



# Superior LIVING

## MARDI GRAS

February 2020

### 2020 YEAR OF THE Nurse

## Celebrating the Year of the Nurse

Ernest Grant, the President of the American Nurses Association, announced "In recognition as the 200th anniversary of the birthday of the founder of nursing, Florence Nightingale, the World Health Assembly has declared 2020 as the Year of the Nurse!" Grant shared that throughout the year, the ANA will first highlight and promote nursing excellence, infuse leadership in nursing across the spectrum of healthcare, and foster and stimulate nursing innovation to benefit patients and communities.

As we celebrate the Year of the Nurse, here's a brief history of the beginning of the nursing profession adapted from Encyclopedia Britannica.

In 1854, during Britain's Crimean War, several news publications reported that wounded/sick Russian soldiers were healing much better than British soldiers. The British government immediately tasked Florence Nightingale with gathering a group of nurses to travel to their military hospital in Turkey. Immediately upon arrival, Nightingale and the nursing team had reorganized the barracks, scrubbed all the walls for sanitation, opened windows for ventilation, prepared/served nourishing meals, and administered treatment and medications efficiently. The result: death rates plummeted and the soldiers were no longer sickened from poor sanitary conditions. Dubbed "the Lady with the Lamp",

Florence Nightingale and her belief in the worth of educated nurses, transformed the entire Western world's practice of nursing by the end of the 19th Century.

At Superior Care, we are so proud of our nursing team whose extensive expertise is at the heart of our outstanding and compassionate care! Listed below is Superior Care's entire nursing team and their years of expertise. We would also like to honor two retired nurses who live in our Midtown and Lowertown neighborhoods. Ms. Joyce Roper is a proud graduate of the Baptist College of Health Science in Memphis, Tennessee. Ms. Sadie Harvick is a retired nurse from Cairo Hospital, who proudly displays her "Florence Nightingale Lamp" in her windowsill, presented to her at her nursing school graduation.



**Joyce Roper**



**Sadie Harvick**

Tana Cooper, RN-Director of Nursing-17  
 Karen Ice, RN-Asst. Director of Nursing-23  
 Joni Culp, LPN-Clinical Director-19  
 Kattie Wheeler, RN-Clinical Director-27  
 Lesley Williamson, RN-Clinical Director-11  
 Debbie Ramsey, LPN-Clinical Coordinator-23  
 Angela Leigh, RN-MDS & Restorative Nursing Director-34  
 Cathy Shell, RN-MDS-32  
 Regena Cruse, LPN-MDS-11  
 Amy Quertermous, RN-15  
 Holly Arnett, LPN-11  
 Samantha McManus, LPN-5  
 Misty Massey, LPN-8  
 Stanley Tucker, LPN-7  
 Lindsay Rutherford, LPN-5  
 Nicole Bennett, LPN-15

Raya Turner, LPN-3  
 Haley Watkins, LPN-3  
 Anna Nicole Watson, LPN-3  
 Anita Fondaw, LPN-7  
 Cassidy Rentfrow, LPN-2  
 Michelle Johnson, LPN-15  
 Katelyn Elrod, LPN-2  
 Morgan McCutcheon, LPN-2  
 Kismet Seddon, LPN-15  
 Shaniqua Dickerson, LPN-1  
 Brie Artis, LPN-1  
 Morgan Prince, LPN-1  
 Heather Webb, LPN-13  
 Cassie Morris, LPN-12  
 Ashley McKenty, LPN-2  
 Amber Felker, RN-8

Kelli Culver, RN-25  
 Amber Foy, RN-1  
 Sally Ann Mosely, RN-2  
 Lisa Bobo, RN-4  
 Mary Gresham-RN/Admissions-26  
 Francesanna Crawford, RN-Staff Development-21  
 Nurse Certifications in 2020-  
 Austin Newton, Johnna Edgin, Morgan Hawkins

*If you or your loved one would like to share a recent positive experience that you/they had with our nursing team, please see the WOW Cards at each of our nurse's stations and at the entrance to our Lowertown neighborhood! Thank You!*

**SUPERIOR CARE HOME**  
 Nursing and Rehabilitation Center  
 100 Marshall Court, Paducah, KY 42001  
 Phone: 270-442-6884 • Fax: 270-442-3296  
[www.SuperiorCareHome.com](http://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



## Healthy Heart = Healthy You

According to the American Heart Association website, "The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963. The Congress, by joint resolution on that date, requested the President to issue annually a proclamation designating February as American Heart Month. At that time, more than half the deaths in the U.S. were caused by cardiovascular disease. While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year." Building awareness for the advantages of a healthy lifestyle is the foundational message of the American Heart Association. Superior Care Home is committed to providing a loving, caring, and healthy environment for our residents. We are proud to offer delicious gourmet meals and snacks that provide heart healthy options for every dining experience. To celebrate February as National Heart Month and Go Red Day for Heart Health, we teamed up with our very own dietitian, Beth Mueth, RD, LD, and EatRight.Org to provide a heart healthy recipe for you! **Bon Appetit!**

