

FIRSTHAND NEWS

QUARTERLY COMMUNITY NEWSLETTER

2024
Q2



Meet

Finley

The Furry Therapist



NEVADA HAND
ASSISTED LIVING

Earth Day Crossword

1	2	3		4	5	6	7		8	9	10	11	12	13
14				15					16					
17				18					19					
20			21						22					
23					24		25	26		27		28	29	30
	31			32			33		34			35		
			36		37		38				39			
40	41	42				43		44		45				
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50					51					52		53	54	
55			56	57		58		59	60		61			62
			63		64			65		66				
67	68	69					70					71		
72							73					74		
75							76					77		

By Jimmy and Evelyn Johnson - www.gets.com

ANSWER KEY ON LAST PAGE

Earth Day Crossword

CLUES

ACROSS

- 1 That girl
- 4 Loot
- 8 American Indian tribe member
- 14 Summer skin color
- 15 Sugar plant
- 16 Loathes
- 17 Electric spark
- 18 Molecule
- 19 Evening party
- 20 Coated with flour
- 22 Possessive pronoun
- 23 Plant life
- 24 Representatives
- 27 Rubbish
- 31 Plateau
- 33 Scorching
- 35 Central processing unit
- 36 Mixture of gasses that surrounds earth
- 38 Director (abbr.)
- 39 Rebuff
- 40 5th Greek letter
- 44 Rock growths
- 46 Atmosphere
- 47 Night bird

- 49 Paddle
- 50 Note of debt
- 51 Federal Bureau of Investigation
- 52 Nix
- 55 Ache
- 58 Northeast by east
- 61 One of Columbus' ships
- 63 What a cow chews
- 65 Servants
- 67 Category
- 70 Socialism's Marx
- 71 Crest
- 72 Capital of New York
- 73 Not out of
- 74 East northeast
- 75 Most have leaves, roots, stems, flowers
- 76 Feverish
- 77 Lair

Earth Day Crossword

CLUES

DOWN

- 1 Man
- 2 New York City Upper Manhattan neighborhood
- 3 End of performance cheer
- 4 Pock
- 5 Clear liquid with no taste or color
- 6 Positive electrode
- 7 Rock
- 8 El ____ (Texas city)
- 9 Around
- 10 Whizz
- 11 Neither's partner
- 12 Bard's before
- 13 Compass point
- 21 Unspoken
- 25 Doctoral degree
- 26 Top layer of the earth's surface
- 28 Inflammatory disease
- 29 Made thread
- 30 Middles
- 32 Cause of sickness
- 34 Three
- 37 House top
- 39 Got smaller
- 40 Give off
- 41 Winnie the ____
- 42 Tangy
- 43 Northwest by north
- 45 Metal container for food or other products
- 48 Palter
- 53 Tried to lose weight
- 54 Any person
- 56 Body of water covering three quarters of earth
- 57 Charred
- 59 Mont ____
- 60 Fifth largest planet in solar system
- 62 Quaking tree
- 64 24 hour periods
- 66 Sate
- 67 Retail clothing store
- 68 Building addition
- 69 Basketball association
- 70 Central Intelligence Agency

WORD SEARCH PUZZLE

House

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S T U D I O L B A T H R O O M
C A N H O L L O W W A L L A T
P O T I E C L D A E T S D E B
E A L W I N D O W S I L L B C
T S N O I T A D N U O F D E H
S D E R N G U T T E R I I D I
R R O H C N A L L A W R S R M
O F F I C E A R C A D E A O N
O C R E T T I D A R A E S O E
D O C T A E B L E G L S T M Y
E R L A D R D E I R E C O T H
A R T I S R I N S N T A V A K
O I T A P U L L E D G P E C I
N D S I T T I N G A R E A T O
T O W O D N I W R E M R O D H
D R A I N P I P E E T F L O O
N E H C T I K R O A F A N A T
T R O O L F I S H U T T E R C

DORMER WINDOW
DRAINPIPE
FIRE ESCAPE
FLOOR
FOUNDATIONS
GARAGE
GUTTER
HAT RACK
HOLLOW WALL
KITCHEN
OFFICE
PATIO
SHUTTER
SITTING AREA
STOVE
STUDIO
TURRET
WALL ANCHOR
WELL
WINDOWSILL

ARCADE
BATHROOM
BEDROOM

BEDSTEAD
CEILING
CHIMNEY

COLONNADE
CORRIDOR
DOORSTEP

TRIANAGRAM

Three-word groups of anagrams are called triplets or trianagrams.
Complete the group:

A S L E E P _ _ _ _ _



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Celebrating Last Quarter's Birthdays



SILVER SKY

ASSISTED LIVING

1/1 Eleanor C.

1/6 Linda G.

1/9 Alice K.

1/14 Star A.

1/18 Jackie M.

1/21 Lucille B.

1/26 Marty K.

2/19 Emily "Jean" B.

3/2 Priscilla C.

3/8 Jackie S.

3/9 Terry H.

3/19 Nancy G.

3/21 Carol M.

3/24 Emma M.

