

# FirstHAND NEWS

COMMUNITY NEWSLETTER



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# MEET YOUR *HEALTHCARE* TEAM

ISSUE 7 / MAY 2021



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## Stroke Awareness Month

May is Stroke Awareness Month! According to a 2020 blog by Medicare.gov, there are more than 800,000 documented strokes each year in the United States alone, and “stroke is the fifth leading cause of death in the U.S. and is a major cause of serious disability for adults.” There are a handful of signs that can help you recognize if you or someone else may be having a stroke:

- **Weakness in the face, arm, or leg**
- **Difficulty speaking**
- **Vision loss**
- **Dizziness**
- **Brief loss of consciousness**

For more information on strokes and how you can prevent or recognize them, [www.cdc.gov/stroke](https://www.cdc.gov/stroke).



**Learn the signs of stroke.**



**F**ace. **A**rms. **S**peech. **T**ime to **call 9-1-1.**

## Mother's Day

Sunday, May 9 is Mother's Day, so we wanted to wish all our mothers, grandmothers, godmothers, great-grandmothers and motherly figures a wonderful Mother's Day.

There is no way to be a perfect mother,  
*and a million ways to be a good one.*

**- Jill Churchill**



# Meet One of Our Clinical Partners



Silver Sky and Silver Sky at Deer Springs work closely with clinical partner, so each property can provide residents with additional support on a daily basis. This month, we are highlighting our longtime clinical partner, **CareMore**.

CareMore is an onsite Medicare Advantage program available to seniors over the age of 65-years-old who reside in a licensed setting, such as a group homes, assisted livings, HIRC homes, or a nursing homes. CareMore provides nurse practitioners and medical assistants to properties, so they may serve residents who have additional medical needs or concerns.



**Cathy Miguel**, Medical Assistant

At Silver Sky at Deer Springs, CareMore's onsite Nurse Practitioner is April Kice, who has served Silver Sky and Silver Sky at Deer Springs collectively for five years, and Medical Assistant Cathy Miguel, who also serves the residents at Deer Springs. We sat down with April to learn more about her and hear her story.



**April Kice**, Nurse Practitioner

## Let's get to know April:

Born and raised in Appleton, Wisconsin, a young April first began her journey within the medical field, at the age of 17, after she joined the Army as a medic. Seeking adventure while helping others was the catalyst to spark her passion for health. Through the Armed forces, she was able to gain a scholarship for nursing school which she used for her RN at Wright State University. She would eventually return to the Army as a nurse, doing emergency trauma in the ICU until 2009. In 2012, after she completed her master's in nursing, she became a nurse practitioner, stating "Nursing school is hard and time-consuming, but in the end, it's

worth it." April is now a nurse practitioner with Caremore and has two kids, Ethan and Elyanna, from her loving husband Richard, who is part of the Air Force. She and her coworker Cathy, a medical assistant at Caremore, both tend to patients daily at Deer Springs. They both enjoying working for CareMore, as it's a company that focuses more on the quality of care versus the quantity. "I love working with families and people," she states, "You can learn more from your patients than you are able to teach them."

We love having April and Cathy in our communities as CareMore helps our residents feel safe and healthy in their homes.



# UDA Party of Two



We know how important family is to our residents, which is why we strive to build a community for our residents and staff. But, for two residents at Silver Sky at Deer Springs, family is just around the corner. Hawaiian natives, Kengo and Kiyomi Uda, are not only neighbors at our Deer Springs facility, but the first siblings to live in one of our assisted living communities. Originally born in Lahaina, Maui, the Udas are the two youngest siblings of seven children. Their parents Toyo and Tomosaburo migrated from Japan to Hawaii where they raised a family of five boys and two girls.



