

FirstHAND NEWS

COMMUNITY NEWSLETTER

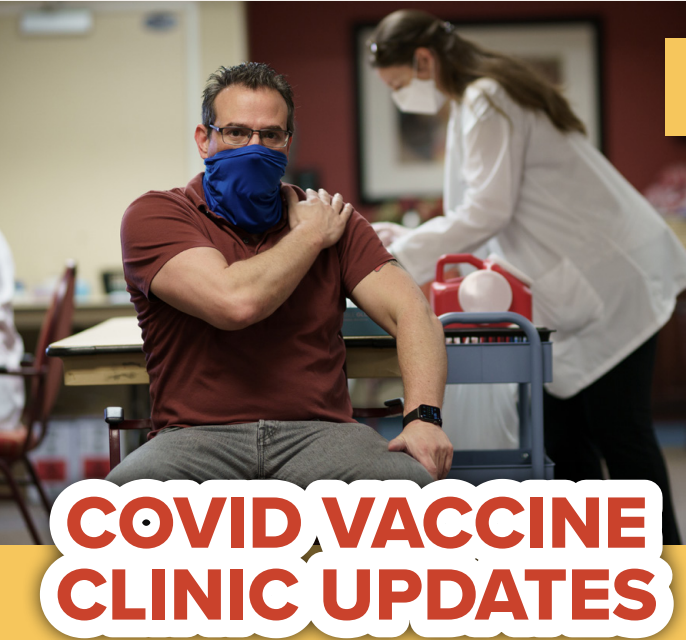


*COVID-19
Vaccines are
Here!*



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COVID VACCINE CLINIC UPDATES

HAND Senior Living will host two COVID-19 Vaccination Clinics in February:

February 11, 2021 | 10:00 a.m.
Silver Sky

February 13, 2021 | 10:00 a.m.
Silver Sky at Deer Springs

Follow up clinics for staff and residents to receive their booster shots will be in March:

March 4, 2021 | 10:00 a.m.
Silver Sky

March 6, 2021 | 10:00 a.m.
Silver Sky at Deer Springs

PLEASE NOTE: Residents and employees must receive their initial dose on February 11 or February 13 to receive their booster shots on March 4 or March 6.

After you sign up for the vaccine, please review the following details on what to expect after receiving a COVID-19 vaccine:

COVID-19 vaccination will help protect you from getting COVID-19, but you may have some side effects. These side effects are normal signs that your body is building protection and should go away in a few days. The most common side effects are **pain** and **swelling** of the designated arm. Throughout the rest of your body, you may experience fever, chills, tiredness, and even headaches. In most cases, discomfort from fever or pain is normal. In order to reduce the pain and discomfort, you should use or exercise your arm and apply a cool, wet washcloth over the area. If you experience a fever, you should drink plenty of fluids and dress lightly to remain cool. Contact your doctor or healthcare provider if your side effects are worrying you or do not seem to be going away after a few days.

The COVID-19 vaccinations will require two shots to be most effective. The first shot starts building protection. A second shot a few weeks later is needed to have the most protection the vaccine has to offer. You should get your second shot as close to the recommended three (3) week or one (1) month interval as possible. It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require two (2) shots may not protect you until one to two weeks after your second shot. Getting vaccinated is one of many steps you can take to protect yourself and others from this current pandemic.

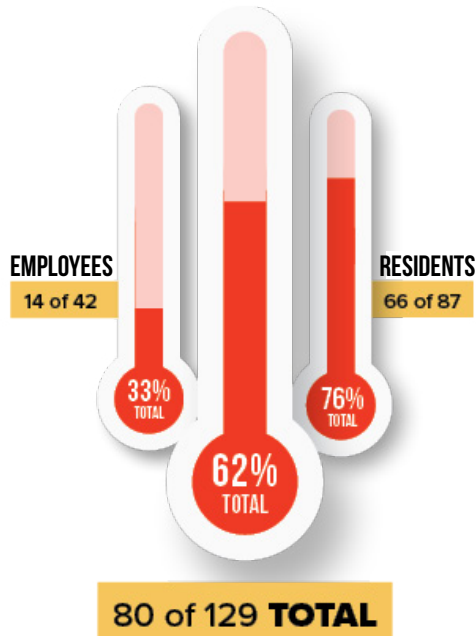
It is important for everyone to continue using safety precautions when around others by wearing masks (**ensuring the mask is around your mouth and nose**); **social distancing by standing at least six feet apart; avoiding crowds, and washing hands often.** By practicing these safeguards, you will help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions.



