SUPERIOR CARE HOME

Superior LIVING

October 2019

Celebrating our Bowl-A-Thon Down Memory Lane

An Alzheimer's Association Fundraiser

Pictured Front Row L to R: Joni Culp, Dee Metcalf, Haley Watkins, Karen Ice. Back Row: Diane Platt, Darla Sims, Jess Hill, Debbie Ramsey, Kattie Wheeler, Leslie Williamson, and Tana Cooper. Not pictured: Kelley Chronister, Michelle Fellows and Carrie Armstrong and her family.

As part of our fundraising efforts for Team Superior and the upcoming Walk to End Alzheimer's on October 26, Superior Care recently hosted a Bowl-A-Thon challenging each of our neighborhoods to sponsor a bowler! The competition was fierce and fun! Dee Metcalf, Resident Life Coordinator and Walk-To-End Alzheimer's Team Captain, shared "The Alzheimer's Association is such an important organization that is near and dear to our hearts. We have been raising funds this entire year! Thank you, to all you have donated to our events this year, and please join us at our premier fundraiser, the Superior Care Cornhole Tournament at the Metropolis American Legion on Saturday, October 12, from 2-5 pm. There will be lots of silent auction items, food, and entertainment!"

Pictured Left: Kelley Chronister and Elevi Balzer's son, Asher. Pictured Right: Dusty & Dee Metcalf, Debbie Ramsey and Karen Ice.

SUPERIOR CARE HOME
Nursing and Rehabilitation Center
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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

Employee of the Month Lindsay Rutherford, RN - BROADWAY

Lindsay and her children, Mylee and Zayne

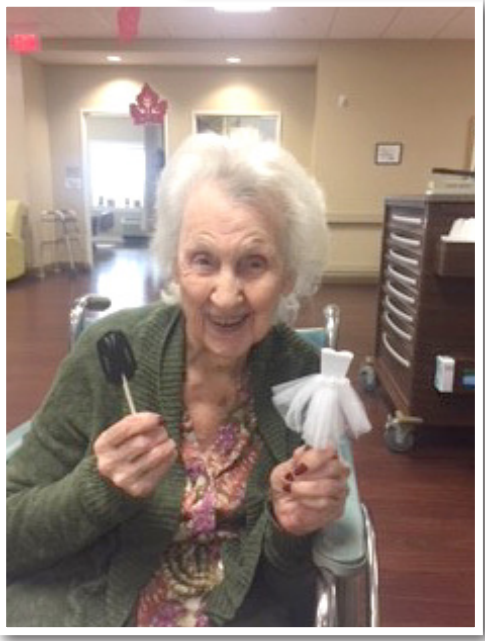
A native of Paducah, Kentucky, Lindsay Rutherford is our October Employee of the Month. Lindsay shared that she knew at a very young age that she wanted to become a nurse, since she comes from a family of nurses- mother, grandmothers, aunt, etc.

Lindsay graduated from Lone Oak High School and obtained her nursing degree from West Kentucky Community & Technical College. As part of her training at WKCTC, Lindsay participated in clinicals at Superior Care at our Clay Street location. She started her career at Superior Care in September 2015, and was recognized with the Rising Star Award in 2018. When asked why she enjoys working at Superior, Lindsay shared, "I enjoy working with our short-term residents, because I am inspired by their quick progress and overall improvement!" Her advice for new nurses, she commented "You learn something new every single day!" Tana Cooper, Director of Nursing, complimented Lindsay's exceptional clinical expertise, adding "She enhances the quality of care we provide our Broadway neighborhood residents. She is so patient and compassionate and very driven to provide the highest quality of care."

Congratulations, Lindsay Rutherford!

Wedding Bells Ring in Lowertown

The residents of Lowertown recently celebrated a bridal shower for one of our staff members. Joni Culp, Lowertown Clinical Director, gathered decorations from her daughter's recent nuptials and engaged our residents with memory activities and traditional bridal shower games such as "Guess How Many Kisses for the Mr. & Mrs."! "I had such a good time at the shower," shared a Lowertown Resident. Ms. Laura Morris, resident, wished the Bride to Be "Years & Years of Love & Happiness!"



Our Superior Success Story

SUE HEIN - Short-term Rehabilitation

Ms. Sue Hein, is our Short-Term Rehabilitation Success Story for the month of October.

Ms. Hein was born in La Porte, Indiana, and attended primary school and high school in Park Forest, Illinois, a southern suburb of Chicago. She achieved her Bachelor's degree in Art Education from University of Evansville, where she met her husband, Chuck Hein. Her art teaching career began at Chandler Elementary School in Evansville spanning 9 years before moving to western Kentucky. After staying at home to raise her two sons, Eric and Nate, for a few years, she accepted her current position as Art Teacher at St. Mary High School. After 32 years of service excellence, Ms. Hein was recently honored as the Catholic School Teacher of the Diocese of Owensboro, Kentucky.

