



Sunflower Hill Newsletter

February 8, 2021



Dear Sunflower Hill Supporter,

2021 was a year full of milestones for Sunflower Hill, which we're proud to highlight in our [Annual Report](#). We hope you'll review the report to hear from participants, parents, caregivers, and teachers how they feel about our programs, and to learn more about how your support is making an impact in the lives of adults with intellectual and developmental disabilities (I/DD). While the pandemic brought many challenges, there were also plenty of silver linings. With your support, we were able to continue to create places and spaces where adults with I/DD live, work, learn, and thrive. Some of the highlights of the annual report include:

- Your generous impact on our fundraising efforts.
- The announcements of partnerships for new residential communities in Lafayette and Dublin.
- The number of cities represented by adult day and adult-in transition programs attending our Garden Program.
- The number of pounds of fresh, organic produce donated to local non-profits.
- The efforts of our amazing volunteers.
- The success of our Cooking Classes with Teacher Abby.
- The thoughts from one of our Popcorn Chat participants.

This tremendous progress is not possible without your generous support. We simply could not offer all that we do for our community without you!

Together, we can ensure that adults with I/DD continue to have places and spaces in our community where they can live, work, learn, and thrive!

On behalf of everyone here at Sunflower Hill, we wish you a healthy and joy-filled 2022!

With gratitude,

Jan

Jan Cohen
Interim Executive Director

Pamela

Pamela Zielske
Advancement Director



[View Our Annual Report!](#)



Cooking Classes Kick-Off

Cooking Classes with Teacher Abby kicked off last week with participants jumping



Garden Programs Begin

With the sun shining and air crisp, we welcomed adult day and adult-in-transition

right into making a build-your-own Italian Pesto Sandwich with delicious homemade winter pesto using basil, spinach, kale, arugula, or a mix. Participants joined the class via Zoom and practiced skills such as measuring ingredients and following a recipe. This week, Teacher Abby will guide participants in learning how to make Cowboy Caviar, and practicing safe knife skills. Interested in registering for the next session of Teacher Abby's Cooking Classes? Registration is currently open for Session 2, which begins in April. [Register today!](#)

program participants back to the Sunflower Hill Garden for the start of our Spring 2022 Garden Program last week! Participants, greeted by Shadow the cat, were excited to see what was "growing on" in the garden since their last visit. They pulled out old winter crops and fed them to the chickens, harvested rosemary for donation, and "cheered" to the new session of programs, while enjoying a tasty garden snack. Don't miss the videos we posted on [Facebook](#) and [Instagram](#) of program participants greeting the chickens!

Stay tuned for an update on our Popcorn Chat program in the March newsletter!



Donor Spotlight on Kat



Garden Spotlight on Shadow

Don't miss our [Donor Spotlight](#) blog article on Kat Wiess, who is the owner of a local landscape design company and a self-proclaimed "gardening freak." As a monthly donor and Garden volunteer, Kat says that it "feels good to be a provider of consistent money. I can see the results (of my giving) and see that it's doing good and that I'm making a difference." Thank you, Kat, for being a great Partner in the Garden!

Shadow, the Garden Cat, was featured in her very own [Garden Spotlight blog article](#) last month. Shadow loves greeting Garden program participants, volunteers and staff with a soft "meow" and a head to scratch! Don't miss her story on how she came to live at the Sunflower Hill Garden, her biggest fan and Garden volunteer, Kyle and the Instagram account he's created for her, and her [video montage](#)!

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Read our [Irby Ranch resident spotlights](#), [motivational activity](#) articles, and [more](#).



NCL - Livermore Chapter Volunteers

Thank you to the hard-working mom and daughter volunteer duos from the National Charity League - Livermore Chapter, who came out to the Sunflower Hill Garden recently! We appreciate your hard work pulling a LOT of weeds! It's a never-ending job and we are so grateful for your time and effort!

Support Sunflower Hill!

If you are over 70 1/2 years old and need to take a required minimum distribution from your retirement account each year, you can instead donate the distribution and pay no taxes on that additional income.

RMD

Required Minimum Distributions

Please discuss this philanthropic giving strategy with your tax advisor.

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