldn't believe in myself!!!

Testimonial Given by GPS Participant E.C



GPS is a job placement program with 3 weeks of in class training and 12 weeks of placement. Participants need to fit the following criteria:

- Do you have a disability? (Anxiety, depression, ADHD, ADD, epilepsy, etc...)
- Do you have little or no work experience?
- Are you between the ages 15-30?
- You have NOT collected Employment Insurance within the last 3-5 years
- Able and available to work 30 hours per week?

If you are interested in becoming a participant please contact Megan at 519-472-1541 ext 232.

If you are interested in becoming a work experience placement employer, we can provide financial support to cover hourly wages. To find out more information please contact Crystal at 519-472-1541 ext 230.

Free Comic Book Day!

Hutton House participated, for the first time ever, in Free Comic Book Day which was held downtown London! Set up on Dundas Street, just steps away from the largest comic book store in the country, Hutton House offered villains and heroes alike the opportunity to capture the cosplay moments with our by donation photobooth! The day was bright and filled with excitement as kids and adults dressed as their favourite comic book characters lined up for a variety of fun games, activities and of course free comics! We had the pleasure of handing out information about our services all while reveling in the comic book culture. It was a blast! If you haven't seen your photo, visit our facebook page!



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

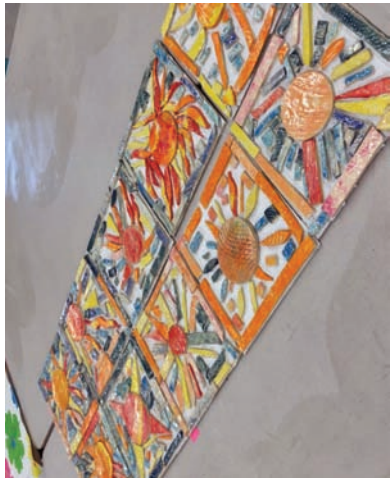
FindWork@huttonhouse.com

Annual General Meeting

The Hutton House Annual General Meeting (AGM) was held at the main building on Wonderland Road North on June 20th at 4:00 pm. We celebrated the past year's accomplishments and recognized staff as well as board members for their years of service.

Pottery

We have had a great time this session in a new pottery studio program – Garden Inspired Pottery. Some of the projects were made by adapting, disassembling and then creatively connecting and forming casts from our production pottery line. Hutton House has lots more exciting new projects to come, stay tuned for fresh, fun, pottery adventures !



Our Mosaic Sun projects before grouting



Filming at Fanshawe!

Our theatre group has been given the fantastic opportunity to be involved in a Fanshawe College student project. Justin, a student taking Film Studies at Fanshawe College, has been teaching our Theatre



Group participants the wonderful world of movie making magic! Justin has relatives that attend classes at Hutton House, and he really wanted to provide a new and unique experience for our participants. The participants have been onsite at Fanshawe College where Justin has been teaching them about the camera, audio engineering, lighting, and editing. These roles are all brand new to most of our participants, but are a great opportunity to broaden their horizons and exercise their skills in a new way. One of the participants commented it was “A dream come true” to be at Fanshawe on a film set.

The theatre group will extend their new found knowledge of film making and apply it to a historical short film that will be shown at our Doors Open London event on September 15th 2018



Spectacular Spring Time Art!



Spring time brings fresh art fun in ArtWorks classes! Bright colours, pastel shades and nature inspired elements liven up our art rooms as the season unfolds. Painting up a storm, playing with pretty colours and highlighting the best elements of the season is what participants focus on when creating their mixed media artistic pieces. Check out these birds eggs in a beautiful nest fit for any Robin or Sparrow!

Made with Love

Our pottery programs have been dishing out masterpieces all season long, pun intended! In preparation

for our annual Summer Pottery Sale, pottery class participants have been able



to share their talents with the rest of the London community by creating unique pieces that were available for purchase out of our main building Gift Shop. In a collaborative effort between a number of pottery artists, refreshing hand made home decor pieces were created with love to raise money to help fund our pottery programs. Pottery students are paid 60% for every piece that they create and sell in our stores, with the remaining 40% going back into the pottery program. If you were not able to make it out for our week long sale, do not worry. The Gift Shop is open Monday to Friday from 8:30am-4:30pm for all of your pottery needs!

