

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

Postage  
Information

August 2026

# Sierra Times

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



## Meet Our Team

**Laure  
O-Mendenhall**  
Executive Director

**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

As we welcome August, it is hard to believe how quickly summer is passing. While the Arizona temperatures continue to remind us that we're in the heart of the season, our community remains full of warmth, friendship, laughter, and meaningful moments every day.

August is a wonderful time to reflect on the importance of staying active, connected, and engaged. At Sierra Del Sol Senior Living, we believe that every day offers an opportunity to create new memories, strengthen friendships, and celebrate the unique stories that each of our residents brings to our community. Research continues to highlight the value of social connection, purposeful activities, and lifelong engagement in supporting healthy aging, and we are proud to provide an environment where those opportunities flourish every day.

Happy National Senior Citizens Day on August 21st. It is a day dedicated to honoring the incredible lives, wisdom, resilience, and contributions of older adults. Our residents have built families, careers, served their communities and country, overcome challenges, and created legacies that continue to inspire all of us. We are privileged to be part of their journey and to celebrate them not only on one special day, but every day.

I also want to extend my heartfelt appreciation to our dedicated associates. Their compassion, professionalism, and commitment to serving our residents make Sierra Del Sol such a special place to call home. Whether providing exceptional care, preparing delicious meals, maintaining our beautiful community, planning engaging activities, or welcoming families with a smile, every team member plays an important role in enriching the lives of those we serve.

To our residents and families, thank you for your continued trust and partnership. We encourage everyone to participate in the wonderful activities, outings, and events planned throughout the month. Summer is a perfect time to gather with friends, enjoy a cool treat, listen to live music, share stories, and simply appreciate the gift of community.

On behalf of our entire Sierra Del Sol family, thank you for making our community a place where kindness, respect, and joy are felt every day.

Wishing you a safe, happy, and wonderful August!

With gratitude,

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.**

## HAPPY Birthday TO YOU

### RESIDENT BIRTHDAYS

8/1 SHERRY L.  
8/3 ANITA C.  
8/4 SYLVIA M.  
8/4 JANICE L.  
8/4 JOHN L.  
8/9 MARGE B.  
8/14 JOANNE B.  
8/15 GENNY P.  
8/21 ELVA B.

### STAFF BIRTHDAYS

8/3 PAM R.  
8/3 DOMINIQUE E.  
8/4 MARCY F.  
8/9 MINERVA T.  
8/12 REYNA N.  
8/15 LON G.  
8/26 ALANNY S.  
8/27 MARIO B.



Our culinary team brought the flavors of the Caribbean to Sierra Del Sol with David's treasured family plantain recipe, giving our residents the opportunity to watch, learn and enjoy a delicious taste!



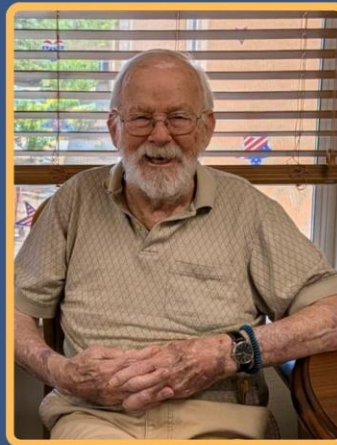
Our residents showed off their creativity in the kitchen by baking and decorating a festive patriotic flag cake!



Faith, fellowship and meaningful conversation came together during our resident-led Bible study. Residents enjoy sharing scripture and encouraging one another.



## August Resident Spotlight



Our Resident Spotlight shines on Jim! A proud veteran, Jim served as an Air Force jet pilot before continuing his impressive career as the Director of Math Development at the United States Navy Depot and later as a flight instructor. We are truly blessed to have him as part of our community. Jim is always willing to join an activity with just a little encouragement and brings a positive attitude wherever he goes. His intelligence is unmatched especially during trivia, where he always seems to know every answer! With his warm smile and kind personality, Jim brings joy to both residents and staff, making him a wonderful part of the Sierra Del Sol family.



## EMPLOYEE OF THE MONTH



### MAX

Employee of the Month Goes to Max! Max takes great pride in his cooking, and our residents truly enjoy his meals. Since joining Sierra Del Sol, he has worked hard to improve his baking skills, and his desserts have quickly become a resident favorite. He recently earned his ServSafe Manager Certification, showing his commitment to professional growth and food safety. Max is extremely dependable, has never called off, and is always willing to give his best. His dedication, reliability, and positive attitude make him a valued member of our kitchen team.

## Join Us for Our August Performers & Special Guests

8/3 CHAIR YOGA W/ J.P FROM ANGELIC  
8/5 LITTLEST BIG BAND  
8/7 SING ALONG W/ MARYANNE  
8/9 & 8/23 CHURCH SERVICE W/ FAITH COMMUNITY CHURCH  
8/12 REMINISCING AND SONGS W/ LINDA UPDIKE  
8/13 VISIT W/ PAN Y GRACIA SOUR DOUGH BAKERY  
8/19 MANNY HERRERA  
8/20 DECORATING COFFEE MUGS W/ PHILLIP  
8/22 ATOZ HISTORIAN W/ KERI  
8/27 HEALTH TALK W/ MARIANNE FROM BAYADA  
8/27 SIVA MAIA POLYNESIAN DANCERS

## LUAU Party AUGUST 27<sup>TH</sup>, 2025 AT 4:00 PM

In the AL Dining Room  
Followed by Siva Maia Polynesian Dancers at 5:00pm

If you plan on having your family attend, please RSVP to make sure you have seating available by August 23rd! Meal Tickets can be purchased at the front desk for \$20.

## STAY HYDRATED STAY HEALTHY

DRINK WATER FOR A HAPPY BODY



## August Outings

8/2 Scenic Bus Ride  
8/4 The Mini Time Machine Museum  
8/6 Shopping at Fry's  
8/11 Lunch at Olive Garden  
8/16 Scenic Bus Ride  
8/18 Desert Diamond Casino  
8/20 Shopping at the Dollar Store  
8/25 Cinemark Movie Theaters  
8/27 Shopping at Walmart  
8/30 Scenic Bus Ride

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

## 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.

