

September 2024

# Grossmont Gardens

Grossmont Gardens Memory Care | 4960 Mills St. La Mesa, Ca. 91942 | 619.644.1100



## Meet Our Team

**Natalie Carlborg**  
*Executive Director*

**Francis Medina**  
*Activities Director*

**Denise Rougeau-  
Brunson**  
*Food Service Director*

**Lima Taiti**  
*Resident Care Coordinator*

**Alice Tran**  
*Assessment Nurse / Hospital  
Liaison*

**Marsha Terrell**  
*Maintenance Director*

**Monique Castro**  
*Administrative Assistant*

**Christina Goble**  
*Lead Med-Tech*

**Maricella Clark**  
*Lead Caregiver*

## Resident Spotlight **Brigitte Kirkman**



Brigitte was born in Vienna, Austria in 1932. After the second World War, she and her parents moved to Germany where her father was originally from.

When she graduated high school she spoke English, French and German and went to work at International Shipping Company where she was able to use her multiple languages for shipments. At the age of 19 she moved to the United States alone. Within a week, she met her future husband, Charley, when walking down the alley and he was working in his garage. He was surprised when she offered to shake his hand when introduced. This was an unusual custom in Germany but not in the US for women to offer to shake hands. Brigitte and Charley had 4 children, Michele, Richard, Ann and Robert and 3 grandchildren, RC, Dereck and Chloe. After Robert went to kindergarten, she went back to work, working at San Diego Unified School District. She held a multitude of positions while working for the school district.

She started out as a clerk, then held a job assigning all the substitute custodians for the school district. She became the first female supervisor overseeing the Asbestos program, and then one of five supervisors, overseeing multiple trades in the Maintenance department. She retired from the school district as Acting Director of Maintenance, being again the first woman to be director. She and her husband Charley enjoyed traveling and would be gone for weeks at a time traveling in their motorhome with their dogs. They even traveled several times to Germany and Austria. Brigitte loved animals, she grew up with dogs and her home always had multiple dogs and at times cats. Spending time with Charley and her children were her absolute favorite thing. She enjoyed listening to classical music, with Mozart being her favorite, reading, doing crossword puzzles, she could complete the Sunday NY Times crossword. She also took pleasure in her glass of wine. Brigitte has always been kind, caring and generous person to everyone and to all animals as well, donating money to her favorite animal charities. Her children describe her as the best Mom that instilled a strong work ethic into them and teaching them to be good, honest, hardworking people.



## GGMC Luau 2024



## From Vienna with Love

Schnitzels are an ever-popular part of German cuisine, but the Wiener schnitzel is something separate and special. This national dish of Austria enjoys its own holiday on September 9. Schnitzels are simply boneless fillets of meat covered with flour, eggs, and breadcrumbs, which are then fried. However, in the capital of Austria, Vienna (called *Wien* in German, hence the term *Wiener*), the schnitzel must be made of veal. In fact, the recipe is protected by law, and restaurants in Austria are forbidden to call the dish *Wiener schnitzel* unless it is made in the traditional fashion with lemon, capers, anchovies, and a side of potatoes.

**LABOR DAY**  
**BARBECUE**  
**W/ LIVE BAND**  
**Monday, September 2nd**

at Grossmont Gardens  
Memory Care - 12:00 PM  
4960 Mills St. La Mesa, Ca. 92114  
Phone: 619.644.1100

RSVP: EMAIL: [FRANCIS@GROSSMONTMEMORYCARE.COM](mailto:FRANCIS@GROSSMONTMEMORYCARE.COM)

**\$10**  
PER PERSON



## GGMC Luau 2024



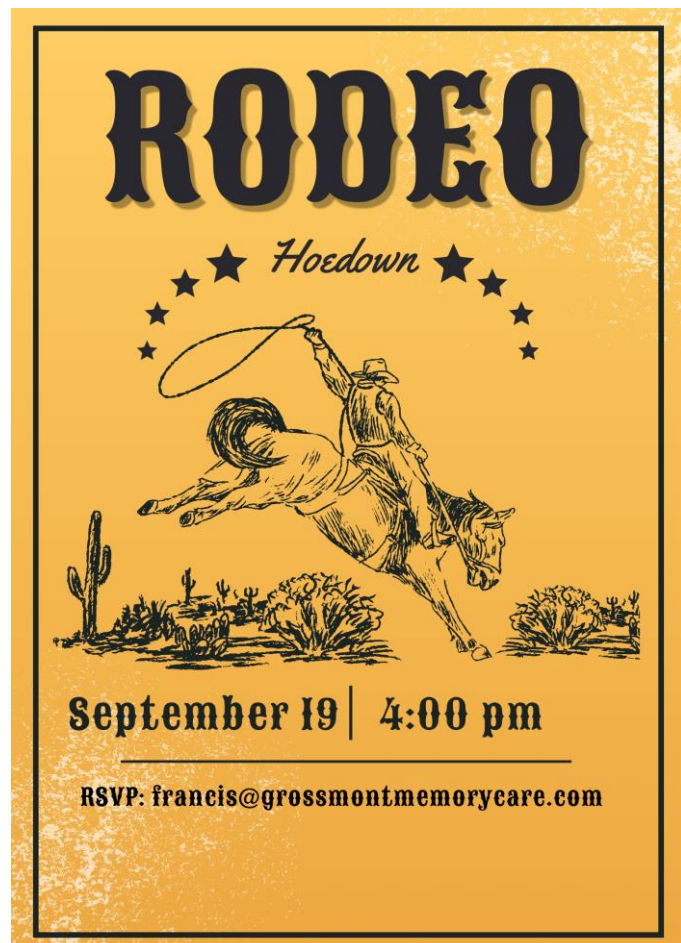
**The Moore Family**



**Barbara & Corrine**



**Mr. & Mrs. Klamberg**



***Happy 100th  
Oi' Mei***



***WE LOVE YOU!!!***





**Scenic Drive**



## September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

9/2 – Beverly W.

9/4 – Maricella C.

9/5 – Victoria G.

9/15 – Ivan C.

9/15 – Dimitrious S.

9/26 – Francis M.

## Employee of the Month August 2024



**Kasshan Cowan**

*Thank you for your hard work and passion for serving our residents, co-workers and families!*

**Congratulations Kasshan!!!**