

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

Postage
Information

September 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

Laure Letter-

September is always a special month at Sierra Del Sol, but this year we have an especially meaningful reason to celebrate. I cannot think of a more beautiful theme for our Sierra Del Sol family.

Every person who calls Sierra Del Sol home has a lifetime of stories, experiences, accomplishments, friendships, family traditions, challenges overcome, and memories that have helped shape who they are today. When we take the time to listen to those stories, we are reminded that aging does not diminish a person's life story—it adds to it.

Our residents continue to teach us every day. They share wisdom, humor, traditions, talents, and perspectives that enrich all of us. Some stories make us laugh, some make us nostalgic, and some remind us of just how much our residents have contributed to their families and communities throughout their lives. And then there are the people who help those lights continue to shine.

Our associates are at the heart of everything we do. Caregiving is so much more than completing a task or checking something off a list. It is sitting down for a conversation, noticing when someone needs a little extra encouragement, remembering a favorite song, helping someone feel beautiful before an outing, celebrating a birthday, offering a reassuring smile, or simply being present. These seemingly small moments are often the moments that matter most.

I also want to take a moment to thank our families. Your trust in us to care for someone you love is something we never take lightly. We are honored to partner with you and to be part of your family's journey.

As we move into fall, I encourage all of us to remember that every year of life has value, every story has meaning, and every person has a light worth celebrating.

Thank you for making Sierra Del Sol more than a place to live. Thank you for making it a community filled with friendship, compassion, laughter, memories, and heart.

Here's to shining through the years—together.

With gratitude,

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

Residents Birthdays Staff Birthdays

9/1 Chuck G.	9/3 Kaye S.
9/1 Stephen Z.	9/4 Dana G.
9/2 Connie L.	9/7 Laina M.
9/2 Errol P.	9/9 Amanda B.
9/3 Diane H.	9/11 Mona J.
9/4 Kenny S.	9/13 Noel F.
9/8 Norma S.	9/23 Taylor R.
9/17 Shirley B.	
9/19 Maria U.	
9/22 Barbara P.	
9/23 Virginia B.	
9/27 Ana T.	
9/29 Mickey R.	
9/30 Mark R.	



Escaping the Summer Heat and Enjoying a relaxing movie at the Theaters!



Blind Folded Bites! Our Resident Tested their Senses to See Who Could Guess the Mystery Food!

September Resident Spotlight



This month, we are excited to shine the spotlight on Stephen! As one of our longest-standing residents, Stephen has been part of the Sierra Del Sol family since moving in in 2011. He is one of the smartest people we know and holds a master's degree in library science. Stephen is always a delight to talk to, and when it comes to trivia, we all know he is going to blow us out of the water! He also loves joining us for restaurant outings and trips to museums. Stephen is truly a joy to have in our community, and we are so lucky to have him as part of the Sierra Del Sol family!

A Paper for the People



On September 3, 1833, in New York City, Benjamin Day began printing his daily newspaper, *The Sun*, for which he charged one penny per copy. For this reason, September 3 is celebrated as Penny Press Day. Day's small paper was groundbreaking for many reasons. First, it brought the news to the masses.

Working-class families and immigrants could at last afford to be well informed. Secondly, it relied on advertising, not subscriptions, for revenue, which helped keep its cost low. The invention of the steam engine also aided Day's cause. In 1840, he could print 4,000 copies an hour; by 1851, he was printing 18,000. Day was also the first newspaperman to hire reporters to follow stories. Thanks to his ingenuity, Day became New York's first great newspaper magnate.

Join Us for Our August Performers & Special Guests

9/2 A Special Performance: Dancing Through the Ages

9/4 Sing Along w/ Maryanne

9/9 Piano and Singing w/ Linda Updike

9/16 Tucson Travelers Band

9/17 Bead & Design Studio w/ Sue

9/23 Adkins & Anderson

9/28 League of Woman Voter's to Register You To Vote!

9/30 Desert Duo w/ John & Peggy

September Outings

9/1 Injoy Thrift Store

9/3 Shopping at Fry's

9/6 Sunday Morning Scenic Bus Ride

9/8 Tohono Chul Hummingbird Garden \$13

9/10 Shopping at Walmart

9/15 Lunch at Texas Roadhouse

9/17 Shopping at Dollar Tree

9/20 Sunday Morning Scenic Bus Ride

9/22 Agua Caliente Picnic

9/29 Scenic Bus Ride to Mt. Lemmon & A Stop at the General Market

HAPPY GRANDPARENT DAY

to the roots of our family tree and the heart of our sweetest memories!

Guiding us with love, always



Grandparents Day Brunch Buffet

Please Join Us for A Special Brunch Buffet Celebrating Our Grandparents!
September 13th 10:30-12:00

If you plan on having your family attend, please RSVP to make sure you have seating available by September 6th!
Meal Tickets can be purchased at the front desk for \$20