

August 2025

# Grossmont Gardens

5480 Marengo Ave. La Mesa, CA 91942 | Phone: 619.463.0281 | Fax: 619.461.4807



## Meet the Team of Directors

**Reggie Jones**

*Executive Director*

**Lane Hermosillo**

*Assistant Executive Director*

**Stephanie Scudder**

*Health Services Director*

**Ruth Davalos**

*Resident Accounts Coordinator*

**Kelly Huynh**

*Business Office Manager (HR)*

**Janett Medrano**

*Food Services Director*

**Olamide Obasesan**

*Healthy Lifestyle Director*

**Bernadette Verdugo**

*ALW Coordinator/ALW Social Worker*

**Gemma Espinoza**

*Sales Director*

**Anna Navaro**

*ALW Coordinator*

**Marsha Terrell**

*Environmental Services Director*

## Resident Spotlight



### Oti Valenzuela

Oti may not remember her very first home, but her story begins in Italy, where she was born. At just five months old, her family moved to Honduras, a country that would shape much of her childhood and early dreams.

By the time she graduated high school at 18, Oti had her heart set on higher education. Eager for something new, she set off to the United States for college. But life had other plans. The experience didn't feel right, so she made the bold choice to return home to Honduras and finish her education there. It turned out to be the right move. Oti earned a degree in math and within three years, she had her teaching diploma.

While still figuring out her next steps, opportunity came knocking from the sky... literally. Oti's brother, a pilot, needed help when one of his flight attendants took a leave of absence. He asked her to step in. She said yes. That "yes" launched her into a two-year adventure as a flight attendant, during which Oti traveled to 40 different countries. *"I've put my feet on 40 different countries. Only my feet, so don't ask me anything. I don't know!"*

By age 24, her family once again moved to the U.S. and just like before, they eventually packed up and returned to Honduras. But a few years later, everything changed. At 28, Oti met her husband, and the two made the U.S. their new home, this time for good.

Oti loved taking long walks with her family, so when a severe migraine led to a surgery that affected her ability to walk, it was a deeply painful and life-changing moment. But despite the hard times, her spirit remained strong. When asked about the happiest day of her life, she smiles and says without hesitation: the day her child was born. "I will never forget that day," she says.

And as for advice to the younger generation?

**"One marriage is enough—but don't marry too young."**

## Computer Lab Now Open!



We're excited to announce that we now have a **Computer Lab** located in the **Second Floor Activity Room!**

Whether you need to browse the web, place online orders, check your email, or just want some training on how to use a computer—we've got you covered!

Come on down and check it out. We're here to help you get connected and confident with technology!

## Hot Air Balloon Flower Collage



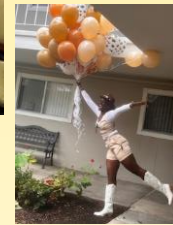
## Smokey and the Brisket outing



## Fourth of July BBQ!



## July's Birthday Celebration (Western Themed)







# Food Forum

## Introducing Food Forum!

Food Forum is an opportunity to speak with the directors of the kitchen regarding safety, regulation, system, nutrition and health and identifying approaches to address them.

We encourage all residents to participate.

**Wednesday, August 6th at 10:00am in the Third (3rd) floor dining room**



Grossmont Gardens

# RESIDENT COUNCIL

Aug 27th

Aug 27th • 10am

In the third (3rd) floor dining room. [DR3]

Resident councils provide a structured platform for residents to voice their opinions, suggest improvements, work on community concerns, and get to know your neighbors

Let's Shake, Rattle and Roll!

## Grossmont Gardens Sock Hop Homecoming!

Friday, September 5th  
from 4:00pm to 7:30pm  
In the Parking Lot

Please RSVP with the receptionist at (619) 463-0281  
[reception@grossmontgardens.com](mailto:reception@grossmontgardens.com) or [eastreception@grossmontgardens.com](mailto:eastreception@grossmontgardens.com)

## **Community Events**

**8/1 Happy Hour Bingo!**

**8/6 Food Forum**

**8/6 Mobility Wipe Down**

**8/6 API Meet Up**

**8/7 Library Outing**

**8/8 Ice Cream Social Hour**

**8/12 Picnic Outing**

**8/14 Walmart Shopping Outing**

**8/15 Happy Hour w. Matthew**

**8/20 API Meetup**

**8/21 Birthday Celebration**

**(Theme: Hawaii)**

**8/21 Scenic Drive**

**8/22 Happy Hour w. Sylvia**

**8/26 Scenic Drive**

**8/27 Resident Council**

**8/28 Ross Shopping Outing**

**8/27 Food for Thought**

**(Grilled Cheese Panini Mini Sandwich)**

## **August Birthdays**

**Richard Dipalma 8/1**

**Vera Falde 8/3**

**Gloria McKown 8/14**

**Sharon Gearhart 8/16**

**Minia Goodwell 8/16**

**Herbert Navarrski 8/17**

**Delia Thomas 8/18**

**Tonita Rowden 8/22**

**Roberta Powers 8/24**

**Marilyn Karris 8/31**

## **What's Lucky in August?**

**Birthstone: Peridot**

**Lucky Color: Teal and  
Orange**

**Lucky Animal: Elephant**

**Lucky Letter: B, X and J**

**Lucky Day: Saturday**

**Lucky Plant: Aster**