



# Superior LIVING

November 2015

## Fall Festival & Antique Car Show

On Saturday, October 17, Superior Care Home hosted its first annual Fall Festival & Antique Car Show. Sunshine, crisp air and a cloudless sky made for a perfect fall day! Visitors and volunteers from all over the region enjoyed viewing a variety of antique cars from members of the Antique Automobile Club-Southern Illinois Region-Ohio Valley Chapter. Pictured right: Mr. Kenneth Driver, Superior Care Home resident and car aficionado, proudly sits by a 1940 Chevrolet 2 door sedan. He built this car for his friend, Gary Thompson, from the tires up! He shared that he bought the frame in Marshall County and bought the body in Graves County. Thank you, Mr. Driver, for sharing your talents at our Fall Festival! Pictured Below: Resident Ms. Maureen Sturma performed her physical therapy session at the Bean Bag Toss with the help of Encore PTA Christi Tillett. She made four tosses at the ghost target in a row! Donna Conway, Ms. Abell's granddaughter, and her family had fun at the fall festival games. Levi Foley, son of CNA Alex Brown, and her stepfather, William Thomas enjoyed the cars and games, too! Hope to see you next year for our 2016 Fall Festival!



*A Monthly Publication of*  
Superior Care Home Nursing and Rehabilitation Center



# Fall Festival, cont'd



Tonya Sensing, Administrator, and her husband Nathern, enjoyed the hay bale photo booth!



Resident **Glenda Crenshaw** braved the crisp air to share in the Fall Festival fun!



Dee Myrick, Activities Director, with her volunteers, her mother, **Rae Street**, and her sister, **Deshae Hale**.



All proceeds from the raffle prizes and food benefitted the Strawser/Rodriguez family! Thank you everyone!



**STAY UP-TO-DATE**  
& Follow Us on Facebook



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



# Superior Employee of the Month



We are thrilled to announce that Atina “Tina” Lindsey is our November 2015 Employee of the Month! Atina first began her career at Superior Care in the spring of 2014, in our Housekeeping Department. She stepped up to the challenge as Laundry Supervisor when the vacancy became open. She oversees the distribution of supplies for our residents in each neighborhood and takes her responsibilities seriously and executes all tasks in a timely and efficient manner. She always offers to come back and make sure the residents and fami-

lies have what they need. Leadership, diligence, outstanding work ethic, and ‘Can Do’ attitude are all of Atina’s quality characteristics which make her a perfect selection for Employee of the Month. Please join me in congratulating Atina!

Helen Sims, Owner & CEO

## Success Story Linda Carroll

**Ms. Carroll** was admitted to Superior Care Home following a right total knee replacement, performed by Dr. Phil Hunt. Ms. Carroll shared “I wanted to be around people who would help me heal. I felt very comfortable leaving the hospital and coming to Superior. I was put at ease very soon upon arriving. Wow! What a staff! I had goals set for myself and the staff made sure I was meeting those goals. I really enjoyed my weekly massages by Holly, the massage therapist. I am ready to get back to my life and start my Christmas shopping!” she added. She has made excellent progress on her rehab program and discharged home. Initially she only had 60 degrees of flexion in her right knee, and currently she has 120 degrees. She also had balance deficits upon admission due to the surgery and scored a 12/28 on the Tinetti balance test. She now scores a perfect 28/28! Initially, Ms. Carroll was able to walk 125 feet with a rolling walker with an abnormal gait pattern. Upon discharge she is ambulating independently unlimited distances without any assistive device on even and uneven surfaces. Her standing activity tolerance improved from 10 minutes to 30 minutes allowing her to prepare meals, do laundry and also preparing her to return to work 3 days per week. *We applaud Ms. Carroll for being an inspiration and doing everything she needed to do so that she would have an excellent outcome from her surgery!*



## SAVE THE DATES



*Veterans Day Program*  
November 11

*Thanksgiving Family Dinners*  
November 21

*Thanksgiving*  
November 26



## WELCOME New Staff!

Michaela Arjoon,  
Housekeeping  
Britni Massey, Admissions  
Joy Bryan, LPN  
Jordan Warren, Laundry  
Alexis Johnson, SRNA  
Maria Dabolt, SRNA  
Kim Lovell, RN



## 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](http://SuperiorCareHome.com)



## News and Notes

Superior Care Home recently participated in the Paducah Area Chamber of Commerce Business to Business Expo. Our Executive Chef, Jason Ison, handed out fresh baked cookies to the Expo attendees. We also shared videos of a resident enjoying our Omni VR-Virtual Rehabilitation System, the only nursing home in the region who uses this system. This is the world's first 3D virtual rehabilitation system designed specifically for aging adults. The technology is an important new tool for physical, occupational and speech therapists to help make therapy more fun! The system is designed to improve functional abilities through muscle strengthening, balance, movement, coordination, endurance, and cognitive skills. If you would like more information about the Omni VR system or would like to tour any of our 3 therapy gyms, please call us!



## Thankful for our Blessings!



This month is Pastor Appreciation Month, and Superior Care Home is grateful for every pastor, fellow church member, friend, and family member who visit and share faith and fellowship with our residents. Don Wilson, Pastor of First Baptist Church of Benton, Kentucky, faithfully visits Ms.

Helen Morgan every week! We welcome all faith ministers and count them as blessings for our community!

**Please join us for our Veterans Day program  
on Wednesday, November 11 at 2 pm.**

*We will have music, snacks, and a brief ceremony to honor  
all of our veterans!*

# VETERANS DAY