Her exceptional artistic skills and testament to her art education excellence can be seen on the walls of Superior Care's Riverways neighborhood. One of Ms. Hein's art students created a nautical block print and his grandmother, Helen Sims, Superior Care's CEO/Owner, thought the piece would fit perfectly in our Riverways neighborhood.

Ms. Hein admitted to Superior Care following hospitalization due to a femur fracture from a recent fall. Upon admission, Ms. Hein's goals were to be able to transfer with minimum assistance, walk, ambulate up/down stairs, and improve her balance and overall activity endurance. Micki Cholson, Therapy Program Manager, shared "Ms. Hein worked diligently with both our physical and occupational therapy teams to reach her goals, so she could return to home and back to work as soon as possible!"

Ms. Hein shared "I knew from my previous positive experience at Superior Care that this was the place I needed to go for my rehabilitation. I am thankful for the opportunity to rehab here. This place is top notch, and everyone here is very nice and responsive. The food selection is fabulous, and Joy (nurse aide) is as kind as she can be! I would recommend Superior Care to anyone who needs short-term rehabilitation!"

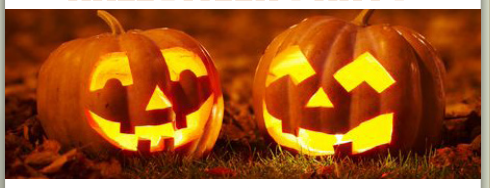
Upon discharge, Ms. Hein, increased her balance score from a 8/28 to a 20/28, on the Tinetti Balance Test. She was able to navigate 4 stairs and increase her activity tolerance and ambulation distance, reaching her goals toward increasing her overall independence!

Congratulations, Ms. Hein, on your Success!

SAVE THE DATES

October 2
Resident Council

Thursday, October 31
HALLOWEEN PARTY



WELCOME New Staff!

Kaylee Barnes, Activities
Lisa Bobo, RN
Cassie Morris, LPN

HAPPY FALL Y'ALL!

Fall Prevention Tips

1. Find a Good Balance & Exercise Program
2. Talk to your health care provider about your risk of falling.
3. Regularly review your medications with your pharmacist.
4. Get your vision & hearing checked.
5. Keep your home safe and fall hazard free.
6. Ask your family for support.

RESIDENT LIFE CALENDAR

100 Marshall Court Paducah, KY 42001 270-442-6884 www.SuperiorCareHome.com

SUPERIOR CARE HOME

October 2019

All activities are subject to change.

Mail delivery:
Monday - Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 AM Hot Chocolate Social 2:00 PM Balloon Volleyball	2 9:30 AM Mass 2:00 PM Resident Council	3 10:30 AM Bible Study 2:00 PM Bingo	4 10:30 AM Sittersize 2:00 PM Popcorn & Movie	5 Leisure time
6 2:00 PM New Life Baptist Church	7 10:30 AM Southland Baptist 2:30 PM 12 Oaks Baptist Church	8 10:30 AM Wheel Chair Yoga 2:00 PM Just for Fun Bluegrass	9 10:30 AM Jokes & Riddles 2:00 PM Relaxation Hour	10 10:30 AM Word Games 2:00 PM Bingo	11 10:30 AM Relaxation Hour 1:00 PM Movie Hour	12 10:00 AM 9th St Church of Christ
13 Church with Edlemans	14 10:30 AM Carol Andrews Music 2:30 PM 12 Oaks Baptist Church	15 10:30 AM Headbands Game 2:00 PM Bowling	16 10:30 AM Guess the Year 2:00 PM Crafty Fingers	17 10:30 AM Bible Study 2:00 PM Bingo	18 10:30 AM Target Toss 2:00 PM Music Charles Berry Hill	19 Leisure Time
20 Leisure Day	21 10:30 AM Autumn Begins Fun 2:30 PM 12 Oaks Baptist Church	22 10:30 AM Mike Ward on Keyboard 2:00 PM Ring Toss	23 10:00 AM 1 Man Band 2:00 PM Martha & Andy	24 10:30 AM Bible Study 2:00 PM Bingo	25 10:30 AM Word games 1:30 PM Popcorn & Movie	26 Leisure Time
27 4:00 PM Lone Oak Church of Christ	28 10: 30 AM Crafty Fingers 2:30 PM 12 Oaks Baptist Church	29 10:30 AM National Cat Day Trivia 2:00 PM Name that tune	30 10:30 AM Spelling Bee 2:00 PM Crafty Fingers	31 10:30 AM Bible Study 2:00 PM Halloween Party		*Activities are subject to change due to weather, Volunteer availability, time conflict.*