



Superior LIVING



March 2020

2020 Chili Cook-Off

A Deliciously Competitive Resident Council Fundraiser

On Friday, February 21, Superior Care hosted its annual Chili Cook-Off Fundraiser! Ten culinary superstars entered the competition, and three winners were selected from our panel of discerning and hungry local celebrity judges! Dee Metcalf, Resident Life Coordinator, and Kay Fields, Activities Assistant, tied for the Superior Grand Champion Award. The 2nd Place winner was awarded to Heather Gough in our Business Office.

“We appreciate everyone who participated in our fundraiser in every way—for those who entered and for those who enjoyed lunch and fellowship!” shared Dee Metcalf, Resident Life Coordinator. Metcalf continued, “We raised over \$200 for the Resident Council fund which supports all of our resident activities, including BINGO prizes, arts and crafts kits and supplies, and any of our special event needs!”

Thank you to our celebrity panel of judges for sharing their time and taste buds for this special event. Our panel included: Gwendolyn Duncan, Director of the WKCTC Nursing Assistant Program, Charlie Lindsey, CEO of Systems Solutions, Kelly Davis-Paducah Area Chamber of Commerce Member Services Director, and Carol Gault Dunbar, who is running for Paducah City Commission.

Be on the lookout for our future fun Resident Council Fundraisers!



SUPERIOR CARE'S HOLISTIC APPROACH TO RESIDENT CARE

A recent article from *Medilodge.com**, shared a list of the future trends of long-term care communities as they embrace a more patient-centered approach to caring for each individual resident. Superior Care's vision for our new 77,000 sq. ft. community embraced this approach long before it became a national trend.

HOLISTIC APPROACH The holistic approach basically means focusing on wellness and improvement and treating our residents as complex individuals, not just treating their medical conditions. As stated in the *Medilodge.com* article, "Humans have many needs. Psychologist, Abraham Maslow, theorized that humans have 5 levels of needs. The basic needs which need to be met first are physical and security. Physical needs include the need for food, rest, and water. Security needs revolve around the need for shelter, safety, and stability. This next level of needs according to Maslow are social, ego, and self-actualization."

Our award-winning nursing team and Resident Life team believe this care philosophy of meeting all of the resident's needs. Our care team connects with our residents on a daily basis, encouraging our residents to be creative and grow and help them feel good about themselves. Our activities include opportunities for residents to give back to the community, including glazing bowls for the Empty Bowls Project, stuffing cancer care packages for a local oncology group, and painting posters for our various Alzheimer's Association fundraisers to name a few.

The article lists the following trends in patient-centered care and in which Superior Care has already been implementing since our new community opened in December 2014.



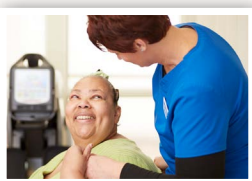
1. Salon and Spa - We offer weekly hair appointments in our salon located in our Broadway neighborhood. Also, Superior Care offers massage therapy treatments for our residents in our spa room.

2. Fine Dining - *Medilodge.com* states "One of the latest trends in long-term care is fine dining...This allows residents to feel like they are actively participating in life instead of just eating to stay healthy and alive....The food also seeks to make residents feel like they are dining at a restaurant. Meals are served on porcelain plates instead of paper ones or cafeteria trays."



"Providing restaurant-style dining options prepared by an Executive Chef and an experienced and creative culinary team was a high priority for us when we opened our new community", shared Helen Sims, CEO/Owner. "It's important for residents to have multiple choices for each meal as well as being able to provide customized options like individually prepared omelets for breakfast. Residents will eat more if they choose their meal option, which ultimately gives them more energy for activities and rehabilitation as well as better restful sleep."

3. Physical & Occupational Therapy - Staying active is key to staying strong at any age and according to *Medilodge.com*, "This is especially true for the elderly. The elderly are more at risk for falls and accidents due to a lack of exercise and mobility. Wellness-centered long-term care facilities now have physical therapists on-site to counteract muscle deterioration and to prevent falls."

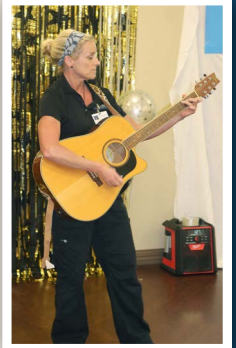


Superior Care's two Physical Therapists, Mark Vance-PT, DPT, CEEAA, and Alisha Bailey-PT, along with our physical and occupational therapy assistants provide the necessary physical activity treatment options for our short-term rehabilitation residents as well as yearly assessments for our long-term residents. Occupational therapy assists residents by teaching them new skills necessary to complete everyday tasks. Also, our Restorative Nursing program provides our long-term residents the physical therapy activities needed to maintain their current level of mobility.

4. Gardens - Gardens and outdoor spaces provide residents with additional ways to stay active, connect and be creative. Superior Care's four enclosed courtyards allow safe and engaging outdoor oases and provides their families a special space to enjoy with their loved ones.



5. Entertainment - Engaging activities are at the cornerstone of Superior Care's Resident Life Department. **Dee Metcalf, Resident Life Coordinator, and recipient of the 2017 Best of Kentucky Supportive Care Award**, organizes and implements a wide variety of entertaining activities, not just BINGO on Thursdays. Every week volunteers share their many musical talents with our residents, from Gospel to Bluegrass, and from easy-listening oldies to patriotic Church hymns. Our residents engage in art projects, brain games, bible studies, relaxation yoga-inspired exercise classes, as well as historical celebrations. These engaging activities provide critical socialization and brain stimulation for our residents, and most importantly bring joy and energy to their daily lives. Superior Care offers one on one activities as well as group activities daily and on weekends. Our Resident Life calendar is posted at our reception desk and is posted on Superior Care's website.



