



# Superior LIVING



December 2019

## *Gather Here with Grateful Hearts*

On Saturday, November 23, Superior Care hosted our annual Resident and Family Thanksgiving Dinners in our Community Room, a tradition started by our founder, Mary Ellen Thompson decades ago. Residents and their guests feasted on a delicious menu of oven roasted turkey, savory dressing, country green beans, creamy mashed potatoes, sugary sweet potatoes, seasonal Waldorf salad, and fresh baked dinner rolls. Thank you to everyone who made this Thanksgiving one to remember! Superior Care is so grateful for our residents, their families, and our entire committed care team. We also appreciate all the gracious volunteers who served our Thanksgiving dinner!



*Happy Thanksgiving!*



### **SUPERIOR CARE HOME**

Nursing and Rehabilitation Center

100 Marshall Court, Paducah, KY 42001

Phone: 270-442-6884 • Fax: 270-442-3296

[www.SuperiorCareHome.com](http://www.SuperiorCareHome.com)

Owner and CEO  
Helen Sims

Owner and COO  
Mike Sims

Administrator  
Jennifer Myers

Director of Nursing  
Tana Cooper, RN

Human Resources Director  
Michelle Fellows, SHRM



Resident Life Coordinator  
Dee Metcalf-CDP





# VETERANS DAY!

Superior Care hosted its annual Veteran's Day Celebration. Dee Metcalf-Resident Life Coordinator and Kay Fields-Activities Assistant and Veteran, coordinated the event and Michelle Fellows, Human Resources Director, graciously hosted. The program began with a prayer and the Community Christian Academy Elementary Choirs performed patriotic songs along with their bell choir and delivered hand-made cards to our veterans and residents. The Paducah Stitch & Quilts Guild created beautiful one-of-a-kind lap quilts for each of our resident veterans!



Employee Veterans-Kay Fields and Candice Draper, proudly stand with John Main and his special Veteran quilt.

# Halloween Happiness



On Thursday, October 31, Superior Care residents and staff donned fun and festive costumes to celebrate! We saw a Butterfly Catcher with her butterflies, Arrrr-Rehab Pirates, beautiful witches and golden girls, an amusement park ride with riders and all, and our reigning costume winner, Ms. Clark, as Elton John! Our residents also prepared and delivered Halloween treat bags to St. Mary Elementary student trick-or-treaters!

## Employee of the Month Seth Enoch - SRNA



Seth Enoch, SRNA, is our December 2019 Employee of the Month. Seth was born and raised in Murray, Kentucky, and graduated from Calloway County High School. He continued his education at WKCTC where he earned his SRNA Certification. He is currently enrolled in WKCTC's Nursing Program, pursuing his RN degree. He began his career at Superior Care in March 2018. When asked why he chose a nursing career, Seth shared "I have always had a drive, a love for helping others, and my mother is a CCU nurse in Murray. A nursing career is a gratifying, fulfilling life!" Cassidy Rentfrow, LPN, Midtown neighborhood, shared "Seth always has a positive attitude and is always willing to help the staff on the previous shift!" Tana Cooper, Director of Nursing, agreed "Seth is kind, flexible, and more importantly compassionate!" Seth shared some advice for new nurse aides "It's really important to smile, and to create the best possible day for the residents and your co-workers!" ***Congratulations, Seth!***



# News & Notes-Rehabilitation



Superior Care welcomes Mark Vance, PT, DPT, CEEAA, Physical Therapist, to our outstanding Rehabilitation Team. Mark Vance, a native of western Kentucky, began his healthcare career after enlisting in the Navy's Hospital Corps after high school, during the Vietnam conflict. He attained his undergraduate degree, starting at Paducah Community College and finishing at the University of Kentucky. He earned his graduate degree from UK's Physical Therapy Program. After graduation, Mark worked at the Regional Medical Center in Madisonville for three years before returning to his hometown of Paducah, where he opened his own therapy company, Rehab Associates in 1983. He recently sold his practice and began working at Star Physical Therapy in Nashville, Tennessee, before returning to Paducah and working in the long term care industry for the last two years. Mark's love of life-long learning pushed him to achieve his Doctorate of Physical Therapy from the University of Des Moines, and in 2018 he attained the distinction of being a Certified Exercise Expert for Aging Adults. Welcome, Mark Vance!

