

March 2026

Grossmont Gardens

Grossmont Gardens Memory Care | 4960 Mills St., La Mesa, Ca. 91942 | 619.644.1100



Meet Our Team

Angela Scott-Kapiloff
Executive Director

Francis Medina
Activities Director

Lima Taiti
*Resident Care
Coordinator*

Stacy Tinoco
Assessment Nurse

Gemma Espinoza
*Community Relations
Manager*

Ana Navarro
*ALW Coordinator
Community Liaison*

Justin Ancheta
Food Service Director

Marsha Terrell
Maintenance Director

Uma Stockhausen
Receptionist

Resident Spotlight : **Ruth Benjamin**



Ruth was born march of 1937 in East New York. She has an older sister. Ruth likes dolls, cats and flowers when she was young. She also learned to play the piano which she did well. She doesn't like dogs much as one nipped her when she was little.

She got married at the age 18 yrs. Old to Ed when he returned from duty in 1955. She has had an amazing life, went back to college while raising 3 boys and working as a teachers Aide for Cerebral Palsy of New York. She earned her Associate in Arts Degree from Staten Island Community College in 1975 and went to achieve her Bachelor's Degree and Master's Degree as well as her Teaching certificate. Ruth found her joy in teaching little ones and gravitated toward teaching those with special needs.

She especially enjoyed helping them express themselves through art. She came to California when her husband, Ed retired from the New York Police Department in 1981. She taught here in San Diego at Saint Madeline Sophies and Penn Elementary School. At Penn, she worked hard to gather donations of materials and labor to establish a school garden before most anyone had heard the concept of "Community Garden".

Ruth always the artist, studied oriental painting with two different teachers in San Diego. She was quite accomplished and had shows at two different county libraries. Her art features natural subjects, such as birds, fish, flowers, insects, animals and landscapes. She also is an accomplished photographer, poet and calligrapher. She has touched family and friends with her works of art literature and loving kindness.

Ruth had 3 sons and 4 grown grandsons. She continues to make friends and interact with the staff in her special way at Grossmont Gardens.

A Legacy of Laughs



Funny how men often think themselves funnier than women. Studies on humor between the genders have found that men's jokes are sometimes rated slightly funnier—but often it's other men who are laughing. Women, meanwhile, may quietly have the last laugh

on March 31, She's Funny That Way Day, a day celebrating comedians past and present.

Carole Lombard was a leading lady of old Hollywood, a natural beauty whose charm and comedic timing shone even when she took the occasional pie in the face. Barbara Stanwyck could play any role: glamorous dame, femme fatale, tough feminist, and yes, the madcap comedian. Both women were nominated for Oscars yet never won.

Any discussion of funny women must include Lucille Ball, often called the Queen of Comedy. Ball once told a *Rolling Stone* reporter, "I am not funny," though her millions of fans would beg to differ. Not only was she hilarious, she mentored another extraordinary comedian, Carol Burnett.

Many of these performers also changed the business behind the scenes. They pushed for better roles, wrote their own material, and shaped shows that reflected their voices rather than someone else's idea of what women should be. Their influence extends well beyond their punchlines, reminding us that real comedic power comes from having the freedom to tell your own story.

Like many of the men who came before them, no topic is too bold for these daring women. From Phyllis Diller to Joan Rivers to Whoopi Goldberg, to modern comedians such as Tina Fey, Kristen Wiig, Melissa McCarthy, Sarah Silverman, Mindy Kaling, Amy Poehler, Wanda Sykes, and Maya Rudolph, the list of talented women is truly endless—and so are the laughs.



Stitched Across the World



Quilters all around the world will be piecing together fabric into wonderful creations on March 21, Worldwide Quilting Day.

During its heyday in the American mid-19th century, quilting was a utilitarian craft. According to Emporia State University's Center for Great Plains Studies, westward homesteaders, inheritors of many great European quilting traditions, fashioned blankets, door and window covers, and play mats for children out of whatever scraps of fabric they could find. Quilters learned to arrange fabric to make wonderful works of art. And because blankets were always needed to protect against the elements, quilting never went out of style.

A number of quilting bees will no doubt be held on March 21, so be ready to cut your favorite patterns—Irish Chain, Log Cabin, Bear's Paw, or Tree of Paradise.

Courtesy Counts



Many lament that common courtesy is not so common anymore. If someone you know is acting less than civil, March 21, Common Courtesy Day, is the perfect opportunity to tactfully share a few tips and reminders on how to treat others with respect.

Some point to technology as a major culprit in the decline of courtesy, especially as we've grown more tethered to our screens. Others see a broader cultural shift: When people feel rushed, stressed, or isolated, empathy tends to shrink. Researchers continue to note that young adults report feeling more pressure and less connection than in previous generations. Etiquette experts also observe that norms have loosened over time, sometimes in ways that make everyday interactions feel less considerate.

