

Sierra Del Sol Senior Living  
8151 E. Speedway Blvd.  
Tucson, AZ 85711

Postage  
Information

September 2023

# Sierra Times

Sierra Del Sol senior Living- 8151 East Speedway Blvd, Tucson AZ 85710



## Celebrating August

**Classical Music Month**

**World Alzheimer's Month**

**Labor Day (U.S.)**  
*September 4*

**International Day  
of Charity**  
*September 5*

**Grandparents' Day**  
*September 10*

**Patriot Day (U.S.)**  
*September 11*

**Rosh Hashanah**  
*September 15-17*

**Yom Kippur**  
*September 24-25*

## **Good Friends Make Good Neighbors**

**Do you have a friend who is  
looking to make a move  
into a community?  
When you or your family  
members refer someone to  
move into the community,  
you will receive a rent credit  
for \$4000 after they have  
lived with us for 90 days.**

## **Meet Our Team**

**Laure  
O-Mendenhall**  
Executive Director

**Tom Kappler**  
Community Relations  
Director

**Deb Rossi**  
Community Relations  
Director

**Keelani Duffey**  
Wellness Director

**Madison Faulkner**  
Wellness Director

**Arine Boschian**  
Dining Services  
Director

**Maryanna  
Rodriguez**  
Life Enrichment  
Director

**Leony Henson**  
Business Office  
Manager

**Aaron Brady**  
Plant Operations  
Director

Laure Letter – September 2023

Happy September!

Sierra Del Sol is in such a good place right now. It makes me so happy to come to work every day and to work with such professional, kind, and happy people.

Our Management Team –

Leony Henson our new Business Office Manager, brings to us years of experience in the industry and almost walked in knowing everything she needed to do. Always a smile on her face.

Arine Boschian is the Dining Services Director that has been at Sierra Del Sol for fifteen years. She is doing such a fabulous job that this year she was promoted to Senior Food Service Director. The company sends her out three days a month to help some of our other communities.

Madison Faulkner joined the team in August as our Wellness Director. What an asset she is! Professional and extremely knowledgeable about the Senior Living Industry.

Tom Kappler is our Community Relation's Director that has years of experience in the Senior Housing Industry. We are so very fortunate that he has moved so many of you into our community, providing us with so many new friends.

Aaron Bradly joined the team almost three years ago and he is one of the main reasons that this building looks the way that it does. With his direction, his team's focus is keeping the community crisp and clean.

Maryanna Rodriguez was promoted a couple of years ago to the Life Enrichment Director position. I challenged her at that time to always be open to new ideas. She has exceeded my expectations by always going outside the box in events or activities that she plans.

Keelani Duffey joined us a couple months ago as Memory Care Director. Our missing piece of our puzzle as she takes complete ownership of The Lodge. Always a smile and a laugh.

Carisa Myles is our Resident Services Coordinator that helps hold the community together. Always going above and beyond to make our residents and our team members happy.

Bryanna Dekens is our Dining Room Supervisor who has had her hands full in today's labor market building a team to provide great food service. Bryanna is still working at it to build her team and support the Food Service Department.

Deb Rossi has recently joined the team as Director of Sales and marketing. She'll be working with Tom to bring in many more good friends and neighbors. She is another great find in today's labor market. We are very fortunate to have her join the team.

This is why I am thankful and happy September 2023.



Enjoying a delicious breakfast at First Watch



Looking Back in August



Great grandma meeting her great-grandson for the first time.



Thank you, Chef Mershon, for a fun cooking demo!

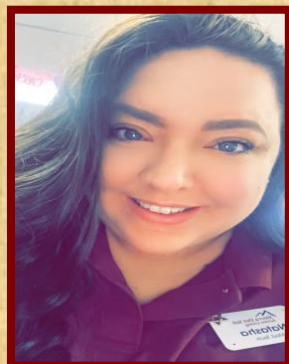


The Lodge enjoying a wonderful picnic in Mt. Lemmon



We love our shopping!

