



Superior LIVING



September 2019

September is Rehabilitation Awareness Month

Celebrating the Healing Power of Rehabilitation



Our rehabilitation staff, their professional degrees and years of service. Front Row L to R: Natalie Belt, COTA (1 yr); Laken Young, PTA; Micki Colson SLP & Manager (7 yrs); Christine Trussel, OT (6 yrs); Moris Ann Thompson, PTA (1 yr); Crystal Baird, COTA (4 yrs); Angelina Romero, SLP (1 yr) Back Row L to R: Keri Bennett, OT (18 yrs); Kristy Shanks, PT (6 yrs); Aimee Woods, PTA (18 yrs); Kristi Cates, PTA & Manager, (16 yrs); Joni Reed, COTA (10 yrs); Wendall May, PTA (4 yrs) Not Pictured: Mitzi Steakley, SLP (9 yrs); Mark Vance, PT; Elizabeth May, COTA (1 yr); Stephanie Hargis, COTA (11 yrs); Jennifer Rowlett COTA, (10 yrs); Tyler Watson, PTA (1 yr); Tanna England, PTA (4yrs)

Every year, the National Rehabilitation Awareness Foundation designates a week in September to educate people about the benefits and impact of rehabilitation. Physical Therapists, Occupational Therapists, and Speech Language Pathologists all work together to help individuals overcome obstacles and accomplish normal tasks of daily living.

What types of therapy are offered at Superior Care?

Recovery from an illness, injury or surgery can present challenges for seniors. With today's shortened hospital stays, a patients' recovery often requires comprehensive rehabilitation, medical supervision and support services that cannot be provided effectively at home. This is when Superior Care and our amazing Rehabilitation team come in and help residents get well, so they can go home! We provide all therapy disciplines-Physical therapy, Speech and Occupational therapy. We are also certified in the LSVT BIG & LOUD Therapy program for Parkinson's and other neurological conditions. Our physical therapy program

utilizes state of the art equipment, including the Omni VR system-the only virtual reality rehabilitation program available in the region!

What types of patients do you typically help at Superior Care?

We help a variety of people with various physical/speech challenges such as residents who have chosen elective orthopedic reconstructive surgeries-hips, knees and shoulders, etc. We help people regain their overall strength after a cardiac episode or extended hospital stay, and we help residents who have had strokes regain function and mobility. Our residents can be anyone who has had a decline in their overall health, and we can help them increase their strength and range of motion.

What makes our Superior Care Therapy Team so special?

Our people.

We have an amazing team of 20 certified therapists and assistants, and coupled with our state of the art rehabilitation equipment, our outcomes are second to none!

SUPERIOR CARE HOME

Nursing and Rehabilitation Center

100 Marshall Court, Paducah, KY 42001
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





Superior Residents Share Back to School Advice

Every year, as the dog days of summer come to an end, you can feel the excitement in the air. Students from all across the country from preschool to graduate school age, begin to prepare for their upcoming school year. With excitement or dread, depending upon who you ask, students await their first day of school with great anticipation. So, we wanted to share with you some insightful back to school advice from our very own wise and scholarly residents. Our residents hail from small and big towns all across the country, from Livingston and Hickman and Marshall County, to East Detroit, Michigan, and Ohio and Indiana! Their words of wisdom ring true for students of any age and for any school, preschool through college!

“Try to be nice to each other! No bullying!”

Ms. Dorothy Bogard, Midtown Resident

“Study! Study! Study!”

Ms. Martha Love, Midtown Resident

“To help me stay organized, I always laid out my outfit the night before. Also, if you see someone by themselves, always include them!” *Midtown Resident*

“Listen to your teachers!” *Midtown Resident*

“They should pay attention to their teachers from the first day of school until the last!” *Midtown Resident*

“They should work in the summers to save up money for college!” *Ms. Faye Somers, Midtown Resident*

“Get along and don’t complain!”

Shirley Manker, Midtown Resident

Employee of the Month Karen Ice, LPN - Staff Development



A native of Cairo, Illinois, Karen Ice, LPN, Staff Development Coordinator, is our September Employee of the Month. Her vast medical background includes previous long term care nursing experience, psychiatric nursing at Southeast Hospital in Cape Girardeau, as well as being an Emergency Medical Technician. Karen’s Aunt Lilly, a nurse, became her inspiration to pursue a nursing degree, which she received from Shawnee Community College in Ulin, Illinois. Karen enjoys spending time with her four daughters and her brand new grandson.

When asked why she enjoys working at Superior, Karen shared, “I love working in long-term care, because I enjoy giving back to the people who have given so much of their lives to their community.” Karen’s responsibilities as Staff Development Coordinator include: onboarding all new nursing hires, plan and schedule in-service training for all staff, complete weekly and monthly audits, and manage infection control, just to name a few. Karen shared, “My goal is to make our SRNA’s, our true first-line caregivers, feel that they are part of a team and to feel support

and encouragement. My goal for our in-service training sessions is to bring in more community experts who can perform hands-on training and can share their expertise with our team.”

