



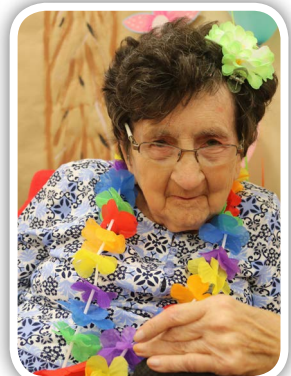
Superior LIVING



June 2019

The 2019 National Skilled Nursing Care Week **Live Soulfully-Give Soulfully-Make Your Soul Happy**

During the week of May 13-17, Superior Care Home celebrated National Skilled Nursing Care Week with lots of fun and festive activities to honor the theme "Live Soulfully"! Since giving back warms the soul, Superior residents enjoyed making non-skid socks for local cancer patients on Monday. On Tuesday, residents enjoyed "Going Back to their Roots" with a Bluegrass Music Hoedown at the Superior Ranch. We also shared in the fun of a back to your roots activity with residents snapping green beans just as they did when they were children! On Wednesday, who does not enjoy a vacation? Our residents donned flower leis and toe-tapped to the rock n' roll music of our newest volunteer Jerry Hancock. On Thursday, residents enjoyed some soulful relaxation with a wheelchair yoga class. "Make Your Soul Happy" was Friday's theme. We discovered through resident and staff interviews that everyone's happy place is different and can be a combination of a lot of things-faith, family, friends, good BBQ, etc. We sure hope our residents, staff, and families all had a soul filled week at Superior Care!



SUPERIOR CARE HOME

Nursing and Rehabilitation Center

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

www.SuperiorCareHome.com

Owner and CEO
Helen Sims

Owner and COO
Mike Sims

Administrator
Jennifer Myers

Director of Nursing
Doralyn Warren, RN

Human Resources Director
Michelle Fellows, SHRM



Resident Life Coordinator
Dee Metcalf-CDP



News and Notes

Superior Care Shares Expertise

Recently, Superior Care's Dee Metcalfe and Joni Culp assisted in "Golden Alert" training set up by the Kentucky Department of Emergency Management. The Kentucky Division of Emergency Management (KYEM) offered a two-hour Golden Alert training session for the Western Kentucky EM Directors and emergency personnel on Wednesday, May 1st at the KYEM Area 1 Office in Marshall County at the Benton National Guard Armory.

An instructional team consisting of a KYEM search and rescue instructor from Owensboro and Certified Dementia Practitioners, Dee Metcalf and Joni Culp, with Superior Care Home in Paducah, provided communication training to area emergency management, law enforcement and rescue personnel. McCracken County emergency management director Jerome Mansfield said, "First responders to search incidents greatly appreciate this combination of an experienced state instructor with credentialed local memory care experts. We always appreciate gaining knowledge that will help us find a missing person as soon as possible."

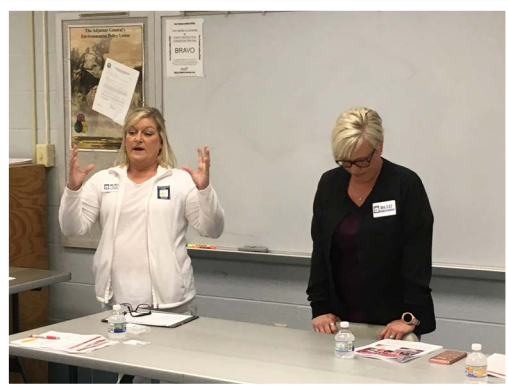
In addition, the class included information on the recently passed Senate Bill (SB) 55 "Green Alert" legislation by the Kentucky General Assembly. SB 55 amended Kentucky's Golden Alert law, KRS 39F.180, to allow local search agencies to rename a "Golden Alert" for missing military veterans as a "Green Alert". Senator Danny Carroll of Paducah was a co-sponsor of this bill which was signed by Governor Matt Bevin on March 22, 2019.

