



Superior LIVING



December 2016

Thanksgiving Blessings!



Superior Care Home hosted its annual **Thanksgiving Family feast on Saturday, Nov. 19**. A delicious gourmet meal was prepared by our Morrison's Culinary Team. We are so thankful for our residents and their families!

Pictured L to R: Mr. Gibson & family, Ms. Brown & family, Ms. Love & her niece-Regena Cruse, Riverways RN & husband, Ms. Chipps & family, Ms. Garland & family, Ms. Beard & family, Ms. Harrison & family, Ms. Cothron & her daughter and granddaughter, and Ms. Riedfort & family.

Please join us for our annual Christmas Family Dinner on December 10 & 11.

A Monthly Publication of
Superior Care Home Nursing and Rehabilitation Center

Our Superior Success Story *Doris Colley*



Doris Colley is our Superior Success Story for December. Ms. Colley was admitted after having an elective total knee replacement of the left leg. Upon admission, her

range of motion-only 20 degrees of movement-was limited. She required assistance for safe transfers and for walking due to decreased strength and balance. She scored as a high fall risk on our balance test. Her activity tolerance was only 5 minutes with shortness of breath during activity.

Ms. Colley improved very quickly and after only 2 1/2 weeks, she was ready to go home! Her pain had decreased and the range of motion in her knee had improved from 20 degrees to 96 degrees!

She is walking independently with a walker and is able to go up and down 12 steps with a handrail. Her balance improved enough that she was no longer at any risk for falls on our balance test. Her activity tolerance improved from 5 minutes to 30 minutes with no shortness of breath. Ms. Colley shared "Everything has gone like clockwork here! They have been wonderful here, everyone from the nursing staff to the therapists! The therapists encouraged me and made me want to try harder each time!"

Congratulations, Ms. Colley!

STAY UP-TO-DATE
& Follow Us on Facebook



View more pictures and information at
[Facebook.com/SuperiorCareHomeKY](https://www.facebook.com/SuperiorCareHomeKY)

Thanksgiving Blessings, Cont'd.



From Top to Bottom: Ms. Abell & family, Ms. Bushong & family, Mr. Loren Carter & family, and Ms. Shepherd & family.

Our Superior EMPLOYEE of the Month



Michael Dotson, DIETARY

We are proud to honor **Michael Dotson, Dietary**, as our December Employee of the Month! Michael began his career at Superior Care Home in December 2015. Michael's culinary career spans almost a decade, and he enjoys working with his wife, Haley Dotson, who also works in Superior's Dietary department.

"Michael's work ethic is exceptional. He is responsible for training our new dietary staff and does an outstanding and thorough job!" shared Helen Sims, CEO/Owner. Michael shared what inspires him. "Our residents depend on us everyday. They need us, and I try my best everyday to make our residents happy!"

Congratulations, Michael Dotson!



Halloween Fun-Just Treats!

HALLOWEEN

SUPERIOR Living | 2

Art Project Inspires All!

This summer, **Ms. Martha Baker**, had an great idea. She wanted to have a painting put on the fence that was part of her window viewing area. After researching a few options, Ro Morse, founder of the Paducah Wall to Wall Floodwall Murals, graciously donated banners that had been made from various floodwall murals. Ms. Baker, a retired math teacher, could also be a history teacher as she shared memories of the downtown buildings and events of her childhood. You can read more about this story in the November/December issue of Paducah Life.



Veteran's Day Celebration!



Mr. Howard Gibson



Community Christian Academy



Mr. Joe Falconite

SAVE THE DATES



Christmas Dinner Party

Dec. 10 & 11

Christmas Day

Sunday, December 25

Pre-News Year's Eve Party

Friday, December 30



WELCOME New Staff!

Anna Lynch, SRNA
Erin Harper, Social Services
Daniel Martin, RN
Morganne Bigenho, HK
Rosario Cruz, HK
Samantha Layman, Receptionist
Steven Hall, Assistant Administrator
Dakota West, SRNA
Belinda Moore, Dietary
Tina Stone, RN
Taylor McVey, LPN



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

**Director
of Nursing**
Doralyn Warren, RN

**Business Office
Manager**
Tori Tiller

**Rehabilitation
Manager**
Mary Jo Sprouse

**Social Events
Director**
Dee Metcalf

**Marketing &
Community Relations**
Darla Sims

Visit Our Website
SuperiorCareHome.com



News and Notes



Introducing **Deena Carrico, APRN-C**, to our clinical care team. Working under the direction of Superior's medical director and attending physicians, Carrico along with Blake M. Woods, APRN, brings an added dimension of expertise to improve outcomes for residents in transitional, post-acute, long-term, memory, and palliative care. "Adding another nurse practitioner to the team aligns with our commitment to deliver the award-winning care and superior results which is our standard at Superior Care Home," commented Mike Sims, Owner/COO.

Carrico has been compassionately caring for patients since 1994 and shared "Nursing has been a blessing both personally and professionally." She graduated with her master's degree as a Family Nurse Practitioner from Indiana Wesleyan. Her personal approach to holistic care is a result of her 23 years of healthcare experience. "I work with the patient, family and staff to achieve the optimal outcome in a holistic way. I treat our residents the way I would want to be treated, like my family."



We are proud to introduce our new registered dietician, **Nicole Schmittou, MS, RD, LD**. "Having Nicole Schmittou leading our nutritional approach to our care plans continues our commitment to excellence," shared Helen Sims, Owner/CEO.

Schmittou, a native of western Kentucky, earned her Bachelors of Science in Dietetics from Murray State University and a Masters of Science in Dietetics from St. Louis University. Schmittou shared, "The best care is provided when health care professionals work together as an interdisciplinary team. Our talented culinary team and I work closely to provide residents with a unique and delicious dining experience that is filled with choice and dignity. I couldn't ask to be part of a better team!"

Welcome to the Superior Care Team!

The Christmas Mailbox

It has been a tradition of Superior Care Home to display a gratuity mailbox for our employees. Many families have often shared their desire to do something special for the employees. Each neighborhood community will have its own mailbox. On Christmas Eve, all the money in the gratuity mailboxes will be collected and distributed among every employee on the payroll that day. We appreciate your kindness, however you choose to express it, and we wish you a

Merry Christmas!

