



Superior LIVING

HAPPY Valentine's DAY February 2019

Taking Care of Our Hearts, Together



#ourhearts are healthier together

FEBRUARY IS HEART MONTH

The American Heart Association celebrates Heart Month in February each year. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors are also important for people who already have heart disease. Doralyn Warren, Director of Nursing, will be providing heart health information all month for our residents, staff, and visitors. Look for our special Heart Month Information table.

To lower your risk:

- Watch your Weight • Get Active & Eat Healthy • Quit Smoking
- Control your Cholesterol and Blood Pressure

Honoring Our Resident Life, Maintenance & Human Resource Professionals



Resident Life-Kay Fields and Dee Metcalf



HR-Michelle Fellows



Asst.-Hannah Massey



Maintenance-Ryan Eubanks & Richard Miers

On January 30, we celebrated the National Appreciation Days of the following departments - Resident Life, Maintenance, and Human Resources! Dee Metcalf, Resident Life Coordinator, joined Superior Care in 2014, and was awarded the Employee of the Year in 2016 and the Best Activity Director in the State of Kentucky in 2017. Her dynamic assistant, Kay Fields, started her career at Superior Care in 2017, after many years in the activity department at Lourdes Hospital. Kay was awarded the Employee of the Month in 2017. Hannah Massey, our new Resident Life part-time assistant, does a wonderful job of leading activities for our residents during two weekday evenings and on some weekends. Richard Miers, Maintenance Director, started at Superior Care prior to our move to the new building in 2014. Richard was awarded Employee of the Year in 2017. His helpful assistant Ryan Eubanks started his career at Superior in 2017. Michelle Fellows, Human Resources Director, recently joined Superior in 2017. She is a game changer for our Human Resources department and has been awarded Employee of the Month for February 2019 (see Page 2). Superior Care appreciates all of these department members for going above and beyond and for providing award-winning leadership for our entire care team! Thank you for all you do for Superior Care!

A Monthly Publication of Superior Care Home Nursing and Rehabilitation Center

Superior Care Family and Friends - Please Join Us!

A Time to Talk

Support for Superior Families
& Community Friends

We can assist families by offering communication techniques, helpful caregiver tips, and insightful approaches to dementia care.

Communication is the key to building relationships and making our loved ones feel comfortable & happy.



Please join us for an informal discussion and brief Q & A session.

Monday, March 4 at 6 PM
Superior Care Community Room

Moderators: Dee Metcalf, Resident Life Coordinator, CDP
Joni Culp, Memory Care Clinical Director, CDP

Light refreshments will be served.



100 Marshall Court
Paducah, KY 42001
270-442-6884

Employee of the Month - *Michelle Fellows*, SCP, SHRM

Michelle Fellows, Human Resources Director, is our February 2019 Employee of the Month. Michelle began her career at Superior Care in July of 2017. Helen Sims, CEO/Owner, states "From the start, Michelle overhauled the Human Resources Department with her exceptional leadership and outstanding organizational abilities! She has helped us accomplish so much in a short period of time, most notably, electronic scheduling." Jennifer Myers, Administrator, agreed. "Since her arrival, she has been dedicated to building rapport with and retention of employees. She has been instrumental in the implementation of electronic staffing. Her knowledge base, with over 15 years of HR experience, is a great asset to the ever-changing HR



environment. She is able to relate to employees while helping solve day-to-day issues and scheduling questions." Doralyn Warren, Director of Nursing, shared "Michelle has brought her expertise to our team. She follows up with each new employee and lets them know she is always available to them! Thank you, Michelle, for sharing your knowledge!"

Michelle shared "I value employees! I believe the open communication process begins at orientation and continues through employment. I always want our employees to know that I truly care. My door is always open, and I am willing to listen and help." She continued "I am always analyzing a situation and looking for ways to streamline or make a process more efficient. I start each morning and end each day going through the neighborhoods to check on the team and ask how they are. I love seeing the smiles on their faces AND the residents." Thank you, Michelle, for your leadership & kind heart!