## Celebrating National Activity Professionals Week!



Dee Metcalf



Kay Fields

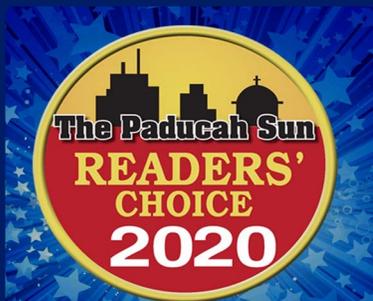


Kaylee Barnes

**Happy Activity Professionals Week!**  
Deann Metcalf, Resident Life Coordinator and the 2017 Best in Kentucky Supportive Care Award Winner, and Activities Assistants Kay Fields and Kaylee Barnes bring the SUNSHINE & JOY to our residents each and every day! We appreciate everything you do for our Superior Care Family!



**NOMINATE SUPERIOR CARE AS BEST NURSING HOME!**



Go to [www.paducahsun.com](http://www.paducahsun.com) to vote!

## Easy Stir-Fry Recipe

Recipe adapted from the Eatright.Org Website

Created by Sara Haas, RDN, LDN

### Ingredients

- 1 cup quinoa
- 2 cups + 1 cup vegetable broth
- ¼ teaspoon Kosher salt
- 2 teaspoon + 1 tablespoon vegetable oil
- 1 lb chicken breasts, patted dry and sliced thin
- 2 cups shredded carrots
- 3 cups broccoli florets
- 1 orange/red bell pepper, seeded, sliced thin
- 2 tablespoon low-sodium soy sauce
- 1 tablespoon minced ginger
- 2 teaspoons honey
- 1 tablespoon corn starch
- 3 tablespoons rice vinegar

### Directions

To cook the quinoa: In a medium pot, combine the quinoa, 2 cups vegetable broth and salt. Set pot over medium-high heat and bring to a boil. Reduce heat and simmer, stirring occasionally until cooked and all of the liquid is absorbed, about 15-20 minutes.

While the quinoa is cooking, prepare the stir-fry. Set a non-stick wok, cast-iron or deep-sided pan over medium-high heat. Add 1 teaspoon of the vegetable oil. Once hot, add half of the chicken. Cook, stirring frequently until no longer pink, about 5 minutes. Remove chicken from the pan and keep warm. Add another teaspoon of vegetable oil and cook remaining chicken. Remove from the pan and combine with other cooked chicken and keep warm.

Add the remaining vegetable oil to the pan. Add the carrots, broccoli and red bell pepper and cook until vegetables are slightly softened, but still crunchy, about 3-4 minutes. Whisk together the remaining vegetable broth, soy sauce, ginger, honey, corn starch and vinegar; add to the pan and bring to boil, cooking until thickened, about 1 minute.

Add the cooked chicken back to the pan and cook an additional 1-2 minutes. (Note: Chicken is done when internal temperature reaches 165°F.) Season with salt to taste.

To serve, portion ½ cup quinoa on each plate and top with 1 cup stir fry mixture. Serve with optional sides such as crushed red peppers, thinly sliced scallions or toasted sesame seeds.

Nutrition Information-Per Beth Mueth, RD, LD: To lower sodium, select Low Sodium broth and decrease/delete kosher salt.

Serving size: 1 cup stir-fry and ½ cup quinoa

Serves 6

Calories: 272; Total fat: 8g; Saturated fat: 1g; Cholesterol: 42mg; Sodium: 816mg; Carbohydrates: 30g; Fiber: 5g; Sugars: 5g; Protein: 21g



# Our Superior Success Story



Rodney Wallace, a former resident of Marshall County, is our February Short-term Rehabilitation Success story. Mr. Wallace was born in Paducah and graduated from North Marshall High School. After he married his high school sweetheart and wife of 56 years, Miss Gail, he worked at a Paducah factory and then for PennWalt in Calvert City. He has 3 children, a son and 2 daughters, 6 grandchildren, and 2 great-grandchildren, all girls, except one grandson! At 38 years old, he shared that he was called to begin his Baptist Pastorate education and ministry and graduated from Liberty University in Lynchburg, Virginia. After graduation, he moved back to western Kentucky to begin a decades long pastorate commitment to churches in McCracken, Marshall, and Graves Counties, along with pastoring a church in Bloomington, Indiana. He recently retired after building a new church near Benton, Kentucky.

Mr. Wallace was admitted after a hospitalization in Nashville due to a decompressive laminectomy and osteomyelitis of the thoracic spine.

Upon admission, he required maximum assistance for bed mobility, moderate assistance for transfers, was unable to walk and needed maximum assistance for activities of daily living. Mr. Wallace's goals were to gain strength for mobility and transfers as well as return to a regular diet.