### Employee of the Month



Sierra Del Sol employee of the month goes to Natasha!  
 Natasha is a hard-working, dedicated MedTech and caregiver. She's always willing to help where needed, no matter what department. Thank you for your loyalty to our residents and Company.



#### Resident Birthdays

- 9/01 Stephen Z.
- 9/02 Mary N.
- 9/08 Norma S.
- 9/17 Shirley B.
- 9/19 Mary M.
- 9/19 Mary Jane V.
- 9/20 Roger W.
- 9/25 Larry T.
- 9/29 Micky R.
- 9/30 Gordon G.

#### Staff Birthdays

- 9/03 Khawla S.
- 9/07 Mike S.
- 9/13 Noel F.
- 9/20 Kaidin L.
- 9/22 Desrae F.
- 9/30 Katie S.



### Welcome Home to Our New Residents



- Tamie H.
- Albert G.
- Naomi N.
- Ana T.
- Sarah L.

### Save the Date

- 9/3 & 9/17 Scenic Bus Ride
- 9/3 Resident Activity Planning Meeting
- 9/4 Labor Day BBQ
- 9/5 Lunch at Arizona Pizza Co.
- 9/6 Arts & Crafts w/ Kathi
- 9/6 Coffee Ice Cream Sundaes
- 9/6 Happy Hour w/ Dirty Old Men Band
- 9/7 Shopping at Walmart
- 9/7 How to Prevent the Flu w/ Scan Embrace
- 9/10 Grandparents Day Brunch
- 9/10 & 9/24 Church Service w/ Faith Community
- 9/11 Visit from Desert Christian Middle School
- 9/12 Shopping at Goodwill
- 9/13 Gratitude Circle w/ Susan
- 9/13 Making Chocolate Milk Shakes
- 9/13 Sing Along w/ Linda Updike
- 9/14 Shopping at Trader Joe's
- 9/14 Cooking Demonstration w/ Marcus
- 9/16 Shopping at Ross & HomeGoods
- 9/18 Root Beer Floats w/ Scan Embrace
- 9/19 Going to the Movies!
- 9/20 Celebrating Oktoberfest w/ Inge Larsen
- 9/20 Townhall Meeting
- 9/21 Q&A & Donuts w/ Scan Embrace
- 9/25 Egg Drop Challenge
- 9/25 Margarita Monday
- 9/26 Patagonia State Park Picnic
- 9/27 Come and Enjoy the Best Pumpkin Smoothies
- 9/27 Happy Hour W/ Littlest Big Band
- 9/28 Shopping at Fry's and Dollar Tree
- 9/28 Health Talk w/ Amerigroup
- 9/28 Sampling Different Types of Beers

### Don't Forget to Join us for Our Live Performances!

- Happy Hour w/ The Dirty Old Men Band Sept. 6<sup>th</sup>
- Sing Along w/ Linda Updike Sept. 13<sup>th</sup>
- Oktoberfest w/ Inge Larsen Sept. 20<sup>th</sup>
- Happy Hour w/ Littlest Big Band Sept. 27<sup>th</sup>



### Begging the Question

Ask a Stupid Question Day on September 28 prompts us to wonder what happens if you ask a stupid question. Will you get a stupid answer? Or, as the other saying goes, is there really no such thing as a stupid question? This holiday was invented by teachers in the 1980s as a way to get children to be fearless when it comes to asking questions. The notion is that if students feel comfortable asking stupid questions, they will feel more confident asking questions in general.

Questions are the cornerstone of learning. This was understood by Socrates back in ancient Greece when he developed his own questioning methods. Over the millennia, questioning has allowed us to explore complex ideas, clarify meanings, provide evidence, explore consequences, and challenge assumptions. Without questions, there is no learning! So yes, ask questions even if they are stupid! Even if they reveal obvious truths, truths in the open are better than truths hidden.