

January 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

Justin Ancheta

Food Service Director

Stacy Tinoco

Assessment Nurse

Gemma Espinoza

Community Relations Manager

Ana Navarro

Community Liaison

Marsha Terrell

Maintenance Director

Uma Stockhausen

Receptionist

Resident Spotlight Delia Sonnenberg



Delia was born in San Juan, Puerto Rico on December 18, 1934. She came to the US at age 6 after her grandmother that raised her passed away. Delia was placed in a convent in New York to be raised by the nuns and became a nun as well. She left the convent in her mid 20's to experience the world. She met the love of her life Eric and they married in 1961. Eric and Delia had their first child, a girl named Genevieve in March 1963. The following year they had their surprise baby, a boy named Erich.

Delia is an incredible woman, she speaks 8 languages fluently, she played piano in Carnegie hall, worked as a phlebotomist, took ballroom dancing, took classes for landscape design, this is where she discovered her life-long love of gardening. She designed her yard to include 3 Koi ponds, 17 fruit trees and she did all the work herself. She supplied fruits and flowers to all her neighbors for over 5 decades. Delia is a wonderful cook and homemaker, she sewed all of Genevieve's (Jenny) horse show outfits. Delia, herself also rode until being thrown and hurt in a show and retired from sport.

Delia is the sweetest woman. She has a heart of gold and generous kind spirit. Delia is the adopted great grandma to 11 children, 7 girls and 4 boys that range in age 11 to 7 months, they call her G.G. She is closest to Kayden age 3 and Kolton age 2. She sees them every weekend when possible, they adore her.

Delia lost her husband Eric of 63 years last December unexpectedly, which broke her heart. She had also lost her son in 1987, he also passed unexpectedly. Delia is a strong lady, she has a strong spirit and a deep faith of her Heavenly Father that keeps her going. Eric and Delia have been blessed to have the most amazing life together and raised a loving family. My name is LeeAnne, I am Jenny's best friend and Delia treats me like another daughter. I have been blessed. Delia has a million watt smile that lights up any room. She is an incredible woman, wife, mother, great grandma and friend. She is loved.

Christmas Day Party



LET'S CELEBRATE!

HAPPY NEW YEAR

Luncheon
At 12:00 PM
Thursday, January 1st 2026

\$10 per meal

RSVP AT FRONT DESK
OR EMAIL/CALL:
(619)644-1100
FRANCIS@GROSSMONTMEMORYCARE.COM



New years' Eve



Please Join Us For Our

CANDLELIGHT DINNER PARTY

Thursday, January
15th at 4:00pm

\$10 a Meal

rsvp at front desk or call/email:
(619)644-1100
francis@grossmontmemorycare.com



New Years' Day Celebration



January Birthdays

Hinh D. – 1/1
Solomon G. – 1/10
Salvador A. – 1/13
John B. – 1/17
Cynthia D. – 1/22
Thomas M. – 1/22

“Happy birthday! Wishing you the biggest slice of happy today”

