



Sunflower Hill Newsletter

April 13, 2022



VOLUNTEER APPRECIATION MONTH

Dear Sunflower Hill Supporter,

Spring has sprung (though some days it feels more like summer or winter), and as the trees show buds and new growth, it's a reminder of how hopeful it can be to see this change in nature. Change is inevitable and can be positive and celebrated, or sometimes necessary, but challenging. In the end, though, it almost always makes us better.

I'm honored to be an example of recent change at Sunflower Hill, serving as the [new Executive Director](#). I bring more than 25 years of non-profit, fundraising, and events and volunteer management experience to the organization and am excited to serve in this role during a pivotal time for our non-profit. I hope that excitement is felt by the community as well, and I look forward to meeting and getting to know each of you in the weeks to come. Stay tuned for details on a virtual meet and greet coming in May!

April is Volunteer Appreciation Month

THANK YOU to all who have volunteered with us recently and over the years. Your willingness to share your time so that our program participants, residents, the garden, and our community can thrive is truly appreciated. We couldn't do it without you! To learn more about our volunteer opportunities, [visit our website](#).

Join Us on June 18 for a Fun Run Benefiting Sunflower Hill

I'm excited (and hope you are too!) for our next big event, the [Sun's OUT Fun's OUT 5K Fun Run](#) at the Alameda Fair, on Saturday, June 18, 2022. Presented by the Alameda County Fair and benefiting Sunflower Hill, this event is open to athletes of all abilities. [Register](#) for the fun run and then sign up to [fundraise](#) to maximize your impact! There are also exclusive [sponsorship opportunities](#) available, with prime exposure at the Alameda County Fair – the largest event in Alameda County!

Spring and Summer Programs

With warmer weather and spring upon us, program participants, volunteers, and staff have been busy with a variety of tasks in the Sunflower Hill Garden. During a recent visit, one group harvested 29 pounds of kale in one hour! Out at Irby Ranch, residents have been busy too, with field trips to the Farmer's Market, craft projects, and pet therapy, to name a

few of the many activities scheduled for April. A new session of Cooking Classes kicks off this week, while program participants in Popcorn Chat are enjoying learning how to co-host a virtual class. Don't miss details on our Summer programs below - [registration](#) opens Tuesday, April 19, 2022.

Your continued support of Sunflower Hill is truly appreciated; thank you for helping us to continue to create places and spaces where adults with intellectual and developmental disabilities (I/DD) can live, work, learn, and thrive as part of our greater community.

All my best,

Jen

Jen Lenard-Benson
Executive Director



Summer Program Registration Opens April 19

Summer is right around the corner, and we're excited to announce our Summer Program schedule!

Garden Program

Our [Hands-On Garden Group Program](#) will have participants growing a green thumb while giving back to the community! Program participants can choose one or both six-week sessions where they will learn skills imperative to keeping a garden growing, enjoy extended

time participating in field tasks (planting, harvesting, preparing produce for donation, and more), and tasting new and healthy foods.

Cooking Class

Our themed, four-week [Cooking Class summer series](#) is back by popular demand! Program participants will engage in lessons that teach cooking basics such as following a recipe, measuring ingredients, practicing safe knife skills, and cooking with heat. Participants can join Teacher Abby for one or all three classes:

- June: Around the World - A tasty trip for those who enjoy a variety of flavors
- July: Summer Sweets - For those with a sweet tooth
- August: Summer Eats - Featuring all the best of the season

Popcorn Chat

Our 12-week [Summer Popcorn Chat](#) class will boost program participants' virtual social skills! Program participants will engage in activities to build community and friendship, strengthen skills in self-expression, and build confidence in virtually connecting with others.

Registration for all Summer Programs opens Tuesday, April 19, 2022 at 9:00 a.m. (PDT). For details on each program and to register, visit our [website](#).



The Alameda County Fair presents the [Sun's OUT Fun's OUT Fun Run](#), benefiting Sunflower Hill. Open to athletes of all abilities, the 5K or 1-Mile Fun Run on June 18, 2022 features a run or walk around the historic horse racing track and through the Fair with fun stops along the way!

Register

Register for the 5K or 1-Mile Fun Run by April 30, 2022 for early bird pricing! Run by yourself, with your family and friends, or in a group.

[Register today.](#)

Fundraise

Help raise funds for Sunflower Hill! Show your support for our mission and vision. Choose your fundraising goal and then share with friends and family. [Learn more.](#)

Sponsor

Be a part of the excitement of opening weekend at the Alameda County Fair! This unique event provides sponsors with an opportunity to both support Sunflower Hill as well as gain maximum exposure. [Learn more.](#)

Become a

Sunflower Partner

Monthly Donor

Exclusive impact videos

Recognition at events

Annual brunch at Irby Ranch

[Click for Details](#)



"I can see the results (of my giving) and see that it's doing good and that I'm making a difference."

- Monthly donor



Garden Spotlight on Mikey

Don't miss our Garden Program Participant Spotlight on [Mikey](#), who's been coming to the Sunflower Hill Garden for the past five years. Mikey, who is kind-natured, sociable, and has a contagious smile shared: "This is the best garden I have ever seen. I love



Robby's Birdhouse Gourds

We're excited to highlight the latest creations by Irby Ranch resident and artist, Robby. Using gourds that were grown at the Sunflower Hill Garden and harvested by program participants, Robby painted each unique gourd birdhouse with a custom

coming here!" Mikey is also an avid collector of hubcaps, and prefers to be called "Mr. Hubcap." Read Mikey's spotlight article and our [other articles](#) featuring adults with I/DD.

design. These beautiful gourd birdhouses are available for purchase at [Studio Seven Arts](#) on Main Street in Pleasanton. Robby will generously donate all proceeds to Sunflower Hill. Thank you, Robby!



A graphic for the Sunflower Soiree fundraiser. The left side features a dark background with a large sunflower in the center, surrounded by strings of warm white lights and white stars. The text "sunflower SOIREE" is written in a white script font for "sunflower" and a bold yellow sans-serif font for "SOIREE". The right side is a dark vertical panel with white text.

*Save the date
for our annual
fundraiser!*

October 21, 2022

McGrail Vineyards
Livermore, CA

Support Sunflower Hill



[Click For Details](#)

-  Become a monthly donor
-  Create a Facebook fundraiser
-  Make a one-time donation
-  Donate your car
-  Volunteer
-  Shop Amazon Smile or donate to our Amazon wishlist
-  Donate your required minimum distribution (RMD)

[Donate Today](#)



SUNFLOWER HILL

2021 ANNUAL REPORT

Read the Report

Packed with pictures and comments from participants, parents, caregivers, and teachers on how your support is making an impact! [>](#)



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