Superior Care would also like to introduce our newest Physical Therapist, Alisha Bailey, MSPT, to our team. A western Kentucky native, Alisha graduated from Marshall County High School, and attended Georgetown College on a tennis scholarship, before completing her undergrad/graduate degrees at the University of Kentucky. Alisha worked with various outpatient rehabilitation clinics in Kentucky, including the Orthopedic Institute of West Kentucky, before fulfilling her family's dream of living out west in Montana. There, she worked with chronic pain management as well as for a long term care community. Her husband and their daughter and two sons returned to her roots this past summer, and we are excited to have Alisha share her commitment to compassionate care here at Superior! When asked what she finds fulfilling in her career, she shared "I enjoy helping people get better and helping them reach their goals and return to their prior level of functioning!" Welcome, Alisha Bailey!



## *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!*



## SAVE THE DATES



**Wednesday, Dec. 4**  
**Resident Council**

**December 16 & 17**  
**Liz Schultz**  
**Christmas Recital**

**December 25**  
**Christmas**



### *Annual Christmas Banquet*

On Saturday & Sunday, December 14 & 15, Superior Care will host its annual Christmas Banquet for residents and their families. Please return your family RSVP Reservation Form to our front reception desk by Tuesday, December 10.



## WELCOME New Staff!

**Kerianne Cowsert, SRNA**  
**Dimitra Hill, SRNA**  
**Charity McFarland, SRNA**  
**Ashley McKenty, SRNA**  
**Melissa Riley, LPN**  
**Heather Taylor, LPN**

# RESIDENT LIFE CALENDAR

100 Marshall Court Paducah, KY 42001

270-442-6884




www.SuperiorCareHome.com



# December 2019

*All activities are subject to change.*

**Mail delivery:**  
Monday - Friday

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|---|--|--|---|---|---|--|
| <b>1</b><br>2:00 PM<br>New Life Baptist Church    | <b>2</b><br>11:00 AM<br>Southland Baptist Church<br>2:30 PM<br>12 Oaks Baptist Church                    | <b>3</b><br>10:30 AM<br>Hot Cocoa Social<br>2:00 PM<br>Fun With Scrabble                               | <b>4</b><br>9:30 AM<br>Mass<br>2:00 PM<br>Resident Council  | <b>5</b><br>10:30 AM<br>Bible Study<br>2:00 PM<br>Bingo                             | <b>6</b><br>10:30 AM<br>Sittersize<br>2:00 PM<br>Bakers Dozen                       | <b>7</b><br>Leisure time   |
| <b>8</b><br>2:00 PM<br>Church With the Edlemans   | <b>9</b><br>10:30 AM<br>Music With Carol<br>2:30 PM<br>12 Oaks Baptist Church                            | <b>10</b><br>10:30 AM<br>Peppermint Hot Tea Social<br>2:00 PM<br>Just for Fun Bluegrass                | <b>11</b><br>10:30 AM<br>Christmas Word Games<br>2:00 PM<br>Gingerbread House Making              | <b>12</b><br>10:30 AM<br>Trivia<br>2:00 PM<br>Bingo                                 | <b>13</b><br>10:30 AM<br>Tongue Twisters<br>2:00 PM<br>Fun With Cards               | <b>14</b>  |
| <b>15</b>   | <b>16</b><br>10:30 AM<br>Sittersize<br>2:30 PM<br>12 Oaks Baptist Church<br>4:00 PM<br>Christmas Recital | <b>17</b><br>10:30 AM<br>Jokes & Riddles<br>2:00 PM<br>Candy Cane Toss<br>4:00 PM<br>Christmas Recital | <b>18</b><br>10:30 AM<br>Sittersize<br>2:00 PM<br>Wheel of Fortune                                | <b>19</b><br>10:30 AM<br>Bible Study<br>2:00 PM<br>Bingo                            | <b>20</b><br>10:30 AM<br>Christmas Caroling<br>2:00 PM<br>Music Charles Berry Hill  | <b>21</b><br>Leisure Time  |
| <b>22</b><br>4:00 PM<br>Lone Oak Church of Christ | <b>23</b><br>10:30 AM<br>Balloon Volleyball Fun<br>2:30 PM<br>12 Oaks Baptist                            | <b>24</b><br>10:30 AM<br>Music with Mike Ward<br>2:00 PM<br>Residents Choice                           | <b>25</b><br> | <b>26</b><br>10:30 AM<br>Crafty Fingers<br>2:00 PM<br>Bingo                         | <b>27</b><br>10:30 AM<br>Now & Then<br>1:30 PM<br>Popcorn & Movie                   | <b>28</b><br>Leisure Time  |
| <b>29</b><br>Leisure Time                         | <b>30</b><br>10:30 AM<br>Rise & Shine Yoga<br>2:30 PM<br>12 Oaks Baptist Church                          | <b>31</b><br>10:30 AM<br>New Years Trivia<br>2:00 PM<br>The Price is Right                             |   |  |  | <i>Activities are subject to change due to volunteer availability, time conflict, weather.</i> |