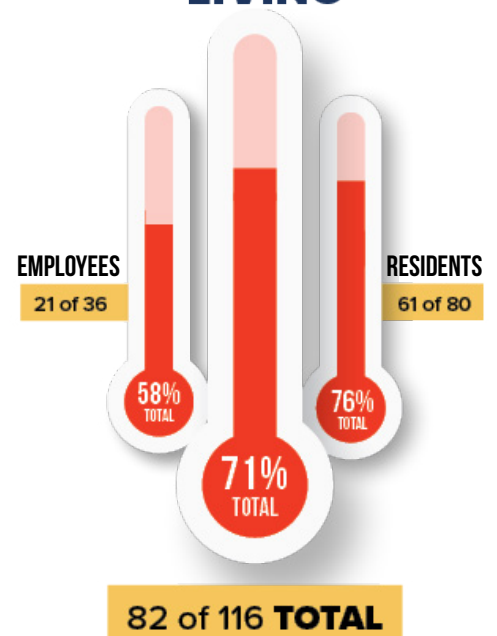
HAND SENIOR LIVING PROPERTY COMPETITION

COVID vaccination news is all the buzz right now, and HAND Senior Living is stepping up vaccination awareness by hosting a friendly competition between the assisted living properties. Silver Sky and Silver Sky at Deer Springs will go head-to-head between now and **February 13** to see who the vaccination victor can be. The goal is to have one or both properties reach collectively 90% vaccinated staff and residents. If one property reaches this goal by February 13, they will win, but if both properties reach this goal by the deadline, they **BOTH** win.

SILVER SKY AT DEER SPRINGS ASSISTED LIVING



SILVER SKY ASSISTED LIVING



As of Monday, January 25, **Silver Sky** leads the competition with **71% of staff and residents** signed up for the vaccine, while **Silver Sky at Deer Springs** is close behind with **62% of staff and residents** signed up.

Nevada HAND hopes there will be two victors for this competition, so we look forward to seeing the numbers rise. Winners will be announced on **February 16, 2021**.

FEBRUARY IS AMERICAN HEART MONTH



In 1964, President Lyndon B. Johnson declared the first American Heart Month to tackle heart disease in the United States. American Heart Month teaches us the ways we can help reduce our risks, while eliminating those we have control over.

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Every year, more than 600,000 Americans die from heart disease. Heart disease occurs when the arteries leading to the heart become clogged. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Three Tips for Maintaining a Healthy Heart:

1. Maintain healthy-heart habits by staying active, eating healthy, and watching your weight.
2. Educate yourself – learn about the risk factors of heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.
3. Get your cholesterol tested. Ask your doctor to perform a simple cholesterol test to let you know if you are at risk.

On the first Friday of each February, millions of people across the nation raise awareness by wearing the color **RED**. This year, **Friday, February 5, 2021**, will be celebrated as **National Wear Red Day**.

Join us by wearing **RED** and supporting the common goal of eradicating heart disease and stroke. When we take care of our hearts, we set an example for those around us to do the same.

**PLEASE
WELCOME OUR
NEW
STAFF**



Debra Garcia
Caregiver
Silver Sky at
Deer Springs



**Karina De Loera
Rodriguez**
Food Service Worker
Silver Sky



Elizabeth Supan
Caregiver
Silver Sky

Hi, My Name is...

We have recently welcomed a few new leadership employees to our Assisted Living team, and we want you to get to know them better. We have now added two Directors of Wellness to each community to help manage and assist wellness efforts within the facilities. Both of our new leadership team members have a passion to help seniors in need, and we are excited to welcome them to our communities.



Meet **Melissa**, our new **Director of Wellness at Silver Sky**. Melissa describes herself as devoted, efficient, and good-natured, and she is looking forward to developing and growing her skills and becoming a valuable team member. Here are some other fun facts about her:

What are your favorite hobbies/activities?

Scuba diving, traveling, and spending time with my family.

What is your favorite restaurant in Las Vegas and why?

There are so many choices here in Vegas. Fire Rock is one of my top choices when I don't feel like cooking.

What is something you would like our team to know about you?

I am a LPN, as well as have a BS in Healthcare Administration, and I have over 20 years of healthcare/nursing background. I am married and have one son. I grew up in Pennsylvania . We moved to Vegas about four years ago after my husband retired from the Army.

What was your first impression of Nevada HAND and its team?

Everyone is very welcoming and helpful.

What is one of your goals in your new role and why?

One goal is to help my team become efficient in working together. One team working toward one goal.

Which one of Nevada HAND's core values speaks to you most?

It's really hard to pick just one core value. If I had to choose one it would be respect. I believe that everyone deserves to be treated with respect – that includes residents as well as each team member.

TRANSPORTATION REMINDER

As a reminder, effective February 1, 2021, our transportation services are available Mondays, Wednesdays, and Fridays. Our drivers are available to transport residents to essential medical appointments, such as complex wound care services, chemotherapy, radiation, and dialysis. While we get through our vaccination clinics and establish some sort of immunity within our communities, if you can hold off on a non-essential appointment, we would be grateful. 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.

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Meet **Kesha**, our new **Director of Wellness at Silver Sky at Deer Springs**. Kesha describes herself as positive, resilient, and steadfast, and she is looking forward to trying to find ways to enhance the team and add support. Here are some other fun facts about her:

What are your favorite hobbies/activities?

Cooking and playing video games with my children.

What is your favorite restaurant in Las Vegas and why?

Hwaro Korean BBQ. It's great food, great service, and all you can eat.

What is something you would like our team to know about you?

I love to make those around me laugh – my motto: “laughter is the greatest medicine.”

What was your first impression of Nevada HAND and its team?

My first impression of Nevada HAND and its team was the organization. The team is very welcoming and helpful.

What is one of your goals in your new role and why?

Keep communication as the focus of the team.

Which one of Nevada HAND's core values speaks to you most?

Integrity.



RENT DUE JANUARY 10TH

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.