



Superior LIVING



July 2016



Alzheimer's Awareness Month

Superior Care Home in collaboration with the **Alzheimer's Association** is spreading the word about Dementia and Alzheimer's Awareness. Dee Myrick, Social Events Director and our Superior Care Team are gearing up for the Walk to End Alzheimer's on October 1, 2016 at Paducah's Carson Center. Over the next few months, Superior Care Home will be hosting several events to raise money for the Alzheimer's Association and will present the donations at the walk in October. Our main fundraiser will be the Superior Care Home Corn Hole Tournament on Saturday, August 27, at the Metropolis American Legion. Additional fundraising events will be listed on our Activity Calendars. **Please contact Dee Myrick for more information regarding our Alzheimer's Association fundraisers.**

What is Alzheimer's? According to the Alzheimer's Association website, Alzheimer's is a type of dementia that causes challenges with memory, thinking and behavior. Symptoms usually develop slowly and increase over time, and begin to interfere with daily tasks. Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases. **What Causes Alzheimer's?** Experts agree that in most cases, Alzheimer's and other chronic conditions, develop as a result of a variety of factors, including age, genetics, environment, lifestyle, and coexisting medical conditions.



Ways to Lower Risk of Dementia and Alzheimer's The Alzheimer's Association website shared the results of a number of studies regarding ways to lower one's risk of dementia and Alzheimer's. The studies indicate that maintaining strong social connections and keeping mentally active as one ages might lower the risk of cognitive decline. Experts believe that this social and mental stimulation strengthens connections between nerve cells in the brain. Dee Myrick and Kay Fields, our Social Events team, organized a Paducah Bank WOW! Ice Cream party and another art session with our residents. Residents, Ms. Reynolds and Ms. Cothron, along with employees, Michele Hill and Mary McClure, are ready for their ice cream treats from Paducah Bank! Ms. Love enjoyed painting her very own wooden flower project!

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Superior Care Home Nursing and Rehabilitation Center

Summertime Fun!



Joni Culp & Elizabeth Hook



Samantha Roberson & Joe Falconite



Jennifer Jones & Mary Brown

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Superior Employee of the Month

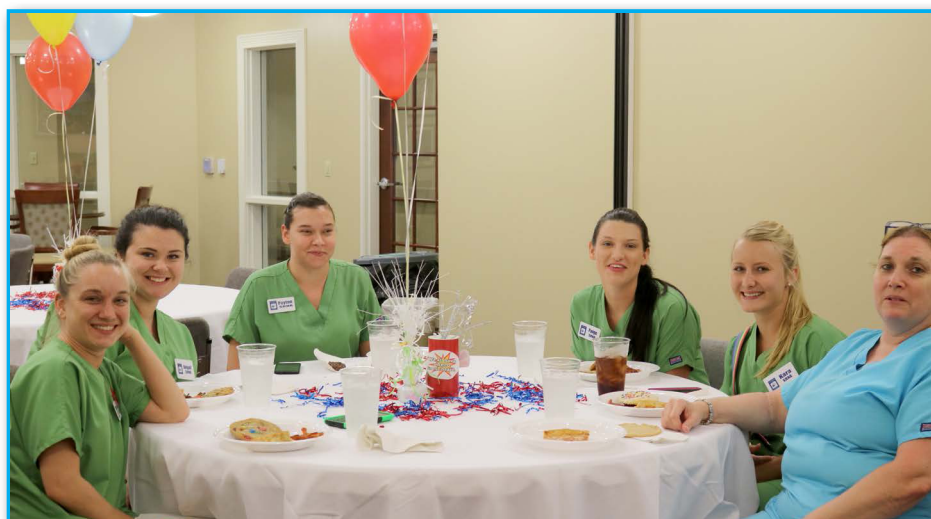
Joni Culp, LPN

Lowertown Clinical Director

It is an honor to announce that **Joni Culp, LPN**, is our July Employee of the Month. Joni has been working for Superior Care Home since September 2014 and is clinical director of Lowertown, our memory care neighborhood. Joni shared that her passion for her residents started at a very young age. Joni's mother knew early on that her heart belonged to the elderly. Joni knew she had a special connection with residents when she worked every summer in high school at a nursing home coordinating the activities. "Joni provides exemplary care to her residents on a daily basis in a manner consistent with how she would want a close family member to be cared for. I am proud to be a part of the care team that she leads in Lowertown," Blake Woods, APRN stated. Joni also goes above and beyond for Superior Care. Helen Sims, owner and CEO said "Joni's work ethic is inspirational as she took on the added responsibilities as interim director of our Broadway long term care neighborhood. She also recently was a guest speaker at First Baptist Church's "Season of Honor" caregiver group, sharing helpful tips for caring for loved ones with dementia." Assistant Director of Nursing, Tana Cooper, agrees "*Joni is the true example of what a nurse should be. She has the compassion, the dedication, and the caring qualities that you want to have in a nurse, co-worker, and as a friend!*"



Congratulations, Joni Culp!