3/25 Lori P.



Welcome New Residents!

January: John C. and Bill P.

February: Margary "Midge" P., Betty F. and Beverly T.

March: Frances K., Vicki S., Patricia A., Kathleen W., Nancy D., Martha I.

Celebrating Last Quarter's Birthdays



SILVER SKY

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

1/7 James B.

1/9 Emilio P.

2/2 Frank M.

2/12 Pat S.

2/15 Woody F.

3/13 Joyce C.

3/16 Dennis B.

3/22 Arnold F.

3/23 Richard S.

3/24 Allen R.

3/27 Valerie J.



Welcome New Residents!

January: Maureen G.

February: Michael B, Joan C., and Elaine L.



Welcome **Steve Starkey**

Administrator, Silver Sky at Deer Springs

Steven Starkey joined our community in February as the Administrator at Silver Sky at Deer Springs, bringing over 20 years of management, sales management, and business development experience in a variety of industries, including his most recent role as Executive Director of Pacifica Senior Living in Las Vegas. Steve's expertise includes staff development and team building, new business development, and assessing and serving resident needs. Steve approaches his work with a service leadership mindset, understanding assisted living as a collaboration between expert staff, residents, and families to build a successful community. Steve earned his Bachelor of Business Administration degree from the University of Texas at Austin, and he holds a National Certification as a Residential Facility Administrator.



Congratulations, **Karla Gameros!**

Many members of our community have known Karla for a few years, from her previous role as Receptionist. We are happy to celebrate Karla's well-deserved promotion to **Assistant Administrator at Silver Sky at Deer Springs**; we know she will continue to make a positive impact in this new role!

Welcome Back, **Chris Aguilar!**

We are thrilled to welcome back a member of the Silver Sky community in a new role. Christopher Aguilar previously served as Community Relations Director, and he has recently rejoined the **Silver Sky team as Assistant Administrator**, where his institutional and community knowledge will be put to great use.





Pet of the Quarter **Therapy in Furry Form**

Our Pet of the Quarter is a friend to all at Silver Sky: therapy dog Finley visits weekly with her owner Mark Rich, bringing joy and unconditional puppy love to everyone she encounters.

Mark and his wife, Kristin, got Finley as a puppy with the intention of training her to become a therapy dog (Labradoodles typically have a great temperament for this work), and she is now certified by the Alliance of Therapy Dogs. Mark recently retired from a long career in the entertainment and hospitality industry, working as a musical director and running nightclubs and restaurants. He is now thrilled to have time to give back to the Las Vegas community by volunteering in a variety of roles including escorting Finley to multiple weekly engagements. Mark says, “She’s just phenomenal. . . people just . . . light up when they see Finley.”

Training to become a therapy dog is a serious process, including tests of the dog’s ability to stay calm in challenging environments from a noisy Home Depot to a busy hospital. Since passing her tests and training requirements with the Alliance of Therapy Dogs, Finley regularly visits residents at Silver Sky and other assisted living facilities, cancer patients at Sunrise Hospital, and students at a school for children with autism. She also recently brought much-needed smiles to first responders, including 9-1-1 operators, during a special visit to Las Vegas Metro. Mark reflected on the instant positive effect Finley brought to that highly stressful environment: “They just relaxed. They didn’t think of anything except playing with her.”

Mark says Finley seems to look forward to her visits to Silver Sky as much as the residents do. “When I make this turn before I come into the parking lot, she knows” where she’s headed and gets excited to see the residents and staff. Mark’s interest in bringing Finley to Silver Sky is rooted in his own family’s experiences. “I was very close to my grandparents, and my grandmother was in [an assisted living facility] in [New] Jersey. . . . I went there as a little kid with my mom and my dad. . . . Some people were bringing in their dogs and I said, ‘one day I’m going to be able to do this.’ And I retired about eight months ago and now I can.”

Silver Sky Activity Specialist Amy Rockwell shared what Finley’s visits mean for the Silver Sky community, ranging from the joy residents get from regularly interacting with a large, friendly pet to the way Finley brings a welcome moment of relaxation to all the staff members she greets. “Aside from just the sheer lovability factor, . . . everything’s a little lighter for a few minutes.”



Creating Crafts and Community

Nancy Dyer has been volunteering with the Silver Sky at Deer Springs community for about a year and a half, leading arts and crafts classes for residents. She lives nearby with her daughter and, being new in the area after moving from California, she simply walked over one day and inquired about volunteer opportunities.

Activity Specialist April Kudzin was happy to welcome a new volunteer, and soon learned that Nancy had real talent and passion for art. April encouraged Nancy to consider leading a class and Nancy agreed to give it a try, “So we made up a flyer and they started coming. And that’s what I do three Saturdays out of the month. It’s my favorite thing to do, so I get as much enjoyment as they [do].”

Nancy works to keep the classes surprising and engaging, taking inspiration from YouTube, Pinterest, and resident suggestions. She designs projects emphasizing the process of making art as well as the final product. “They asked me one time, . . . ‘can’t we just trace?’ There’s no tracing in my class, . . . I will help you break it down. I’ll do each step so that they can see, okay, that’s how it goes. . . I want them to see what they accomplished.”