Below is an excerpt from Newschannel 6's Shammara Morrison's story that aired on May 1st on WPSD-TV. You can view the entire news story from a link on Superior Care's Facebook page.

".....Resident Life Coordinator, Dee Metcalf, works with people who have the disease at Superior Care Home Nursing and Rehabilitation Center. "Someone with dementia will get in their car, and they will take off driving, and they may forget where they were actually heading and where they were going," said Metcalf. It's all hands on deck when a Golden Alert is activated. "We need to push out law enforcement, to rescue squad, emergency management, dispatch, media," said Marshall County Emergency Management Director Curt Curtner. "So everybody needs to have a good understanding of what's involved in the process." They talked about how agencies can help each other by understanding what they have to do in a Golden Alert situation. "The quicker we get to a residence, get the information, I can start the process circulating for that person," said Paducah Police Capt. Joe Hayes. Hayes said people who go missing don't just stay in one city or county. When they move around or get in a car, it's important that everyone is on the same page. The Alzheimer Association says the number of people in Kentucky with the disease is expected to increase by 17% in the next six years. Almost 3 million Americans under the age of 65 have Alzheimer's.

Clinical Director, Joni Culp with Superior Care said it touches everyone. "You might want to believe that it won't happen in your family, but it's becoming more prevalent, and you never know when you're going to come across or be helping a neighbor," Culp said."

Thank you, Joni Culp & Dee Metcalf, for sharing your expertise with our community first responders!



Our Superior Success Story

Carol Johnson - Short Term Rehabilitation



Ms. Carol Johnson is our June 2019 Short-term Rehabilitation Success Story. Ms. Johnson was born and raised in Mayfield and graduated from Mayfield High School. She loves her family including two daughters, four grandchildren and two great children! She enjoys reading and loves music!

Ms. Johnson admitted to Superior Care following hospitalization due to injuries sustained in a motor vehicle accident. She was non-weight bearing for her right arm and on her left leg due to multiple rib, wrist, and foot fractures. She required assistance with her transfers and for all her activities of daily living. "She worked so diligently, followed all precautions and made amazing progress in her rehabilitation," shared Micki

Colson, Therapy Program Co-Manager. Ms. Johnson shared this regarding her therapy. "Your whole staff was kind to me and were all willing to help. I was discouraged at first, but I rose from that and I knew I had to get on with it." Johnson continued, "I worked 95% of the time with Joni and Morris Ann for therapy, and they are the sweetest! They just encouraged me every step of the way and would not let me back off for anything! I spent 3 months at Superior and we all became a family. One memory I will never forget is when I came back from a doctor's appointment and had been cleared to walk without my boot, and the entire therapy gym staff saw me and cheered and clapped for me! It was the sweetest!"

At the time of discharge, she was able to transfer and ambulate independently, walking up to 500 feet with her walker as well as climb 4 stairs. Colson continued, "Ms. Johnson is also participating in our convenient and efficient Outpatient Rehabilitation at Superior Care, and we are so proud of her!"

Congratulations, Ms. Johnson, and thank you for inspiring all of us with your success!

Employee of the Month Lesley Williamson

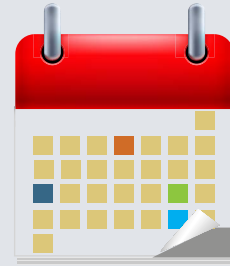


Born in Paducah and raised in Golconda, Illinois, Lesley Williamson, Broadway's Clinical Director, is our June 2019 Employee of the Month. Lesley and her husband have 4 children and 3 grandchildren, who call her "Gam"! Lesley said she knew in the 5th Grade that she wanted to become a nurse. She was inspired by her aunt Valerie Millis, an ICU Charge Nurse at Mercy Health, to pursue her nursing degree from Shawnee Community College. Lesley began her nursing career at Superior Care over 10 years ago, working her way through RN school, and eventually

becoming our Clinical Director in 2017. "I believe when you care for someone, you must look at the whole person and keep an open mind. Every resident is unique and their needs are specific to them, so an open mind is the best approach to providing the highest quality care for our residents!" Doralyn Warren, Director of Nursing, shared, "What I appreciate about Lesley is that she brings her on-point supervisory experience from the hospital as a Charge Nurse, along with her outstanding interaction with physicians, as well as her high level clinical expertise to our residents and families here at Superior. She is an exemplary leader!"