Superior Care Super Heros in Scrubs

Superior Care Home celebrated Certified Nursing Assistants week with a special luncheon honoring our wonderful CNA's! Pictured L to R: Jennifer Jones, Abby McGuire, Peyton Darnell, Paige Mayfield, Kara Kelley, and Teresa Nance.

Thank you Nursing Assistants!

Superior Success Story

Michael Shepherd

Short-Term Rehabilitation

"I am determined to get better every day!"

Michael Shepherd is our Success Story for the month of June. Mr. Shepherd came to Superior Care after a CVA with paralysis on his right side. Upon admission, Mr. Shepherd required assistance with sitting on the side of the bed and could not walk or stand and was dependent for all care, including an altered diet due to weakness in swallowing.

Currently, approximately 8 weeks after admission, he is on a regular diet and is able to walk using a walker over 200 feet with just contact guard assistance. He is independent in bed mobility and can transfer from different surfaces with standby assistance. He is now talking and able to communicate well with his family and staff. Mr. Shepherd has worked very hard to regain the use of his right arm and leg through the use of patterned electrical stimulation and using the Ominicycle and Sci fit machines. He continues to focus on his balance recovery skills so that he can walk without assistive devices.

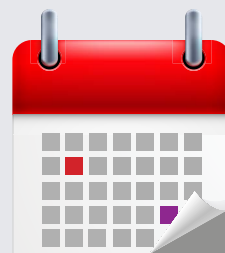
He has a positive attitude and works hard every day! "I will do whatever the therapy team wants me to do, because I am determined to get better!" shared Mr. Shepherd or "Miracle Mike" as the therapy team has nicknamed him. Mr. Shepherd explained that his therapists have helped him meet his goals and that everyone has been so helpful! He even shared that his favorite meals are Chef Jason's vegetable soup and the bologna and cheese sandwiches! "I would recommend Superior Care to anyone who needs short-term rehabilitation!"

Thank you, Mr. Shepherd, for sharing your success story!



Every Thursday afternoon, our Social Events team sets up for B-I-N-G-O! Recently, Ms. Sims' grandchildren-Palmer, Luke & Audrey and daughter-in-law, Cara, volunteered their time to assist our residents with their BINGO cards! Superior Care Home appreciates all of our BINGO volunteers!

SAVE THE DATES



Wow!

Paducah Bank Ice Cream Truck

Friday, July 29



WELCOME New Staff!

Abigail McGuire, SRNA
Kara Kelley, SRNA
Jerrilyn Thomas, SRNA
Kattie Wheeler, RN-Clinical Director
Daniel Holmes, Dietary
Amy Quertermous, RN-Chart Auditor
Danielle McKinney, SRNA
Brittany Ross, SRNA



SUPERIOR CARE HOME

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Owners and CEO/COO
Helen Sims & Mike Sims

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
Jessica Felden, RD, LD

Executive Chef
Jason Ison

**Marketing &
Community Relations**
Darla Sims

Visit Our Website
SuperiorCareHome.com



News and Notes

Superior Care Home Welcomes New Staff!



Blake M. Woods, APRN

Superior Care Home announces the addition of Blake M. Woods, APRN, to its clinical care team. Working under the direction of Superior's medical director and attending physicians, Woods brings a new dimension of expertise to improve outcomes for residents in transitional, post-acute, long-term, memory, and palliative care.

"Adding a full-time nurse practitioner to the team aligns with our commitment to deliver the award-winning care and superior results Western

Kentucky has come to expect from Superior Care Home," commented Mike Sims, Chief Operating Officer. "Blake works daily with the care staff to further assure exceptional care coordination and outcomes for all of our residents." Woods, who became an RN in 2003, earned a Master of Science degree in nursing from Maryville University in 2014 and is board certified in adult/gerontology primary care nurse practitioner by the American Academy of Nurse Practitioners. He is currently working toward a Doctor of Nursing Practice at Wilkes University. "I am excited to join the Superior Care team," said Woods, "Their reputation in the region is first-rate in every regard and their outcomes are second to none."

Amy Hicks, RN

ADMISSIONS COORDINATOR

Superior Care Home is pleased to announce our new Admissions Coordinator, Amy Hicks, RN. Amy received her RN from Jefferson Community College in Louisville, with a specialized background in geriatrics. As Admissions Coordinator, Amy meets with patients and families and assists them in their transition to our community. "My goal is to make the process as smooth as possible. I am here to alleviate any concerns or answer any questions the families may have."



Jessica Felden, RD, LD

REGISTERED DIETITIAN

Superior Care Home welcomes Jessica Felden, RD, LD, as our new Registered Dietitian. "Quality of life can be greatly enhanced with proper nutrition. It's an honor to work with a staff that understands the value of meeting dietary needs and goes above and beyond to do so," shared Felden. Jessica received her Dietetics degree from Murray State University and is working on completing her masters degree in Dietetics.