

About Our Community

Located in beautiful La Mesa, California, Grossmont Gardens Memory Care is a senior living community offering quality memory care Alzheimer's and dementia services. We are a vibrant community catering to a diverse population of seniors looking to live their lives to the fullest every day. It is our mission to provide the highest level of services and promote a healthy lifestyle of our residents, foster their independence and encourage social involvement.

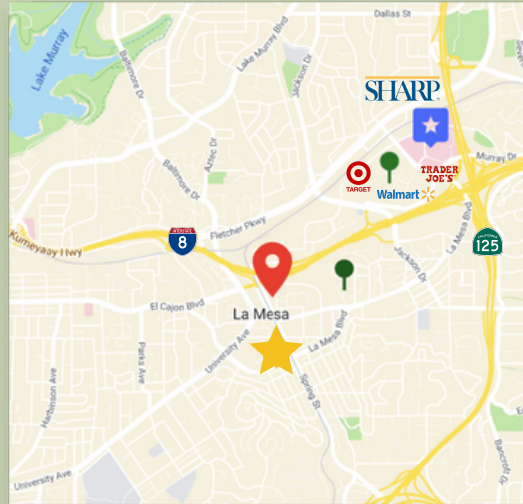
Our commitment to each resident, dedication to preserving the dignity of seniors, and our continuous efforts to achieve and improve, comprise our core values.



Come visit and see for yourself today, why Grossmont Gardens Memory Care is the perfect community to call home!

How to Find Us

Grossmont Gardens Memory Care is right off of Interstate 8 and is in a residential neighborhood not far from the Downtown main street! Surrounded by endless amenities, you'll find Grossmont Center, a spacious shopping complex with a high-end cinema, Downtown La Mesa, and the beautiful Lake Murray just a short drive away!



To learn more about our services, please contact us at:

(619) 644-1100

4960 Mills Street
La Mesa, CA 91942

Email:

info@grossmontmemorycare.com

Website:

www.grossmontmemorycare.com



Grossmont Gardens
MEMORY CARE

Memory Care
Community



Welcome to the Family

Our team is passionate about getting to know each resident on a personal level. This enables us to offer care that truly honors and celebrates their lives and achievements, just as a loving family would.

The relationships we form with our residents, their families, the community, and our staff are the heart and soul of our community. It is the meaningful moments shared with others, the engaging activities, the exceptional care, the breathtaking surroundings, and the delicious meals that make life at Grossmont Gardens Memory Care so truly special and fulfilling.



Our Memory Care Services

At Grossmont Gardens Memory Care, we understand the unique needs of those with Alzheimer's disease and related forms of dementia. That's why we've crafted a community that offers personalized care tailored to each resident's individual needs and preferences.

With us, you'll experience a new level of engagement and a fulfilling life. Our community offers a wide range of amenities, including:

- A pre-admission home visit and assessment
- Staff who are specially trained to assist with daily living skills
- An activities program designed to promote successful engagement
- Regular social events, with families encouraged to join in
- Delicious, nutritious meals served three times a day
- Supervised outings to nearby places of interest
- Furnished linens and routine housekeeping
- Secure, beautifully landscaped courtyards for walking and relaxation
- An electronically monitored security system for peace of mind
- TV and phone outlets in every room
- Support groups, educational programs, and referral services
- individualized service plans

Our Commitment

We are dedicated to providing the highest level of care and respect to our residents and their families. This is reflected in our unwavering commitment to excellence in all that we do.

Our years of experience and extensive research have equipped us with a deep knowledge base, allowing us to implement tried-and-true methods. At the same time, our leadership is always ready to embrace new, research-backed approaches to enhance our residents' experience. With our commitment to safety and effectiveness, we are always striving to transcend the status quo.

