

June 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

Julia Meilan
Assessment Nurse

Gemma Espinoza
*Community Relations
Manager*

Ana Navarro
*Community Liaison / ALW
Coordinator*

Marsha Terrell
Maintenance Director

Uma Stockhausen
Receptionist

Resident Spotlight Visitation "Vicky" Buncab



Visitation "Vicky" Buncab was born in 1925 in Abulug Cagayan, Philippines. She had 7 children; 5 boys and 2 girls and has over 40 grandchildren and great-grandchildren.

She is a WWII survivor and was widowed at the young age of 35. She is a devout Catholic who taught Catechism and volunteered for many years at the Salvation Army to feed the homeless.

She was a proud member of the San Diego Senior Center, was involved in various religious activities, and enjoyed dancing, singing, and socializing with her friends and family. She has a knack for fashion and loves anything with bling! Her love and kindness shines through her beautiful smile. 😊



Cinco De Mayo at GGMC



Upcoming Events

6/4 – Lunch Bunch 11:30am

6/10 – Birthday Celebration 2pm

**6/12 – Asian Noodle
Cuisine 11:30am**

**6/15 – Father's Day
Special 12pm**

**w/ Live Entertainment
6/18 – Centenarian Elite
Luncheon 11:30am**

**6/24 – Resident Spotlight
Luncheon 11:30am**

**6/24 – Senior Prom
Night 2025 4:30pm w/ Live
Entertainment**

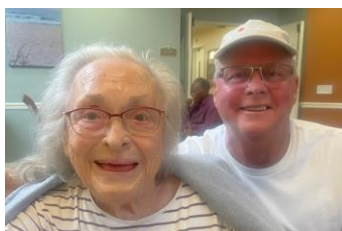
Cool Sips, Hot Days



Not that you need an excuse to enjoy a cool, refreshing glass of iced tea, but June 10 is Iced Tea Day. You can enjoy it with a slice of lemon or sweetened with sugar or honey. Looking for a new take on tea? You can jazz it up with a sprig of mint, thyme, or lemongrass, or freeze it to make iced-tea pops.

Unwilling to play second fiddle to any drink, lemonade enjoys its own holiday on June 21. Lemonade Day is not just for sipping lemonade but also for starting up lemonade stands and celebrating the entrepreneurial spirit. Perhaps the next big thing to hit stands this June will be the Arnold Palmer, that perfectly refreshing mix of iced tea *and* lemonade.

Mother's Day 2025





PLEASE JOIN US FOR A

FATHER'S DAY Party

SUNDAY JUNE 15 AT NOON

LUNCH & LIVE MUSIC

RSVP FRANCIS AT
619.644.1100
OR
FRANCIS@GROSSMONTMEMORYCARE.COM



SENIOR PROM NIGHT 2025

Dinner & Live Music

THURSDAY JUNE 26 AT 4:30PM

francis@grossmontmemorycare.com | (619) 644-1100

Memorial Day BBQ



June Birthdays

Barbara R. – 6/1

Arlene B. – 6/13

Pk F. – 6/19

Brigitte K. 6/20

Ester O. – 6/26

Zoila A. – 6/27

In astrology, those born between June 1–21 are Gemini's Twins. Geminis love conversation, and they're good at it too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party. If you were born between June 22–30, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions.

