

November 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

Gemma Espinoza

Marketing Director

Ana Navarro

Community Liaison / ALW Coordinator

Marsha Terrell

Maintenance Director

Uma Stockhausen

Receptionist

Resident Spotlight Susan Buus



She was born in 1945 as Susan Kay Farnsworth, in Riverside, California.

Today she is Susan Buus. She is a mother of 3 girls (Kristy, Shelly and Brenda), a grandma of 3, 1 girl (Veda) and 2 boys (Jacob and Matthew) and a great-grandma to 1 boy (Zzyzx).

She has always loved animals, especially horses and dogs. She loves spending time outside and with family. She can be quite sassy at times, but always friendly

She is my mom and I love her – Brenda



Oktoberfest 2025



Upcoming Events

- 11/2 – Life-Line Ministries 1pm
- 11/3 – National Sandwich Day 2pm
- 11/6 – Spotlight Luncheon 11:30am
- 11/6 – National Nacho Day 2pm
- 11/11 – Veterans Day
(Ceremony and Pinning) 10am
- 11/11 – Veterans Day BBQ 11:30am
- 11/11 – Birthday Celebration 2pm
- 11/12 – National Pizza Day 2pm
- 11/13 – Elite Luncheon 11:30am
- 11/19 – Arts for all Ages 10am
- 11/25 – National Parfait Day 10am
- 11/25 THANKSGIVING FEAST 4pm
w/ Live performance by Emil
- 11/26 – National Cake Day 2pm
- 11/27 HAPPY THANKSGIVING!!!!
- 11/30 – National Mousse Day 10am

Employee Spotlight: **Arlene Bettencourt**



This is Arlene to me, she is my beautiful mother, but to everyone else, she's a friend, a sister, a grandma, and a selfless ray of sunshine. Born in June and raised in the Azores of Portugal, she came to the states at just nine years old, settling in Point Loma where the Portuguese community thrives. She attended a small Catholic school there, where her roots and resilience began to intertwine. She is trilingual; speaks Portuguese, Spanish and English fluently, though words can occasionally tumble together into amusing gibberish.

She had my sister Ashelly at twenty-three, me (Emilia) at twenty-four, and my little sister Elianna at thirty-one. A Women of Endless sacrifice, she has always done whatever it takes for the people she loves. As a single mother, she juggled three jobs to raise us girls and still found time to spoil them with theater nights and shopping sprees.

It almost goes without a saying that she's incredibly hardworking. Years spent in hospitality, retail management, and over a decade in elderly care have shaped her into the woman she is today. Charismatic, loyal, and grounded in her faith, she moves through life with both strength and grace. Her genuine passions-reading autobiographies, getting lost in a good romance film, cooking, and listening to endless passion for music and spending time with her girls and grandkids-fill her days with love and purpose. She may be delicate like a daisy, yet there's a fierceness in her, the kind that mirrors the air sign she is.

My mom is truly one of a kind. If you're lucky enough to meet her, you'll probably end up calling her "Mom" yourself, because she embodies the truest spirit of motherhood. Just keep your conversations intentional, and she might make you my favorite Portuguese rice pudding.

With love,
Her middle child and favorite of the three, Emilia

PLEASE JOIN US FOR OUR ANNUAL

VETERANS DAY Ceremony & Pinning

Ceremony at 10:00AM
BBQ at 11:30AM

TUESDAY
NOVEMBER 11TH
11:30

RSVP
FRANCIS@GROSSMONTMEMORYCARE.COM
(619)644-1100
4960 MILLS ST.
LA MESA CA 91942

PLEASE JOIN FOR OUR

THANKS GIVING dinner

November 25th
AT 4 PM

WITH SPECIAL PERFORMANCE:
EMIL THE VIOLINIST

\$10 per meal
rsvp:
francis@grossmontmemorycare.com
619.644.1100
4960 Mills St. La Mesa, CA 91942



TRUNK OR TREAT 2025



November Birthdays

Augustin O. – 11/1

Roberta O. – 11/1

Denise B. – 11/5

Romeo I. – 11/25

Bill S. – 11/26

Mia S. – 11/26

Vance B. – 11/29

*May your day be as
Special as you are!
Many blessings*

HAPPY BIRTHDAY!!!

