

Sierra Del Sol Senior Living
8151 E. Speedway Blvd.
Tucson, AZ 85711

Postage
Information

January 2025

Sierra Times

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



Celebrating January!

International Creativity Month

Universal Letter-Writing Week

January 12–18

Twelfth Night

January 5

Cut Your Energy Costs Day

January 10

National Hat Day

January 15

Belly Laugh Day

January 24

Chinese New Year

January 29

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.

Meet Our Team

Laure O-Mendenhall
Executive Director

Deb Rossi
Director of Sales & Marketing

Anne Connell
Community Relation Director

Keelani Duffey
Wellness Director

Madison Faulkner
Wellness Director

Arine Boschian
Dining Services Director

Maryanna Rodriguez
Life Enrichment Director

Denise Wiebers
Business Office Manager

Aaron Brady
Plant Operations Director

Laure Letter – January 2025

Happy New Year! I am very excited for 2025 because we have the most amazing residents and employees. Thank you to all of you that have taken advantage of our Good Friends make Good Neighbors program! We now have many new neighbors after 2024!

2024 was really a fun year for us here at Sierra Del Sol. One event that I think will go down in history was the Turkey shoot with the Nerf guns. What great laughs as all of you shot up our volunteer turkeys Matt and Rubin!

Dinner parties, scenic rides, picnics, cooking demonstrations, crafts, games and throw in some exercises and some movies – what a fun year. Maryanna, your creativity makes me proud!

2025 will be a year of more friends (thanks Deb & Anne) and more great food (Thanks Arine and the Food service team) and good health! (Wellness team you rock!) We continue to be the cleanest building and well-kept building in town! Thank you, Pant Operations and Housekeeping. Lastly, how about the Concierge and the Business Office. Great Customer service is always appreciated.

It is going to be a great 2025 thanks to all our associates and Residents. We are together for a reason and that is to make all our lives the best that they can be!

Laure Mendenhall
Executive Director





A Beautiful Family Christmas Brunch!

“Time together as a family is a gift.”
JOANNA GAINES



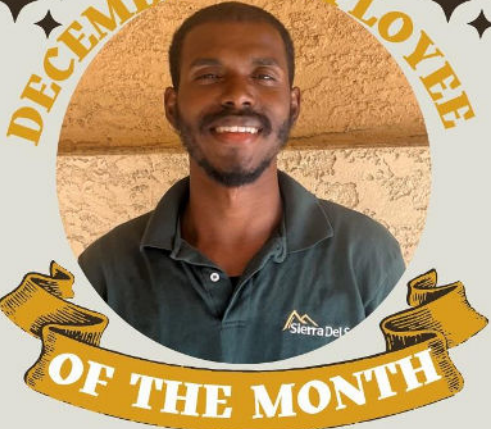
HAVE YOU BEEN...
Naughty or Nice?



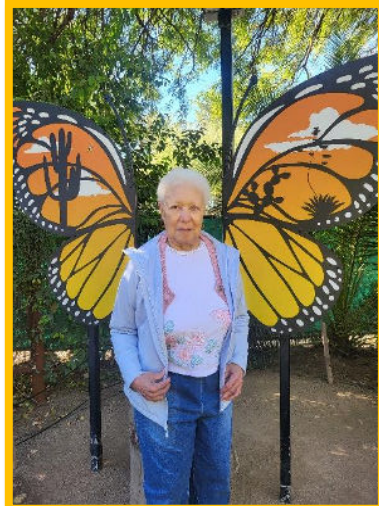
Always on the Nice List!
A Wonderful Visit from Santa



DECEMBER EMPLOYEE OF THE MONTH



Employee of the Month Goes to David! David came to us as a dishwasher after a couple weeks. He expressed interest in wanting to learn more and became a prep cook as well. He is always willing to help out and willing to learn and do better in his job. David has never been late nor called off in the 8 months working here. David has been a great addition to our team.



A Cool, Sunny Day at the Zoo

SIERRA DEL SOL OUTINGS & EXCURSIONS



PLEASE MAKE SURE TO SIGN-UP FOR ALL OUTINGS AND EXCURSIONS IN ADVANCE TO GUARANTEE YOUR SEAT ON THE BUS!

SIGN-UP BOOK IS LOCATED IN THE MAIL ROOM

Welcome Home to Our New Residents!

Bill C.	Frances S.
Marie M.	Arlene P.
Harry R.	Don & Arlene S.
Marta U.	Joe & Anita B.
Ardith F.	Jeanette J.

Don't Forget to Join Us for Our Live Performances

1/3 Sing Along w/ Marianne
1/8 Happy Hour w/ Wild Bill
1/13 Sing Along w/ Linda Updike
1/15 New Western & Country w/ Tommy P
1/22 Happy Hour w/ The Dirty Old Men
1/29 Littlest Big Band

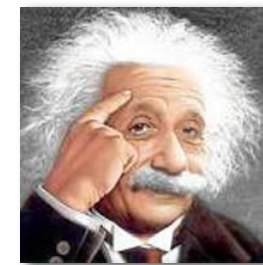
HAPPY Birthday

RESIDENT BIRTHDAYS	STAFF BIRTHDAYS
1/5 BARBARA G.	1/02 CARISA M.
1/6 AUBRA G.	1/06 MELBA T.
1/7 SAL W.	1/07 REBECCA D.
1/23 KATHY W.	1/16 MERSHON R.
	1/17 MATTHEW A.
	1/18 MARCUS M.
	1/20 ADRIANA P.
	1/28 EMEGILDA M.
	1/29 XINYI L.

January Outings

1/2 Shopping at Fry's & Dollar Store
1/7 Breakfast at Jerry Bob's \$
1/12 Sunday Scenic Bus Ride
1/14 Injoy Thrift Store
1/16 Shopping at Walmart
1/21 A Walk at San Xavier Mission Del Bac \$
1/23 Shopping at Trader Joe's
1/26 Sunday Scenic Bus Ride
1/28 Lunch at Golden Dragon \$
1/30 Tucson Gallery of Local Artists

Celebrate the Unusual



January 10 is the day to hug the nonconformist in your life—it's Peculiar People Day. The word *peculiar* is not an insult. Some of the most creative scientists and artists were known for their eccentricities. Albert

Einstein picked up cigarette butts off the street to collect tobacco for his pipe. Salvador Dalí gave lectures in a deep-sea diving suit to represent being submerged in the subconscious mind and walked an ant eater on a leash through the streets of Paris. Ben Franklin began his days with an "air bath," standing in front of an open window to catch a breeze in his birthday suit. All of these people may have shared a trait that psychologists call "cognitive disinhibition," a failure to ignore irrelevant information. While many filter out unhelpful information, creative types make offbeat connections all day long, leading to peculiarity, yes, but also wonderful innovations.