



September 2025 Newsletter

Dear Sunflower Hill Friends,

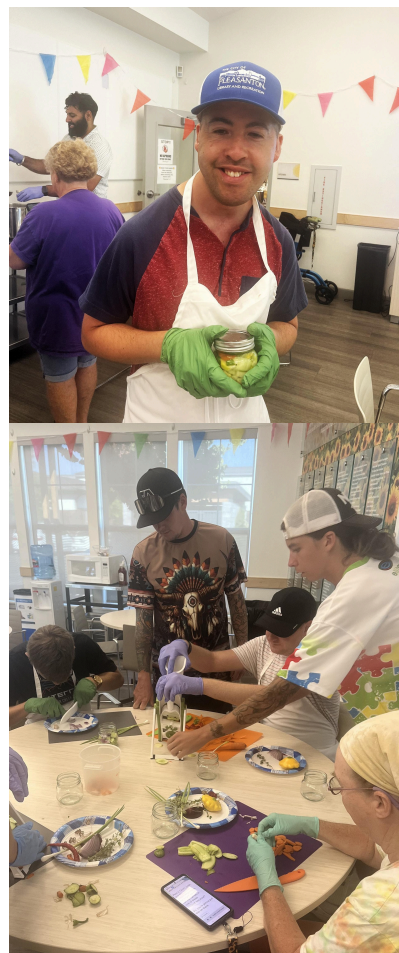
August was packed with a wonderful mix of in-person and virtual activities! Our new staff member, Adama Henry, hosted engaging sessions like *Art with Adama*, where participants created their own version of *Starry Night*, and *Story Time with Adama*, which sparked fun conversations around different social situations.

Cooking classes were a highlight this month—participants rolled protein bites, quick-pickled veggies to take home, and even joined a virtual class to whip up a flavorful chicken and vegetable stir-fry.

The August *Friday Night Live Talent Show* was another big success, with participants showcasing their talents—singing, dancing, animal impressions, and more—making it a truly memorable evening!

We look forward to another exciting month of activities in September!

With gratitude,
The Sunflower Hill Team



Mardi Gras Gala

Laissez les bons temps rouler—the good times are ready to roll at the Sunflower Hill Mardi Gras Gala on September 27th! We're so excited to celebrate with you at this unforgettable evening of food, music, and joy. Keep an eye out for more details coming soon! This event is SOLD OUT. Didn't get tickets or unable to make the gala? You can still [support Sunflower Hill with a donation](#) towards the event.

Gala Silent Auction Opens 9/17

The Gala excitement is here—and you don't have to be in the room to join in!

Our Silent Auction opens on **September 17**—bid on fabulous items like gift baskets, dining, wine, unforgettable experiences, and more. A few exciting examples include:

- 2-Hour Private Wine Class for 20 Guests at Total Wine & More
- K1 Speed Indoor Go Kart Racing for 2
- 4 Bankhead Theater Tickets & Dinner

- 2 Tickets to Stanford Football & 1 Night at the Westin Palo Alto

Everyone's invited—don't miss out! Auction ends on Saturday, September 27 at 8 pm.

Preview Select Auction Items



Garden News

We've hit peak summer—tomatoes are ripening, peppers are turning from green to red, and eggplants are headed out to the community.

Special thanks to our corporate teams and volunteer groups who've worked to keep our garden in tip-top shape this summer.

A special shout-out to **Stanford Health Care Tri-Valley** for volunteering and their sponsorship of our Irby Ranch Farmers Market in July and August. Thanks to their grant, our residents and program participants are enjoying summer's colorful bounty of fresh, organic fruits, vegetables, and herbs!



Welcome, Adama!

Adama Henry: Programs Instructor

Adama is one of the newest members of the Sunflower Hill team, bringing with her a wide range of artistic, holistic, and musical talents. As a Programs Instructor, Adama leads engaging weeknight activities at Irby Ranch, including art classes, performances, and other creative experiences. Adama's experience in education and behavior therapy paired with her passion for fostering self-expression and connection makes her an inspiring leader for our participants.



Give Where You Live

September 25, 2025

925 Gives - Give Where You Live

Sunflower Hill is participating in the [925 Gives Campaign](#), an annual community-powered day of giving led by the Three Valleys Community Foundation (3VCF), the philanthropic hub of the Tri-Valley. The campaign is now live, culminating on September 25th with a concentrated online giving drive from 9:00 a.m. to 5:00 p.m. (Stay tuned for a matching challenge for special needs organizations!)

Support Sunflower Hill!



Vote Sunflower Hill for Best of Dublin!

Sunflower Hill has been nominated for *Best of Dublin* in the “**Best Charitable Organization**” category!

We need your help! Please take a moment to vote for [Sunflower Hill](#)— and help spread the word by sharing the voting link with your friends, family, colleagues, and networks.

Cast your vote and help us shine even brighter! Voting ends 9/12.

Vote for Sunflower Hill!



