



Superior LIVING

2019
Happy New Year!

January 2019

New Year, New You, & New Programs at Superior Care

Superior Care's Encore Rehabilitation team has recently incorporated two new therapy programs benefitting residents whose diagnosis include heart and respiratory challenges. Micki Colson, Therapy Co-Manager, shared "We are excited about the recent positive outcomes from both our HeartWorks and BreathWorks programs. What makes these two programs unique and successful is that they are interdisciplinary. Our rehabilitation, nursing, social services, dietary and activities departments all play crucial roles in the success of these programs."

The goals of the HeartWorks program are to provide heart-health education along with tools and guidelines for a heart healthy lifestyle, improve heart function, heart functional performance, and overall quality of life. The benefits of exercise with those who have heart challenges are: increased aerobic capacity, increased ability to perform physical tasks, improved physiological response to O₂ demand, increased strength and endurance, reduced risk of recurrence, all which ultimately fosters healthy behaviors.

BreathWorks, similar to HeartWorks is an interdisciplinary pulmonary rehab program designed to provide patients with pulmonary conditions the best possible rehab care.

"The BreathWorks program provides a comprehensive approach from all three of our therapy disciplines-Physical, Occupational and Speech," shared Kristi Cates, Therapy Co-Manager. "The physical therapist evaluates and prescribes pulmonary rehabilitation exercise programs. The Occupational Therapist evaluates and assesses ADLs, and provides instruction on energy conservation techniques and body mechanics for decreased O₂ requirements with activities. The Speech-Language Pathologist evaluates and assesses diet tolerance and swallowing strategies in relation to signs/symptoms of pulmonary dysfunction." The goals of the program are to prevent re-hospitalization, involve the patient in their care, and return home safely and timely. For example, for residents with COPD, the BreathWorks program may include the following interventions: smoking cessation, inhalers, nebulizers, oxygen, breathing exercises, and/or pulmonary rehabilitation.

If you have any questions regarding HeartWorks or BreathWorks, please ask Micki Colson or Kristi Cates in our Therapy Department.



According to the American Geriatrics Society website, here are a few New Year's Resolution Ideas for Seniors.



- **BE ACTIVE:** Incorporate physical activity into your weekly routine. At Superior Care, you can participate in a variety of activities with our amazing Resident Life team-Dee Metcalf-Director, and Kay Fields, Assistant.
- **STAY HEALTHY:** Wash hands often-before/after activities and meeting visitors. Take your medicines and consult our compassionate care team-Blake Woods, APRN and Deena Carrico, APRN. They and our nursing team are available if you have any questions or concerns.
- **FALL PREVENTION:** Since one in every three older adults falls each year, it's important to take precautions. Staying active keeps your muscles strong and helps with your balance and reduces fall risk. Always push your call light when you need assistance.
- **USE YOUR BRAIN:** From socializing to educational activities, fueling your brain means it will function better for you. At Superior Care, there are countless ways to keep your brain active. Ask about our free Superior Care Crossword book!
- **REVIVE OLD FRIENDSHIPS:** From calling or writing letters to relatives and friends, keeping connections is vital to your well being. Mail is delivered during the weekdays and is picked up Monday through Saturday.
- **REVISIT AN OLD PASTIME:** Hobbies like drawing, coloring, knitting, etc. are great activities that enhance your physical and mental capabilities and overall outlook. Superior Care offers many activities that might include one of your former hobbies-including our monthly Bakers' Dozen activity! Ask Dee Metcalf for details.

Superior Care wishes you a wonderful and blessed 2019!

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Superior Care Home Nursing and Rehabilitation Center

Superior Care Home for the Holidays

On Saturday and Sunday, December 8 and 9, Superior Care hosted its annual Christmas Dinner for residents and their families. Guests dined on delicious ham and a variety of scrumptious desserts to rave reviews. Even Santa joined in on the fun and delivered presents to all the residents! Thank you to all the residents and their families and to all our Superior volunteers who helped make this Christmas Dinner Weekend 2018 so very special!



