

THE

Sungarden

TIMES



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License # 374603437

March 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

Resident Service Director

Ayleen Pfeiffer

Activities Director

Marcos Ramos

Building Engineer

Ray Rojas

Women's History Month

Women's History Month is celebrated every March. It offers the chance to learn about and celebrate the contributions of women today and throughout history. The 2025 theme for the observance, "Moving Forward Together!"

How it started

Educators in Santa Rosa, California, first celebrated Women's History Week in March 1978, to increase awareness of women's contributions to society. Organizers selected a week in early March to correspond with International Women's Day on March 8. Over the next several years, other cities across the country joined Santa Rosa in celebrating Women's History Week.



In 1980, U.S. President Jimmy Carter declared the week of March 8 National Women's History Week, urging everyone in the United States to participate. According to Carter, "too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength, and love of the women who built America was as vital as that of the men whose names we know so well." The week-long event officially became a month-long in 1987,

when Congress passed a resolution designating March as Women's History Month. Women's History Month has been celebrated in the United States every March since.



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



“When Irish Eyes are Smiling”

I am looking forward to celebrating all the fun activities this March at Sungarden Terrace! Both my daughters were Irish dancers with Clan Rince for years and when the dancers arrive, my heart fills with nostalgia. You don’t want to miss the performance of these vibrant, young dancers as they share their talents, costumes, jigs and reels! I have lots of beautiful memories growing up in New York, surrounded by Irish relatives, who could magically weave a great story, which left us enthralled in the drama and humor of it all. Cindy’s corned beef and cabbage which will be served on March 17th is another reason to join us. I believe St. Patrick himself would not be able to get Cindy to share her special recipe for the sauce she uses over the corned beef.

Even more lucky for me, my sister, Eleanor Ryan, who still lives on the east coast in Connecticut, will be joining me for Padres Opening Day. We are both in our 70’s, Baby Boomers, and definitely Sandwich Generation siblings by label. Our father died in 2002, and with my sister taking the lead with caring for our mother, we tag teamed until mom passed in 2016. By then, my adult children were independent and I was no longer part of any sandwich. But Eleanor now cares for her husband and grandchildren, so she’s a “professional sandwich.”

Rather than describing these life experiences in terms of “sandwiches,” wouldn’t it be more uplifting to describe them in terms of dancing? In order to “Lead” there has to be someone to “Follow.” In every person’s lifetime we “lead,” we “follow,” and in each person’s memory we have all had our “Solo.”

Slainte, Susan





Who it Honors

Among the notable figures often spotlighted during Women’s History Month are Sacagawea, a Native American woman, who helped make Lewis and Clark’s expedition to map parts of the West in the early 19th century a success; Elizabeth Cady Stanton and Susan B. Anthony, who fought for equality for women in the mid-19th century, more than 70 years before the 19th Amendment gave women the right to vote in the United States in 1920; Harriet Tubman, a spy who led slaves to freedom during the Civil War; Amelia Earhart, one of the world’s first female pilots (she mysteriously disappeared over the Pacific Ocean in 1937); Madeleine Albright, who became the first female Secretary of State in 1996; and Misty Copeland, the first African-American woman to be named a principal dancer—the highest level—in the 75-year history of the American Ballet Theatre in 2015.



ELIZABETH STANTON

She was one of the leading figures of the early women's rights movement.



Harriet Tubman

Best known for her work as a conductor on the Underground Railroad, which helped enslaved people escape to freedom. She was also a Union spy and a women's suffrage activist.



Kamala Harris

Is known for making history when she is sworn in as the 49th U.S. vice president on January 20, 2021, becoming the first woman, the first Black American and the first Asian American to occupy the office.



Madeleine Albright

The first female Secretary of United State in 1996.



Sacagawea

The Native American woman who lead the way on Lewis and Clark Expedition.

Conservation in San Diego: Good for the Environment – and Your Wallet

In San Diego, conservation isn't just about protecting beaches, canyons, and open space – it's about protecting household budgets. With rising water and energy costs, small changes at home can make a meaningful difference.

Utilities like San Diego Gas & Electric and the San Diego County Water Authority manage large-scale infrastructure to keep the region powered and supplied with water. But individual conservation efforts help reduce demand – which can lower monthly bills and support long-term rate stability.

Water conservation is one of the fastest ways to save. Fixing leaks, installing efficient fixtures, and replacing high-water-use landscaping with drought-tolerant plants can significantly reduce usage. Because water rates are tiered, using less water can keep households in lower pricing brackets while also reducing sewer charges.

Energy conservation offers similar savings. Switching to LED lighting, using smart thermostats, sealing air leaks, and running appliances during off-peak hours can cut electricity costs – especially during warm months when cooling drives higher bills.

Wildfire preparedness and defensible space also protect property value and may help reduce long-term financial risk. Prevention is far less costly than recovery.

Conservation in San Diego is a shared effort. When residents take practical steps at home, the benefits extend beyond individual savings – strengthening community resilience, protecting natural resources, and helping keep utility systems reliable for everyone.

Small actions, taken together, make a big impact – for our region and for our wallets.

- 1 Turn off The Lights
Turn off the lights on unoccupied places, last person to turns off the lights, open the curtains allow more natural light and save more energy.



- 2 Cut the “Ghost” Power
Ghost power is the electricity that devices consume even when they are turned off or in standby mode. Make sure to unplug them when not in use.



- 3 Open Windows & Curtains
Allow natural sun light to lessen electricity use and open the windows during the day to allow fresh air to circulate while the HVAC systems not in use.



- 4 Keep The Refrigerator Doors Closed!
Don't Leave the refrigerator door open while you decide what to eat. By doing this, the fridge has to consume more electricity to cool its contents again.



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