Learning to Golf with Fanshawe!



We've partnered up with Fanshawe Golf Coaches School on another wonderful learning opportunity for our participants! The coaches teach our participants how to golf like a pro! Every Tuesday morning participants have the opportunity to learn how to swing, putt and tee off. The coaches provide our participants with individualized instruction that focuses on golf techniques as well as other life skills such as respect, co-operation and teamwork. To register for classes please call: 519-472-6381

GARDEN CORNER by Penny

Here in southwestern Ontario, Canada, the month of June can be hot and dry. Our gardens are starting to thrive, and it is garden tour season. It's a wonderful time to grab fresh ideas and do more in our own gardens.

JUNE

Outdoors

With summer growing season underway, it's time to plant, plant, plant!

New plants started indoors in spring should be in the ground or containers now. Use squirrel screens to keep wildlife from nibbling on them. (even coffee grounds spread in the garden or bloodmeal works too.)

It's safe to plant warmth-loving veggies like tomatoes and peppers, along with all the usual suspects.

If you have particular plants on your wish list, nab them at garden nurseries while you can.

Remember to turn your compost pile (2x per week is ideal), to keep the microbes working.

Grow new plants from cuttings: see what you can grow now.

Indoors

Grow salad greens and other veggies and herbs can grow indoors all year-round.

Watch that houseplants are not getting too much heat or sun.

Our garden is a constant work in progress, and it takes a lot of effort to keep everything looking great and growing properly.

That's why preparation is key, so whilst you're enjoying the summer months, make sure you get some jobs out of the way, to make that transition period a little easier:

1. Remove some spring bulbs, such as tulips, as they can be damaged if overwatered in the summer.
2. Start planting bedding plants such as pansies and primroses, as this will give you bursts of color throughout the months.
3. Water newly planted shrubs and perennials in dry periods. (be careful not to over water which can cause rot).
4. Watch out for pest and disease in all areas and treat when necessary.

Have a wonderful Summer full of Beautiful plants.



Day Breaking News

Day Break has had a busy spring! The home like location is constantly holding fun group activities for participants that liven up their days. We went to see creepy crawlers, reptiles and a cute sloth in March at Ray's Reptile. The participants were able to pet a sloth. They also had the opportunity to hold a tarantula and touch a snake. Since winter just did not want to end we had a PJ day. Staff and participants came in their favourite PJs. They enjoyed getting pampered with getting their nails and facials done. Everyone was glowing and ready for spring to come. In March it was Giving Day at Hudson Bay. Participants and staff sold Giving Day cards which cost \$5.00 and with that card the customer would receive 20 % off their purchase. Day Break raised \$130.00. Great Job! Finally winter decided to leave us. On the first warm day the Day Break group was off to Mackie's in Port Stanley. Participants enjoyed Mackie fries and their orange drink. Some even enjoyed a scoop or two of Shaw's ice cream. We sat outside and took in the beautiful weather that took a long time coming. With the nice weather here we are planning the adventures we will be taking this summer. We have started with going to Winter Wheat in Sparta. The stroll through the decorative forest was liked by all. The faces on the trees made the participants laugh. There are a few participants that are enjoying the Fitness Centre at the Main Building. These participants are working on strengthening their arm muscles. They also have the opportunity to socialize with new and some old friends not seen in a long time. We also held a tea party in support of Brian, a participant of Hutton House, and his new passion as a Tea enthusiast. Multiple teas were served including a refreshingly cold peppermint tea that was perfect for the hot summer day, as well as two other hot teas packed with great flavors which were just as fancy as they were unique! The warm apple cinnamon donut was a crowd favourite and got great reviews from fellow participants. It was great to see everyone step out of their comfort zones and try the exotic gourmet flavours!



RED CROSS FIRST AID/CPR AT HUTTON HOUSE!



