

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

Postage
Information

April 2026

Sierra Times

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



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

Laure Letter - April 2026

As we welcome the month of April, we are reminded of the beauty of new beginnings. Spring is in the air, bringing with it a renewed sense of energy, growth, and connection. Here at Sierra Del Sol Senior Living, this season is a wonderful opportunity to continue fostering meaningful moments with our residents, families, and dedicated team members.

March was a month filled with engagement and celebration, and I want to extend my heartfelt gratitude to our associates for their continued commitment to excellence. Your compassion and dedication truly make Sierra Del Sol a place our residents are proud to call home.

In April, we look forward to embracing the outdoors a bit more, enjoying warmer weather, and planning activities that encourage connection, wellness, and joy. From festive spring-themed events to opportunities for families to join us, we are excited about what lies ahead.

I also want to take a moment to recognize the importance of teamwork and communication. Our success is built on the strong relationships we maintain—with one another and with the families we serve. Thank you for continuing to uphold our standards and for making a positive difference every day.

To our residents and families, thank you for your trust and for being such an important part of our community. To our associates, thank you for your hard work and heart. Together, we will continue to make Sierra Del Sol a vibrant and welcoming place for all.

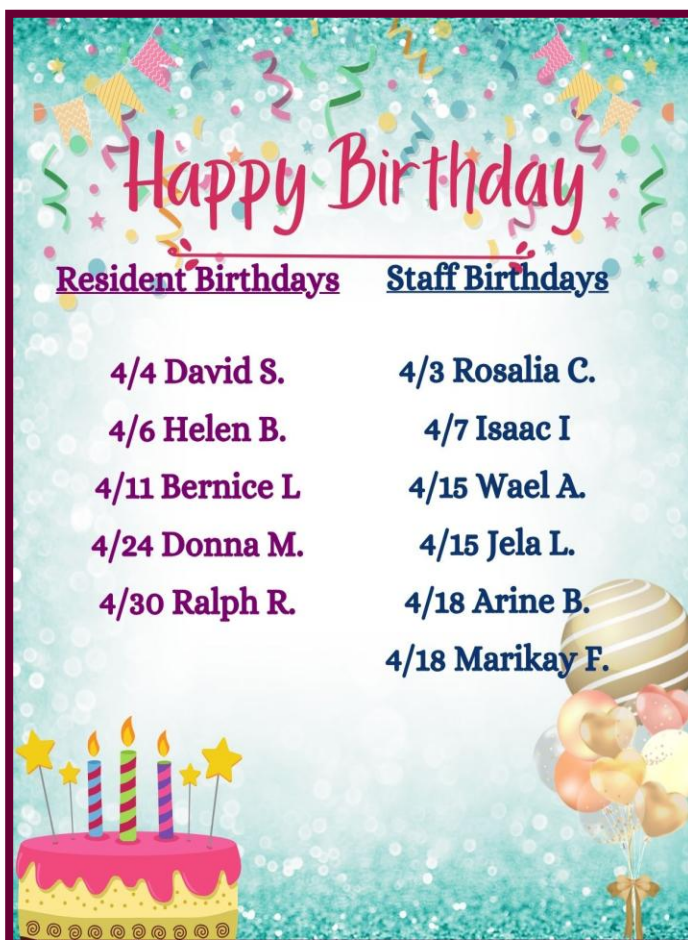
Wishing everyone a wonderful April filled with sunshine, happiness, and new beginnings.

Warm regards,
Laure Mendenhall
Executive Director
Sierra Del Sol Senior Living



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.



Resident Birthdays Staff Birthdays

| | |
|-----------------|-----------------|
| 4/4 David S. | 4/3 Rosalia C. |
| 4/6 Helen B. | 4/7 Isaac I. |
| 4/11 Bernice L. | 4/15 Wael A. |
| 4/24 Donna M. | 4/15 Jela L. |
| 4/30 Ralph R. | 4/18 Arine B. |
| | 4/18 Marikay F. |



We had a wonderful time making homemade lavender, oatmeal bars of soap!



Steps, smiles and fresh air with our Walkers Club!!



Enjoying a wonderful picnic with friends at Colossal Cave Park

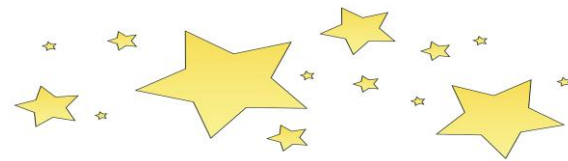


We're so grateful for our wonderful staff who make every day brighter for our residents!

April Resident Spotlight



Our April Resident Spotlight shines on Joann! She is truly a bright light in our community. Joanne is always smiling, always happy, and constantly spreading cheer wherever she goes. Her positive energy is contagious, and everyone who talks with her walks away feeling a little brighter. Joanne enjoys participating in activities. She also enjoys helping others and being part of our socials, always bringing kindness and encouragement to those around her. Her warm spirit and grateful heart make her such a joy to be around each and every day. We are so thankful to have Joanne as part of our community!



EMPLOYEE OF THE MONTH



HAIFAA M.

Haifa is a long-time, dedicated member of our team who truly embodies what it means to go above and beyond. She is always willing to step out, step up, and help cover shifts whenever we need her. Most importantly, Haifa shows compassion toward our residents every single day. Her reliability does not go unnoticed. We are so grateful to have Haifaa as part of our community. Thank you, Haifaa, for everything you do!



Stay Active, Stay Strong, Stay Happy!

Stay Active With Us! Did you know we offer a variety of fun and easy exercise opportunities right here in our community? From Walkers Club and Chair Chi to Balance, Yoga, Low-Impact Cardio, and Balloon Volleyball!



Staying active helps improve strength, balance, and overall well-being. Be sure to check out the EverFit Calendar in this month's newsletter and join us whenever you can.

Join Us for Our Live April Performers & Special Guests

- 4/1 Live Musical Performance by Lance Wells
- 4/7 Desert Christian Middle School Visit
- 4/8 Sing Along w/ Linda Updike
- 4/9 Health Talk w/ Marianne from Bayada: Brain Games & Activities
- 4/15 Rick's Jukebox *New Performer
- 4/22 Singing Duo Littlest Big Band
- 4/29 Crooner Manny Herrera
- 4/30 Come Take a Virtual Trip to Italy!

Easter EGG HUNT

Saturday April 4th
9:30-11:00 Easter Fun
11:00-1:00 Lunch BBQ Buffet

BRING THE KIDS AND COME JOIN US FOR OUR EASTER FAMILY BBQ BUFFET, EASTER EGG HUNT, GAMES, CRAFTS AND PICTURES WITH THE EASTER BUNNY!!

IF YOU PLAN ON ENJOYING OUR DELICIOUS BBQ BUFFET PLEASE RSVP BY MARCH 30TH!

MEAL TICKETS CAN BE PURCHASED AT THE FRONT DESK FOR \$20



April Outings

- 4/2 Shopping at Fry's
- 4/5 Scenic Bus Ride
- 4/7 Bowling & Pizza at Bowlero
- 4/10 Feeding the Ducks at Agua Caliente Park
- 4/14 Dairy Queen
- 4/16 Shopping at Dollar Tree
- 4/19 Scenic Bus Ride
- 4/21 Mount Lemmon BBQ Picnic
- 4/28 Dinner at Longhorn Steak House
- 4/30 Walmart