



Sunflower Hill Newsletter

May 18, 2022



JUNE 18
9AM

Run or walk around the historic race track and through the Fair with fun stops along the way!

Dear Sunflower Hill Supporter,

Summer is fast approaching, and for me it can't come soon enough. Summer, to me, means warmer days and nights, popsicles on the porch, and weekends by the pool. I look forward to scheduling my summer calendar, because it also means concerts in the park, wine events at local vineyards, and family vacations – each marked day means something fun is just around the corner.

The same is true for the Sunflower Hill Community! Summer means new [Garden Programs](#), a BBQ potluck at Irby Ranch, and the Alameda County Fair's [Sun's OUT Fun's OUT Fun Run](#), benefiting Sunflower Hill, on Saturday, June 18.

With "Fun" in the title, you can expect to have a good time! This event is open to athletes of all ages and abilities and features a run or walk around the historic Race Track and through the Fair with fun stops along the way. [Register](#) to participate in the Fun Run, [raise funds](#) to support Sunflower Hill, become a [sponsor](#) – or all three!

Also, [registration is now open](#) for our summer programming: virtual Cooking Classes, Popcorn Chat, and our Hands-On Garden Groups. All programming is designed for adults with intellectual and developmental disabilities, and offers fun, unique experiences to connect with others.

Join us - let's kick off the summer together. Whether it be in person at the Fun Run, at the Garden during our summer programs, or virtually in our Cooking or Popcorn Chat classes - I can't wait to see you there!

All my best,

Jen

Jen Lenard-Benson
Executive Director



Register

Don't miss the Alameda County Fair Sun's OUT Fun's OUT Fun Run, benefiting Sunflower Hill on June 18. This **Fun Run obstacle course** is open to athletes of all ages and abilities and features a run or walk around the historic Race Track and through the Fair with fun stops along the way! **Register by June 15 and receive free fair admission for June 18.** After you register, show your support for Sunflower Hill and become a [fundraiser](#). Choose your fundraising goal and then share with friends and family to maximize your support!

Fun Run Sponsorships Available

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.](#)

Thank you, Sponsors!



S P E C I A L C O U P O N

Sun's Out Fun's Out Run Participants,

You're invited to a special shopping
event! Head to Sports Basement for:

20% off for Basementeers^{*}

***Non-Basementeers still get 11% off**

Basementeers stack their discount for 20% off.
Limited time only. Exclusions apply.

Can't join us in-store? Shop online with code: **2050011879056**

Valid from 5/27-6/11/22. **Not valid on trips, rentals, services or bikes.**
See website for exclusions.

**Sports
Basement**

POS: Enter both codes: 699678 + 2050011879056



Volunteer Spotlight on Louise

Louise is a dedicated volunteer who began helping out in the Garden in 2021. She is a lover and rescuer of ladybugs, enjoys watching things grow in the garden, feeding the chickens, and making flower bouquets in the summer. Louise also volunteers at Irby Ranch, along with her dog, Penny. They participate in the Pet Therapy program at Irby Ranch, which is run through the [Valley Humane Society](#). "I enjoy meeting new people and giving back to my community through my time and effort," she said. [Read her volunteer story.](#)



Garden Spotlight on Tim

Tim, a retiring special education teacher in the [Pleasanton Unified School District](#), has been bringing his adult-in-transition students to the Sunflower Hill Garden for the past four years. He especially likes the education-based mini-lessons at the "tree classroom" and that during garden walks, Sunflower Hill staff point out things that many people might miss, like the life stages of lady bugs and the praying mantis egg sacs tucked under the fence post of the boysenberry vines. "It's a place we all love going," he said. [Read his Garden Program story.](#)

Visit our [blog](#) to read these and other stories featuring adults with intellectual and developmental disabilities and the people who support them.



Pleasanton Rotary Club Foundation Grant

We're thrilled to have recently received a \$2,000 [Pleasanton Rotary Club Foundation](#) grant, which will be used to purchase supplies and materials for enrichment programs at Sunflower Hill at Irby Ranch. The materials and supplies will enable staff to support residents in their efforts to live independently, cultivate friendships, build physical fitness, and experience positive mental health. Thank you, Pleasanton Rotary Club Foundation for supporting adults with intellectual and developmental disabilities!



Register for Summer Programs

Our Summer Programs are filling up! [Register](#) by May 31 for classes starting in June:

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

A poster for the Sunflower Soiree event. It features a large sunflower in the center, with strings of warm white lights and white stars in the background. The text "sunflower SOIREE" is written in a white script font for "sunflower" and a bold yellow sans-serif font for "SOIREE".

*Save the date
for our annual
fundraising Gala!*

October 21, 2022
6:30 PM

*McGrail Vineyards
Livermore, CA*

Support Sunflower Hill



Become a monthly donor



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Donate your car



Volunteer



Shop Amazon Smile or donate
to our Amazon wishlist



Donate your required minimum
distribution (RMD)

Donate Today

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