Across many countries, parents and teachers are trying to balance freedom with guidance, and the line can get blurry. When expectations around behavior become too vague, kids can miss out on learning how their actions affect others. The result can be the same everywhere: a little more self-focus, a little less awareness. Renewed interest in teaching social skills and emotional literacy suggests that people are recognizing the need to rebuild those habits.

If we don't practice empathy every day, we may have to rely on others to pass laws of courtesy for us. Restaurants declare "No Cell Phone Zones." Sports stadiums regulate fan conduct. New York City even imposes a fine on those who prop their feet on a subway train seat. Psychologist Marie Hartwell-Walker believes that even "faked" manners can teach empathy, that cornerstone of courtesy. Simple acts such as holding doors open, returning phone calls, treating clerks and cashiers with respect, and saying *please* and *thank you*—these daily reminders to consider others' feelings lay a foundation for building empathy.

Mid-March Mood Swing

Mid-March sends us on quite a roller-coaster ride. On the 15th, we may be filled with doubt on Everything You Think Is Wrong Day. But have no fear, for on the 16th comes Everything You Do Is Right Day. Does this mean we should act without thinking? Some call this being impulsive. Strategic thinking expert Greg Githens understands that impulsivity can be a sign of spontaneity, playfulness, and humor—all valuable qualities. If impulsivity, however, leads to bad habits and selfishness, it is nothing more than mindlessness. So play it safe on Everything You Do Is Right Day because you don't want your actions to lead you to celebrate Awkward Moments Day on March 18.

Webs of Wonder

For many, the first reaction to seeing a spider is to squash it. Spider advocates celebrating Save a Spider Day on March 14 want you to think before you squish, and they have some pretty compelling reasons.



Lots of folks, experts and novices alike, think spiders are just plain cool. The Goliath bird-eating tarantula fits in your palm and was named by an explorer who saw it eating a hummingbird. The pinktoe tarantula, named for its pink-tipped legs, can climb trees and swim. Not impressed? Another reason not to squash spiders is that many of them carry their newly hatched babies on their backs. One whack can disperse hundreds of tiny spiderlings. Still not convinced? Spiders benefit humans in many ways. They eat lots of bugs. Their venom can be used for making medicine. Spider silk, which is stronger than steel, inspires technological innovation. So before your arachnophobia takes over, think twice about squishing a spider on March 14.

Blast the Birthday Horn

On March 2, don't just wish Dr. Seuss a happy birthday. Do as they do in Dr. Seuss' fictional land of Katroo and let loose a "big blast on the big Birthday Horn!"



Theodor Seuss Geisel, known as Dr. Seuss, was never a doctor of anything. He called himself "doctor" because his father wanted him to study medicine. Thankfully, he pursued children's literature and in 1937 wrote his first book, *And to Think That I Saw It on Mulberry*

Street, debuting the pen name Dr. Seuss. The idea for the book struck Geisel while on an ocean voyage. The rhythm of the ship's engines inspired him to write the lines:

*And that is a story that no one can beat.
And to think that I saw it on Mulberry Street.*

No fewer than 20 publishers rejected the book before Geisel showed it to an old college classmate, who was editor of children's books at the publishing house Vanguard Press. Dr. Seuss went on to write over 60 children's books (including some under the name Theo LeSieg), selling over 600 million copies in over 20 different languages.

What makes Dr. Seuss' books so enduring? Children's literature expert Ann Neely believes it is the books' readability. "Children can read Dr. Seuss books many, many times without tiring of the rhythms, the plot, or the art." Furthermore, Seuss' moral lessons appeal to young and old alike. Journalist Melissa Breyer believes adults have plenty to learn from Dr. Seuss. *Did I Ever Tell You How Lucky You Are?* teaches us that self-pity is an unnecessary indulgence. *The Lorax* reminds us that it's up to us to give a voice to the voiceless. Truly, Dr. Seuss' children's books may be more valuable to adults than his odd adult work, a humorous, slightly scandalous take on the legend of Lady Godiva, full of illustrations of the seven nudist Godiva sisters. That book, perhaps understandably, was Seuss' only major flop.

March Birthdays

Ruth B. – 3/15

Donna N. – 3/21

Gabe F. – 3/21

**Wishing you a
Birthday that's as
Wonderful and
Special as you are.**

Last Call for Landlines

After a long lifetime, more than 100 years, America's telephone infrastructure is showing its age. Disappearing, too, are the engineers and technicians who maintain traditional landline service, according to professor of telecommunications Rob Frieden. Not so fast, say those who celebrate Landline Telephone Day on March 10. Consumer Reports still recommends keeping a landline: sound quality is often better, and because numbers are directly linked to a home address, emergency calls from landlines remain highly reliable. When power goes out, some landlines continue to work, thanks to backup batteries, though these are becoming less common. Telephone companies, however, are shifting to digital networks that are cheaper to maintain. So enjoy landlines while you can—before they disappear.