Karen goes above and beyond her assigned responsibilities and recently set up a hands-on training room for the SRNA’s educating the team on assessing residents’ rooms for fall risks. Michelle Fellows, Human Resources Director, shared, “Karen has become an integral part of the staff by her readiness to help in any scenario. She most importantly has strengthened the skills of our SRNA’s with her hands-on training.”

Congratulations, Karen Ice!

Our Superior Success Story

Arthur Feather Short-term Rehabilitation

Mr. Arthur Feather, is our *Short-Term Rehabilitation Success Story* for the month of September.

Mr. Feather grew up in upstate New York and attended engineering school prior to enlisting as a combat engineer during World War II. After his service from 1942-1946, Mr. Feather returned to finish school and began working at a local paper mill. His expertise in streamlining operations led to various promotions and ultimately gave him the



Westvaco Paper Mill

opportunity to move to western Kentucky to build the Westvaco plant in Wickliffe, from which he eventually retired. He enjoys his six children and 14 grandchildren, and attending the Market House Theater and the Paducah Symphony performances.

Mr. Feather admitted to Superior Care following a hospitalization for a clavicle fracture and pneumonia. Upon admission, his rehabilitation goals were to improve his overall strength, activity tolerance, and to work with speech therapy to improve his oropharyngeal strength. Throughout his stay, his overall status improved significantly. His ability to transfer improved, and he was able to navigate climbing 8 stairs with supervision. His balance also improved, and he is now able to walk 350 feet with his front wheeled walker. Our Speech-Language pathologist used our state of the art VitalStim Therapy to assist Mr. Feather with his speech and dietary goals.

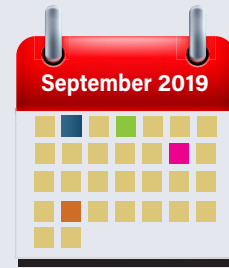
VitalStim® Therapy is a safe and effective treatment for patients suffering with difficulty swallowing or dysphagia. The VitalStim® Therapy System is a non-invasive therapy to help swallowing through the use of Neuromuscular Electrical Stimulation.

When asked to share his thoughts about Superior's rehabilitation, Mr. Feather, shared, "They encouraged me to get the job done!"

Congratulations, Mr. Feather, on your Success!



SAVE THE DATES



Monday, September 2
Labor Day

HAPPY
LABOR
DAY

Wednesday, September 4
Resident Council

Friday, September 13



Monday, September 23
First Day of Fall

Fall is Here!



**WELCOME
New Staff!**

Mariah Boyd, SRNA
Ladonna Burton, SRNA
Kristin Jacobs, SRNA
Brooke Jackson, LPN
Kathryn Merkis, SRNA
Lydia Snider, SRNA
Katelyn Teeters, SRNA
Tabbitha Tolbert, SRNA
Heather Webb, LPN

RESIDENT LIFE CALENDAR

100 Marshall Court

Paducah, KY 42001

270-442-6884

www.SuperiorCareHome.com



September 2019

All activities are subject to change.
Mail delivery: Monday - Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 2:00 PM Church with the Edlemans	LABOR DAY 10:30 AM Carol Andrews 2:30 PM 12 Oaks Baptist Church	3 10:30 AM Hot Chocolate Social 2:00 PM Balloon Volleyball	4 9:30 AM Mass 2:00 PM Resident Council	5 10:30 AM Bible Study 2:00 PM Bingo	6 10:30 AM Sittersize 2:00 PM Popcorn & Movie	7 Leisure time	
8 2:00 PM Church with the Edlemans	9 10:30 AM Carol Andrews 2:30 PM 12 Oaks Baptist Church	10 10:30 AM Spelling Bee 2:00 PM Just for Fun Bluegrass	11 10:30 AM Now & Then 2:00 PM Relaxation Hour	12 10:30 AM Bulletin Board Trivia 2:00 PM Bingo	13 10:30 AM Sittersize 1:00 PM WOW Ice-cream Wagon	14 10:00 AM 9th St Church of Christ	
15 Leisure Day	16 10:30 AM World Play-Doh Day 2:30 PM 12 Oaks Baptist Church	17 10:30 AM Constitution Day Social 2:00 PM Bowling	18 10:30 AM Hot Tea Social 2:00 PM Crafty Fingers	19 10:30 AM Bible Study 2:00 PM Bingo	20 10:30 AM Jokes & Riddles 2:00 PM Music by Charles Berry Hill	21 Leisure Time	
22 4:00 PM Lone Oak Church of Christ	23 10:30 AM Autumn Begins Fun 2:30 PM 12 Oaks Baptist Church	24 10:30 AM Fun with Weather 2:00 PM Bag Toss	25 10:00 AM 1 Man Band 2:00 PM Martha & Andy	26 10:30 AM Bible Study 2:00 PM Bingo	27 10:30 AM Word Games 1:30 PM Popcorn & Movie	28 Leisure Time	
29 Leisure Day	30 10:30 AM Word Trivia 2:30 PM 12 Oaks Baptist Church						<p>Activities are subject to change due to weather, Volunteer availability, time conflict.</p>