

THE

# Sungarden

TIMES



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License # 374603437

February 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

Marcos Ramos

### Building Engineer

Ray Rojas

# Hello February

February is the second month of the year and the shortest month on the calendar. Long ago, in ancient Roman times, February was the last month of the year. It was a time set aside for cleansing, reflection, and preparation for a new beginning. The name *February* comes from the Roman word "Februa," meaning to purify or clean. This made February a month for letting go of the past and welcoming what comes next.

February usually has 28 days, but every four years it has 29 days, known as a leap year. This extra day helps keep our calendar accurate with the seasons. Many people enjoy remembering leap years because they are a little unusual and special.



In the United States and Canada, February is recognized as Black History Month. This month honors the lives, achievements, and contributions of African Americans throughout history. It is a time to remember important leaders, artists, teachers, workers, and families whose stories helped shape the nation. Black History Month began as a week in 1926 and later became a full month to ensure

these important stories were never forgotten.

February also includes Presidents' Day, which honors past U.S. presidents, especially George Washington and Abraham Lincoln. Both men were born in February and are remembered for their leadership during difficult times. This holiday encourages reflection on courage, honesty, and service to others.





Another well-known February tradition is Valentine's Day, celebrated on February 14. Valentine's Day is not just about romance, it is a cheerful day filled with love, kindness, and connection. It is a time to share smiles, warm hugs, and kind words with the people around us. Many people enjoy exchanging Valentine cards, chocolates, and small treats, or simply spending time together and sharing memories. Valentine's Day reminds us that love comes in many forms—between friends, family members, neighbors, and even pets. It is a lovely day to laugh, reminisce, and let others know how special and appreciated they truly are.

On February 2, many people celebrate Groundhog Day. According to tradition, a groundhog comes out of its burrow to look for its shadow. If the groundhog sees its shadow, winter is said to last six more weeks. If it does not see its shadow, spring is believed to arrive early. This

lighthearted tradition has been enjoyed for many years and often brings smiles and laughter during the cold winter months. It gives people something fun to talk about and a little hope for warmer, sunnier days ahead.

**Fun Fact:** The most famous groundhog is Punxsutawney Phil from Pennsylvania. Every year, thousands of people gather to see Phil make his prediction—rain or shine!

February is often a quiet and peaceful time of year. The colder days invite us to slow down, rest, and enjoy simple moments. It is a time to reflect on memories, share stories, and appreciate how far we have come. As winter continues, February also gently reminds us that change is on the way. The days slowly grow longer, and signs of spring begin to appear. Though it is the shortest month of the year, February is rich in history, meaning, and warmth of the heart. It offers gentle reminders of hope, renewal, and brighter days ahead.



## ♥ Valentine's Day Sugar Cookies

### Ingredients

- 2¾ cups all-purpose flour
- 1 tsp baking soda
- ½ tsp baking powder
- 1 cup butter, softened
- 1½ cups sugar
- 1 egg
- 1 tsp vanilla extract
- ¼ tsp salt



### Directions

- Preheat oven to 375°F (190°C).
- In a bowl, mix flour, baking soda, baking powder, and salt.
- In another bowl, cream butter and sugar until smooth.
- Beat in egg and vanilla.
- Gradually mix in dry ingredients.
- Roll dough into 1-inch balls and place on a baking sheet.
- Flatten slightly and add sprinkles or candy hearts.
- Bake 8–10 minutes, until edges are lightly golden.
- Cool and decorate with icing if desired.





# 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



Happy Valentine's Day!

February is the month of romance, valentines and love. And I love facilitating our Support Group, sponsored by the Alzheimer's Association. We meet the second Tuesday of the month from 10:30 a.m. to 12:00 p.m. and everyone is welcome, even family members who have a resident living on the assisted living part of our community. In a safe and confidential setting, we talk about all aspects of the emotional journey families and friends face when someone they love has a dementia diagnosis.

During a past meeting, we discussed ideas to make a visit to your loved one feel successful for the both of you. Here are some suggestions. First and foremost, remember, “the only constant in the dementia world is change.” So don't set yourself up for disappointment by having your heart set on something. It may not happen, and that's okay. We can't reason, argue or take it personally but we can be flexible, reassuring and cheerful.

Keep the visit short and with a purpose, try not to go over an hour. Bring a couple of magazines and look at the pictures or articles together. Share family stories and events. Bringing photos with one theme is less confusing, such as a particular birthday. Bring pictures of another event at the next visit. Listen to favorite music together; this can be done on your phone. Touch is so important. Hold hands, hug, or rub their shoulders. You can even do a simple hand/arm massage, simple manicure (remember we can't cut nails), delicate face wash or hair brushing. Visits from well-behaved children and pets bring joy to many residents.

Attend an event on the activity calendar. Bring in an occasional treat if there are no dietary concerns. Take a walk and enjoy the outdoor areas Sungarden offers. Play simple board games or cards (staff will make these available). Celebrate birthdays and holidays, but keep the celebration simple. When needed, there is great satisfaction in helping feed the resident. And remember, staff is available to help you when your visit is over.

Please share with me any thoughts, suggestions and successes that you have discovered while visiting. You are now the experts and I share your wisdom with our newer family members.

Susan O'Shaughnessy

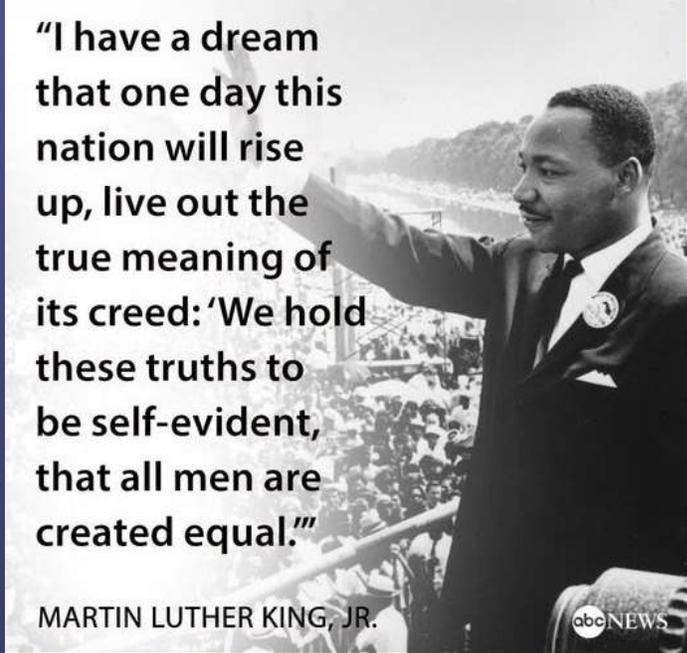


# I HAVE A DREAM



**Here at Sungarden Terrace, we had the pleasure of being able to celebrate the legacy of Dr. Martin Luther King Jr. with Dee Sanford, a San Diego entrepreneur and community leader who, after a pioneering sales career at Pacific Bell/ AT&T, became a respected consultant and speaker. She is especially known for her long-standing community service, including chairing the Dr. Martin Luther King Jr. Human Dignity Award Breakfast, reflecting her deep commitment to civil rights, leadership, and service.**

**Dee Sanford**



"I have a dream that one day this nation will rise up, live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'"

MARTIN LUTHER KING, JR.

abc NEWS



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)