After a little over a month of intensive physical, occupational and speech therapy at Superior Care, Mr. Wallace has returned home with his wife with the ability to complete his activities of daily living independently. He is walking 250 feet+ and requires no physical assistance for bed mobility or transfers. He is enjoying a regular texture diet without any difficulty swallowing.

Mr. Wallace shared "My faith in the Great Physician, and the care I received here surpassed anything I could have imagined! In my previous ministry, I visited many nursing facilities, but I have never seen one like Superior Care. The staff went out of their way to encourage me. The Therapy team really does a great job, and I worked with all of them, speech, occupational and physical. I even enjoyed the food! I recommend Superior Care to anyone! On a scale from 1 to 10, I'd give it a 12!"

Mr. Wallace has overcome many tough obstacles along the way and persevered, pushing himself to his highest potential. We are so proud to have been able to assist in his recovery! Thank you, Mr. Wallace, for sharing your Success Story!

## Employee of the Month **Lauren White**



Lauren White, our Superior Care front desk Receptionist, is our February 2020 Employee of the Month. Lauren, a McCracken County native, graduated from McCracken County High School and has attended WKCTC. Growing up on a farm and owning a equine rehabilitation company, Lauren's love for animals flourished, helping her set her sights on a future in veterinary medicine. Lauren shared that she enjoys working at Superior Care, because "Everyone is so friendly, and so easy to work with!" Michelle Fellows, Human Resources Director, complimented Lauren saying,

"What I appreciate most about Lauren is her outstanding reliability and willingness to help with any additional task when needed. She is professional and task-oriented, which is a perfect combination for our front desk position!"

***Congratulations, Lauren White!***

## SAVE THE DATES



**Wednesday, February 5**  
**Resident Council**

**Friday, February 14**



**Monday, February 17**



**Tuesday, February 25**



**WELCOME**  
**New Staff!**

***Amy Edwards, SRNA***  
***Tiffany Ellison, SRNA***  
***Morgan Hawkins, LPN***  
***Jessica Jackson, SRNA***  
***Khyla Moss, SRNA***  
***Donovan Riley, SRNA***  
***Shareeta Willis, SRNA***

# RESIDENT LIFE CALENDAR

100 Marshall Court

Paducah, KY 42001

270-442-6884

www.SuperiorCareHome.com



# February 2020

All activities are subject to change.

Mail delivery: Monday - Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities are subject to change, due to weather, time conflict, volunteer availability.</p>						<p>1 Leisure time</p>
<p>2 2:00 PM New life Baptist Church</p>	<p>3 11:00 AM Southland Baptist Church 2:30 PM 12 Oaks Baptist Church</p>	<p>4 10:30 AM National Cat Month Trivia 2:00 PM Crafty Fingers</p>	<p>5 9:30 AM Mass 2:00 PM Resident Council</p>	<p>6 10:30 AM Heart Healthy Sittersize 2:00 PM Bingo</p>	<p>7 10:30 AM Send Happiness to a Friend 1:30 PM Popcorn &amp; Movie</p>	<p>8 10:00 AM 9th St. Church of Christ</p>
<p>9 2:00 PM Church with the Edlemans</p>	<p>10 10:30 AM Carol Andrews 2:30 PM 12 Oaks Baptist Church</p>	<p>11 10:30 AM Peppermint Patty Day Social 2:00 PM Just for Fun Bluegrass</p>	<p>12 10:30 AM Abe Lincoln Birthday Facts 2:00 PM Crafty Fingers</p>	<p>13 10:30 AM Bible Study 2:00 PM Bingo</p>	<p>14 10:30 AM Hot Chocolate Social 2:00 PM Valentine's Day Fun</p>	<p>15 Leisure Time</p>
<p>16 2:30 PM Music with Alissa</p>	<p>17 10:30 AM Presidents Day Trivia 2:30 PM 12 Oaks Baptist Church</p>	<p>18 10:30 AM Balloon Volleyball 2:00 PM Fun with Cards</p>	<p>19 10:30 AM Hot Tea Social 2:00 PM Bakers Dozen</p>	<p>20 10:30 AM National Handwriting Day 2:00 PM Bingo</p>	<p>21 10:30 AM Room Visits 2:00 PM Guess the Year</p>	<p>22 Leisure Time</p>
<p>23 4:00 PM Lone Oak Church of Christ</p>	<p>24 10:30 AM Rise &amp; Shine Yoga 2:30 PM 12 Oaks Baptist Church</p>	<p>25 10:30 AM Music with Mike Ward 2:00 PM Mardi Gras Fun</p>	<p>26 10:00 AM 1 Man Band 2:00 PM Martha &amp; Andy</p>	<p>27 10:30 AM Bible Study 2:00 PM Bingo</p>	<p>28 10:30 AM Word Games 1:30 PM Popcorn &amp; Movie</p>	<p>29  </p>