

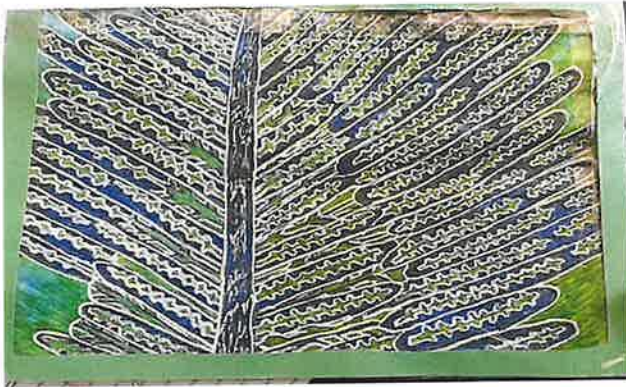
August 2025

Newsletter by Tanya

PSR Community Newsletter

Exciting updates from clients and staff

August was chock full of activities and events in PSR. August has been a great month. We are rocking with events, guest speakers and presenters, great food, and future plans!



Artwork by James

Client Spotlight Abel

Abel has been a client at TLS since May 2008. Abel was born in Espanola NM in 1978. Abel graduated high school in Las Vegas NM, as a Robertson High School Cardinal and then Abel did 2 years at Community College in Espanola and earned an Associates in Applied Science. Abel moved to Mesa House about 15 years ago. Abel's current interests are PSR, visiting family, fashion, and spending time with friends. Abel says he knows his way around Albuquerque. At our recent July birthday party, Abel could be seen dancing to the beats of the music! We love having you at TLS Abel!

Artwork below by Abel



Guest Speakers

We had Michael Guzzio (pictured below) come in to present on the subjects of spirituality, cleansing and "connecting with the angels." Michael spoke about cleansing with sage and copal, and shared a bit of his own recovery. Clients were intrigued and asked many questions. All those that wanted to participate received a smudging and sound healing through a conch shell. The client response was excellent on this presentation.



Clients also enjoyed a Sound Healing presentation by Kristen LeBlanc (pictured left playing singing bowls) on August 18. Kristen played various instruments, including the singing bowls, rain maker, native American flute, chimes as well as drumming and singing. Clients were meditative and so calm throughout the event. It was truly mesmerizing!

Food: PSR clients enjoyed varied culinary delights throughout the month. PSR has renamed Pizza Wednesday to Mid Week Munchies, so clients can sample other types of food, based on client votes and feedback. Pictured here is our amazing PSR Instructor, Lizzy, serving up delicious Chinese Food for one Wednesday during the month. On the PSR in-home days, clients had cooking class and made such delights as jalapeno poppers, green chile chicken enchiladas, and chile with cornbread.



On August 25, **Siara**, a came to speak to clients and share her own personal story of recovery from mental illness. Siara shared openly about her own personal struggles with depression, anxiety, substance use and suicidal thoughts. Now, she is a proud business owner and active and outspoken about sharing her own experience, strength and hope in recovery.

STAFF SPOTLIGHT

David Berger



David Berger (pictured above lol) has been with TLS for many years. David has multiple roles at TLS, which currently consist primarily of conflict resolution, client and staff recruitment, security and administrative support. David is truly a man of many hats and we appreciate all of the service he provides to TLS staff and clients. David is an ongoing and energetic presence at TLS and we are happy for his support and expertise!



Pictured left: Phil grilling burgers at our End of Summer Shindig.



Flora's Closet is getting an upgrade and staff and relatives of staff have donated some snazzy items. Everything is clean and organized and ready for "client shopping."

PSR also sends out HUGE kudos to **Alexis**, our superb PSR Instructor and billing guru. Alexis has been with TLS since May 2024. Alexis does many activities and outings with the clients, as well as Snack Shack shopping, meal planning for Thursday and Fridays, and Alexis is the backbone of PSR billing. So we want to give a huge shout out to Alexis for all she does for TLS. Thank you Alexis!

Client writings:

Stanley writes: "Everybody at TLS is wonderful, great, kind, friendly, lovely, joyful, the best. TLS is the greatest I know."

Beverly writes: "I am grateful to be a client of TLS and Jolly House. I've learned to have a lot of patience about my self respect. I have a lot of friends. Thank you TLS for all the wonderful staff. Nobody in the world can compare to y'all. You are number one. I appreciate all the wonderful staff. Y'all are my best friend."

Annette is still providing daily witticisms. Her most recent jokes for the month:

"What kind of mailman hears voices?
Voicemail!"

"What kind of gardener gets mad?
Madison Square Garden!"

"Which president lives in the White House?
DWhite Eisenhower!"

Thanks Annette for keeping us on our sense of humor toes!

End of Summer Shindig and August Birthday Celebration

Our end of Summer/ Labor Day celebration was **AWESOME**. Seth Hoffman (pictured below), a superb local musician, came to play for the clients. He played a mix of originals, oldies and rock. Seth is the REAL DEAL, and clients were beaming. There was clearly a special memory that was created this day. Clients also enjoyed a cookout with burgers, hot dogs, birthday cake, watermelon. Clients had a blast and our super cool PSR Instructor, Selena, led clients in an end of Summer water bash! So much fun!

August Birthdays: James, Jackie, and Lyra and one that prefers to stay anonymous.



Weekend Outings TLS August weekends have been packed with excitement and laughter. Theresa, our most recent addition to the PSR team, spotlighted last month, has taken clients to the Chile Festival, the Nuclear Museum, movies, and much more. From strolling through the fragrant Lavender Festival to exploring the Railyards and catching the latest movies, clients have been soaking up the joy of these sunny outings. The best part is spending quality time together and making lasting memories. Here's to more weekend fun as Autumn looms ahead of us! Thank you Theresa for these amazing weekend outings!

All in all, August has been an amazing month in PSR and we are ready to move into Fall. PSR clients are excited to attend the State Fair this year and we are getting amped up for future events.