Ms. Martha Love



Ms. Mildred Abell



Ms. Betty Smith



Mr. Lones Ellegood



Mrs. Linda Huebschman



Ms. Jeanette Elliot



Ms. Joyce Canter



Mrs. Martha Johnston



Mr. Ernest Carman

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Ms. Sharon Scarbrough



Ms. Magy Wilson

Thank you to all our families who contributed to our Employee Gratuuity Mailboxes this Christmas. On Christmas Eve, over \$5,000 was distributed to our care team. *Thank you so much for your generosity!*

Our Superior Success Story

Kevin Floyd – *Short-Term Rehabilitation*

Kevin Floyd, a native of Paducah, is our Superior Success Story! Mr. Floyd attended McCracken County schools and graduated from Lone Oak High School. He married his high school sweetheart after a blind date and were married for 42 years! Mr. Floyd's career path found his way from the Atomic Energy Plant to Gurdau, a steel mill in Calvert City, before retiring.

Mr. Floyd underwent a surgical revision of a right total knee replacement. Upon admission, Mr. Floyd's goals were to improve the following: balance, mobility, strength, activity endurance, transferring, as well as his gait.

After four weeks, Mr. Floyd reached all of his goals. He is now able to walk unassisted 150 feet. Micki Colson, Therapy Co-Manager, shared "Mr. Floyd worked diligently with physical and occupational therapy and was able to navigate 4 steps which allowed him to return home independently!" In addition to the home health education he received at Superior Care, he attended an At Home Safety Visit with Superior Care's Physical and Occupational Therapy team members to ensure a safe and smooth transition back to his home environment.

"I love the staff here! I almost hate to leave them, they have been so nice and encouraging!" shared Mr. Floyd. When asked about his rehabilitation stay, Floyd continued "I would absolutely recommend Superior to anyone in need of short-term rehabilitation!"

Thank you, Mr. Floyd, for sharing your success story!



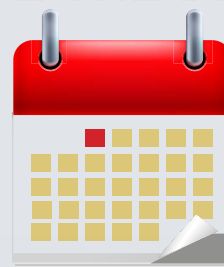
Friends of the Month

"Great friends are people who make your challenges, their challenges, just so you don't have to go through it alone!"



Meet Forever Friends-a.k.a. "Team Santa"-
Jack Wilson, Kevin Floyd, Ernest Carman, and Grant Martin

SAVE THE DATES



"There are far,
far better things
ahead,
than any
we leave behind."

C.S. Lewis



WELCOME
New Staff!

Brie Artis,
LICENSED
PRACTICAL NURSE

Tomisha Smith,
SRNA

Desmonique Taylor,
SRNA

Lauren White,
RECEPTIONIST



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

Assistant
Administrator
Steven Hall

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



Employees of the Month - Superior Care MDS Team

Angela Leigh, RN, LMT • Cathy Shell, RN



Our Superior Care Employees of the Month are **Angela Leigh, RN**, and **Cathy Shell, RN** in the MDS Department. Mrs. Leigh and Mrs. Shell are responsible for recording, updating, and monitoring all MDS documentation in accordance with current federal, state, and local regulations. Additionally, the MDS Nurse is responsible for working with the MDS and interdisciplinary team in the accurate and timely assessment, input, and processing of resident data for Medicare reimbursement. Both Leigh and Shell bring an extensive and diverse nursing background to Superior.

Angela Leigh, born and raised in Sale Creek, Tennessee, just northeast of Chattanooga, earned her LPN and RN degree in Athens, Georgia at the University of Georgia. Angela's experience is broad and extensive-Neuro-Intensive Care, Labor & Delivery, Medic-Vac Flights, Director of Nursing in long-term care setting, and served on the Healthcare Review Board for the Office of Medicaid. Angela shared "I realized that nursing was my passion while volunteering with missionaries in West Africa for 3 years. Now 31 years into my career, I am working for a Superior company giving Superior Care!"

Cathy Shell was born and raised and currently resides in Mayfield, Kentucky. Cathy, too, has an extensive nursing career, specifically in the long term care industry. She served as Director of Nursing at Heritage Manor in Mayfield, after attaining her LPN and RN education at West Kentucky Community and Technical College. Cathy shared "I have always enjoyed Long Term Care. We have cared for the greatest generation, and that is quite an honor!"

Doralyn Warren, Director of Nursing, described both Angela & Cathy as "focused, confident, knowledgeable, and they both take ownership on a daily basis with quality!" Ms. Sims, CEO/Owner, agreed. "I am grateful for Angela and Cathy. They provide the expertise and intense attention to detail that the MDS department demands, and they succeed in meeting those expectations!"

Congratulations, Angela Leigh & Cathy Shell!