

Today's [#ThankfulThursday](#), we again flashback through Sienna's Rec Department history and find Elizabeth West!

"Liz" is a Missouri City native and a U of H (GO COOGS!) grad where she earned her Bachelors (Bachelor of Science in Kinesiology- Sports Administration) and Masters (Master of Education). She has one child (it's a Maltipoo named Honey).

Liz began her employment with the Sienna Recreation Department in 2010 as an intern and Recreation Specialist. She says her favorite professional experience while working for Sienna was leading the Active Adult Bingo and leading a day trip with the Active Adults to a winery!

What does she miss the most about Sienna? "The wonderful staff and getting to know the residents," she says.

Liz has continued her parks & rec story VERY successfully currently with the City of Conroe as a Recreation Coordinator. Since she left Sienna, she was named the Texas Recreation And Parks Society East Region Young Professional of the Year 2019 and was a member of the TRAPS Academy of Leadership Development Class of 2018!

Liz, we're so proud of all you've already accomplished and we hope you'll always call Sienna home. We look forward to many, many more accolades and accomplishments throughout your career! We're so thankful for your time in Sienna and the opportunity to call you one of ours (still)!

[#ThankfulThursdays](#)