**Kiyomi Uda**, resident at Deer Springs, and **Nicole Graham**, Deer Springs Administrator

Kengo and Kiyomi are four years apart in age, Ken being the youngest. Kiyomi found herself at our Deer Springs facility after being guided by her niece Mae, who currently lives in Hawaii. Kiyomi first moved from the islands to Los Angeles in 1955, despite warnings from her friends about the “lovely” conditions of L.A. traffic and smog. Not so easily discouraged, she made her big move to the mainland where she began working with computers and data processing. Throughout her lifetime she was able to witness the evolution of computer technology as it progressed from a

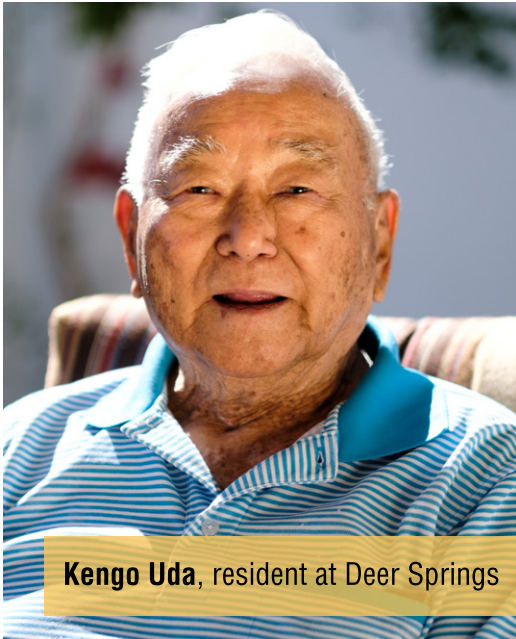
room full of machines to a tiny computer in your pocket. She has also visited other countries of the world, from China, Japan, and Canada. She is a well-traveled individual who enjoys cooking, reading, and gardening. **(continued on page 4)**





Kengo Uda is a man who enjoys fishing, music, and singing. As a young man, Kengo joined the military after North Korea invaded South Korea's borders in June of 1950, sparking the Korean War. "It was either volunteer or get drafted," he stated. Through his bravery, he was able to face those "not so happy times," as he puts it. While patrolling, Kengo says he would hear, "Hit the deck!" shouted during times of battle. As ammunition rained down on his company, Kengo and his fellow companions would eventually rise only to find others did not. Covered in his dear friend's blood, Kengo held him close while shedding tears of deep sorrow. After the war ended, he traveled back to Hawaii, where he began working the sugar cane fields and pineapple cannery. At one point in time, he found himself working for an atomic bomb testing site, where he witnessed amazing, yet deadly explosions.

After traveling to places like Japan and Mexico, Kengo made his way to Las Vegas where he would meet his future wife, Geri. He first saw her at a bowling alley while she was attending a company event and asked her out on a date. After some time, he brought her back to the Hawaiian Islands where they married; they were married for 53 years. They ended up having two daughters named Jennifer and Melissa. It has been three years since Kengo's wife passed away, but he always keeps her in his heart. "You never really get over it," he states. "You still miss them every day."



**Kengo Uda**, resident at Deer Springs

We are honored to have both brother and sister living with us here at Deer Springs. They are a great example of family unity and are proof that the people in your life truly make a difference.

# We are Opening

## JUNE 2021



Beginning June 2021, both Silver Sky and Silver Sky at Deer Springs will be reopening for full visitation. We will continue to maintain our COVID guidelines for all guests, staff, and residents, which includes COVID screening questions, daily temperature checks, frequent hand washing, and the mandatory wear of face masks/coverings. Guests are welcome in our communities seven days a week from 8:00 a.m. to 6:00 p.m. All guests must sign in at the front desk and undergo a COVID screening before visiting with residents.

In addition to visitation hours returning, so will resident outings in **June**! Transportation will provide outings in the morning and afternoon on Tuesdays and Thursdays. Outings will consist of lunch spots, casinos, the Pin Ball Hall of Fame, Ethel M Chocolate Factory, the LINQ, and more! 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.

## RENT DUE MAY 10<sup>TH</sup>

Paying rent is easier than ever before with our online payment options. Residents and their families can make payments via checking/saving accounts or debit/credit cards by using our secure, resident portal. As we continue to monitor COVID-19 and work to keep our communities safe and healthy, we encourage online payments now more than ever before to ensure we limit visitors in our buildings. In-person rent payments are also acceptable and can be collected in the main office.

As a reminder, monthly rent and care fees are due by the 10th of each month. Please contact the front desk reception at your community if you have any questions.

**Starting in May, monthly rent and fees that are not submitted by the 10th of the month will accrue a late fee. Please pay rent and fees on time**

## TRANSPORTATION REMINDER

As a reminder, our transportation services are available Mondays, Wednesdays, and Fridays. Our drivers are available to transport residents to all clinical specialties/medical appointments. 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.