Congratulations, Michelle Fellows!

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

Our Superior Success Story

Charlotte Dick - Short-Term Rehabilitation

Charlotte Dick, a native of Western Kentucky, is our February 2019 Short-Term Rehabilitation success story. Ms. Dick is not the kind of person who likes to sit around, so when she fell and broke her hip, her daily routine posed a challenge for her. She knew that going to a rehabilitation center would help her get back to her busy schedule quicker and make her more safe at home. "I have always worked! I worked at Wal-Mart in Benton for 15 years, then worked for Sam's Club for 20 years and now I am enjoying working part-time at Culver's."

Upon admission, Ms. Dick's goals were to improve her ability to transfer and stand from a sitting position without assistance, to increase ambulation distance, to improve her activity endurance, and to lower her risk for falls.

Micki Colson, Therapy Program Manager, shared "Ms. Dick used our OmniCycle (pictured) during therapy. She worked diligently with her therapists and progressed quickly, returning home after only 22 days at Superior Care!"

Upon discharge, Ms. Dick was ambulating unlimited distances with no assistive device, her balance score improved to a 26/28 on the Tinetti Balance Scale, which is within normal limits and lowered her fall risk. She was also able to navigate 12 steps and completed ALL her activities of daily living independently.

"I knew I wanted to go back to work, and that was my goal!" shared Ms. Dick. "The staff in every department has been wonderful! If I had a friend in need of short-term rehabilitation, I would tell them how caring the staff is and would recommend Superior Care!"

Ms. Dick made friends quickly with her table mates during her stay, and when she discharged, they all told her they were going to miss her!

Thank you, Ms. Dick, for bringing a little sunshine to our Riverways neighborhood!

Congratulations on your success story!



The OmniCycle helps reduce pain, re-educate muscles, improve quality of life, improve strength, mobility and coordination, and enhance gait.

SAVE THE DATES



**Resident Council
Wed., February 6**

**Happy
Valentines**

Thurs., February 14



**President's Day
Mon., February 18**



**WELCOME
New Staff!**

McKenzie Carter
SRNA

Ashtyn Oglesby
SRNA

Amanda Pastrana
SRNA

Amanda Pegram
SRNA

Hannah Roberts
SRNA

Autumn Tramble
SRNA



SUPERIOR CARE HOME

Nursing and Rehabilitation Center

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

Owner and CEO
Helen Sims

Owner and COO
Mike Sims

Administrator
Jennifer Myers

Director of Nursing
Doralyn Warren, RN

Resident Life
Coordinator

Dee Metcalf-CDP

Human Resources
Director
Michelle Fellows-SHRM

Marketing/Community
Relations Director
Darla Sims

Visit Our Website
SuperiorCareHome.com



CHILI COOK-OFF

FRIDAY, FEBRUARY 8, 2019
11:00 AM - 2:00 PM



Enter to win the
2019 Chili Cook-Off!

BRING YOUR BEST
CHILI IN A CROCK POT!

CELEBRITY JUDGES &
CASH PRIZES!

\$10 ENTRY FEE
\$5 FOR LUNCH

TURN IN ENTRY FEE BY
MONDAY, FEBRUARY 4!

CASH PRIZES
FOR:



A Fundraiser for
Superior Care's
Resident Council



Best Nursing Home



Thank you for supporting us in the 2019 Paducah Sun Reader's Choice Awards. To nominate Superior Care Home as the **Best Nursing & Rehabilitation Center**, simply go to the Paducah Sun website, www.paducahsun.com, and click on the Reader's Choice nomination button. Select Health & Medical category, and select "Best Nursing Home/Rehabilitation Center", and type in "Superior Care Home" in the Nomination Field. The nomination period starts on **Monday, January 28**. You may nominate us as many times as you like, limiting it to one IP address per day. Once the nomination period ends, the Paducah Sun will list the top 5 in each category and then **online voting begins on February 11**. Don't forget to Nominate and Vote for Superior Care Home in the Paducah Sun Reader's Choice Awards today!

Voted #1 Nursing Home since 2012!