



# Superior LIVING

February 2016

## *The Transitions at Superior*



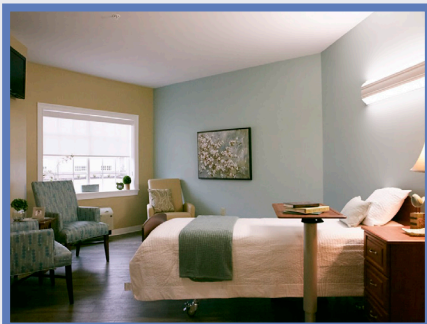
*Neighborhood Spotlight*—Over the next few months, we will be taking a fresh look at each of our special communities at Superior Care Home. This month's spotlight is our Transitions neighborhood. Over 80% of our residents are here for short-term rehabilitation services. The Transitions at Superior is the region's newest short-term rehabilitation community. With its separate entrance, private suites, dining & living areas and outside courtyard, residents can achieve their rehabilitation goals with our outstanding therapy teams and advanced rehab equipment in a quiet and peaceful setting. Bonnie Carrigan, RN, Transitions Clinical Director, believes her staff makes the difference in the success of the residents' recuperation. "We have the best staff, and residents feel encouraged by how gentle and caring the staff is." Our recent success stories include Gerald Lampkins, double knee replacement resident, who went back home after 10 days of therapy and Mary Ann Mitchell, hip surgery resident, who met her therapy goals and returned home to independent living. If you or a family member needs short-term therapy, schedule a tour of our new community today!

*The Transitions at Superior. Award-winning Care. Superior Results!*

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

## Transitions, Cont'd.

Our Transitions community boasts private suites with a neighborhood dining and living room. Residents have access to their own therapy gym specializing in short-term state-of-the-art rehabilitation equipment. Residents can also discharge home and return for our Outpatient Therapy program, accessing the neighborhood through our convenient separate entrance.



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## Around & About in Activities



From pizza making to parachutes to pen pal writing and playing B-I-N-G-O, Superior Care Home residents enjoy engaging activities every day! Ms. Reynolds enjoyed keeping the balloons up during the parachute play class. Ms. Clark applauded Richard Dennis and his One Man Band show. Martha & Andy storytime is always a crowd favorite! All our activities are included in the February Activity Calendar!

## Superior Employee of the Month

It is an honor to announce that Earl Watkins, in our Maintenance Department, is our February Employee of the Month. Earl has worked for Superior Care Home for 2 1/2 years, and played an integral part in our successful transition to our new community in December 2014. "Earl's work ethic is exceptional, and what I appreciate the most about Earl is his compassion towards our residents. Earl makes it a point to engage our residents and is an outstanding compliment to our staff," shared Ms. Sims, Owner. Earl agreed that



his favorite part of the job is interacting with the residents, and he enjoys seeing smiles on their faces. You can see Earl all around our community, even taking care of our parking lot during the recent snowfall! Join us in congratulating Earl Watkins as February's Employee of the Month!

## February is Heart Month!

To celebrate Heart Month, Superior Care Home's Executive Chef **Jason Ison**, would like to share a delicious recipe with you-Heart Healthy Superior Chicken Fajitas! Ashley Durgin, our Dietician, also provided the nutritional facts for this fresh take on a classic dish. See recipe on back side of Calendar of Events. **Buen Provecho!**



# Superior Success Story

Our success story this month comes from world traveler and Air Force veteran, **Charles Parish**. His travels have taken him from Alaska to Egypt and all the way to Reidland, Kentucky, but he claims being at Superior Care's Transitions neighborhood for his short-term rehabilitation made him feel like he was staying at the Waldorf-Astoria! Mr. Parish's humor and positive attitude is contagious and has played a part in his recovery and will play a part in his successful transition back home.



**Charles Parish**

Mr. Parish came to us in mid-December after having a CVA which affected his left side. Prior to the stroke, he was very independent, driving, walking, going up and down steps, etc. Initially he had difficulty walking and required assistance to walk short distances. His balance was poor, and he scored a 19/56 on the Berg balance test. We began to use electrical stimulation on his arm and leg to facilitate muscle re-education. "Mr. Parish is a very hard worker," shared Mary Jo Sprouse, Rehabilitation Director. "We focused on strengthening to the trunk and lower extremities to improve his functional mobility and balance."

Now, 41 days later, Mr. Parish is walking unlimited distances independently without any assistive devices. He is able to go up and down 12 steps independently. His balance has improved greatly, and he now scores a 55/56 on the Berg balance test which puts him at low risk for falls. He is able to lift his left arm over his head, and his strength and coordination are continuing to improve.

Mr. Parish is now able to go home with his wife and will return to Superior Care for outpatient therapy to continue to work on improving strength and coordination in the left arm and leg. We celebrate Mr. Parish's accomplishments and wish him the best as he continues his story of success!

## SAVE THE DATES



**Super Bowl Party**  
**Friday, February 5**

**Valentine's Day Party**  
**February 12**



**President's Day**  
**February 15**



**Chili Cook-Off**  
**February 17**



## WELCOME New Staff!

**Chelsea White, SRNA**  
**Adrianna Henderson, 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

## PLEASE JOIN US!!!

*Superior Care Home Resident Council*



Enter to win Superior Care Home's 2016 Chili Cook-Off!  
Bring your best chili in a crock pot! Celebrity Judges & Cash Prizes!  
\$10 Entry Fee, \$5 for lunch! All proceeds fund our Residents Council.  
Turn in Entry Fee to Dee Myrick or Darla Sims by February 12!



Our latest testimonial comes from the Falconite family! Look for our newest commercial on WPSD-TV during the morning and evening newscasts.

Thank you, Mike Falconite and Nicki Roof, for sharing your story with us!

## We are Here to Support You

Our Social Services team members, Laura Todino and Kellie Oliver are here to support you and your family. They have compiled the following information regarding local support groups in our area.

**Caregiver Support Group** – Meets every first Thursday of the month at Lourdes Hospital, Franciscan Room, 11am-noon, (hallway before you get to the coffee shop). For more information, please contact Angie Day at (618)697-1705. Group does not meet on holidays and in inclement weather, we follow the snowbird report i.e.: if schools are closed group will not meet.

**Alzheimer's Support Group** – Meets every third Thursday each month at Lourdes Hospital, Franciscan Room, 11am-noon (hallway before you get to the coffee shop). For more information, please contact Angie Day at (618) 697-1705. Group does not meet on holidays and in inclement weather we follow the snowbird report i.e.: if schools are closed group will not meet.

**Grief Support Group** – Meets each Monday at Lourdes North Plaza, 911 Joe Clifton Drive, 5-6:30pm. Group does not meet on holidays.