

FIRSTHAND NEWS

QUARTERLY COMMUNITY NEWSLETTER

2024
Q1

HAPPY
NEW
YEAR!

HAPPY
NEW
YEAR!

Say “Hello” to
2024

New Year Crossword

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
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61	62				63		64	65				66	67	68
69					70						71			
72					73						74			

By Jimmy and Evelyn Johnson - www.gets.com

ANSWER KEY ON LAST PAGE

New Year Crossword

CLUES

ACROSS

- 1 Untied
- 5 Errs
- 10 Press with lips as a sign of love
- 14 Portal
- 15 Sporty car brand
- 16 Colored part of eye
- 17 Promise to change something in the future
- 19 For fear that
- 20 Sun's name
- 21 Propel with oars
- 23 Spread
- 26 Applesauce brand
- 28 Ripen
- 31 Note of debt
- 32 Citizen of libya
- 33 North northwest
- 34 Small pieces of colored paper
- 37 Render able
- 39 Injured
- 40 Toady
- 42 Corset
- 45 Tenor sings high
- 49 Party favor

- 50 Tapered spike of frozen water
- 53 Present
- 54 Extension (abbr.)
- 55 Knobby
- 56 Many times
- 58 Villain
- 60 Rio de Janeiro
- 61 Harsh criticism
- 63 Police cars (2 wds.)
- 69 Factor of ten
- 70 Architect Frank __ Wright
- 71 Gets older
- 72 Attorney (abbr.)
- 73 Sugar-free brand
- 74 Run

New Year Crossword

CLUES

DOWN

- | | |
|------------------------------|---|
| 1 Former president of U.S. | 40 Season |
| 2 Caviar | 41 Brew |
| 3 Goddess | 42 Her |
| 4 Jagged | 43 Excise |
| 5 Ancient European region | 44 Allure |
| 6 Fall mo. | 45 Farm credit administration (abbr.) |
| 7 French "yes" | 46 Explosive |
| 8 Cold in manner or attitude | 47 Foot extension |
| 9 Holy places | 48 Possess |
| 10 Terminate | 51 Two |
| 11 Scotland neighbor | 52 Utopian ideas |
| 12 Sister for short | 56 Cooking fat |
| 13 Supersonic transport | 57 Having focus |
| 18 Down | 59 Yes |
| 22 "___ and World Report" | 60 Traveled by car |
| 23 Attack | 61 Those who make the food laws (abbr.) |
| 24 Also | 62 Permit |
| 25 Bolt | 64 Kid |
| 26 Small amount | 65 Seed bread |
| 27 Kimono sash | 66 Past |
| 29 African antelope | 67 Representative |
| 30 Ram's mate | 68 Compass point |
| 32 Long-term memory | |
| 35 Be airborne | |
| 36 Alleviating | |
| 38 North northeast | |

Celebrating Last Quarter's Birthdays



SILVER SKY

ASSISTED LIVING

10/10 - Gwen M.

10/16 - Mary B.

10/16 - David S.

10/17 - Yvonne E.

10/24 - Marian B.

10/24 - Peggy G.

11/1 - Delma S.

11/3 - Virginia M.

11/4 - Lorraine S.

11/6 - Gary B.

11/15 - Annie M.

11/20 - Lee M.

11/21 - Gary H.

11/24 - Beatrice K.

12/10 - Rae N.

12/12 - Donald S.

12/16 - Dee Dee J.

12/16 - Sandra S.

12/23 - Katherine C.

12/23 - Irvin F.

12/24 - Pat M.

12/30 - Janet G.



Celebrating Last Quarter's Birthdays



SILVER SKY

A T D E E R S P R I N G S

10/3 - Mary M.

10/8 - Carol S.

10/10 - Paul D.

10/12 - Denyse R.

10/19 - William "Bill" C.

10/21 - Jean W.

10/23 - Karen C.

10/26 - Sally H.

10/29 - Annelisa "Annie" A.

11/1 - Paul G.

11/7 - Carol B.

11/16 - Helene P.

11/22 - Dolores R.

11/27 - Esperanza B.

12/12 - Marilyn B.

12/19 - Connie R.

12/29 - Marlena C.



Welcoming New Faces

Welcome Armando Rodriguez Administrator, Silver Sky

Armando is a US Navy veteran and was assigned to mine clearing operation operations off Kuwaiti shore during Operation Desert Storm and Joint Task Force 160 in Guantanamo Bay, Cuba. He later joined the Nevada Department of Corrections and completed Peace Officer Standard Training Academy in 1997. After retiring from law enforcement, he went back to school and became a Licensed Practical Nurse and worked as a Home Health Nurse for three years before becoming Director of Wellness with Milestone Retirement Communities. He is a licensed nurse in seven states, has an Administrator license in the state of California and Oregon, and holds a Nevada Residential Facility Administrator license. He worked a dual role as Administrator and Clinical Nurse in California ALF communities. He was the Regional Director of Wellness in charge of Oregon and Washington when he left his previous employment. He also completed Senior Living Management at Cornell University before joining Nevada HAND. He is a family man and strongly supports both his daughters with their education. He is married to his beautiful wife of over 28 years who has always supported him during his entire military and law enforcement career.



