

THE

Sungarden

TIMES



2045 Skyline Drive, Lemon Grove, CA 91945 Phone (619) 462-5831 Fax (844) 591-9133

License # 374603437

April 2025

Welcome to our
community!

We offer - Assisted Living -
Memory Care - Respite Stays

Our Staff

Administrator

Director of Marketing
Susan O'Shaughnessy

Culinary Director
Cindy Ramos

Care Supervisor
Claudia Munoz

Activities Director
Marcos Ramos

Building Engineer
Ray Rojas

History of Earth Day

The theme for Earth Day 2025 is OUR POWER, OUR PLANET, inviting everyone around the globe to unite behind renewable energy, and to triple the global generation of clean electricity by 2030.

THE IDEA FOR THE FIRST EARTH DAY

Senator Gaylord Nelson, the junior senator from Wisconsin, had long been concerned about the deteriorating environment in the United States. Then in January 1969, he and many others witnessed the ravages of a massive oil spill in Santa Barbara, California. Inspired by the student anti-war movement, Senator Nelson wanted to infuse the energy of student anti-war protests with an emerging public consciousness about air and water pollution. Senator Nelson announced the idea for a teach-in on college campuses to the national media, and persuaded Pete McCloskey, a conservation-minded Republican Congressman, to serve as his co-chair.

Senator Gaylord Nelson recruited Denis Hayes, a young activist, to organize the campus teach-ins and to scale the idea to a broader public, and they chose April 22, a weekday falling between Spring Break and Final Exams, to maximize the greatest student participation.

Recognizing its potential to inspire all Americans, Hayes built a national staff of 85 to promote events across the land and the effort soon broadened to include a wide range of organizations, faith groups, and others. They changed the name to Earth Day, which immediately sparked national media attention, and caught on across the country. Earth Day inspired 20 million Americans — at the time, 10% of the total population of the United States — to take to the streets, parks and auditoriums to demonstrate against the impacts of 150 years of industrial development which had left a growing legacy of serious human health impacts.



FIRST EARTH DAY, 1970



2016

Nearly one billion people around the world took action for the 40th anniversary of Earth Day. An estimated 20,000 partners took action on climate change and other environmental issues through climate rallies, Billion Acts of Green™, and by engaging civil leaders in plans to build a green economy, connected through the online action center at EARTHDAY.ORG. Through the Global Day of Conversation, more than 200 elected officials in more than 39 countries took part in active dialogues with their constituents about their efforts to create sustainable green economies and reduce their carbon footprints.

2020

Earth Day 2020 was the 50th Anniversary of Earth Day. Activations included activities such as the Great Global Clean Up, Citizen Science, Advocacy, Education, and Street Art. The year's theme for Earth Day 2020 was "Climate Action." Due to the COVID-19 pandemic, many of the planned activities were moved online. Notably, EARTHDAY.ORG and a coalition of youth activists co-hosted Earth Day Live, a three-day livestream commemorating the 50th anniversary of Earth Day in the United States. In total, over 1 billion people worldwide participated in Earth Day actions, and 100 million observed the 50th anniversary in what is being referred to as the largest online mass mobilization in history.

Earth Day Today

EARTHDAY.ORG continues to build upon the work and legacy of its founders. Joining with thousands of partners around the world, the organization continues to build a historic movement as citizens of the world rise up in a united call for the creativity, innovation, ambition, and bravery that we need to meet our climate crisis and seize the enormous opportunities of a zero-carbon future.

Celebrate Earth Day with these tips for helping our environment.

Become a waste warrior: A plastic bottle can take over 450 years to break down in a landfill. Before throwing something away, think about whether it can be recycled or repurposed.

Plant a tree: Trees absorb carbon dioxide and release oxygen for people to breathe. They also provide shelter and food for animals.

Turn off the lights: Electricity can be made from renewable sources like wind, water, the sun, and even elephant dung!

Limit your water usage: Turning off the faucet when you brush your teeth can conserve up to eight gallons of water a day.

Offer your time: Volunteer to pick up trash at a nearby park, start a collection drive for recyclable items, or organize a screening of an environmentally themed movie.

Spread the message: The more people do, the better off our planet will be!



BE A PLANET HERO!

- In its lifetime, one reusable bag can prevent the use of 600 plastic bags.
- Recycling one can of soda will save enough energy to power a tv for three hours.
- Shutting down a computer when it's not in use cuts the energy consumption by 85 percent.
- For every mile walked instead of driven, nearly one pound of pollution is kept out of the air.



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



What is a Sungarden?

The Beatles wrote, “Little Darlin’, it’s been a long cold lonely winter, Little Darlin’, it feels like years since it’s here. Here comes the sun, here comes the sun.....”

Spring has arrived. We will celebrate lovely weather, longer daylight, flowers blooming and lots of time outdoors. The sun is back and with its magnificence brings warmth, growth, birds, butterflies and memories, some remembered and those to be created.

Why are we called Sungarden? What is a sun garden? It’s a garden that’s designed to thrive in full sunlight. A sun garden is a celebration of the sun’s radiant energy, bursting with vibrant colors and life. A sun garden is a sanctuary that brings nature’s brilliance right to your doorstep. Sun gardens attract pollinators. Bees, butterflies and hummingbirds are drawn to the flowers and nectar.

I think we are named perfectly! Sungarden Terrace has the most lovely, sunny garden and patio area just beyond the dining room. Our pollinator pathway boxes are bursting with color and waiting for the bees and butterflies to travel over and enjoy their gifts of pollen. Marcos is ready to start his spring garden and with the help of our resident gardeners we will be enjoying fruit, flowers, vegetables and aromas in no time!

Next time you visit, take a moment to enjoy the special outdoor spaces that bring some magic into our lives everyday. Welcome to Sungarden Terrace.

Susan O’Shaughnessy
Administrator



Caregivers: You are the steady hands, the listening ears, and the warm hearts that make life a little easier for so many. Thank you for the incredible impact you all have at Sungarden Terrace!



Clan Rince, thank you for bringing our Sungarden family together and putting on an amazing performance.



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