

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

Postage
Information

October 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 – October 2026

Dear Residents, Families, and Friends,

Hello, October! 🍂 It's time for cooler days, festive fun, and plenty of reasons to gather together and enjoy our Sierra Del Sol family.

This month, we have lots to look forward to from seasonal activities and community events to good conversations, laughter, and time spent with friends. I hope you'll join in, try something new, and make the most of all October has to offer!

I'm so grateful for the wonderful spirit that makes Sierra Del Sol feel like home. Our residents bring so much personality, wisdom, and joy to our community, and our team is honored to be part of your everyday lives.

Here's to a fun-filled October and plenty of memories along the way!

Warmly,

Laure Mendenhall
Executive Director
Sierra Del Sol Senior Living



happy
Birthday

Resident Birthday's

10/07 Lydia K.
10/08 Sam C.
10/12 Teresa E.
10/13 Jewell L.
10/14 Joyce H.
10/17 Trish P.
10/17 Twila D.
10/17 Kit B.
10/18 Joyce S.
10/18 Jeanette H.
10/24 Donna H.
10/24 George H.
10/31 Don M.

Staff Birthday's

10/02 Amanda D.
10/07 Ariana P.
10/16 Fred D.
10/18 Haifaa M.
10/19 Manny T.
10/28 Stephanie P.
10/30 Nathalie L.

**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.



Park Days, Picnic Fun, and a
Little Duck Feeding Joy!



Wildcat Fever!

Our Residents
& Families
Enjoyed a Fun
Day Out
Cheering on
the U of A
Basketball
Team

TODAY'S WISDOM

"We make a living by what we get, but
we make a life by what we give."
- Winston Churchill



October Resident Spotlight



This month, we are shining the spotlight on the truly wonderful Ana!

Ana is a gentle and warm presence in our community. She is always calm, soft-spoken, and thoughtful, with a way of making everyone around her feel comfortable. She enjoys participating in nearly all of our activities and especially loves cooking and staying active with exercise.

Ana is originally from Portugal and has a wonderful story of growing up on a farm surrounded by her family. Her life experiences and memories are a special part of what makes her story so unique.

We are so grateful to have Anna as part of our community. She is truly a gem and someone we look forward to seeing each morning.

EMPLOYEE OF THE MONTH



PAM

Pam is truly a great asset to our company. She is reliable, dependable, and always willing to go above and beyond. Our residents know they can count on Pam to greet them with a smile every time they visit the front desk.

She is always in such happy and positive spirits, and her kindness and cheerful personality make a difference to both our residents and our team. We are so grateful for everything she does and the wonderful energy she brings each day. Congratulations, Pam! You are very deserving of Employee of the Month!

Join Us for Our August Performers & Special Guests

10/1 Oktoberfest w/ Inge Larsen
10/2 Sing Along w/ Mary Ann
10/5 Grooving w/ J.P
10/7 Manny Herrera
10/8 Bead & Design w/ Sue
10/8 Ice Cream Social w/ Chiara from Casa De Luz
10/9 Visit w/ Desert Christain High School
10/14 Sing Along w/ Linda Updike
10/21 Health Talk w/ Marianne From Bayada
10/21 Rise & Sign Revival
10/23 Boyd Street Classics
10/28 Singing Tunes w/ Littlest Big Band
10/31 Spooky Halloween Stories Read By Sun Sound Reader Lee



October



October Outings

10/1 Shopping at Fry's
10/4 & 10/18 Sunday Scenic Bus Drives
10/6 Reid Park Zoo
10/8 Shopping at Walmart
10/13 Thrifting at Injoy
10/15 Shopping at Dollar Store
10/20 Autumn Picnic at Madera Canyon
10/27 Lunch at Oreganos Italian Restaurant
10/29 Shopping at Dollar Store