A warm welcome to our Wellness Directors!



Julie Vasquez, RN/LPN
Director of Wellness
Silver Sky



Kesha Floyd, RN/LPN
Director of Wellness
Silver Sky at Deer Springs



Getting to know Cathrine (Cathy) Helton, Vice President of Assistant Living

Cathrine Helton brings over 26 years of experience in health care to her role as VP of Assisted Living at Nevada HAND. She holds a Bachelor of Business Administration in Healthcare Management from American InterContinental University, and she is an LPN and Certified Dementia Practitioner.

What led you to a career in health care administration?

I'm born and raised in Las Vegas, and as long as I can remember, I've wanted to serve people. My passion is caring for seniors, and I've been in health care my entire life, since I was 15 and got a job in a care home. I put myself through nursing school and have worked in every facet of health care you can imagine. After several years in nursing, I went back for a degree in business and moved into clinical and operations leadership roles, which finally led me back to assisted living, where I started. I love being in a position where I can make change and help with systems, to be sure people are getting the best care possible.

Why did you choose Nevada HAND?

I've known about Nevada HAND for years. Before this role, I had worked on the private pay side of assisted living, and now that I understand how the affordable side works, it's so special. These are the residents I had to turn away from private pay facilities in the past [due to high costs], and it feels so good to be a resource to help seniors. I get a lot of joy working with prospective and current residents, seeing our communities in action, and working with our staff.

(continued on next page)



What stands out to you about Silver Sky and Silver Sky at Deer Springs?

I've met a lot of incredible people in my career, and what stands out to me about Silver Sky and Silver Sky at Deer Springs is the staff. They have so much love for one other and for the residents; it just fills my soul.

And I could sit in the dining room talking with residents all day. Residents have friends here, and they often consider the staff an extension of their family. I've not experienced a community where the majority of residents are so involved. This community is theirs; it's their home.

What are you excited about in the coming year?

I'm looking forward to continuing to work with and build our team, and especially to having new residents move in, providing a home for more seniors in the valley. I've been spending so much time working closely with families and residents, and I look forward to continuing to build those relationships.

What does Nevada HAND's tagline, "More Than a Home," mean to you?

For residents, it's that feeling of safety, comfort, and trust. And I believe it's important to provide the same feeling for staff. Both of our buildings when you walk in, you feel warmth. You see people smiling, you see activity, you see community.

VOLUNTEER SPOTLIGHT

Anchor Hill Church Young Adults



Pastor Gabe Gutierrez shares why the Young Adults Ministry chose to volunteer at Silver Sky

“As we contemplated what this fall would look like for the Young Adults Ministry at Anchor Hill Church, we knew we wanted to find a way to give back. Personally, I recalled a moment over a decade ago when one of my pastors took me to an assisted living home to lead a church service for the residents. I remembered the immense joy the group experienced when they saw a gathering of young people sharing their faith. We cracked jokes, played games, and listened to their stories of youth for a few hours. I felt like that left a lasting impact, so I wanted to create a similar experience within our group.

I searched for assisted living facilities, and the first one I found happened to be the closest to our church location. When I saw the website post asking for volunteers, I knew it was where God wanted us to be. We’ve visited Silver Sky several times with the hope of bringing life to its residents. From providing beverages and snacks to offering prizes to game winners, I believe we’ve been successful in doing so. Some members of our group have had the opportunity to pray with residents when they requested it, while others simply wanted an extra ear to listen. By giving our time, I believe our group has gained just as much from the residents.”

- Pastor Gabe Gutierrez

Pet of the Quarter

Willow the Cat

Charlotte Edwards, Deer Springs resident



Each time Charlotte Edwards opens the door to her apartment, a small furry greeter is there with an inquisitive welcome. Ms. Edwards and her cat, Willow, are a somewhat new team. A few months ago, Ms. Edwards' son was moving with his family to another state, and they could not take their 10-year-old cat on such a long trip. Fortunately, Deer Springs is a pet-friendly community and Ms. Edwards was able to offer Willow a new home.

Willow can be somewhat nervous around people but clearly knows she has found a safe and loving refuge with Charlotte. Willow came from a home with six teenagers and another cat, and she has happily adapted to the relative peace and quiet of Charlotte's apartment; a few quick adventures into the hallway have only reinforced her preference for the comforts of home. Willow loves to sit close during the day as Charlotte paints or knits (she regularly donates beautiful dishcloths and baby items to neighbors and charitable organizations). And Willow's favorite toy is a cat classic: a ball of yarn with a button on the end of the string.

Charlotte reflected on the experience of adding Willow to her life, sharing that "...pets can really be a comfort and they show their appreciation in many ways." She also expressed a sentiment many a cat owner will relate to, "It's like I live in her house. She moved in, and then we negotiated which parts of the house were still mine."

