

March 2025

Grossmont Gardens

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Meet The Team of Directors

Reggie Jones
Executive Director

Lane Hermosillo
*Assistant Executive
Director*

Gemma Espinoza
*Community Relations
Director*

Ruth Davalos
Business Office Manager

Janett Medrano
Food Services Director

Olamide Obesasan
East Activity Director

Sommer Martin
*Gardens, South, West
Activity Director*

Marsha Terrell
Maintenance Director

Resident Spotlight



Ruby Kinnaman

Ruby is in our spotlight this month! True to her name, Ruby is an absolute gem. She is very kindhearted, helpful and outgoing. She is a California native, born and raised in Los Angeles. Throughout her life, Ruby has worked numerous bank jobs, as well as retail and insurance. When she wasn't working, she enjoyed dancing, particularly salsa. Ruby says her proudest accomplishment was having her daughter, Kathy. She is very family oriented, and enjoys spending time with her loved ones, including her friends here at Grossmont Gardens, and is very involved with our Activities Program. When asked what she'd like to change about the world, she says she would like more peace and love amongst everyone. Ruby's advise is to "be honest and help others if you can."

Chats with the **E.D.**

Tuesdays at 6:00pm in
the Auditorium

Meetings Will Begin in
March



CHILI'S Restaurant Outing

Wednesday, March 5th | 11:00 AM
Please bring cash or card



Sign up at the front desk once the
March Calendars are out!

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MARDI GRAS

*Happy
Hour*

March 7th at 3:00pm in
the Main Dining Room



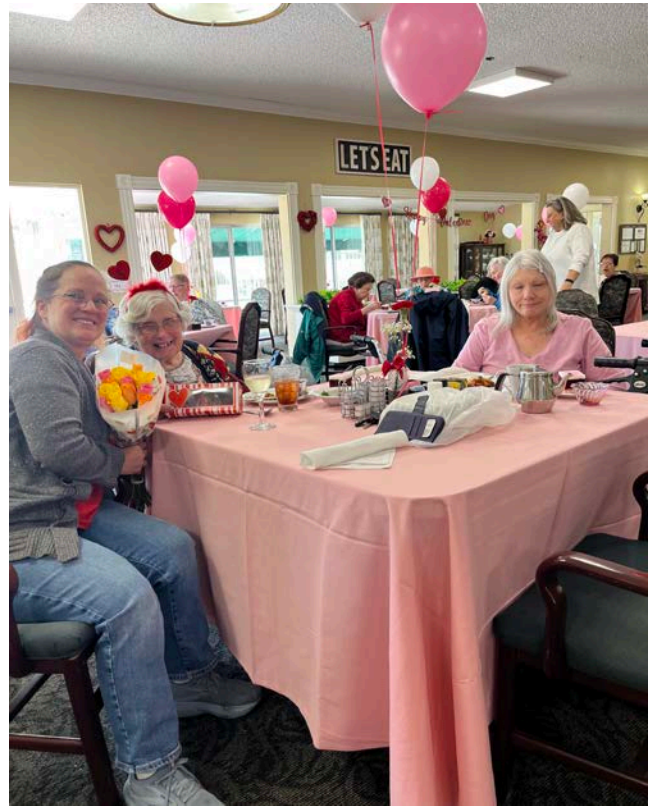
Sycuan Casino

Wednesday, March 12 at
9:00am





Fun times at our Valentines Day dance!



Family is everything! We love seeing residents spend time with their loved ones.



Valentines Heart Wreaths were made to celebrate!



Painting Bookmarks with the residents!

Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



March Birthdays

Lucille Aguirre 03/02
Marjorie Bower 03/30
Andrea Card 03/28
Rich Carone 03/02
Frederick Knight 03/05
Nancy Landy 03/17
Eleanore Larsen 03/03
Barbara Linke 03/08
Joseph Luckard 03/05
Charles Masters 03/03
Carol Mae Miller 03/30
Susan Morrison 03/04
Robert Tobin 03/06

March Activities at the Gardens



This month transport to Ireland right here at Grossmont Gardens! The Activities Department will have Shamrock Milkshakes, St. Patties Day Happy Hours, Arts & Crafts & our Ireland Birthday Celebration with bagpipers for our entertainment! Check your calendars for dates, times and locations. We are excited to celebrate with you.