

October 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

Uma Stockhausen

Receptionist

Gemma Espinoza

*Community Relations
Manager*

Ana Navarro

*Community Liaison / ALW
Coordinator*

Marsha Terrell

Maintenance Director

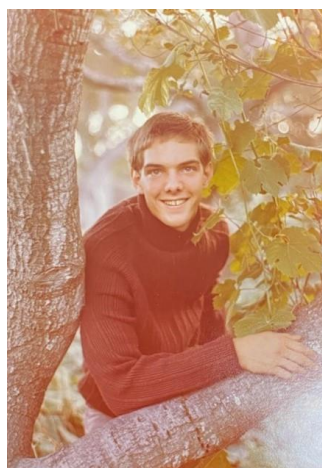
Resident Spotlight Douglas Myers



Doug was born July 1957 to parents Doug Sr. and Ruth. Later, his parents would have two more children, both daughters. His family lived in Escondido, where they had horses, chickens, dogs, and even a cow. Together, they enjoyed camping, spending time at the Colorado River, and riding and showing horses.

Doug spent several years serving in the US Navy in San Diego. After the military, he enjoyed jobs where he spent time outside. He was naturally gifted with plants and landscaping. He spent his free time with friends and family and looked forward to going to the San Diego Thunderboat Races with his sister's family. He was a voracious mystery and thriller reader, who always had a book with him.

Doug still enjoys walking, Reese's, and celebrating holidays.





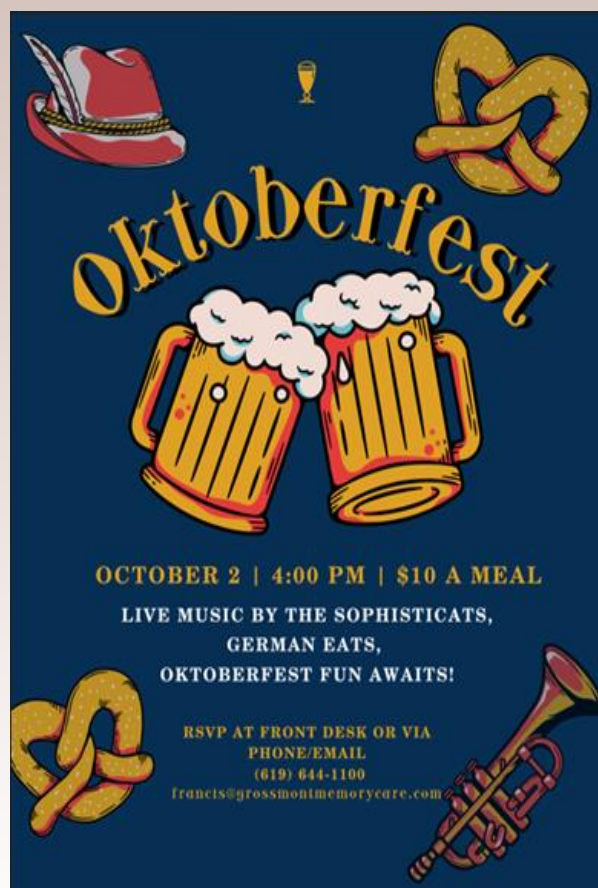
DRUM FIT!!!



LUNCH BUNCH



LABOR DAY BBQ



Celebrating you and all the lives you've touched,
All the memories you've made,
And the love and laughter
You've shared...
Celebrating 100 wonderful
Years of you!!!

Happy 100th Birthday Helen!!!

LABOR DAY BBQ 2025



RSVP
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619.644.1100

Hoe Down 2025



October Birthdays

Bob B. – 10/1
Jeannelle G. – 10/4
Yasmin M. – 10/4
Carmen D. – 10/14
Maggie H. – 10/22

*May YOUR
birthday be
Filled with
pumpkin SPICE
And all
Things NICE!!!*