

January 2025

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

Gabriel Flores
Maintenance Assistant

Resident Spotlight **Salvador Abadejos**



Salvador was born and raised in the Philippines. At age 30, he came to the U.S. as petitioned by his parents and became Naturalized U.S. Citizen.

Salvador worked at NASSCO shipyard, Propulsion Controls Engineering and Pacific Ships for 20 years. Salvador stopped working in February 1, 2015 due to stroke.

Salvador attends daily activities, enjoys coloring, painting, playing Bingo, sitting outside with his peers and exercising.

Salvador enjoys his stay at GGMC.

Holiday Photoshoot



Ilene & Carole



Fredrick & Salvador



Nancy & Hortencia

The Language of Touch

The ingenious system of raised dots that are “read” through the fingertips by the blind is known as braille and is named for the Frenchman Louis Braille. As a student at the National Institute for Blind Youth in Paris, Braille loved to read and craved a wider variety of books. His mission was to create a new alphabet for the blind, and, at age 15, he developed braille. January 4, World Braille Day, celebrates his achievement and his birthday.

Braille based his alphabet on a secret military code developed by Captain Charles Barbier de la Serre for Napoleon’s French army. This code of dots, known as *écriture nocturne*, or “night writing,” was a way for soldiers to communicate silently and without a light at night. Barbier visited the Institute for Blind Youth in Paris to present his system. Braille quickly mastered Barbier’s system, discovered its flaws, and developed his new system. When he presented his improvements to Barbier in person, the old army captain was incredulous and offended. History, however, has proven Braille’s contribution to be as important as Gutenberg’s printing press.



Mira Mesa HS AFJROTC



Christmas Day



Mr. & Mrs. Klamberg



Valdez Family



*Nancy, Carole, Gunther, Delores (top)
Dang Family (bottom)*



Upcoming Events

- 1/2 - National PB&J Day
- 1/4 – National Spaghetti Day (lunch 11:30am)
- 1/5 – LifeLine Ministries 1pm
- 1/8 – Resident Council Meeting 10am
- 1/9 – Let's Make Pizza 1pm
- 1/14 – Birthday Celebration 2pm
- 1/15 – National Hat Day
National Bagel Day
Arts for All Ages 10am
- 1/19 – National Popcorn Day
- 1/20 – National Cheese Lovers Day
- 1/21 – Lunch Bunch 11:30am (Conference Room)
- 1/22 National Blonde Brownie Day
- 1/27 – National Chocolate Cake Day
- 1/31 – National Hot Chocolate Day

New Years Day



*Huynh Family (top)
Zoila (bottom)*



New Years Day



Hayes Family



GGMCrew



*Wolfe Family (top)
Eggar Family (bottom)*



January Birthdays

Salvador A. – 1/13

Celine R. – 1/15

John B. – 1/17

Cynthia D. – 1/22

Thomas M. – 1/22

Arthur S. – 1/23

“May this year bring
You endless joy,
Incredible adventures,
And success in all your
Endeavors. Happy Birthday!!!”



Jojo toasting to the new year!!!