

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

Postage
Information

May 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 - May 2026

As we welcome the month of May, we are reminded of the beauty of growth, renewal, and connection. Spring is a time when everything around us begins to flourish, and here at Sierra Del Sol, we are proud to see that same spirit reflected in our community!

May is also a meaningful time to celebrate and recognize those who make our community so special. We will be honoring Mother's Day, taking time to celebrate the incredible mothers, grandmothers, and maternal figures who have shaped our lives with love and strength. We are also excited to recognize National Nurses Week where we extend our deepest gratitude to our compassionate care team who provide exceptional support to our residents every day.

As temperatures begin to rise here in Arizona, our focus shifts to ensuring comfort and safety for everyone. We encourage residents and families to stay mindful of hydration, appropriate attire, and indoor activities during the warmer parts of the day. Our team is actively planning engaging indoor events, social gatherings, and enriching programs to keep everyone connected, active, and inspired.

At Sierra Del Sol, our mission remains centered on creating a warm, welcoming environment where residents feel valued, supported, and truly at home. We are grateful for the trust you place in us and for the opportunity to serve such an incredible community.

Thank you to our residents for bringing joy and vibrancy to each day, to our families for your continued partnership, and to our dedicated team members for your unwavering commitment and compassion.

Please don't hesitate to reach out to me or any member of our leadership team if there is anything we can do to enhance your experience.

Wishing you all a wonderful and meaningful month of May.

Warm regards,

Laure Mendenhall



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.





Hoppy Moments With the Ones We Love



May Resident Spotlight



Joyce truly lives up to her name, she is pure joy. With a heart full of empathy, she consistently looks out for her fellow residents, offering kindness, comfort, and genuine care to everyone around her.

Her thoughtful spirit shines through in the beautiful, crocheted characters and holiday decorations she lovingly creates and places on each resident's & staff's door, bringing smiles throughout the community. She also makes it a point to personally wish everyone a happy birthday, adding a special touch that never goes unnoticed.

Always ready to lend a hand, offer advice, or simply listen, Joyce is a steady and uplifting presence. We are incredibly grateful to have her not only as a neighbor, but as a true friend. ❤️



May Outings

- 5/3 Sunday Scenic Drive
- 5/5 La Estrella Bakery
- 5/7 Fry's
- 5/12 Deseret Industries Thrift Store
- 5/16 Dollar Store
- 5/17 Sunday Morning Scenic Drive
- 5/19 Lunch at El Charros
- 5/26 Picnic at Agua Caliente
- 5/28 Walmart
- 5/31 Sunday Morning Scenic Drive

HAPPY Mother's Day

"Wishing all the amazing mothers out there a very Happy Mother's Day!"

YOU ARE INVITED TO A

Mother's Day LUNCH

MAY 10TH

SUNDAY - 11:00 AM - 1:00 PM

PLEASE RSVP NO LATER THAN MAY 4TH TO GUARANTEE A TABLE.

TICKET PRICE IS \$20 PER FAMILY MEMBER

Join Us for Our Live May Performers & Special Guests

- 5/1 Sing Along w/ Mary Ann
- 5/6 A Good Time Band, Jaime's Gang
- 5/6 Military Spouse Appreciation w/ Harmony
- 5/12 Beading w/ Sue
- 5/13 New Performer Tony Bruce!
- 5/19 Senior Citizens Day w/ Aegis
- 5/20 Country Western w/ Tommy P.
- 5/27 Feel Good Music w/ Adkins & Anderson
- 5/30 A to Z History Talk w/ Keri

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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.



Hands in the Soil, Hearts in the Moment



Growing Happiness in Every Season



An Afternoon of Sweetness, Laughter and Lovely Company



EMPLOYEE OF THE MONTH

ROSALIA

Rosalia is someone who brings positivity to every day at work. She's always smiling and genuinely happy to be here, creating a warm and welcoming atmosphere for everyone around her. In our community, Rosalia makes a point to greet residents, staff, family members with kindness and enthusiasm. She's always willing to lend a helping hand, no matter the situation. Her contagious happiness spreads joy throughout our community, making a meaningful difference in the lives of those around her.