7. Technology - Another nursing home trend in long-term care is the inclusion of technology. Some nursing facilities now offer their residents free and accessible Wi-Fi, which Superior Care also provides. Our Resident Life Coordinator, Dee Metcalf, shared that she utilizes technology for many of her engaging activities. Her one-on-one activities with residents present perfect opportunities to use the I Pad, laptops, and even music devices such as an MP3 player. One resident enjoyed coloring, and Metcalf used the tablet to assist the resident in selecting new coloring pages, which she then printed out for the resident to color. Our Memory Care Clinical Director, Joni Culp, shared "By using individual music players and headphones in the Lowertown neighborhood, we can provide patient-centered care in a relaxed and calm environment."



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*Article information adapted from: <https://medilodge.com/announcement/8-long-term-care-trends-you-need-to-know-about/>

Our Superior Success Story



Russell and Linda Edwards

Russell Edwards, a native of Marshall County's Dogtown community, is our March 2020 Short-Term Rehabilitation Success Story.

Mr. Edwards graduated from South Marshall High School and worked at Air Products and eventually owned a variety of wholesale car companies and a trailer leasing company spanning the past almost six decades. When asked what his favorite car was, he replied without hesitation "I like Lexus!" He and his wife Linda have four boys and four grandchildren, and enjoy having them live nearby.

Mr. Edwards admitted to Superior Care Home in late December 2019, following a stroke and a spinal compression fracture. Upon admission, all of his nutrition/hydration was through a feeding tube. Russell's wife, Linda, shared their initial outlook at admission was

pretty dismal. "After about a week or so, and after being upgraded to a regular diet, I could see improvement each day! The grandest day of all was when he passed the test to have his diet upgraded!" Mrs. Russell gleamed.

Mr. Russell's overall goals were to increase strength, endurance, and overall independence for bed mobility, transfers, ambulation, and with some activities of daily living.

At the time of discharge during the second week of February, Mr. Edwards was consuming a REGULAR diet and enjoyed a celebratory lunch prior to discharge of a chili dog from the Kountry Kastle. Mr. Edwards reached all of his goals, including climbing stairs safely, transferring, and walking! The Edwards were quick to give credit to our entire care team saying, "They have all been remarkable! Mitzi (speech therapist) was my rock! I could not have done it without her!" Edwards continued with a chuckle, "I would like to also acknowledge a special nurse aide, too, that helped me, and I nicknamed her "Sarge" (Shelby)!"

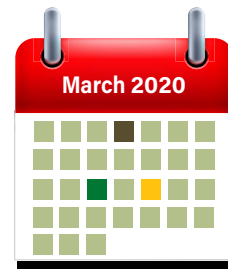
CONGRATULATIONS, MR. EDWARDS, AND THANK YOU, FOR SHARING YOUR AMAZING SUCCESS STORY!!

Tea Party Social

Our Resident Life Department recently hosted a delightful Tea Party Social! Many Midtown and Broadway residents attended and commented about how much they enjoyed the fellowship and delicious peppermint tea!



SAVE THE DATES



**Wednesday, March 4
Resident Council**

**Tuesday, March 17
St. Patrick's Day**



Thursday, March 19



SUPERIOR CARE HOME

Nursing and Rehabilitation Center

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www.SuperiorCareHome.com

RESIDENT LIFE CALENDAR

100 Marshall Court

Paducah, KY 42001

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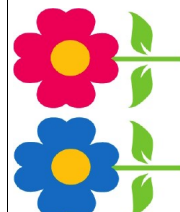
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All activities are subject to change.

Mail delivery:
Monday - Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 PM New Life Baptist Church	2 11:00 AM Southland Baptist Church 2:30 PM 12 Oaks Baptist Church	3 10:30 AM Now & Then 2:00 PM Fun With Bowling	4 9:30 AM Mass 2:00 PM Resident Council	5 10:30 AM Bible Study 2:00 PM Bingo	6 10:30 AM Annual Day of Prayer 1:30 PM Movie Hour	7 Leisure Time
8 Leisure Time	9 10:30 AM Music With Carol 2:30 PM 12 Oaks Baptist Church	10 10:30 AM Balloon Volleyball 2:00 PM Just For Fun Bluegrass	11 10:30 AM Bulletin Board Trivia 2:00 PM Crafty Fingers	12 10:30 AM Woman's History Month 2:00 PM Bingo	13 10:30 AM Superstition Fun 1:30 PM Popcorn & Movie	14 10:00 AM 9th St. Church of Christ
15 2:30 PM Music With Alissa	16 10:30 AM Send Inspiring Message 2:30 PM 12 Oaks Baptist Church	17 10:30 AM St. Patrick's Day Trivia 2:00 PM St. Patty's Day Fun	18 10:30 AM Word Games 2:00 PM Ring Toss	19 10:30 AM Spring Fun Facts 2:00 PM Bingo	20 10:30 AM Spelling Bee 2:00 PM Charles Berry Hill	21 Leisure Time
22 4:00 PM Lone Oak Church Of Christ	23 10:30 AM Siftersize 2:30 PM 12 Oaks Baptist Church	24 10:30 AM Mike Ward on Keyboard 2:00 PM Fun with Cards	25 10:00 AM 1 Man Band 2:00 PM Martha & Andy	26 10:30 AM Opening Day of Baseball 2:00 PM Bingo	27 10:30 AM Word Games 2:00 PM Popcorn & Movie	28 Leisure Time
29 Leisure Hour	30 10:30 AM Rise & Shine Yoga 2:30 PM 12 Oaks Baptist Church	31 10:30 AM Wheel Of Fortune 2:00 PM Getting to Know Your Neighbor		7 	Activities are subject to change due to weather, time conflict, volunteer Availability.	