

FirstHAND NEWS

COMMUNITY NEWSLETTER



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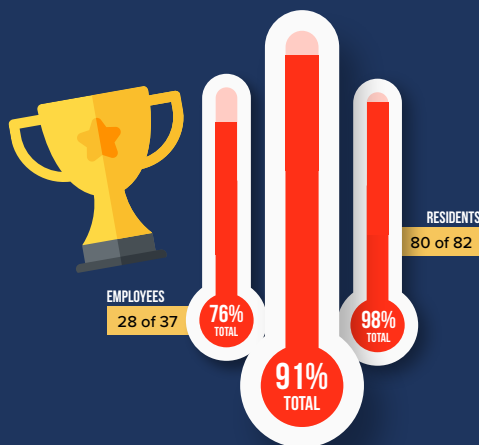
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THE COVID VACCINATION VICTOR

Last month, we announced a friendly COVID-vaccine competition between Nevada HAND's assisted living properties, Silver Sky and Silver Sky at Deer Springs. The victorious property, or properties, needed at least 90% of their staff and residents to be vaccinated.

Well, the results are in, and the Vaccination Victor is: Silver Sky!



Silver Sky finished the competition with 76% of staff vaccinated and 98% of residents vaccinated, totaling **91% of staff and residents vaccinated**. Silver Sky at Deer Springs finished the competition with 66% of staff vaccinated and 97% of residents vaccinated, totaling **87% of staff and residents vaccinated**.

Congratulations to both properties for working hard to vaccinate as many staff and residents as possible and working together to eradicate the COVID-19 virus.



In other good vaccination news, Clark County and the state of Nevada have seen an exceptional decline in COVID cases, and more people are receiving vaccinations each day. Though we are beginning to slow the spread of COVID, all staff, residents, and guests must continue to follow the Governor's COVID mandates and our communities' guidelines. Individuals are required to wear face masks/coverings and must practice social distancing (six feet between you and others). We will continue to perform daily temperature checks and screenings for staff and residents, enforce frequent handwashing, and perform enhanced cleaning procedures.

The third and final on-site COVID vaccination clinic will be held from 10:00 a.m. to 2:00 p.m. at Silver Sky at Deer Springs on Saturday, March 6

Thank you to those who participated in Silver Sky's third COVID-19 Vaccination clinic on Thursday, March 4.



REOPENING COMMUNITY AMENITIES

Now that a large majority of our staff and residents have received the vaccine, we are in a safer position to reopen our community amenities, including the beauty salons and dining rooms. Also, we are now providing full transportation services on Mondays, Wednesdays, and Fridays and are planning to get back on track with a full array of resident activities beginning in March.

Our onsite beauty salons officially opened on March 1, and the beauticians and nail technicians are taking appointments. Contact information for our beauticians and nail technicians can be found at the front desk, and residents should schedule appointments with them directly. Please note, our beauticians and nail technicians have all received their COVID vaccinations and will continue to follow our COVID guidelines when on site.

Our Vice President of Assisted Living, Robert Colbert, and our Administrator, Nicole Graham, have been working on a formal dining plan to be reviewed by the Chief Medical Officer in Nevada. Upon approval of the dining plan, the dining rooms at Silver Sky and Silver Sky at Deer Springs may open. Our team is hopeful that the community dining spaces will open in March, likely in the first 7 to 10 days of the month. Upon approval, staff and residents will be notified of an official open date.

If you have any questions regarding these community amenities, please see the front desk.

PUZZLE CORNER BRINGS POSITIVITY TO DEER SPRINGS



Photo: Bonnie Barnett and Mel Doudy enjoy Deer Springs' new Puzzle Corner.

The Puzzle Corner is making a wonderful debut at Silver Sky at Deer Springs, bringing some positivity and fun into the community. Residents Bonnie Barnett, Mel Doudy, and Charlotte Edwards have championed the Puzzle Corner to create a fun, entertaining space for all residents. The residents come together to work on puzzles as a way of keeping themselves occupied during the pandemic, and the team at Deer Springs uses the residents' completed puzzle art to decorate the space. Thank you, Bonnie, Mel, and Charlotte, for helping us build this creative, collaborative space.



