

July 2025

Newsletter by Tanya

PSR Community Newsletter

Exciting updates from clients and staff



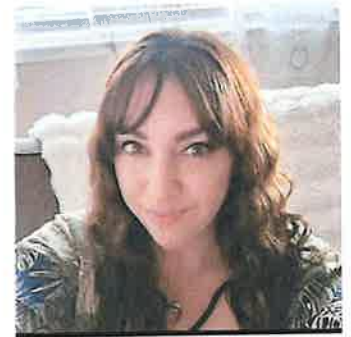
Artwork by James

Client Spotlight Jackie

Client Jackie has great talent and training in Cosmetology. Jackie was the assistant for the Global Director of Alturna and Amika. Jackie attended Cosmetology school in California in 2001. Jackie worked for Alturna and Fantastic Sams, as well as Sports Clips.

Jackie especially loves doing updos, blow-dries, and specializes in men's haircuts. Jackie also loves high fashion women's haircuts. Jackie is an exemplary client at TLS since August 2024, and TLS is happy to have her as a client. Jackie is often seen sharing her skills in haircutting by keeping our clients hair looking snazzy. Thank you Jackie!

PSR STAFF SPOTLIGHT



New PSR Instructor Theresa Sisneros has hit the ground running! Theresa has been so much fun and brings such a positive energy to PSR. She has been taking the clients on outings and doing arts and crafts and various fun activities. Welcome Theresa! Theresa is a former teacher with a bachelor's degree in psychology.

What's New

Guest Speakers! We have several guest speakers coming in:

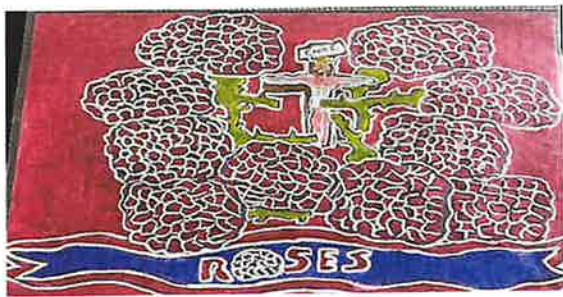
July 22 Rebecca Schlosser is presenting on **Breathwork**

July 29 Adrien Lawyer, author of *Trans for Dummies*, is presenting on **Gender**

August 12 Michael Guzzio is presenting on **Connecting with the Angels**

Independence Day Party

PSR clients enjoyed an amazing day in celebration of Independence Day. The decorations were on point! There was a tie dye T shirt contest and an outfit contest with prizes, a cookout with hamburgers, hot dogs and chips, , cake and ice creams and water balloons. A great time was had by all!



Above pictured tie dye activity and more artwork by James

Poem by Lyra

Lyra is our new client. She loves fashion and writing poetry and stories. Lyra assisted with organizing Flora's Closet.

Below is an excerpt of Lyra's writing. Thank you Lyra, it is great to have you on board!

"And when you feel uncertain,
oh Best Beloved,
remember that even pigeons
change their course mid-flight."



Annette is our resident comedienne and jokester. Annette is super witty and adept at making up her own jokes **on the spot**. Here are a couple of gems from this month:

"What kind of people do cats like? Purr-sons!"

"Why was the cat mad? He had a tem-purr!"

Aaron is our resident Ayurvedic practitioner. Ayurveda is an ancient form of knowledge and medicine originating in India. Aaron's advice: if one has an imbalanced vata (anxiety), eat Brahmi (herb) mixed with ginger, grapes or peaches. If one has an imbalanced pita (anger, irritation), eat garlic, pomegranates, carrots and honeydew. If one has an imbalanced kapha (sluggishness, low motivation), eat almonds, cucumber, ephedra (herb) and roses. Thank you Aaron for sharing your wisdom!

July Birthday Celebration

July Birthday Party for clients on July 23 with pizza, cake, ice cream and LIVE music by local 3-piece band **Long Drink of Water**. We have several client birthdays this month are **Tyrale, Ben, Merica and Aaron**. Happy Birthday! And we look forward to celebrating this week! Pictured below is the band, Long Drink of Water

