



# Superior LIVING

March 2019

## Superior's Dementia Education Week-Staff & Community

Superior Care celebrated National Dementia Education week February 14-21. According to the National Council of Certified Dementia Practitioners' CEO Sandra Stimson, "One Certified Alzheimer's Disease and Dementia Care Trainer impacts thousands of health care professionals. Someday there will be a cure for Alzheimer's Disease. Until that day, continue with your dementia education." Superior Care's very own Certified Dementia Practitioners, agree with Stimson. Lowertown Clinical Director, Joni Culp-LPN, CDP and Resident Life Coordinator, Dee Metcalf-CDP, as part of their membership in the National Council of Certified Dementia



Practitioners, organized a week of education for our staff and visiting family members. They provided helpful dementia care worksheets to our staff and guests and shared an informational video to help better understand the signs and symptoms of dementia and the unique care needs of someone with this diagnosis. You may view this helpful video on our Facebook page @ [superiorcarehomeky](#). In addition to our in-house education, Dee Metcalf, delivered helpful handbooks to our local first responders, providing these first line healthcare professionals the communication tools they need when caring for someone with a dementia diagnosis.



*If you have any questions regarding dementia and caring for someone with dementia, please call Joni Culp and/or Dee Metcalf at (270)442-6884.*

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



## We Love Our Special Valentine's!



On Thursday, February 14, Superior Care Resident Life Coordinator, Dee Metcalf, and Resident Life Assistant Kay Fields hand delivered a special Valentine's Day carnation to every Superior Care resident!

## Full Hearts for the Empty Bowls Project



**Superior Care residents love giving back to the Paducah community!** With their paint brushes and their imagination, our creative residents glazed pottery bowls that were used in the 2019 Empty Bowls Project, a fundraiser for Paducah's Community Kitchen. "Superior Care wants to provide opportunities for our residents to give back to the community they love! The Empty Bowls project is creativity from the heart!" shared Dee Metcalf, Resident Life Coordinator.

*L to R - Upper 2 Pictures: Ms. Linn & Ms. Court. L to R - Below 2 Pictures: Ms. Morgan, and Ms. Mathues all enjoy glazing their Empty Bowls pottery.*

### STAY UP-TO-DATE

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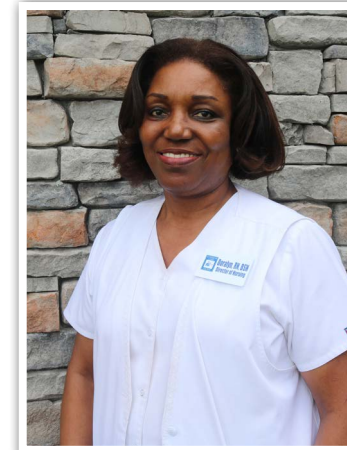


View more pictures and information at  
[Facebook.com/SuperiorCareHomeKY](https://www.facebook.com/SuperiorCareHomeKY)



## Employee of the Month - Doralyn Warren

Doralyn Warren, Superior Care's Director of Nursing is our **March 2019 Employee of the Month**. Doralyn began her career at Superior Care over 42 years ago. "I would describe Doralyn's leadership abilities with the following characteristics: a Clear Vision, a Culture Leader, Surrounds herself with Competent Staff, High Clinical IQ, a Methodical Problem Solver, Flexible, Motivational, a Cheer Leader, and a Servant-Leader!" shared Ms. Helen Sims, CEO/Owner. "On the one-year anniversary of her self-proclaimed greatest professional achievement-the 12-Hour Shift Implementation," Sims added, "It is only fitting that we truly honor Doralyn's vision and commitment, because it has been transformational for everyone at Superior Care!"



"The Highest Quality Care. No Exceptions" Doralyn's standard is our team's expectation. Superior Care's community is unique-comprised of 4 separate and distinct CARE specific neighborhoods: traditional long term, memory, short-term, and short-term more acute care. The national nursing shortage and neighborhood setup required a drastic change in scheduling from 8 Hour shifts to 12-never before instituted at Superior Care. After months long research, feedback from other Directors of Nursing about resident care and staff schedule execution, and weeks spent interviewing residents, Doralyn decided that 12 hour shifts would be the answer! She rallied her nursing staff and called the new care approach "The Dance". The new schedule approach rolled out with balloon bouquets, banners, cookie trays, and celebratory buttons for all. She created Team A and Team B for "The Dance" and they are all still **DANCING**, 12 months in! The results have been nothing short of phenomenal! Our residents love having the same care team through all three meals and therapy, resulting in a **2018 PERFECT RESIDENT SATISFACTION SURVEY!** Staff is now revitalized with days off **DURING** the week and weekends! This shift change even became a recruiting tool, resulting in 16 new employees!

This past year, the Office of Inspector General presented Superior Care with a Perfect Deficiency Free Survey, presented to less than 5% of the skilled nursing facilities in the United States. Doralyn also helps coordinate the clinical education opportunities for the nursing program at West Kentucky Community and Technical College, educating over 1,000 nursing students since its inception.

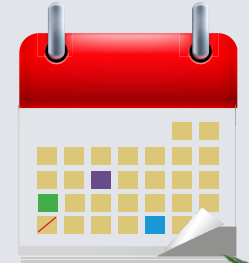
Doralyn Warren was recently recognized by the Kentucky Association of Healthcare Facilities as the **2018 BEST Director of Nursing in the state of Kentucky!** Her other outstanding accomplishments include: served on the Kentucky Board for Aging at the request of Governor Paul Patton and served many leadership roles on the Kentucky Administrators Directors of Nursing Association.

She volunteers at our local homeless shelter, participates in many Alzheimer's Association fundraisers-A Ride to Remember, 1st & 2nd Annual Corn Hole Tournament, bake sales and craft sales, and through her membership in the Alpha Kappa Alpha Service Sorority participates in the annual "The Longest Day" event-building awareness for Alzheimer's. She has participated in the national 41 Mile Breast Cancer Walk in Chicago and the local Spokes for Strokes bike ride.

Doralyn Warren's commitment to our community, her commitment to a quality and empowering workplace environment, and her overall commitment to quality care, makes her an outstanding example of the Employee of the Month program.

*Congratulations, Doralyn Warren!*

## SAVE THE DATES



March 5th  
Mardi Gras Fun!



March 17 • St. Patrick's Day  
**St. Patrick's Day**

March 28  
Opening Day  
Baseball Fun!



**WELCOME  
New Staff!**

*Dyannah Con*  
SRNA

*Robin Conger*  
SRNA

*Raven Freeman*  
SRNA

*Alexandria Hughes*  
Receptionist

*Madeline Irvan*  
SRNA

*Barbara Martin*  
SRNA

*Bethany Varvel*  
SRNA





## SUPERIOR CARE HOME

Nursing and Rehabilitation Center

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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](http://SuperiorCareHome.com)



## News and Notes

Check out the latest "Winter 2019" edition of the Paducah Sun's POSH Magazine. POSH's lifestyle and travel writer, Jenna Wise, shares her "Unexpected Journey" which includes her very own special two week journey at Superior Care for her very successful short-term rehabilitation!

*POSH-Winter 2019, pages 54-56.*





### "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.*



Nominate  
**SUPERIOR CARE HOME**  
Best Nursing Home

**The Paducah Sun**  
**READERS' CHOICE 2019**

*Thank you for supporting us*  
**in the 2019 Paducah Sun  
Reader's Choice Awards!**