

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

Postage  
Information

June 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 – June 2026

As we welcome the month of June, we also welcome the beginning of summer — a season filled with sunshine, celebration, and opportunities to create meaningful memories together here at Sierra Del Sol Senior Living. This time of year reminds us of the importance of connection, community, and taking time to enjoy life's simple pleasures. Whether it is sharing a meal with neighbors, participating in activities, enjoying music and entertainment, or spending time with visiting family members, these moments help make our community feel like home.

June also brings Father's Day, and we would like to extend our appreciation to all the fathers, grandfathers, veterans, mentors, and father figures in our community. Your wisdom, strength, and stories enrich the lives of everyone around you. We look forward to celebrating with special activities and time together this month.

As temperatures begin to rise in Tucson, resident wellness and safety remain a top priority. We encourage everyone to stay hydrated, dress comfortably for the weather, and take advantage of our cool indoor gathering spaces and scheduled summer activities. Our team continues to work hard every day to provide a safe, engaging, and compassionate environment for all who call Sierra Del Sol home.

I would also like to personally thank our residents, families, and dedicated staff members for the kindness, patience, and support you show one another. It is the caring spirit within our community that truly makes Sierra Del Sol such a special place.

We look forward to an exciting month ahead filled with laughter, friendship, and wonderful summer memories.

**Laure Mendenhall**  
Executive Director

## 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.

**HAPPY  
Birthday**

<u>RESIDENT BIRTHDAYS</u>	<u>STAFF BIRTHDAYS</u>
6/6 PAT B.	6/7 ANA N.
6/7 ESTHER K.	6/10 ABDUL E.
6/7 BRUCE H.	6/16 NATALIE M.
6/12 CONNIE M.	6/19 NANETTE B.
6/15 SHIRLEY G.	6/24 BREANNA M.
6/16 MARTHA B.	6/27 DAVID R.
6/18 DIANE L.	
6/18 WALTER P.	
6/26 COZET B.	
6/27 BERNIE P.	
6/28 KAREN G.	
6/30 CAROL B.	
6/30 DON C.	



Nothing Better than Sunshine and a Table Full of Smiles.



Life Is Sweeter with a Little Bakery Trip!



Sunflowers & Crafting Brighten Our Day!

## June Resident Spotlight




John, a proud veteran of the United States Navy, has been such a fun and joyful presence in our community. We like to say he's almost the joker of the Sierra Del Sol always showing up in whimsical hats, funny T-shirts, and ready to make everyone smile. John is truly a delight to have around. Every time you bump into him, he always has something positive, kind, or humorous to say. He's also a true lover of cats, which makes his warm and caring personality shine even more. His laughter and cheerful spirit brighten the days of both residents and staff alike. We are so happy and grateful to have John as part of our community!

## EMPLOYEE OF THE MONTH



### CHAR

Employee of the Month Goes to Char!  
Char has been such a major part of the housekeeping team and someone we could always depend on. She has everything I look for in a team member truly an A+ employee. She always brings a wonderful smile and such a positive presence wherever she goes. We wish her the very best in her new venture with the Life Enrichment Department. It's always wonderful to see someone grow and take on new opportunities.

## Happy Father's Day

Celebrating the King of Dad Jokes



### JOIN US FOR OUR LIVE JUNE PERFORMERS & SPECIAL GUESTS

- 6/3 EEGEE'S & TRIVIA W/ PHILIP
- 6/5 SING ALONG W/ MARYANNE
- 6/8 MANICURES & HAND MESSAGES W/ ARIA COMFORT CARE
- 6/10 SINGING W/ LINDA UPDIKE
- 6/11 REGISTER TO VOTE!!
- 6/15 & 6/28 LIVE CHURCH SERVICE W/ FAITH COMMUNITY CHURCH
- 6/17 ARTHRITIS & PAIN MANAGEMENT HEALTH TALK W/ BAYADA
- 6/18 BEAD & DESIGN STUDIO W/ SUE
- 6/21 FATHER'S DAY W/ ELVIS
- 6/24 LITTELST BIG BAND
- 6/25 PATRIOTIC RISE & SIGN

## June Outings

- 6/2 Frost Gelato Shoppe
- 6/4 Fry's
- 6/7 Sunday Scenic Drive
- 6/9 Injoy Thrift Store
- 6/16 Cinemark Movie Theater
- 6/18 Dollar Store
- 6/21 Sunday Scenic Drive
- 6/23 Mount Lemmon Picnic BBQ
- 6/25 Walmart
- 6/30 Breakfast at Bread & Butter

Please Make Sure to Sign Up in the Outing Book In the Mail Room If Your Planning on Going.

## JOIN US FOR FATHER'S DAY LUNCH

SUNDAY JUNE 21<sup>ST</sup> FROM 11:00-12:30  
PLEASE RSVP NO LATER THAN JUNE 15<sup>TH</sup> TO ENSURE A TABLE. TICKETS ARE \$20 PER FAMILY MEMBER

Join Us For a Rockin Father's Day Buffet and a 2PM Elvis Performance and Some Old Fashioned Root Beer Floats!

## Bistro Buzz

JOIN US FOR FUN, COFFEE, ICE DRINKS AND MORE!



Every Monday at 10:30 in the Bistro

## 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.

