



# Superior LIVING



April 2016

## Superior Care *is in Bloom!*



Spring is here at Superior Care Home! The sun is shining, the days are longer, and there is a spring in our step! To celebrate springtime, Dee Myrick and Joni Culp coordinated a painting class with our Lowertown residents. Our blossoming artists enjoyed using their imagination and newly discovered artistic skills. The residents' masterpieces are on display in our Lowertown neighborhood.

Jennifer Wegerer, from A Place for Mom, explained that studies show that art therapy stimulates the senses, can trigger dormant memories and encourages conversation. Whether they're viewing or creating art themselves, residents can use it as a form of expression, particularly individuals who are challenged with verbal communication. Ms. Bobbie Sue Reynolds, Ms. Riedfort, Ms. Grace Reynolds, and Ms. Love enjoyed showing off their masterpieces!



*A Monthly Publication of*  
Superior Care Home Nursing and Rehabilitation Center



## We Appreciate You!

In gratitude for their outstanding service to Superior Care Home, we honor the following employees:



Nancy Parish - *Medical Records*



Kellie Oliver and Laura Todino  
*Social Services*



Jennifer Myers & Tonya Sensing  
*Administrators*

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## Making Memories with Music

“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” *Plato*

From rock n’ roll to bluegrass country and from Gospel tunes to Golden Oldies, Superior Care Home’s volunteer musicians entertain us all year with their sweet melodies and inspiring instruments. This is Music Appreciation Month, and we would like to express our gratitude for all of the many volunteers who share their love of music with our residents and families. In addition to making us feel joyful, research has shown that music can benefit the elderly in the following ways:

- Seniors who participate in music activities have higher perceptions about the quality of their lives
- Music can assist with memory recall for those residents with dementia
- Singing out loud or joining a choral group increases social interactions and a sense of community
- Music can help soothe anxiety

For people with Parkinson’s disease or movement disorders, playing an instrument or listening to music can improve balance, gait, range of motion, and also improve communication.

Research has shown that we can best engage with music that we enjoyed from our teens to age 30. This time in our lives includes major life events such as education, marriage, and becoming a parent.

If you would like to volunteer your musical talents, please contact our Social Event Director, Dee Myrick! Stay tuned for more music memories coming soon!



*Easter Seals West Kentucky Choir Ensemble*



# Superior Success Story

## Claire Hofer

"I've enjoyed each and everyone here. I have even made friends here and it is almost sad to leave!" Claire Hofer attributes her success to her great team of therapists. Born in Benton, Kentucky, and raised in the west and fresh air of the Colorado Rockies, Ms. Hofer came to Superior Care after a brief hospital stay.

Ms. Hofer was admitted with a left patella fracture that required surgery after a fall. She was not able to bear any weight on the leg when she was admitted. She was unable to walk and her balance was very poor, scoring a 5/28 on the Tinetti Balance test. Her trunk and upper extremity strength was only fair, and she could stand 30-60 seconds with support. Ms. Hofer's goals were to regain her strength and mobility in order to return home.

"I have always been a healthy person and did not know what to expect when I came here after being in the hospital. I believe in your organization and I am pleased with the therapy I have received here," she shared. "The therapists go out of their way to help you!" When asked what she would tell a friend who is considering short-term rehabilitation, she replied without hesitation, "I would tell them to go to Superior Care! I have already told people to come here! I am a marketing person now for Superior Care!"

At time of discharge, she is full weight bearing and is walking independently with a straight cane unlimited distances. Her balance on the Tinetti Balance test has improved to 27/28, and her strength has returned to normal. Her standing duration has improved to 15 minutes which enables her to do laundry and meal prep tasks.

Mary Jo Sprouse, Encore Therapy Director shared, "Ms. Hofer has been a joy to work with and kept a positive attitude throughout her rehabilitation. We will miss her and wish her the best as she returns home!" Thank you, Ms. Hofer for sharing your success story with us!

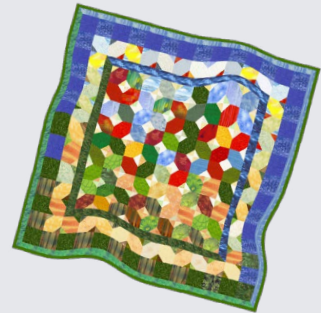


Four generations of Ms. Morgan's family visited her recently all the way from Texas! L to R: Son-in-Law Jack Eli, Great Grandsons David & Will Steward, Robert Steward, Great Grandson Michael Steward, Granddaughter Angela Steward, and Daughter Cathy Eli.

## SAVE THE DATES



**Superior Care Home  
Quilt Show  
April 18-22**



## WELCOME New Staff!

Ashlynn Lynch, SRNA  
Jessica Stokes, *Housekeeping*  
Nicole Bennett, LPN  
Savannah Joyce, SRNA  
Whitney Vaughn, SRNA  
Amy Hicks, RN –  
*Admissions Coordinator*  
Kailyn Herndon, SRNA



## SUPERIOR CARE HOME

Nursing and Rehabilitation Center

100 Marshall Court, Paducah, KY 42001  
Phone: 270-442-6884 • Fax: 270-442-3296

### Owners and CEO/COO

Helen Sims & Mike Sims

### Administrator

Tonya Sensing

### Assistant Administrator

Jennifer Myers

### Director of Nursing

Doralyn Warren, RN

### Business Office Manager

Tori Tiller

### Human Resources Generalist

Rachel English

### Social Services

Laura Todino & Kellie Oliver

### Rehabilitation Manager

Mary Jo Sprouse

### Social Events Director

Dee Myrick

### Registered Dietitian

Ashley Durgin, RD, LD

### Executive Chef

Jason Ison

### Marketing & Community Relations

Darla Sims

Visit Our Website  
[SuperiorCareHome.com](http://SuperiorCareHome.com)



# News and Notes

*Front Entrance Hours of Operation*  
*Beginning April 1, 2016, the front entrance doors*  
*will open at 8 AM and will close at 5 PM.*

## Customer Stories - Dr. Wally Montgomery



rehabilitated at Superior Care Home following a recent hospital stay. With the help of our staff and physical therapists, Dr. Montgomery successfully transitioned home! To learn more about his success story, click "Customer Stories" on our website- [www.superiorcarehome.com](http://www.superiorcarehome.com).

*Thank you, Dr. Montgomery, for sharing your Superior Care success story!*

## Superior Care Job Opportunities

WKCTC recently hosted its annual Job & Transfer fair on Monday, March 7 in Haws Gymnasium. Over 40 local and regional companies set up booths and offered current students employment and training information. Rachel Curry, Doralyn Warren, and Helen Sims recruited fair attendees that meet our high standards for employment.



Rachel Curry shared "Superior Care Home attends the WKCTC job fair every spring because we love to engage with the bright students from our local community college! They have so many talents, such an eagerness to graduate and start their careers, and it is a pleasure to interact with them and answer their questions. It also affords us an opportunity to network with other local businesses and make connections with other Paducah professionals." For more information regarding employment opportunities, contact Rachel Curry at 270-442-6884 or [rcurry@superiorcarehome.com](mailto:rcurry@superiorcarehome.com).

*Join Our Superior Team!*