BEST SENIOR COMMUNITY



2020 • 2021 • 2022 • 2023

BEST ACTIVE ADULT/55+ COMMUNITY

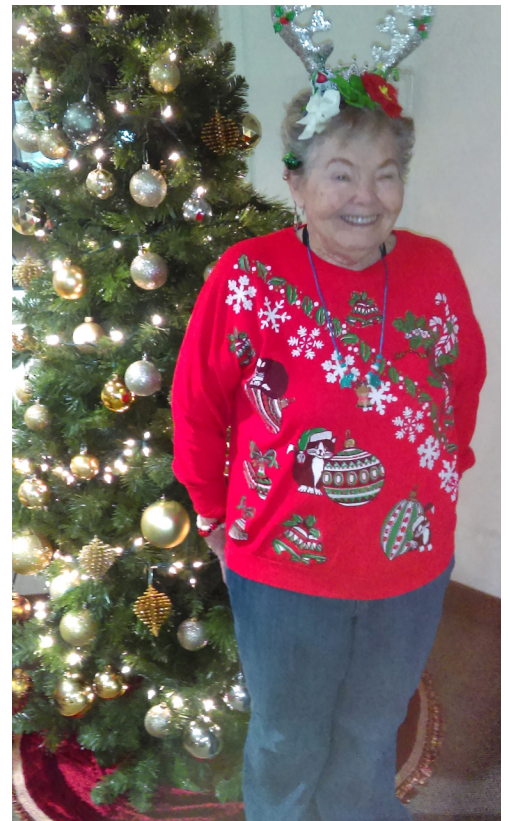


2023

**Thank you
for voting us
Best of
Las Vegas!**

Your Community

SILVER SKY



Your Community

SILVER SKY AT DEER SPRINGS



Please Submit a Copy of Your Social Security Award Letter for 2024

New Social Security award letters with a Cost of Living Adjustment (COLA) notice were mailed out starting in December. The 3.2% increase will be effective starting January 2024. **Please provide a copy of your Social Security award letter to the front desk** so it can be placed in the tax credit file.



Pet Etiquette Reminders:

- When bringing your pet outside of your apartment, please make sure that they are on a leash at all times.
- When walking your dog on the grounds, please pick up after your pet. There are many dog stations that have waste bags and receptacles available on our campuses.
- Please remember if you leave the community for a long period of time, arrangements need to be made for taking care of your pet. If you require assistance, please see the administration office.
- If you have a cat in your apartment, you are required to change the kitty litter at least once a week. If you require assistance, please see the administration office.

REMINDER : Masks and COVID Protocols Required



All visitors and guests must check-in and complete a screening questionnaire and temperature check. Thank you for helping to keep our residents and staff healthy as we work to minimize illness in our communities!

Transportation Reminder

Transportation will provide outings in the morning and afternoon on Tuesdays and Thursdays. Outings will consist of shopping, lunch spots, casinos, the and other fun local attractions! Tuesday and Thursday outings are completely optional but may be high in demand. Make sure to sign up early! Spots will fill up. To learn more about Tuesday's and Thursday's transportation outings, see the front desk reception.

As a reminder, transportation services are available Mondays, Wednesdays, and Fridays for all clinical specialties/ medical appointments. Masks on public transportation, including Nevada HAND buses, are required. If you need transportation to an upcoming appointment, please complete a transportation request form at the front desk. Request forms must be returned to the front desk at least 72 hours before your appointment. If you have questions about our transportation services, please contact the front desk reception at your community.

New Year Crossword

ANSWER KEY

Solution:

¹ F	² R	³ E	⁴ E		⁵ G	⁶ O	⁷ O	⁸ F	⁹ S		¹⁰ K	¹¹ I	¹² S	¹³ S
¹⁴ D	O	O	R		¹⁵ A	C	U	R	A		¹⁶ I	R	I	S
¹⁷ R	E	S	O	¹⁸ L	U	T	I	O	N		¹⁹ L	E	S	T
			²⁰ S	O	L			²¹ S	C	²² U	L	L		
²³ S	²⁴ T	²⁵ R	E	W		²⁶ M	²⁷ O	T	T	S		²⁸ A	²⁹ G	³⁰ E
³¹ I	O	U			³² L	I	B	Y	A	N		³³ N	N	W
³⁴ C	O	N	³⁵ F	³⁶ E	T	T	I			³⁷ E	³⁸ N	D	U	E
			³⁹ L	A	M	E		⁴⁰ F	⁴¹ A	W	N			
⁴² S	⁴³ T	⁴⁴ A	Y	S			⁴⁵ F	A	L	S	E	⁴⁶ T	⁴⁷ T	⁴⁸ O
⁴⁹ H	A	T		⁵⁰ I	⁵¹ C	⁵² I	C	L	E			⁵³ N	O	W
⁵⁴ E	X	T		⁵⁵ N	O	D	A	L		⁵⁶ O	⁵⁷ F	T	E	N
		⁵⁸ R	⁵⁹ O	G	U	E			⁶⁰ R	I	O			
⁶¹ F	⁶² L	A	K		⁶³ P	A	⁶⁴ T	⁶⁵ R	O	L	C	⁶⁶ A	⁶⁷ R	⁶⁸ S
⁶⁹ D	E	C	A		⁷⁰ L	L	O	Y	D		⁷¹ A	G	E	S
⁷² A	T	T	Y		⁷³ E	S	T	E	E		⁷⁴ L	O	P	E