(continued on next page)



The arts and crafts group has created a great variety of projects, including painted rocks for the community garden area, decorative books made out of a butter box and felt, a 3D garden scene with paint and paper flowers, and a mixed-media fabric collage. Nancy shared that the best part about working with residents is “. . . to see them light up when they go, ‘this came out really good.’”

Nancy’s success in leading challenging but accessible crafts classes made us wonder if she has a background in education, but she shared that the human connection is really what inspires her. “I like people and I have patience. . . . I started with my mom, and I’ve been a caregiver ever since. . . . I’ve been given a heart to do it. . . . I like to see how happy it makes them. And we talk about all kinds of stuff, . . . we just get to know each other. They’re not [just] students, they’re friends.”

Celebrating Love!

On Valentine's Day, we decided to let the experts weigh in on the topic of **love**. Love comes in all forms – neighborly, friendly, romantic – and we want to celebrate them all!

Thank you to residents Irvin and Yvonne, Lee and Pat, Ricky and Sandra, Victor and Helen, Donnie and Syd, and Joe and Mary, for taking the time to meet with us.



Irvin & Yvonne
Silver Sky



Lee & Pat
Silver Sky



Ricky & Sandra
Silver Sky



Victor & Helen
Silver Sky



Donnie & Syd
Silver Sky at Deer Springs



Joe & Mary
Silver Sky at Deer Springs



Scan here to hear their stories.

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.



Dining Room Open Seating Reminder

A quick reminder that we do not have assigned seating in the dining room. All meals are open seating, and we encourage everyone to welcome fellow residents looking for a seat to your table!

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.

Warmer weather means hydration is essential!

Your body depends on water to survive, and dehydration can be a risk on hot days, after drinking too much alcohol, or after vigorous exercise.

Signs of dehydration include:

- Feeling unquenchable thirst
- Few or no tears
- Dry, sticky mouth
- Not urinating frequently
- Dark-colored urine
- Unexplained tiredness
- Feeling dizzy or lightheaded
- Confusion



How to help someone else (or yourself) when dehydrated:

- Move the person to a cool area away from the sunlight.
- Use a cool rag on the forehead.
- Take off heavy clothing and raise the legs to allow blood flow to the vital organs.
- Take small sips of water. You can even use a clean sponge to suck on to avoid aspiration for severely dehydrated individuals.
- Alert staff members to help assess the severity and get additional help if needed.



Scooter Safety

We are happy that so many of our residents benefit from using motorized scooters to improve mobility and community engagement! **However, motorized scooters can pose a danger to property and fellow residents — please be a safe scooter pilot!**

- Do not operate motorized devices faster than residents walking in the immediate area (generally less than two miles per hour).
- Give walking residents the right-of-way at all times.
- Pause before entering a corridor or public walkway and stop at corridor and sidewalk intersections where walking residents and others may not be readily observed.
- When using your motorized scooter, do not interfere with normal resident flow, including a roommate's ability to freely access the common area of the room.
- Do not park your scooter anywhere that would block resident access to common areas or emergency exits.
- Never block entrances to buildings, doorways, stairways, walkways, disability ramps, corridors, or sidewalks.
- Be sure your parked scooter is secured and will not accidentally move. Place the device in the off position, take the keys out of the ignition, and engage an emergency brake if one exists.
- Get your motorized scooter regularly inspected to ensure the equipment is in good working order.
- Immediately report any unexpected event, accident or injury to the staff.

Credit: Betty Norman, Director of Risk Control Services for Glatfelter Healthcare Practice, an insurance program manager.

Earth Day Crossword

ANSWER KEY

Solution:

1	S	2	H	3	E		4	S	5	W	6	A	7	G		8	P	9	A	10	W	11	N	12	E	13	E
14	T	A	N		15	C	A	N	E		16	A	B	H	O	R	S										
17	A	R	C		18	A	T	O	M		19	S	O	I	R	E	E										
20	F	L	O	21	U	R	E	D		22	O	U	R														
23	F	E	R	N		24	R	E	25	P	26	S		27	T	R	28	A	29	S	30	H					
	31	M	E	S	32	A			33	H	O	34	T				35	C	P	U							
				36	A	I	37	R		38	D	I	R		39	S	N	U	B								
40	E	41	P	42	S	I	L	O	43	N		44	L	45	I	C	H	E	N	S							
46	M	O	O	D		47	O	W	48	L		49	O	A	R												
50	I	O	U		51	F	B	I				52	N	A	53	D	54	A									
55	T	H	R	56	O	57	B		58	N	E	59	B	60	E		61	N	I	N	62	A					
				63	C	U	64	D				65	L	A	66	C	K	E	Y	S							
67	G	68	E	69	N	E	R	A		70	C	A	R	L			71	T	O	P							
72	A	L	B	A	N	Y			73	I	N	T	O				74	E	N	E							
75	P	L	A	N	T	S			76	A	C	H	Y				77	D	E	N							