



Sunflower Hill Newsletter

March 8, 2022



Dear Sunflower Hill Supporter,

It's been an exciting time as our in-person and virtual programs and activities were back in full swing in February!

- Adult day and adult-in-transition program participants have been busy in the Sunflower Hill Garden planting and saving seeds, harvesting winter crops, and preparing garden beds for Spring planting!
- Cooking classes began with participants making dishes to enjoy and share with family and friends. One participant's parent commented, "we served the dish to company from out of town, they loved it too!" Participants began cooking with heat, practicing safe knife skills, and learning to cook on a stovetop. Recipes have included Spring Pasta, Sweet Potato Sage Soup, and Sheet-Pan Sausages with Roasted Veggies.
- Popcorn Chat participants were excited to meet each other via Zoom, learn how to navigate a virtual class, and engage in fun activities - read below for more details on what Popcorn Chat participants are learning!
- Residents at Irby Ranch enjoyed participating in several activities like kickboxing and movement classes as well as art activities, gratitude projects, and several social events. Additionally, we were thrilled that a majority of residents participated in our survey focused on activity preferences. The results will be used to modify future activities. Thank you to those who completed the survey!

We continue to focus on our [mission and vision](https://sunflowerhill.salsalabs.org/march2022). Your support allows us to continue to provide these engaging and life skills programs - thank you!

With gratitude,

Jan

Jan Cohen
Interim Executive Director

Pamela

Pamela Zielske
Advancement Director



ALAMEDA COUNTY FAIR
Benefiting Sunflower Hill



June 18, 2022

9AM

*A run or walk around the
historic horse racing track
and through the Fair with fun
stops along the way!*



SUNFLOWER HILL

2021 ANNUAL REPORT

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

Read the Report



Last Chance to Register for April Cooking Class

Last chance to register for the next session of Teacher Abby's Cooking Class, which begins in April! Classes are available on Tuesdays and Thursdays from 4:00pm - 5:30pm. Each 8-week, Skill Building series focuses on developing skills in the kitchen through demonstrations, practice, and repetition. Registration closes April 4, 2022. Learn more and [register today!](#)



Popcorn Chat Program Begins

Our [Popcorn Chat](#) program kicked off in February with participants ready to engage in activities that build community and friendship, learn more about themselves, and build confidence in virtually connecting and communicating with others. So far, classes have been focused on discussing virtual etiquette, getting to know each other, playing interactive games, and learning about co-hosting.

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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."*



Resident Spotlight on Kyle

Our most recent [Irby Ranch Resident Spotlight is on Kyle](#), who is an amazing advocate for himself and others! Kyle has a bold personality, polite nature, and has been living independently since 2021. He says he enjoys having more freedom. His mom shares his joy saying that "Kyle's transition to living independently has been very exciting," she said. "We're so happy to see Kyle becoming his own person!" Don't miss Kyle's tips for anyone wanting to live independently. Read our [other articles](#) featuring adults with I/DD and [subscribe](#)!



Garden Volunteers

With warmer weather and the first signs of Spring in the Sunflower Hill Garden, [volunteers](#) have been working hard on a variety of tasks including harvesting the last of the winter veggies and prepping them for donation, building flower beds, turning over vegetable beds, repairing fence slats, pruning perennials, weeding, and amending soil with compost and horse manure thanks to the horses at Hagemann Ranch! There's so much to do in the Garden and we appreciate the efforts of all our volunteers. Thank you!



SUNFLOWER HILL

GREETING CARDS

\$12

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RMD

Required Minimum Distributions

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