



Sunflower Hill Newsletter

September 14, 2021



Dear Sunflower Hill Supporter,

With summer coming to a close and fall upon us, we wanted to share some of the exciting updates from Irby Ranch and our non-residential programs:

- This month marks a milestone for Sunflower Hill as we celebrate [residents moving into Irby Ranch](#) one year ago this week! Welcoming residents to their new homes during a global pandemic was not what we would have wished for, but we are so happy that residents are settled into their homes, forming friendships with their neighbors, participating in Sunflower Hill activities, and creating their own memorable moments!
- Fall **Hands-On Garden** programming kicks off this week with six, 90-minute sessions for adult day and adult-in-transition programs each week.
- **Popcorn Chats** resumes this week after a short summer break. Classes will continue working on their social engagement curriculum. We're excited about the ways our Popcorn Chat curriculum has continued to evolve and anticipate offering new sessions of the program in December 2021.
- **Cooking with Teacher Abby** is back with registration for fall classes opening on Monday, September 20, 2021 at 9:00AM. [More details here.](#)

This fiscal year has been extremely challenging for us due to the ongoing pandemic. Sunflower Hill has a great deal of important work to do, not only in co-developing housing, but continuing to create and develop purposeful, engaging, and life-skill-enhancing programs.

The need for housing is great and Sunflower Hill is committed to co-developing affordable residential communities and creating housing choices for adults with I/DD as responsibly as possible for our small, but growing, non-profit. We are very excited to be a part of the [Lafayette Lane](#) project in partnership with Miramar Capital and Pacific West Communities. We are also very excited to be a part of a proposed community in [Dublin](#) that is being developed by Trumark Homes, where Sunflower Hill will co-develop an affordable residential community with Eden Housing. These communities will offer adults with I/DD affordable housing options where they bring their own supports and services so that they can successfully live independently. If you're interested in receiving updates about either of these communities, [join our newsletter](#) and fill out our [residential survey](#).

As we round out this fiscal year, I hope you will prioritize Sunflower Hill as an organization to support with a year-end gift. Your ongoing support will ensure that Sunflower Hill continues to create places and spaces where adults with I/DD thrive!

All my best,

Edie

Edie Nehls, Executive Director



Irby Ranch Marks One Year Anniversary

It's been one year since residents began moving into Sunflower Hill at Irby Ranch! We've enjoyed watching residents embrace living independently and are grateful to SAHA and everyone who made this moment possible. We look forward to the future and are so excited to be able to share in the residents' efforts to live, learn, and thrive!



Fall Cooking Class Registration

Join Teacher Abby for an eight-week skill-building cooking class! Perfect for budding chefs of all abilities, this class focuses on developing skills in the kitchen through demonstrations, practice, and repetition. Each week, participants will follow along with Teacher Abby as they prepare a recipe step-by-step with guided instruction. **Recipes will include simple meals and side dishes, with a holiday cookie baking party planned for the last day of class!** Two sessions are offered: Tuesday from 4:00PM - 5:30PM or Thursday from 4:00PM - 5:30PM. **Registration for our fall**

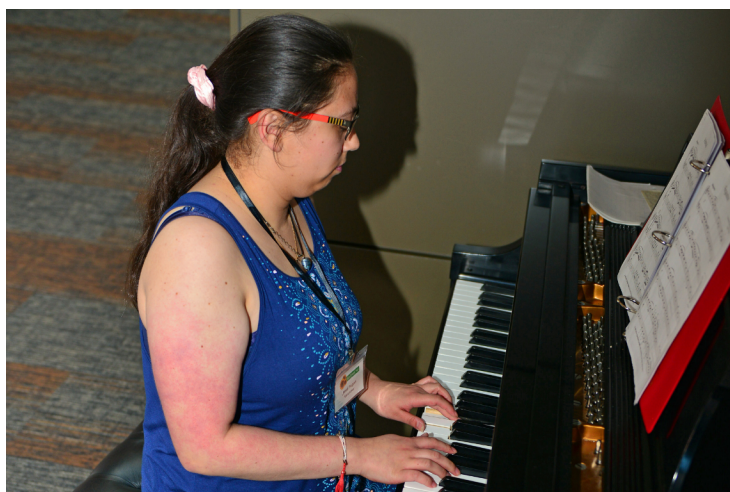
[Watch our Anniversary Video!](#)**Skill-Building Cooking Class will open Monday,
September 20, 2021 at 9:00 AM PDT.**[Details & Registration](#)

Adaptive Cooking Tip: Simple Substitutions for Stovetop Cooking

Teacher Abby shares her favorite [alternatives to cooking on a stovetop](#) in the latest Adaptive Cooking blog article. With fall right around the corner and many of us thinking of hearty, warm dishes, these simple substitutions for stovetop cooking are a great alternative for those who are not comfortable using a stovetop! Read the blog article and give Teacher Abby's [Sheet Pan Fajita](#) recipe a try!

Irby Ranch Resident Spotlight on Della

Don't miss this month's Sunflower Hill at Irby Ranch [Resident Spotlight on Della](#), who shares her unique story, what it means to her to be living at Irby Ranch, and her hopes for 2021! Don't miss Della's story and our other blog articles, which feature [resident reviews](#), [motivational activities](#), [adaptive cooking tips](#), [adaptive gardening tips](#), and more!



ICYMI: Sunflower Showcase Recap

Did You Attend The Sunflower

Our Sunflower Showcase event in July was an amazing night showcasing and supporting adults with intellectual and developmental disabilities! Don't miss our [event recap page](#) with links to the photo slideshow (thanks to Photographer, Chuck Deckert, who graciously donated his time and expertise), our 2021 Year-in-Review video, bios of our talented artists, videos of Kodi Lee, Irby Ranch resident, Jennifer Crandall, and more!

Showcase?

We hope you will take a few moments to share your thoughts with us! Whether you attended the Sunflower Showcase in-person, virtually, or weren't able to attend, we hope you will give us your feedback by filling out a brief survey! [Take our Survey!](#)

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