Canadian
Red Cross

20%

Family and Friend Discount!

Our qualified facilitator provides a learner-centred training plan that keeps everyone engaged. Programming will be offered at the Hutton House Learning Centre in Cherryhill Village Mall.

Standard First Aid/CPR – level C

14 hours of teaching time

Learn adult, child and baby CPR and use of public access defibrillator (AED)

NEXT CLASSES

Monday June 25 - Wednesday June 27

**3 days- great for those needing more breaks and shorter days

Or

Saturday July 21 – Sunday July 22

**2 days- great for those who can handle longer days with shorter breaks

For more information or to book contact Tami LaDouceur at

519-472-1541 Ext. 233

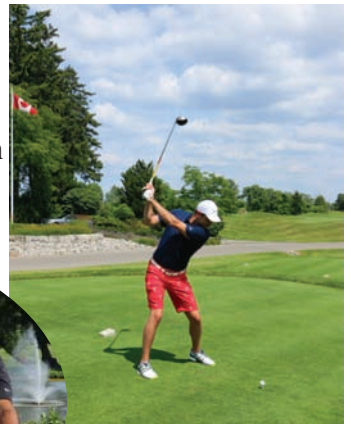
You may also wish to inquire about recertification or blended learning courses!

Did you know?

The required training depends on the number of workers per shift at a workplace:

1. For a workplace with five or fewer workers on any one shift, the employer must make sure that at least one worker has an Emergency First Aid certificate. This program is 6.5 hours in length and is offered by Hutton House.
2. For workplaces with six or more workers on any shift, the employer must make sure that at least one worker has a Standard First Aid certificate. This program is 13 hours in length and is offered by Hutton House.

West Haven's 22nd Annual Charity Golf Classic in Support of Hutton House



This year's 22nd annual golf charity classic, held at West Haven golf and country club, was every golfer's dream! The grass was green, the sun was bright and the day was filled with warmth and exciting sportsmanship. As registration began, Jack102.3 had the party started with great tunes that were perfect for the summer day. Golfers enjoyed the game, competing in 6 holes best ball which was won by Chip Allan and Joanne Davis, 6 holes scramble won by John Makins and Don Organ, and the 6 holes alternate shot which was won by Rod Hancock and Josh Hunke. The competition was friendly, but intense when it came down to the putting contest with the big win going to Peter Giles. Congratulations to all the winners of the night! Some of the fantastic prizes taken home that evening included a giant Wheel Barrel of wine, 3M gift baskets and the grand prize of a free trip for two courtesy of West Jet airlines. Although the prizes were great, the company was even better! Ashley Tenhor and her employer Richard Masse of Masse's No Frills in London Ontario were this year's guest speakers. Their speeches were wonderful, touching on how Hutton House has played a part of their lives and aided to their successes. Thank You to both Ashley and Richard who captivated the audience with their kind words and big hearts. Our 22nd Annual Charity Golf Classic was a huge success all thanks to our supporters and volunteers and participants who have generously donated their time, money and energy into this event in support of a great cause. We cannot wait until next year! Hope to see you there!



Thank You for Your Support

Events & Retail Locations

Masonville Farmer's Market

Friday Mornings from 8:00am- 1:00pm

West Haven Charity Golf Classic

West Haven Golf Club, July 11th, 2018

Hutton House Gift Shop

654 Wonderland Rd. North

Monday-Friday 8:30am-4:30pm

Hutton House at the Market

Western Fair Farmer's & Artisan Market

Saturday 8:00am-3:00pm

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.



Hutton House

Supporting youth & adults with disabilities

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:

Jean Knight - President
Paul Coulter - Past President
Peter Holland - Treasurer
Jeanette Dutot - Ex-Officio

Directors:

Claudia Bayona
Michael Ketelaars
Tilda King
Jon Lavkulich
Jacqueline Madden
Eric Riley
Bryan Smits
Cindy Smythe
Julie Watson

Charitable Registration
(Bn) No. 10807 1861 RR0001

“In House” Next Publication Deadlines

October 12th, 2018

February 8th, 2019

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

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