

PSR Community Newsletter

Exciting updates from clients and staff

PSR has been soooooo vibrant with activity and passion throughout the months of September and beginning of October. Highlights started off with a great day at the **New Mexico State Fair** on September 10. Several staff members and around 20 clients experienced the foods, exhibits, and camaraderie on this day. Clients that chose to stay at Domingo were treated to a fried chicken lunch and a day with the one and only Phil Cardenas. Clients came back exuberant, safe and joyful from the fair.

Client Spotlight

Cheryl has been a client at TLS for over 6 years. Cheryl has progressed in her recovery and has been a prominent member of TLS Community, living at Gray House, Mesa House and now residing at Concha. Cheryl's hobbies include creative writing, reading, and is continuously setting and meeting personal goals. Cheryl is a client that is always working on herself and moving forward with improving her life. Cheryl is taking a proofreading class; she has taken a class for medical assistant, and is writing on the genres of fantasy and romance. Cheryl is very interested in how to improve her health and wellness, and is a very insightful and regular attendee of therapy groups. We appreciate having Cheryl as part of the PSR Community!

September/October 2025

Newsletter by **Tanya**

Guest Speakers

October 7, Dannie Sweeney, a Certified Peer Support Worker came to speak to clients about her own recovery story and how she came to be a peer. Dannie did a great job and was very exuberant and intelligent in her presentation. Many clients asked questions and the feedback on Dannie was positive.



Weekend Outings

Weekend outings have been off the hook with participation and fun, including attending the Japanese festival pictured left, movies, shopping, delicious foods, the railyards and MORE! Thank you, Theresa, for really making this all happen.



TALENT SHOW

End of September, PSR had a birthday celebration and Talent Show. The participation was shocking and heartwarming. Clients voted anonymously and there were ties for 2nd and 3rd places. There were songs, art work, a dance, comedy, and moments of pride over past accomplishments. Jojo surprised the group by spontaneously doing the Chinese Splits! The whole day was a hoot, and we were basking in this joy for days.

STAFF SPOTLIGHT

Selena Eakes



PSR Instructor, Selena Eakes is Staff Spotlight this issue. Selena has been in her role for over a year, and has a grounding, supportive and creative approach. Selena holds down the PSR home days at Gray House and is the primary instructor on the floor at Domingo, doing art activities, special events, music and more. Selena is the first to arrive early mornings at PSR and prepares the packets, start the all-important morning coffee and set up for the day. We appreciate all Selena does, and the low key understanding way she connects with the clients.

Client writings:

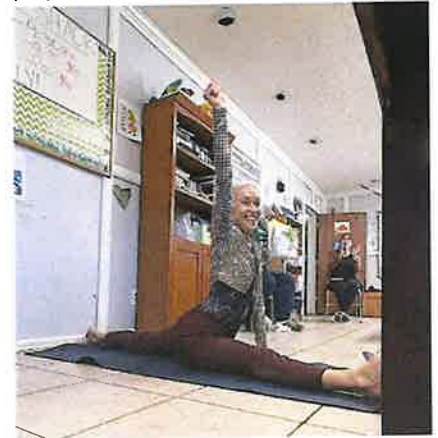
Stanley writes: "PSR is a wonderful place to be. It's one of the best I know. I have been here a year and the staff here is really great and very understanding. They are very helpful and kind. They take time out to listen to your problem and try to help solve it the best way they can. The staff works very hard to keep us safe. They put a lot of love in their jobs and it shows us how much they really care about us.

Ryan writes: "I love cooking class and outings like the State Fair. I also like how helpful staff are. I like the various art projects we do and I really like the guest speakers that are arranged."



Pictured above: PSR Instructor Lizzy with her AMAZING red hair style, singing a song and playing her singing bowls at the September talent show.

Pictured below: PSR Manager Tanya, shows off her splits and headstand yoga poses and shares how yoga has helped her in ways beyond the physical.



October Music and Birthday Celebration

October 8, PSR celebrated October Birthdays with pizza, cake, ice cream and live music from The Elusives. It was a fun day, the air was cool and the sun warm, and The Elusives provided sweet, groovin', jazzy tunes. PSR celebrated the Birthdays for **Beverly, Juan, Rudy and Cheryl.**



PSR is really enjoying the Fall weather. Clients are looking forward to the upcoming holidays, and we are excited to be planning a great Halloween party, with face painting, costume contests, pumpkin painting, spooky music and great Halloween themed goodies to eat. Stay tuned for the Holiday newsletter with all the great events on Halloween, Thanksgiving and the Winter Celebrations!

PSR is gearing up with plans for the next event, which is the big Halloween bash. Pictured above are some of the many spooky decorations PSR is setting up to create the haunting atmosphere for this celebration.