Congratulations, Lesley Williamson!

SAVE THE DATES



Wednesday, June 5, 2019

Resident Council

Sunday, June 16

happy
FATHER'S
day

Friday, June 21

Summer

Friday, June 28



**WELCOME
New Staff!**

Helli Culver

RN

Kelsey Miller

SRNA

Taylor Satterwhite

SRNA

Lakisha Uzzell

Laundry

RESIDENT LIFE CALENDAR

100 Marshall Court

Paducah, KY 42001

270-442-6884

www.SuperiorCareHome.com



June 2019

All activities are
subject to change.

Mail delivery:
Monday - Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>2</p> <p>2:00 PM New Life Baptist Church</p>	 <p>3</p> <p>11:00 AM Southland Baptist 2:30 PM 12 Oaks Baptist Church</p>	<p>Activities are subject to change due to weather, volunteer availability, and time conflict.</p> <p>4</p> <p>10:30 AM Word Games 2:00 PM Fun with Bowling</p>	 <p>5</p> <p>9:30 AM Mass 2:00 PM Resident Council</p>	<p>6</p> <p>10:30 AM Sittersize 2:00 PM Bingo</p>	<p>7</p> <p>10:30 AM Music Betty Holt 2:00 PM Movie Hour</p>	<p>1</p> <p>Leisure time</p>
<p>9</p> <p>2:00 PM Church with the Edlemans</p>	<p>10</p> <p>10:30 AM Carol Andrews 2:30 PM 12 Oaks Baptist Church</p>	<p>11</p> <p>10:30 AM Crafty Fingers 2:00 PM Just For Fun Bluegrass</p>	<p>12</p> <p>10:30 AM Fun with Cards 2:00 PM Name That Tune</p>	<p>13</p> <p>10:30 AM Bible Study 2:00 PM Bingo</p>	<p>14</p> <p>10:30 AM Outdoor exercise 2:00 PM Head Bands</p>	<p>15</p> <p>Leisure Time</p>
 <p>16</p> <p>2:30 PM Music With Alissa</p>	<p>17</p> <p>10:30 AM Ring Toss 2:30 PM 12 Oaks Baptist Church</p>	<p>18</p> <p>10:30 AM Spelling Bee 2:00 PM Fun with Fishing</p>	<p>19</p> <p>10:30 AM Now & Then 2:00 PM Lemonade Social</p>	<p>20</p> <p>10:30 AM Bible Study 2:00 PM Bingo</p>	<p>21</p> <p>10:30 AM 1st day of Summer 2:00 PM Charles Berry Hill</p>	<p>22</p> <p>Leisure Time</p>
<p>23</p> <p>4:00 PM Lone Oak Church Of Christ</p>	<p>24</p> <p>10:30 AM Celebration of Senses 2:30 PM 12 Oaks Baptist Church</p>	<p>25</p> <p>10:30 AM Mike Ward 2:00 PM Fun On Will</p>	<p>26</p> <p>10:00 AM 1 Man Band 2:00 PM Martha & Andy</p>	<p>27</p> <p>10:30 AM Bible Study 2:00 PM Bingo</p>	<p>28</p> <p>10:30 AM News & Brews 2:00 PM WOW Ice Cream truck</p>	<p>29</p> <p>Leisure Time</p>
<p>30</p> <p>Leisure Time</p>						