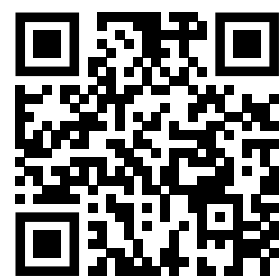
Celebrating Women's History Month

FEATURING
NICOLE GRAHAM
ADMINISTRATOR,
SILVER SKY AT DEER SPRINGS

March is Women's History Month, and [International Women's Day](#) falls on Monday, March 8. This month recognizes and celebrates the milestones women have reached in education, employment, athletics, business, and more, and at Nevada HAND, we want to celebrate women being women with all their accomplishments.

To honor this month, we are featuring Nicole Graham, Administrator at Silver Sky at Deer Springs, for her incredible leadership and work within the community. We asked Nicole a few questions about what Women's History Month means to her and how she has grown to be a successful woman in the workforce.

LEARN MORE



SCAN WITH YOUR PHONE

Q: How do women grow their voice and speak with purpose when working with male colleagues or male leadership?

A: Women can grow their voice by being confident in what they want to speak. Women can help encourage one another by giving credit where credit is due; the next time female colleagues make a good point in a meeting, express your appreciation and try repeating it. By repeating this, it helps amplify the voices of females, gives credit where it is due, and does not allow it to get bogged down by others taking that credit.

Q: What pockets of wisdom do you have to improve and enhance collaborative communication?

A: Adaptability and being able to have a constructive debate. Lead by example. If we all thought the same, there would be no growth, no movement. If we are adaptable and collaborative when communicating, we are capturing those candid moments of "what if" or outside the box thinking.



Q: How does your story/work history speak to or support Women's History Month?

A: At a very young age, I became partially blind in my left eye from chickenpox. As a kid, I did not understand the magnitude it would play as a female in sports, and as a physical appearance disability, as it formed a white cloud over my eye. Not only did this blindness affect my vision, but it also affected my physical appearance. Unfortunately, when this happened, the medicine was not there to support my loss of vision from chickenpox. I was a case study and went around Indiana and Chicago visiting different ophthalmologists to help find a solution. Of course, the fear was always real for my parents, about losing that eyesight and what it would mean, but I did not let it bother me.

I played sports: volleyball, soccer, basketball, and rugby (men's team even!), and was able to get my driver's license – I did not let this impairment stop me. If something ever happened to my right eye, then I would be completely blind; so, I wore the protective gear and kept the secret of my eye from others. If asked about the whiteness over my eye, I just formed a fib in the moment and kept going. I kept this secret with me until my senior year in high school. Finally, medicine came around, and there was some support for a corneal transplant. But this also opened that door to informing my basketball coach that I would need some time before the season started to complete a procedure. Being on a donor request list, awaiting a donor for an eye, my transplant could happen at any moment.

The day came, and I had a short window to ensure a successful transplant. Letting this secret out, though, stopped me from playing basketball my senior year. The coach at the time did not think I could continue on varsity, as I played varsity for the past four years. Long-story-short, I completed the transplant, quit basketball, and joined the men's rugby team my last year of high school. I guess I went out with a punch, proving to my coach that I could do anything, including moving from basketball to a more intense sport. I was a fly-half and even made my appearance on USA Today as a female on the men's rugby team.

In the end, again, I never gave up. If I strive for something, I go for it. Challenges will always come up, but it's the perception of the challenge and what I do with that challenge to move on. As a female, I have learned to never give up. Growing up, I had some disappointments that have encouraged me to keep going and not give up because someone told me I could not do something. Each of us has our own story; and it is up to us as an individual to self-determine how we perceive our story, and how we will overcome it. It takes a lot of tenacity, determination, and belief to overcome those moments.

JOIN OUR WOMEN'S HISTORY MONTH PRESENTATION WITH COUNCILWOMAN DIAZ

Nevada HAND's Social Squad, an employee diversity and inclusion, connection, and wellness group, is hosting a Women's History Month Zoom event with Las Vegas City Councilwoman Olivia Diaz as a panelist. Councilwoman Diaz will be sharing some of her experiences as a woman in politics, what Women's History Month means to her, and more. Silver Sky and Silver Sky at Deer Springs will launch the call in the community theater rooms on **Thursday, March 18, 2021 from 2:00-3:00 p.m.** for residents and staff to watch. If you are interested in participating in the conversation with Nevada HAND and Councilwoman Diaz, please make arrangements with the front desk.



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.

RENT DUE MARCH 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.