THE Sungarden TIMES

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January 2026

Welcome to our community!

We offer - Assisted Living - Memory Care - Respite Stays

Our Staff

Administrator
Susan O'Shaughnessy

Administrative Assistant
Jasmine Ybarra

Sales & Marketing Director
Cassie Hammond

Culinary Director
Cindy Ramos

Care Supervisor
Ayleen Pfeiffer

Activities Director
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Building Engineer
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January Through History: A Month of Change, Discovery & Culture

January has always been more than just a fresh start. It's a month marked by bold political shifts, scientific breakthroughs, and unforgettable cultural moments. As we step into a new year, here's a look back at the events that shaped January across the centuries.

Politics & World Affairs: New Beginnings and Turning Points

January has consistently hosted events that reshaped nations and defined eras. On January 1, 1863, President Abraham Lincoln issued the Emancipation Proclamation, a defining moment in the fight against slavery and a turning point in American history. Nearly a century later, January 1, 1959 saw another revolutionary shift as Fidel Castro's forces took Havana, marking the triumph of the Cuban Revolution. Not all milestones were born from struggle—some came from expansion. On January 3, 1959, Alaska officially became the 49th U.S. state, adding vast land, resources, and cultural richness to the nation.

In global affairs, January 10, 1946 marked the first meeting of the United Nations General Assembly, laying the foundation for modern international diplomacy. And on January 27, 1945, Soviet troops liberated Auschwitz, a solemn reminder of humanity's darkest chapter and the resilience to overcome it.

Science & Innovation: Breakthroughs That Changed Our Understanding

From the stars above to the satellites we launch, January has long been a month of discovery. Back in 1610, Galileo pointed his telescope skyward and discovered Jupiter's four largest moons on January 7, a breakthrough that transformed our solar system forever.

Fast forward to the space age:
On January 31, 1958, the U.S. launched Explorer 1, its first successful satellite, marking the country's entry into the space race.
But progress has come with tragedy. The Apollo 1 fire on January 27, 1967, and the Space Shuttle Challenger disaster on January 28, 1986, serve as powerful reminders of both the risks and the courage behind human exploration.

Pop Culture: Icons, Creativity & Cultural Shifts

January also shines as a month of cultural influence and artistic expression. Music's landscape forever changed on January 8, 1935, with the birth of Elvis Presley, whose sound and style helped shape rock 'n' roll. One of the most memorable pop culture events came on January 30, 1969, when The Beatles performed their iconic rooftop concert in London—their final public performance and a moment that continues to inspire musicians worldwide. And in the digital era, January 15, 2001, introduced us to Wikipedia, transforming how the world accesses information.

Closing Thought

January has always been a month of breakthroughs—political courage, scientific exploration, and cultural creativity. These events remind us that the beginnings of a year often spark the beginnings of something larger.
Once we've finished celebrating and looking back on the year that's passed, our attention usually turns to the year ahead. For many people, January is a time of self-development and reinvention. It's a time to hit the ground running, get organized, and develop some healthy habits to help us make the most of the coming year. If you're looking to make 2026 your year, there are plenty of ways to use January to your advantage. With this in mind, here are some different ways you can make the most of a new year.

- Develop a new self-care habit, It might sound a bit contradictory, but when you want to be more productive, one of the most important things you can do is give yourself a break and make time to relax.
- Do a winter clean, Many people use the new year as an excuse to give their house an early spring clean. And while it's not a cure-all formula, having a clean, tidy home is proven to reduce stress and improve happiness.
- Set a fitness goal, Prioritizing your health and fitness this January is one of the most beneficial things you can do for your mental and physical well-being.
- Try Dry January, Many of us would like to cut back on drinking alcohol, and after the excess of Christmas and New Year, January can be the perfect time to do so.
- Learn a new skill, Learning a new skill or picking up a new hobby is incredibly rewarding.
- Make a reading list, Curling up with a good book is a great way to spend an afternoon.
- Defrost the freezer and clean the fridge, after the festive period, January is probably one of the best times to clear them out.
- Send thank you cards for Christmas gifts, Often, it's the small things that have the biggest impact.

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

Here Comes 2026!

We have made it through the holidays, celebrations, toasts, and family gatherings to find ourselves in the year 2026! Some of us have made resolutions and promises to have a year of travel, adventure and expectation for the best year yet. But if you're the caregiver for a loved one, how does this even relate? You share your thoughts, insights, struggles and heartbreak with me. A few of you have time to list resolutions, and dream of distant shores; but most of your "lists" contain scheduling appointments, replacing items, calling family members and your "travel" would be to doctors, pharmacies and Costco for ensure and personal products.

I searched around the internet to find helpful New Year's resolutions for caregivers. There are endless options, but they all require you to do more work. I was looking for inspiration, insight and wisdom; not time consuming activities to improve you. In my mind, you are already perfect. Then I found Sue M. Paul, who is a therapist, working in the aging field for over thirty years. She came up with five New Year's resolutions, specifically for caregivers, which hopefully you will find helpful.

1) I will embrace the New Normal.
2) I will celebrate remaining abilities.
3) I will educate myself about what's next.
4) I will plan on "me time."
5) I will tell my story.

"Embrace, celebrate, educate, plan and tell" are five powerful words that each of you can carry into 2026. They will help make you healthier and stronger. I pray that where ever your journey takes you in 2026, you are surrounded by love, kindness and happiness.

Susan O'Shaughnessy

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