



Hello Sunflower Hill Supporter,

The season of Thanksgiving is my favorite time of the year as it reminds us to pause, reflect, and give thanks. The challenges that we've faced as an organization in 2020 have offered us opportunities for innovation and growth in unique and meaningful ways. On behalf of everyone at Sunflower Hill, we thank you for your constant support, engagement, generosity, and for being a part of our community. Your support ensures that we are able to continue to develop residential communities and exceptional programs for adults with developmental disabilities.

With our Fall Programs well underway, we've enjoyed hearing from our program participants about how they have grown as they make connections with those around them. We're excited to watch our Sunflower Hill at Irby Ranch residents move into their new homes and embrace independence with enthusiasm. These meaningful moments are why we do what we do!

I'm also inspired by our Popcorn Chat program participants who decided that they wanted to create a video highlighting what they're thankful for. I hope you have had an opportunity to watch the [Handful of Thanks video](#), and are inspired to share what you are thankful for. As I write this, I feel the disappointment that I imagine many of you feel of not being able to gather with friends and loved ones in the ways that we typically do this holiday season. And yet the Handful of Thanks video reminded me to be thankful for my health and the health and well-being of my loved ones, for technology to bridge the miles so that we can share a virtual cup of tea, for quiet moments breathing in nature, and for music and friendship.

From all of us at Sunflower Hill, we hope that you experience abundant joy and love this Thanksgiving.

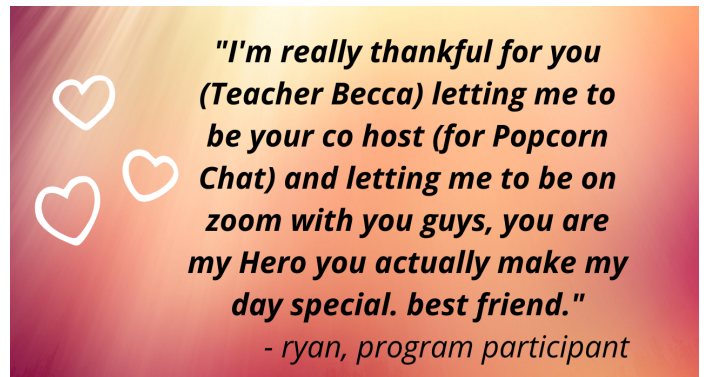
Warmly,

Edie Nehls, Executive Director



Face Mask Tips for Thanksgiving

Are you visiting family and friends in your social bubble for Thanksgiving, or planning to be out in public? If you or a loved one needs a refresher on how to wear a face mask and why it's important, we hope that you'll find our free video, [Join the Team - Wear Your Face Mask](#), helpful! Created in collaboration with [Robert Half](#) and specifically for adults with developmental disabilities, this free video resource details why it's important to wear a face mask and how to overcome objections to wearing one. Watch the video, and then share it with friends and family!



2021 Programs Registration Coming Soon

We're putting the finishing touches on our 2021 Programs schedule and hope to have registration open soon! We're excited to hear from our Fall program participants who say that they are enjoying the opportunities to learn and engage with others. Our 2021 Programs schedule will include person-centered programming that is both in-person (Hands-On Garden Groups), and virtual (Cooking Class with Teacher Abby and Popcorn Chats). Check our [website](#), and follow us on [Facebook](#) and [Instagram](#) for more information and registration dates!



Enhancing Vision 2026 Fund Allocation

We're thankful to [Alameda County Supervisor Nate Miley](#) who recently [allocated funds](#) from his budget to support Sunflower Hill. The Enhancing Vision 2026 Funds, totaling \$60,000, will be used for individual and small-group virtual programming for residents of Sunflower Hill at Irby Ranch in Pleasanton and program participants living in the Tri-Valley. Additionally, we hope to increase our offerings with in-person programming, in small cohort groups, at Sunflower Hill at Irby Ranch as COVID-related



Program Participants Giving Back

The Sunflower Hill Garden is a space that enables us to both offer person-centered enrichment and life skills instruction for adults with developmental disabilities, as well as the opportunity to give back to our community through produce donations. This year, **over 4,400 pounds of fresh, organic produce has been donated to local nonprofits** such as [Tri-Valley Haven](#), [Culinary Angels](#), [Shepherd's Gate](#), the [Sutton Girls Farmers Market](#), and more. Many of our program participants have shared with us that giving back to

restrictions lift. The programs will focus on teaching new skills, building independent living skills, fostering communication and engagement with others in the greater community, and promoting friendships. Thank you, Supervisor Miley for your generous support!

their community is one of the highlights of working in the Garden. It's what makes the Sunflower Hill Garden a truly magical space.



Kathy and grandson Josh harvesting tomatoes in the Sunflower Hill Garden.

Join us for the Threads of Hope Award ceremony

Just a reminder that Sunflower Hill Board President, Kathy Layman will receive a Diablo Magazine's 2020 [Threads of Hope Award](#) at a virtual [awards ceremony](#) on December 10, 2020 at 5:00PM. This free event featuring Jessica Aguirre, NBC11 News Anchor as Mistress of Ceremonies is open to all. We hope that you will register for the ceremony and join us in celebrating Kathy as she receives this award.



December 1, 2020 is [#GivingTuesday](#)! If you find the work we do inspiring, please share this email with friends and family and encourage them to help us continue to create places and spaces where adults with developmental disabilities thrive!



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