

July 2025

# Grossmont Gardens

Grossmont Gardens Memory Care 4960 Mills St. La Mesa, Ca. 91942 Phone: 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 Maria Robles



Maria was born December 1946 in El Sauz de Los Marquez Jalisco, Mexico. She got married at age 20 and gave birth to 2 boys and 2 girls and has 6 grandchildren and 2 great grandchildren.

In her teenage years, she taught Catechism and following her mom's footsteps, she became a member of the church choir.

She became a widow in her 40's and never remarried. She was a member of the Tijuana Senior Center for many years and enjoyed doing Arts and Crafts, singing, sewing and knitting. She likes to be well-dressed with matching colors.





Father's Day



★ ★ JOIN US FOR OUR ★ ★

# 3<sup>RD</sup> OF JULY

*Celebration*

MUSIC CONCERT & BARBECUE

THURSDAY, JULY 3<sup>RD</sup> AT NOON

★

FRANCIS@GROSSMONTMEMORYCARE.COM  
619.644.1100





## Senior Prom Night 2025



## Upcoming Events

7/2 – Lunch Bunch 11:30am

7/3 – 3<sup>rd</sup> of July BBQ 12pm

7/9 – National Sugar  
Cookie Day 10am

7/16 – Centenarian Elite  
Luncheon 11:30am

7/22 – National  
Ice Cream Day 2pm

7/23 – Resident Spotlight  
Luncheon 11:30am

7/29 – Birthday Celebration  
w/ Musicstation 2pm

7/30 – National  
Cheesecake Day 2pm





## Senior Prom Night 2025



## July Birthdays

**Lima T. – 7/4**  
**Douglas M. – 7/7**  
**Gina D. – 7/7**  
**Luis M. – 7/15**  
**Lida W. – 7/19**  
**Steven B. – 7/21**  
**Lucille G. – 7/23**  
**Uma S. – 7/31**

**May you get all the  
 Joys you deserve  
 Happy Birthday!!!**

## **The Birth of a King**



On July 18, 1953, a young man named Elvis Presley walked into the Sun Records studio in Memphis, Tennessee, to make his first record. The resulting acetate disc, with just two songs—“My Happiness” and “That’s When Your Heartaches Begin”—was supposed to be

a gift from Elvis to his mother. Rumor has it, though, that the Presleys did not even own a record player. And besides, his mother’s birthday had long passed. Many speculate that the recording was an attempt by Elvis to get the attention of Sun Records owner Sam Phillips. Apparently, Elvis made an impression, because he was invited back to the studio a year later, on July 5, 1954. At first, the session was uninspiring. The band was about to give up when Elvis began fooling around, goofing off, and singing. That sound was exactly what Phillips was looking for, and the King of Rock ‘n’ Roll was born.