



Superior LIVING

December 2015

A Bounty of Blessings



On Saturday, November 21, warm smiles, friendly faces, and pies for miles were all part of the fun Thanksgiving Dinner for our residents and families. Chef Jason and his amazing team prepared 5 separate dinner seatings so each neighborhood had an intimate and relaxed time with their loved ones. Our delicious Thanksgiving dinner menu included roasted turkey infused with a bouquet garni Garlic herb cheese and braised pork belly tossed in french cut green beans and steamed shallots. The warm cornbread dressing with savory root vegetables paired well with the creamy corn pudding, and assorted delicious desserts were the icing on the cake! We are so thankful for our residents and families and cherish the times we spend with each other. Pictured above: We enjoyed visiting with four generations from Ms. Smith's family—Ms. Smith, her daughter, her granddaughter, and her great-granddaughters! Pictured left: Ms. Jett and her family enjoying Thanksgiving dinner. Also joining us for dinner are Ms. Sue Tate and her family and Ms. Bobbie Reynolds and her daughter. Thank you to everyone for joining us for our Thanksgiving dinner! We are thankful for our bounty of blessings!

A Monthly Publication of
Superior Care Home Nursing and Rehabilitation Center

We Salute our Veterans!



Our amazing Activities Director, **Dee Myrick**, was busy as usual planning and preparing all of our wonderful activities. Our Halloween Party on October 30 was a hit!

Pictured above:

Ms. Clark won top prize for most creative costume- "A Thanksgiving Table"! Ms. Galvin had the Halloween spirit and Mr. Driver passed out candy to the trick or treaters!



STAY UP-TO-DATE
& Follow Us on Facebook



View more pictures and information at
[Facebook.com/SuperiorCareHomeKY](https://www.facebook.com/SuperiorCareHomeKY)

Happy Veteran's Day! We had a special ceremony celebrating all our veterans and their families! **Josh Beith, CNA**, was our emcee for the program and shared his love of America and music by singing and playing his guitar and reading poems. Our special friends from Community Christian Academy provided our veterans and guests with amazing musical performances and presented each veteran with beautiful hand made "thank you" cards. What a special celebration! Thank you to everyone who helped us celebrate this wonderful day! *Pictured above: Mr. Joe Falconite and Dr. Glenn Noss are honored for their service. Josh Beith sings Lee Greenwood's "I'm Proud to Be an American."*

Superior Employee of the Month



Danielle Shaw

These are the words that Danielle Shaw lives by: “LOYALTY IS COMMITMENT” and “TEAMWORK MAKES A DREAM WORK”. Chef Jason Ison shared “Danielle is always willing to jump in and complete whatever task she needs to do to make her team successful. She often goes above and beyond what is asked of her to help her fellow team members. She understands the commitment Superior Care has to all the residents and the community and loves to be a part of it.” Danielle shared that she previously worked in long term care prior to coming to Superior and that she prayed about it before making her decision to join the Superior team. She is grateful for the

opportunity and one of the most important things she enjoys about her job is the attention to detail that Chef and the Dietary Team take with the actual presentation of the meal on the plate. Ms. Sims agrees with Chef saying “I always see a smile on Danielle’s face and I appreciate her teamwork attitude and her outstanding work ethic.” Congratulations to Danielle Shaw as the December 2015 Employee of the Month!

SAVE THE DATES

Neighborhood Christmas Dinners



Lowertown-Memory Care

Sat. Dec. 12-11 AM

Midtown-100 Hall

Sat. Dec 12-1 PM

Midtown-200 Hall

Sat. Dec. 12-4 PM

Broadway-300 Hall

Sunday-Dec. 13-1 PM

Transitions-Riverways -400 Hall

Sunday-Dec. 13-4 PM



WELCOME New Staff!

Pamela Rikard, SRNA

Brianna “Bre” Suiter, SRNA

Sheila Stokes, Housekeeping

Mary “JoJo” Greer, SRNA

Cheyenne Hampton, SRNA

Pat Overby, SRNA

Chaney Steele, RN

Success Story

Mary Ann Mitchell

Prior to her left total hip replacement, Ms. Mitchell had been wheelchair bound at home due to degeneration and pain in her left hip. She came to Superior Care after surgery for her rehabilitation, with the goal to return home to independence in ambulation. Initially she required assistance with bed mobility and transfers and she needed max assistance with bathing and dressing. Ms. Mitchell also had poor balance and was a high fall risk. After 60 days in our Transitions neighborhood, she was discharged home! She is now able to walk unlimited distances independently without any assistive devices. She is able to go up and down steps independently. Ms. Mitchell is now independent in bathing and dressing and her balance has improved from a high fall risk initially to low fall risk. She shared that if she had gone home for rehabilitation, she would not be as mobile. “At first, the therapy was very tiring, but in the end, it was all worth the challenge. I really enjoyed the delicious meals, especially the biscuits!” Thanks, Ms. Mitchell, for sharing your success story!





SUPERIOR CARE HOME

Nursing and Rehabilitation Center

100 Marshall Court, Paducah, KY 42001
Phone: 270-442-6884 • Fax: 270-442-3296

Owners and CEO/COO
Helen Sims & Mike Sims

Administrator
Tonya Sensing

Assistant Administrator
Jennifer Myers

Director of Nursing
Doralyn Warren, RN

Business Office Manager
Tori Tiller

Human Resources Generalist
Rachel English

Social Services
Laura Todino & Kellie Oliver

Rehabilitation Manager
Mary Jo Sprouse

Social Events Director
Dee Myrick

Registered Dietitian
Ashley Durgin, RD, LD

Executive Chef
Jason Ison

Marketing & Community Relations
Darla Sims

Visit Our Website
SuperiorCareHome.com



News and Notes



Superior Care Home was recently bestowed the honor of being chosen a 2015 Business Award winner by the Paducah Civic Beautification Board. Winners were recently presented their plaques by Mary Hammond at the weekly Paducah city commissioners meeting. About a dozen other businesses, new and old, were also presented with this award. Superior Care Home is proud of their new home in the Paducah Commerce Park and is proud of this civic award!

The Christmas Mailbox

It has been a tradition of Superior Care Home to display a gratuity mailbox for our employees. Many families have often shared their desire to do something special for the employees. Each neighborhood community will have its own mailbox. On Christmas Eve, all the money in the gratuity mailboxes will be collected and distributed among every employee on the payroll that day. We appreciate your kindness, however you choose to express it, and we wish you a



Merry Christmas!