

THE

Sungarden

TIMES



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License # 374603437

October 2024

Welcome to our  
community!

*We offer - Assisted Living -  
Memory Care - Respite Stays*

*Our Staff*

**Administrator**

**Director of Marketing**  
Susan O'Shaughnessy

**Community Outreach  
Manager**

Jazelle Gragasin

**Culinary Director**  
Cindy Ramos

**Care Supervisor**  
Claudia Munoz

**Activities Director**  
Marcos Ramos

**Building Engineer**  
Ray Rojas



Halloween is a holiday celebrated each year on October 31, and Halloween 2024 will occur on Thursday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

#### Ancient History of Halloween

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became

blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people entirely dependent on the volatile natural world, these prophecies were an important source of comfort during the long, dark winter.

Did you know? One quarter of all the candy sold annually in the U.S. is purchased for Halloween.





## How Did Halloween Start in America?

The celebration of Halloween was extremely limited in colonial New England because of the rigid Protestant belief systems there. Halloween was much more common in Maryland and the southern colonies.

As the beliefs and customs of different European ethnic groups and the American Indians meshed, a distinctly American version of Halloween began to emerge. The first celebrations included “play parties,” which were public events held to celebrate the harvest. Neighbors would share stories of the dead, tell each other’s fortunes, dance and sing.

Did you know? More people are buying costumes for their pets. Americans spent nearly \$500 million on costumes for their pets in 2021—more than double what they spent in 2010.

Colonial Halloween festivities also featured the telling of ghost stories and mischief-making of all kinds. By the middle of the 19th century, annual autumn festivities were common, but Halloween was not yet celebrated everywhere in the country. In the second half of the 19th century, America was flooded with new immigrants. These new immigrants, especially the millions of Irish fleeing the Irish Potato Famine, helped to popularize the celebration of Halloween nationally.

### History of Trick-or-Treating

Borrowing from European traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today’s “trick-or-treat” tradition. Young women believed that on Halloween they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings or mirrors.

In the late 1800s, there was a move in America to mold Halloween into a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft. At the turn of the century, Halloween parties for both children and adults became the most common way to celebrate the day. Parties focused on games, foods of the season and festive costumes.

Parents were encouraged by newspapers and community leaders to take anything “frightening” or “grotesque” out of Halloween celebrations. Because of these efforts, Halloween lost most of its superstitious and religious overtones by the beginning of the twentieth century.



Man Dressed as a cat in 1920.



Women dressed as witches in 1910.



A person with homemade mummy costume in 1930.



# About Our Community..

Sungarden Terrace is an assisted living community that has been open since July of 2000. We strive to offer a wide variety of activities to promote positive experiences through social interaction and success. We pride ourselves on having a “home-like” atmosphere where everyone feels like family, and we are so grateful for all of you.

## Meal Times

(may differ on holidays and special events)

Breakfast is served at 8:00am

Lunch is served at 12:00pm

Dinner is served at 5:00pm



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## Creating October Memories

As I type this, our San Diego Padres have clinched the Wild Card spot and are looking good for a successful Post Season. It is so much fun talking to residents and family members about our love of baseball. You share a favorite game or play, I learn which team you followed growing up, and you always share your all-time favorite player. For me, getting to meet Tony Gwynn and baking him a cheesecake is a baseball highlight! Consider bringing your Loved One a Padres shirt to wear as we get behind our home team.

Saturday, October 5, Sungarden Terrace is proudly sponsoring the Alzheimer's Association “Walk to End Alzheimer's.” The Walk takes place at Liberty Station, 8:00 a.m. Please join us and support our memory care residents and families, as we work together to raise funds for research to find a cure for this devastating diagnosis.

One of the year's most fun activities for staff and residents happens on Thursday, October 24th @ 1:30. Each department submits a decorated pumpkin to be judged by you! And if that isn't challenging enough, you also choose the best costume donned by staff and residents. Do you have a costume, hat or shirt that would be fun for your Loved One to wear to the contest? Drop it by the desk and caregivers will enjoy helping to get everyone involved.

On Halloween, October 31, 4:45 p.m., is the time our residents are visited by little neighborhood “witches and goblins.” Local children come to show off their costumes to our residents and collect their “trick or treat” candies. Please drop a bag of candy at the front desk for your Loved One to share with the kids. We are never too old for some Hocus Pocus!

Go Padres,  
Susan O.



### Why is pollination important?

Pollination is important for a strong, healthy ecosystem. One in three bites of food you eat depends on pollinators. Do you know which foods depend on pollination? All of these and MORE! Avocados, Peaches, Cherries, Kiwi, Figs, Coffee, Strawberries, Blackberries, Raspberries, Kumquats, Nectarines, Grapes, and Cacao.

### What is pollination?

Pollination is an essential part of plant reproduction. Pollen from a flower's anthers (the male part of the plant) rubs or drops onto a pollinator. The pollinator then take this pollen to another flower, where the pollen sticks to the stigma (the female part). The fertilized flower later yields fruit and seeds.

### When does pollination happen?

Spring, Summer, Fall & Winter .

*Do you know some butterflies travel thousands miles? At the beginning of each spring, monarch butterflies migrate north from Mexico, following the growth of milkweed. They travel up to 30 miles a day, returning to Mexico in the fall.*

### Where do pollinators live?

Pollinator habitat depends on the pollinator and their life cycle stage. For example, bees can use leaves, mud, sand, plant resins and even abandoned snail shells for their nests, while many butterfly larvae live and feed only on one specific plant.

### Who pollinates?

Bees, Butterflies, Beetles, Flies, Hummingbirds and a lot more!

### How can you help pollinators?

Pollinator populations are at risk. Decades of stressors including the loss, degradation, and fragmentation of pollinator habitats; the improper use of pesticides and herbicides; and diseases, predation, and parasites have all hurt pollinators.

You can help pollination by creating a pollinator-friendly habitat without sacrificing aesthetics.



We at Sungarden Terrace, will be adding diversity to our garden with beautiful native plants that evolve with local pollinators and thrive under the conditions of our region.



If you have any questions or would like to schedule a tour, Please contact Susan O'Shaughnessy at (619) 464 - CARE (2273)  
Our Website is [Sungardenterrace.com](http://Sungardenterrace.com)