



Superior LIVING



2017 Chili Cook-Off

Tough Competition. Tasty Results!



On Wednesday, February 22, Superior Care hosted its annual Chili Cook-Off to rave reviews! Fourteen amazing chefs entered this culinary competition, and three winners were selected from our panel of discerning and hungry celebrity judges! Rachel Curry, our Human Resources Generalist, won Grand Champion for her Lu Lu's White Chicken Chili, and Helen Sims-CEO/Owner and Doralyn Warren-Director of Nursing, finished 2nd & 3rd respectively.

"We appreciate everyone who entered the competition, everyone who joined us for lunch, and anyone who volunteered their time to help make this fundraiser for our Resident Council such a grand success!" shared Dee Metcalf, Social Event Director. Our celebrity judge panel included Sarah Stewart Holland-City Commissioner, Kelly Davis-Paducah Chamber of Commerce, Attorney Sonny Smith, Charlie Lindsey from Systems Solutions, Dr. Barbara Veazey-past president of WKCTC, Tonya Sensing-Past Administrator of Superior Care, Sheriff Jon Hayden, and WPSD Newschannel 6's Justin Beasley. Thank you, everyone, and look out for our next culinary competition!



Above: Our Celebrity Judges: Sonny Smith, Dr. Barbara Veazey, Kelly Davis, Sarah Stewart Holland, Justin Beasley, Sheriff Jon Hayden, Charlie Lindsey & Tonya Sensing. Pictured below left: Angela Stanton, Mary Jo Sprouse, Joni Reed, Micki Colson, Kristi Cates. Below Right: Hannah Reed & David Miner



Chili Cook-Off Cont'd.



1st Place-Rachel Curry



Ms. Clark & daughter, Carol Gault



Rae Street & daughter, Dee Metcalf



Former Resident & Superior
Success Story-Mary Vannerson

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Empty Bowls - Full Hearts



Superior Care Home residents enjoy giving back to our community! On Thursday, February 9, our residents painted bowls for the Empty Bowls Project held at the Paducah Convention Center on Saturday, February 25. This project is the signature fundraiser for The Community Kitchen, whose mission is to feed and support the homeless in our community! We are so honored to support this wonderful fundraiser!



Wear Pink and Sparkle!



On Wednesday, February 22, in the spirit of being kind to others, our sweet residents and amazing staff members commemorated "Anti-Bullying-Pink Day" by wearing all different shades of pink! "Don't let anyone ever dull your sparkle", and our Lowertown ladies have A LOT of Sparkle!

Our Superior Success Story

Carolyn McKinney - Short Term Rehabilitation



“They have exceeded my expectations!”

Neither rain nor snow nor sleet or gloom of night could keep Carolyn McKinney from succeeding at her short-term rehabilitation. Carolyn's 25 years as a rural route U.S. Postal delivery person, may have instilled in her the great attitude and work ethic she used to successfully complete her inpatient rehabilitation at The Transitions at Superior.

Ms. McKinney came to Superior Care after a right total knee replacement. Initially, her pain level was high, her range of motion in the knee was impaired, and she could only walk 15 feet with assistance and a walker on level surfaces. Her strength was poor in the right leg, and she needed assistance for transfers, mobility and activities of daily living. Ms. McKinney's home has 7 steps for home entry, and one of her goals was to increase strength and mobility to negotiate her entry steps.

After 3 weeks at Superior Care, Ms McKinney was able to walk over 300 feet independently. Her range of motion had improved significantly, and her pain had decreased to 0/10 at rest. She was independent in transfers and activities of daily living, and she could negotiate steps which enabled her to return home safely.

She is continuing her therapy on an outpatient basis at Superior Care in order to achieve the optimal results that she desires, which is to walk without any assistive devices with a normal gait pattern.

“Superior Care was highly recommended by my surgeon, Dr. Ted Jefferson, and so my expectations were high when I arrived. They have exceeded my expectations!” shared Mrs. McKinney. “Everyone here is like they are all a bunch of cheerleaders! I have had physical and occupational therapy sessions 6 days a week. The therapists are excellent teachers. They give you the encouraging words you need to hear every day to stay motivated.”

Congratulations, Ms. McKinney!

SAVE THE DATES



St. Patrick's Day
Friday, March 17



On February 1, St. Mary High School students attended Mass and played Valentine's Bingo with our residents. Thank you, St. Mary, for sharing your servant's heart with us!



WELCOME New Staff!

PAIGE SULLIVAN,
Housekeeping

KATIE FORD, SRNA
LINDA CONDER, SRNA

KIMBERLY SIMMONS, SRNA

TINA BOYETT,
Housekeeping

KELLEY CHRONISTER,
Social Services

ANITA FONDAW, LPN
DEBRA BALL, SRNA



SUPERIOR CARE HOME

Nursing and Rehabilitation Center

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Owner and CEO
Helen Sims

Owner and COO
Mike Sims

Administrator
Jennifer Myers

**Assistant
Administrator**
Steven Hall

Director of Nursing
Doralyn Warren, RN

**Business Office
Manager**
Tori Tiller

Rehabilitation Manager
Mary Jo Sprouse

Social Events Director
Dee Metcalf

**Marketing &
Community Relations**
Darla Sims

Visit Our Website
SuperiorCareHome.com



News and Notes

COMMITMENT TO COMMUNITY HEALTHCARE

On Monday, February 13, Baptist Health Paducah held a dedication ceremony and Open House for its brand new, state-of-the-art Neonatal Intensive Care Unit. Superior Care Nursing & Rehabilitation is proud to be a partner in Baptist Health Paducah's new John & Loree Eckstein Neonatal Intensive Care Unit. "Since 1972, the community has supported our commitment to providing



quality health care for this region, and we are proud to partner with Baptist Health Paducah's same commitment of quality healthcare close to home," shared Mike Sims, COO. Baptist Health Paducah's NICU officially opened on Tuesday, February 14.



Employee of the Month

Lyndsey Taylor

It is an honor to announce that Lyndsey Taylor, CNA, is our Employee of the Month for March. Lyndsey joined our Superior team in November 2011. She currently is a CNA in our Lowertown (Memory) neighborhood. Lowertown Director, Joni Culp, shared "Lyndsey always has a smile on her face and a positive attitude. She is very creative with the activities in our neighborhood. Her future plans are to attend nursing school, and I know she will be a great nurse!" Ms. Sims agrees, "Lyndsey has been an integral part of our team for over 5 years. She recently assisted us in another neighborhood and her joyful attitude and work ethic brought a lot of sunshine to our residents! I am so appreciative of her team work approach!" Lyndsey shared "I LOVE what I do! I would not want to be a nurse aide anywhere else! I like my little neighborhood (Lowertown). We are like a little family there. We dance and listen to music and enjoy each other!" Lyndsey feels that the team like atmosphere makes it a great place to work! "Everyone helps each other!"



Congratulations, Lyndsey Taylor!