



Happy Holidays

from all of us at Sunflower Hill



Dear Sunflower Hill Supporter,

Happy holidays! We hope that in the midst of the busyness of the season you are enjoying the wonder and joy of the holidays with family and friends.

2021 has been a year full of milestones, and while the pandemic brought many challenges, there were also plenty of silver linings:

- We celebrated the [one-year anniversary of residents moving into Irby Ranch](#). Recently, residents have enjoyed spreading holiday cheer with festive decorations and seasonal crafts.
- We were thrilled to welcome adult day and transition classes back to the [Garden](#) in September. Thanks in part to our program participants and volunteers, we've also donated over 2,200 pounds of fresh, organic produce this year to local non-profits like Tri-Valley Haven, Culinary Angels, and Shepherd's Gate.
- Our [Cooking Classes](#) have continued to be popular with participants practicing following a recipe, measuring ingredients, and using safe knife skills. Don't miss details below on our Spring Cooking Classes beginning February 2022!
- Participants in our virtual [Popcorn Chat class](#) have enjoyed this unique program that empowers individuals to gain vital social skills. Registration for the next session opens in January - see details below!
- We've continued to pursue new residential community opportunities and are delighted to be a part of the [Lafayette Lane](#) project and a new project in [Dublin](#).

This tremendous progress is not possible without your generous support. **We simply could not do our work without you!** The pandemic has continued to create tremendous

challenges for our fundraising efforts in 2021, and we are in danger of ending the year with a funding shortfall. If you've already supported Sunflower Hill with a Giving Tuesday or year-end gift, thank you! If you haven't had an opportunity to give, or are inspired to give again, we hope you'll [make a gift](#) or spread the word about Sunflower Hill. Your ongoing support allows us to continue to co-develop affordable residential communities and offer vibrant, engaging programs for adults with I/DD. Together, we can ensure that adults with I/DD continue to have places and spaces in our community where they can live, learn, work, and thrive!

On behalf of everyone here at Sunflower Hill, we wish you a wonderful holiday season, and peace and joy in the New Year!

With gratitude,

Pamela

Pamela Zielske
Advancement Director

P.S. We are truly grateful for each and every gift, regardless of amount. If you're not able to give this month, please consider sharing this newsletter with friends and family who would be interested in learning more about Sunflower Hill's mission and vision.

Spring Program Registration Opens in January



Cooking with Teacher Abby

Teacher Abby's virtual, live [Skill Building Cooking Class](#) is perfect for budding chefs of all abilities. This eight-week class focuses on developing skills in the kitchen through demonstrations, practice, and repetition.

Popcorn Chat with Teacher Molly

Our [Popcorn Chat](#) program, taught by Teacher Molly, is a unique, 15-week program, created for adults with I/DD. This virtual, live class meets once a week and offers participants the ability to engage in

Participants will engage in lessons that teach cooking basics such as following a recipe, measuring ingredients, practicing safe knife skills, and cooking with heat. Sessions begin in February with classes on Tuesdays and Thursdays from 4:00pm - 5:30pm via Zoom. **For more details and information on registration, [visit our website](#).**

activities to build community and friendship, learn more about themselves, and build confidence in virtually connecting with others. Popcorn Chat is open to 12 participants and begins in February with classes on Wednesdays from 4:00pm - 5:00pm via Zoom. **For more details and information on registration, [visit our website](#).**

Registration for our Spring 2022 virtual programs will open on January 4, 2022 at 9:00am PST.

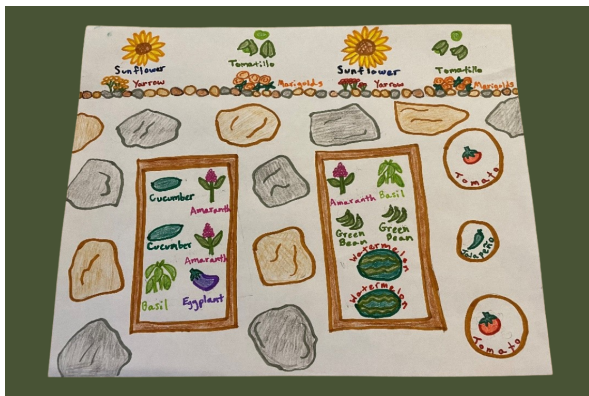
Garden Program for Adult Day and Transition Programs

Our Sunflower Hill Garden Spring 2022 program is open to adult day and adult-in-transition programs. If you're a program representative and interested in participating in our Garden Program, please [contact us](#).



Sunflower Hill Holiday Gifts

Just in time for the holidays, we've added new products to our [Shop](#)! Order a one-of-a-kind **Gourdament**: made with small, spinner gourds that are grown in our Garden, harvested and dried, and then hand painted by our program participants. We also have new **Greeting Cards** featuring a drawing or poem by a program participant, Irby Ranch resident, or caregiver. Also available are fresh lavender sachets, t-shirts, loofah sponges, and our vintage set of greeting cards. [Order today!](#) Shipping or local pickup available.



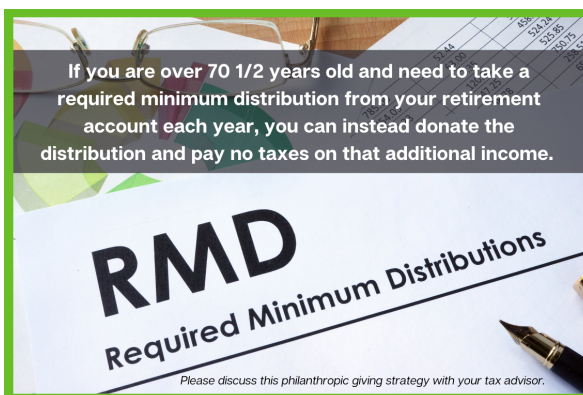
Blog: Plan Your Garden Now

Now is an ideal time to plan your spring garden! Don't miss our latest *Adaptive Gardening* blog article, [Plan Your Future Garden Now](#), which provides budding Gardeners with guidelines for creating a spring (or summer/fall/winter) garden full of delicious food and beautiful flowers!! Then read our other blog articles featuring [resident spotlights](#), [motivational activities](#), and [more](#).

Giving Tuesday Success

Thank you to all who donated and participated in our Giving Tuesday 2022 campaign. Together you raised over \$10,700 to support the mission and vision of Sunflower Hill! If you missed the day, there's still time to donate [here](#)! Your dedication allows us to continue to create places and spaces where adults with intellectual and developmental disabilities can live, learn, work, and thrive as part of the greater community.

Support Sunflower Hill During the Holidays!





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