

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

Postage
Information

March 2026

Sierra Times

Sierra Del Sol Senior Living- 8151 E Speedway Blvd, Tucson AZ 85710



Celebrating March

**Irish American
Heritage Month**

Women's History Month

Employee Appreciation Day
March 6

Daylight Saving Time Begins
March 8

Plant a Flower Day
March 12

St. Patrick's Day
March 17

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

Leah Montgomery
Director of Sales &
Marketing

Anne Connell
Community Relation Director

Keelani Duffey
Wellness Director

Tarina Swanson
Memory Care Director

Arine Boschian
Dining Services Director

Maryanna Rodriguez
Life Enrichment Director

Kimberly Adams
Business Office Manager

Carisa Myles
Resident Service
Coordinator

Aaron Brady
Plant Operations Director

Dear Residents, Family Members and Friends,

March often brings beautiful desert blooms and warmer days here in Arizona. We look forward to spending more time outdoors enjoying fresh air, patio gatherings, and walks with friends. Our Life Enrichment team has planned activities that celebrate the season, including spring-themed crafts, music, and social events that encourage connection and joy.

Safety & Preparedness

With changing seasons also comes the importance of preparedness. As many of you know, we continue to strengthen our emergency readiness efforts. I want to thank those residents who have completed their emergency backpack preparations. For anyone who still needs assistance, our team is happy to help ensure you have essential items ready in the event of an unexpected situation. Being prepared gives all of us greater peace of mind.

We also continue to prioritize the safety of our Memory Care neighborhood. We kindly remind all visitors to ring the doorbell upon arrival rather than using door codes. This simple step helps us monitor who is entering and exiting, ensuring the security and wellbeing of our residents.

Celebrations & Gratitude

March also gives us opportunities to celebrate:

- St. Patrick's Day Festivities - Join us for themed treats, music, and fun!
- Employee Appreciation Moments — We are grateful every day for our dedicated team members who serve our residents with compassion and professionalism.
- Spring Birthdays - We love celebrating each of you and the joy you bring to our community.

I am incredibly proud of the warm, caring environment we continue to build together at Sierra Del Sol. Thank you for trusting us with your home and your loved ones. Let's make March a month of kindness, preparedness, and renewed energy.

With gratitude,

Laure Mendenhall
Executive Director





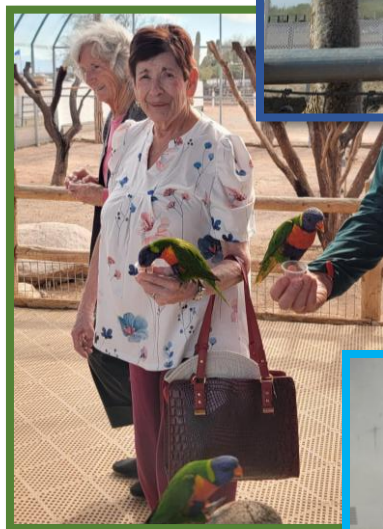
We had a great time at the Rooster Cogburn Ostrich Ranch!



Making friends one feather at a time!



Did Someone Say Snack Time?!



hello Spring



A fun trip to Dairy Queen! Because every day deserves a little sweetness



March Resident Spotlight



Patricia is an absolute treasure in our community! She is always willing to lend a helping hand, not only during activities, but in everyday moments showing genuine care and attentiveness to her fellow residents. With her spectacular red lipstick and ever-present beautiful smile, Patricia brings warmth, elegance, and joy wherever she goes. She is a constant delight, and we are truly blessed to have her as part of our community.



March Astrology

In astrology, those born between March 1-20 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who "go with the flow." Those born between March 21-31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

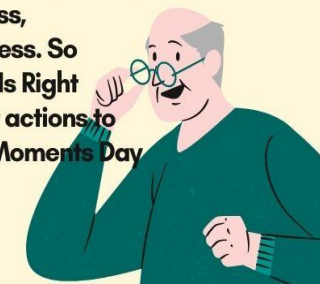
- Lou Costello (comedian) - March 6, 1906
- Liza Minnelli (entertainer) - March 12, 1946
- Ozzie Nelson (TV dad) - March 20, 1906
- Fred Rogers (TV host) - March 20, 1928
- Marcel Marceau (mime) - March 22, 1923
- Fannie Farmer (cook) - March 23, 1857
- Walt Frazier (athlete) - March 29, 1945
- Vincent van Gogh (painter) - March 30, 1853
- Shirley Jones (actress) - March 31, 1934



Mid-March Mood Swing

Mid-March sends us on quite a roller-coaster ride. On the 15th, we may be filled with doubt on Everything You Think Is Wrong Day. But have no fear, for on the 16th comes Everything You Do Is Right Day. Does this mean we should act without thinking? Some call this being impulsive.

Strategic thinking expert Greg Githens understands that impulsivity can be a sign of spontaneity, playfulness, and humor—all valuable qualities. If impulsivity, however, leads to bad habits and selfishness, it is nothing more than mindlessness. So play it safe on Everything You Do Is Right Day because you don't want your actions to lead you to celebrate Awkward Moments Day on March 18.



Join Us for Our Live February Performances

- 3/04 Tommy P Country Music
- 3/06 Desert Christian High School Game Day in the Courtyard
- 3/11 Sing Along w/ Linda Updike
- 3/18 Come Enjoy Jaime's Band
- 3/26 Health Rhythm w/ Gail



MARCH OUTINGS

- 3/01, 3/15 & 3/29 SUNDAY MORNING SCENIC BUS RIDE
- 3/03 DEGRAZIA GALLERY IN THE SUN \$10
- 3/05 FRY'S
- 3/10 PICNIC AT COLOSSAL CAVE PARK *FREE
- 3/12 WALMART
- 3/17 BREAKFAST AT HUNGRY FOX \$
- 3/21 DOLLAR STORE
- 3/24 DESERT DIAMOND CASINO \$
- 3/27 ROLLING THRU TIME AUTO MUSEUM \$10
- 3/31 GUYS DAY OUT: LUNCH AND POOL W/ EMI \$

HAPPY BIRTHDAY TO YOU

RESIDENT BIRTHDAYS

- 3/02 JIM G
- 3/02 CYNTHIA H.
- 3/04 EX H.
- 3/07 LINDA R.
- 3/22 CHUCK B.
- 3/23 MARGARET S.
- 3/25 BETTY B.
- 3/27 HECTOR Q.
- 3/27 RON H.
- 3/28 DARLENE G.
- 3/28 RICK M.
- 3/31 ANITA B.

STAFF BIRTHDAYS

- 3/09 EMI D.
- 3/15 LEAH M.
- 3/16 ROSANDA D.
- 3/19 ANNE C.
- 3/22 CHAR H.



JOIN US FOR A St. Patrick's Day PUB CRAWL HERE AT SIERRA DEL SOL MAR 17 2 PM Starting in the Lobby.

