

THE Sungarden TIMES



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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

Activities Director

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Memorial Day: History, Meaning, and Modern Observance

Memorial Day is an important federal holiday in the United States dedicated to honoring the men and women who died while serving in the U.S. military. Observed on the last Monday of May each year, it is a day of remembrance, reflection, and national unity. Although many Americans associate Memorial Day with the beginning of summer—marked by barbecues, travel, and family gatherings, its deeper purpose is to recognize the ultimate sacrifice made by those who gave their lives in defense of the nation.



The origins of Memorial Day date back to the aftermath of the American Civil War, one of the deadliest conflicts in American history. With over 600,000 soldiers killed, communities across the country began holding informal ceremonies to honor the fallen.



Families and volunteers decorated soldiers' graves with flowers, flags, and wreaths, giving rise to the term "Decoration Day." These early observances were deeply personal and often organized at the local level, reflecting the widespread grief felt throughout the nation.

One of the most significant early steps toward establishing a national day of remembrance occurred in 1868, when John A. Logan, leader of a Union veterans' organization, called for a nationwide day to honor the war dead. The first official Decoration Day was observed on May 30, 1868, with ceremonies held at cemeteries across the country, including a large gathering at Arlington National Cemetery. During this ceremony, thousands of graves were decorated, and speeches were given to commemorate the sacrifices of fallen soldiers.



Over time, Decoration Day evolved into Memorial Day, and its meaning expanded beyond the Civil War. As the United States participated in additional conflicts such as World War I, World War II, the Korean War, and the Vietnam War, Memorial Day became a time to honor all American service members who died in military service, regardless of the war in which they served.

In 1971, Memorial Day was officially declared a federal holiday under the Uniform Monday Holiday Act. This law moved the observance from May 30 to the last Monday in May, creating a three-day weekend for many Americans. While this change made it easier for people to travel and spend time with family, some critics argue that it contributed to the holiday's shift away from its original solemn purpose.

Today, Memorial Day is observed in a variety of meaningful ways across the country. Many communities host parades featuring veterans, military units, and patriotic displays. Cemeteries and memorials become focal points of remembrance, where individuals place flowers and American flags on the graves of fallen soldiers. At Arlington



National Cemetery, one of the most well-known ceremonies takes place each year, including the laying of a wreath at the Tomb of the Unknown Soldier, symbolizing respect for unidentified service members who died in combat.

Another important tradition is the National Moment of Remembrance, established by Congress in 2000. Americans are encouraged to pause for one minute at 3:00 p.m. local time to reflect on the sacrifices made by military personnel. This shared moment of silence serves as a powerful reminder of the cost of freedom and the importance of honoring those who gave their lives.

Symbols and traditions also play a key role in Memorial Day observances. The American flag is often displayed at half-staff from sunrise until noon, then raised to full-staff for the remainder of the day. This practice symbolizes mourning for the fallen in the morning and a renewed

commitment to continue their legacy in the afternoon. Red poppies are another widely recognized symbol, inspired by the poem *In Flanders Fields*, written during World War I. The flower represents both remembrance and hope.

Despite its serious meaning, Memorial Day has also become associated with leisure and recreation. Beaches, parks, and highways fill with travelers enjoying the long weekend. Retail sales and sporting events are common, and for many, the holiday marks the unofficial start of summer. While these activities are not inherently inappropriate, they can sometimes overshadow the true purpose of the day.

Ultimately, Memorial Day remains one of the most important national observances in the United States. It is a time not only to remember those who died in service but also to reflect on the values they defended—freedom, courage, and sacrifice. By honoring their memory, Americans acknowledge a shared history and express gratitude for the rights and opportunities they enjoy today.

In a fast-paced modern world, Memorial Day offers a rare opportunity to pause and reflect. Whether through attending a ceremony, visiting a memorial, or simply taking a quiet moment of thought, individuals can connect with the deeper meaning of the holiday. In doing so, they help ensure that the sacrifices of fallen service members are never forgotten.





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 I find myself in times of trouble, Mother Mary comes to me,
Speaking words of wisdom, Let It Be.”*

In 1968, Paul McCartney had the most comforting dream about his mother, Mary McCartney, who had died when he was fourteen. She had been a nurse and when she came home from work at night, she would cook dinner and get the household ready for the next day. Paul says, “She was a very comforting presence in my life. And when she died, one of the difficulties that I had, as the years went by, was that I couldn’t recall her face so easily. That’s how it is for everyone, I think. As each day goes by, you just can’t bring their face into your mind, you have to use photographs and reminders like that.” So when Paul had this dream twelve years after Mary passed, he woke up with a great feeling. She appeared to him and he saw her face, completely clear, particularly her eyes, and she said very gently, very reassuringly, “let it be.” Paul continues, “It was really like she had visited me and gave me this message: be gentle, don’t fight things and try and go with the flow and it will all work out.”

Once more, Paul’s talent as a poet, touches that universal part in all of us that acknowledges how precious is the role of “Mother.” Each of us has a “mother story.” For most, our memories are filled with beauty, unconditional love, hugs, support, secrets, recipes and laughter.

“And in my hour of darkness, She is standing there in front of me, speaking words of wisdom, “Let it Be.” Mother’s wisdom.

Join us for our Mother’s Day Luncheon, as we celebrate the beautiful women who live at Sungarden Terrace. Hug them just a little longer, smile just a little broader and hold the memory in your heart. Our time together is so precious and so fleeting.

Susan O’Shaughnessy



We had a beautiful Easter celebration with our residents—from decorating eggs and hosting an Easter egg hunt to sharing a lovely brunch with family and friends. Every moment was filled with laughter and joy. Days like these remind us why what we do matters so much.



If you have any questions or would like to schedule a tour, Please contact Cassie Hammond at (619) 464 - CARE (2273) Our Website is Sungardenterrace.com