



Superior LIVING

Easter
joy

March 2016

2016 Chili Cook-Off-Now We're Cookin'!



Superior Care Home hosted its **6th Chili Cook-Off Competition** on Wednesday, February 17 in the Mary Ellen Thompson Community Room. Twelve fierce competitors supplied our diners with their favorite chili recipes and garnishes. Our local celebrity judges-Mayor Gayle Kaler, City Commissioner Carol Gault, Sheriff Jon Hayden, Charlie Lindsey with Systems Solutions, Kelly Davis of the Chamber of Commerce, and Paducah Bank's Susan Guess and Craig Guess graciously tasted and tabulated their scores, scoring the entries on taste, seasoning, and overall flavor of the meat. **Dee Myrick, Activities Director, won 1st and 2nd place for both of her entries and Doralyn Warren, Director of Nursing, entered her "Vegetarian with Meat Chili" which won 3rd Place!** Congratulations to our winners and participants for making our Chili Cook-Off a fun fundraiser for our Resident Council activities!



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Superior Care Home Nursing and Rehabilitation Center

Superior Care Super Bowl!



Hazel Young aims for the target!



Love **Ms. Meriwether's** smile!



Ms. Cothron tossed the football like a pro!

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Leah Klusch, *Executive Director of the Alliance Training Center* presented an in-service discussing the results of Superior Care Home's recent Clinical Study of Holistic Continence Care. The results of the study were dramatic and life-improving for the residents. The objective of the study was to overall improve sleep hygiene, which involves the environment, caregiver practice, no medicine to control incontinence, and documentation of sleep. "Good sleep hygiene routines promote healthy sleep and daytime alertness," Klusch explained. "The problem lies with routine nighttime care, which are frequent and routine awakenings for managing incontinence episodes, which often result in daytime/nighttime sleeplessness, balance and strengths issues, as well as mood changes." Superior Care Home is the first facility in the United States to conduct this study. The Dermadray product from Domtar was used for this study and after just two months, results were dramatic. Klusch and Helen Sims, CEO, travelled to Atlanta recently and explained the findings at Domtar's recent annual sales meeting. "Implementing quality care interventions with the support of the high quality absorbent products led to improved clinical outcomes with greater staff and resident satisfaction," Klusch reported. Residents showed an 89% improvement on their balance and strength Tinetti Scale testing due to longer uninterrupted nighttime sleep cycles. Gait, overall mood, fall risks, and Activities of Daily Living function scores also showed improvement. Superior Care Home's preferred incontinence product is Domtar's Dermadry product.

Valentine's Day Party

Mr. Falconite plays the "**Kiss**" game!
"No peeking!", **Ms. Reynolds!**



Superior Success Story

DORTHA DOTSON

"The food is superb and the nurses here are true blue! I would recommend Superior Care to anyone needing short term rehabilitation."

Dortha Dotson is our Success Story for the month of March. Ms. Dotson was admitted to Superior Care following a motor vehicle accident. Initially, she had pain in her back and her strength and balance needed improvement. She was able to walk short distances with the assistance of a walker, but she was unable to go up or down any steps. She required a wheelchair for independent mobility. Ms. Dotson was not able to bare weight on her right upper extremity and required moderate to maximum assistance for some activities of daily living. "Every therapist was willing to help me reach my goals" shared Ms. Dotson. She could see her progress daily, and she appreciated how much encouragement she received from the staff. At discharge, Ms. Dotson is now walking unlimited distances without any assistive devices. Her balance and strength are normal, and she is able to navigate 12 steps independently. She is looking forward to spending more time with her family and her sweet puppy. Congratulations to Dortha Dotson for sharing your success story with us!



Superior Employee of the Month

It is an honor to announce that **Debbie Ramsey, RN**, is our March Employee of the Month. Debbie has worked for Superior Care Home for over 23 years, going above and beyond to provide the highest quality nursing care for our residents. Doralyn Warren shared "Debbie's commitment to the Superior team is a great example of a team player who wants to win the Super Bowl every day! She is a leader for her co-workers and takes the challenge of teaching and welcoming new team members with energy and enthusiasm!" "She motivates and encourages others and always has a positive attitude," said Ms. Sims. "Doralyn and I can count on her to always help with staffing needs." Congratulations, **Debbie Ramsey**, on being selected as *March Employee of the Month!*



SAVE THE DATES



WKCTC Career Fair
March 7



March 17

Easter Party
March 25



WELCOME New Staff!

Krista Harris, LPN
Kaci Thurston, SRNA
Kristin Jacobs, SRNA
Kay Fields, Activity Asst.



SUPERIOR CARE HOME

Nursing and Rehabilitation Center

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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

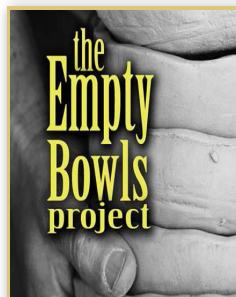
Visit Our Website
SuperiorCareHome.com



News and Notes

Empty Bowls = Full Hearts for Community Kitchen

On Saturday, February 20th, Chef Jason prepared his outstanding Shrimp, Sausage & Chicken Gumbo for over 1,000 people who attended the Empty Bowls Project, the Community Kitchen's signature fundraiser! We had several return customers during the event wishing they could come to Superior Care for Chef's gumbo every night! *Thank you, Chef Jason, and thank you to everyone who attended the 2016 Empty Bowls Project!*



Helping Your Loved One with Dementia

We want to share with you a few tips to help ease the transition of your loved one into our special community. Changes in environment can be challenging for anyone with dementia, and we suggest the following:

- 🌸 **Choose a few familiar items and photos to bring to their room.** Your loved one will find comfort being surrounded by familiar items. Do you have photos of family members or pictures of their home? Are there favorite books at home that would bring joy to him/her?
- 🌸 **Provide information about your loved one at your Care Plan Meeting.** You have the advantage of knowing your family member's history, his likes and dislikes, so we encourage you to share any and all information with our staff.
- 🌸 **Visit frequently for short intervals** - Typically, people with memory loss adjust better to environmental changes if a familiar face is near them. Spending time in his/her room and going over photos together is a great way to make them feel comfortable in their new space.
- 🌸 **Encourage participation in activities** - Our Activities Director, Dee Myrick, does a fantastic job arranging and supervising our twice daily activities. Residents who participate in activities feel engaged creatively and socially, which ultimately benefits their overall comfort level at Superior Care Home.

We want to help all our families with this new challenge. Please contact us if you have any concerns or suggestions regarding your loved one's transition.

We want you to feel at home!