Financial, Tax Planning and Public Benefits Webinar Series

Sunflower Hill presents a FREE webinar series offering practical guidance for families **supporting a loved one with special needs**. Covering key topics such as estate planning, public benefits, future financial planning, and tax-smart charitable strategies, each session is designed to help families make informed decisions and create a secure, well-structured plan for their loved one’s future.

Financial Webinar Dates:

Session 1: Estate Planning and Public Benefits

Wednesday, October 15 | 6:30 PM

Session 2: Funding Your Loved One’s Future

Wednesday, October 29 | 6:30 PM

Session 3: Tax Planning and Charitable Tools in Special Needs Planning

Wednesday, November 12 | 6:30 PM

[Add webinar dates to Google Calendar](#)



2025

Activity Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
	1 LABOR DAY Sunflower Hill Offices Closed	2	3 Fitness Class w/ Keith 4 - 5 PM Fashion Show and Tea with Adams: Bring Your Favorite Fashion Piece! 5:30 - 6:30 PM	4 Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	5 Fitness Class w/ Keith 4 - 5 PM	6 
7 	8 Glow-In-The-Dark Bracelet Making with Tina 4 - 5 PM	9 Cooking Class: Spaghetti Night 4 - 5 PM	10 Fitness Class w/ Bri 4 - 5 PM Art with Adams: 5:30 - 6:30 PM	11 Fall Themed Bingo Night 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	12 Fitness Class w/ Bri 4 - 5 PM Farmers Market Friday 3:30 - 4:30 Friday Night Live: 5:30 - 8 PM	13 
14 	15 Learning with Olivia: Exercise for Everyone 4 - 5 PM	16 Family Trees and Autumn Leaves with Adams 4 - 5 PM	17 Ready, Set, Roll! Board Games and Chat time w/ Tina 11 AM - 12 PM Fitness Class w/ Keith 4 - 5 PM	18 Dinner & Tea with Paula and Shannon from VIP 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	19 Fitness Class w/ Keith 4 - 5 PM	20 
21 	22 Irby Ranch Ideal Farmer's Market and Gala with Adams 4 - 6 PM	23 Cooking Class: Baked Quesadillas 4 - 5 PM	24 Fitness Class w/ Bri 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	25 Bring-Your-Own, Snack or Dinner + afternoon Disney Movie with Tina 3 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	26 Fitness Class w/ Bri 4 - 5 PM	27 
28 	29 Pet Therapy and Coloring Hour 4 - 5 PM	30 Sunflower Hill Led Activities HCEB Led Activities Parent/Resident Led Activities SAHA Led Activities	hello FALL			



Scan the QR Code to Register for Events!

Please refer to the Activity Outline for more details.
The date, time, and location of activities is subject to change.
Please check the community cork board for more activities led by residents and caregivers.
To register, go to <https://sunflowerhill.org/programs/irby-ranch/>.

*If a participant requires 1:1 support to engage in an activity, it is required to bring your own support. Parent/caregiver/support staff should plan to attend and fully participate in each activity, supporting the participant as needed. Sunflower Hill staff does not provide 1:1 support during activities.

**Registration is required to participate in Sunflower Hill Activities at Irby Ranch.

Irby Ranch Activities

Farmers' Market at Irby Ranch

September 12: 3:30-4:30 PM

Cost: Free

Here's your chance to grab fresh, seasonal produce straight from the Sunflower Hill Garden! Shop a delicious selection of fruits, veggies, and herbs harvested by our program participants. Everything is grown with care, right here in our garden. Bring your own bag if you have one! [Sign up today!](#)

Register for Irby Ranch Activities

COMMUNITY MEMBER

Spotlight

AUSTIN FRAME

Irby Ranch Resident



Austin was one of the very first residents to move into Sunflower Hill in October of 2020. As lifelong residents of Pleasanton, we were overjoyed when Austin was accepted into the Sunflower Hill community. It was our desire, as his parents, that he remain in his hometown surrounded by friends he had known since childhood. Sunflower Hill has offered him the independence that he enjoys with his very own apartment as well as a social life that would challenge even the most outgoing individual! He attends yoga,

weekly exercise, cooking activities, and many more events that are coordinated by the excellent team at Sunflower Hill. Austin also attends many of the RADD activities sponsored by the Pleasanton Recreation Department.

As his mom, I honestly cannot keep up with his very busy social calendar and am thankful for his three amazing caregivers, Leo, Jubie and Luz, for keeping things running smoothly. Sadly, we lost one of Austin's closest friends and caregivers, Emma DeCastro, this past February. We recently dedicated a bench in her honor in the SFH courtyard (see photo below), as she was a friend to all who live there.

Austin is known around Sunflower Hill for his crazy socks and always smiling face. His many activities include Special Olympics bowling, trips to Costco or to the mall, and eating out at Olive Garden. Weekly trips to the Pleasanton Farmer's Market with other residents are also a highlight of his week. Austin's joy and happiness are contagious to all who know him. We feel truly blessed that he can live out his life in such a wonderful and caring community as Sunflower Hill.

—Austin's mom and dad, Janet and Bruce



Donate to Sunflower Hill

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