



# Superior LIVING



May 2016

## Superior Care Home 2016 Quilt Show

For over thirty years, the American Quilters Society has been celebrating the artistry of quilting. Since 1985, the AQS has held the National Quilt Show and contest, right here in Paducah, Kentucky. Quiltmakers from all over the globe ascend to our little town to inspire and be inspired by all the amazing talent and creativity from fellow show attendees. Superior Care Home celebrated its first Quilt Show in our new community during the week of April 18-22. Employees, residents and family members shared their cherished heirloom quilts along with a little story for each one. Ms. Morgan shared her colorful "Pickle Dish" quilt and embroidered her children's and grandchildren's names on her "Crazy Pattern" quilt. Two Dresden Plate pattern quilts from the 1930's that have been passed down for generations came from the Wallace family. Joni Culp, our Lowertown Clinical Director, shared her family heirloom quilt, which was started by her great-grandmother, continued by her grandmother, and finished by her mother over the course of 35 years. Tisha Pearl brought her granddaughter's baby quilts to share. Lori Cathey, Encore Physical Therapy, shared her beautiful variety of quilts, including a hand-painted and embroidered nursery rhyme theme baby quilt. Pictured above: Wallace Family Dresden Plate Pattern. Picture below L to R: Dee Myrick reads the story behind Joni Culp's family quilt to Ms. Beard. Kay Fields, Ms. Mathues, and Ms. Cothron enjoyed the show. Ms. Cothron reads about Regena Cruse's Dutch Doll pattern quilt she made for her daughter, using her daughter's baby clothes.

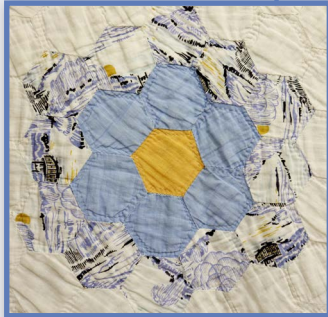


*"Blessed are the children of the piecemakers, for they shall inherit their quilts!"* Anonymous

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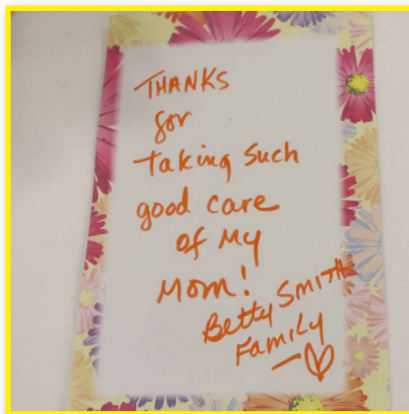


## Quilt Close-Ups



## 2016 Volunteer Luncheon

Superior Care Home hosted its annual Volunteer Appreciation Luncheon on Wednesday, April 13. Dee Myrick, along with the help of our residents, created beautiful burlap flower centerpieces that served as appreciation gifts for our amazing volunteers. From helping with Bingo on Thursdays to sharing their musical talents, our volunteers bring joy and enthusiasm to all of our residents and their families. Pictured below: Ms. Love read thank you letters that our residents had written to our volunteers. Ms. Bobbie Sue Reynolds shared lunch with our faithful Bingo volunteers, Carlene Dannenmueller and Ann Furr. We always enjoy the Boot Scooters! Volunteer Carol Andrews enjoyed the luncheon with Dee Myrick and resident Mary Vannerson.



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*Thank you to all of our volunteers!  
We appreciate you!*

# Superior Success Story

## Mary Vannerson

Our success story this month comes from Mary Vannerson. Ms. Vannerson was admitted to Superior Care Home after a complicated and extensive back surgery. Initially she required assistance with transfers and activities of daily living such as bathing and dressing. She was able to walk with assistance and a walker for very short distances and was unable to go up and down steps.



After receiving therapy services at Superior Care, she is now independent in transfers and activities of daily living. She is able to negotiate steps and walks 250 feet with a walker and standby assistance. Her dynamic balance has greatly improved. After discharge, she plans to return for outpatient services to continue working on her balance and independence in mobility without assistive devices.

Ms. Vannerson has kept a very positive attitude throughout her recovery and rehabilitation. Dee Myrick, Social Events Director, shared "I appreciate Mary's positivity. She encouraged resident involvement and even assisted other residents with our craft activities. Her enthusiasm was contagious! She always helped with the activities and even volunteered to be our Bingo announcer!" We continue to wish her the best in the future! Congratulations, Ms. Vannerson, and thank you for sharing your success story with us!

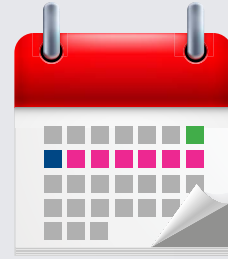
## Superior Employee of the Month

It is an honor to announce that Julie Painter is our May Employee of the Month. Julie is our Director of Housekeeping and has worked for Superior Care Home for almost a year. Tana Cooper, Assistant Director of Nursing, believes "Julie is an outstanding example of what we desire as a team member! She is always friendly, approachable, and willing to help, and she does it with a smile. That's what Superior Care stands for!" Bonnie Carrigan, Transitions Clinical Director, agrees that Julie is always pleasant and willing to help with anything! When informed of her award, Julie immediately wanted to give it to her team! Ms. Sims shared "Julie has an outstanding work ethic, is a great leader for her staff, and goes above and beyond every day! We are grateful to have her!"



*Congratulations to Julie Painter!*

## SAVE THE DATES



**Mother's Day**  
May 8



**Kentucky  
Derby Social**  
May 6

**National  
Nursing Home Week**  
May 9-13



**WELCOME**  
**New Staff!**

Jharonee Woods, SRNA  
Carrie Duvardo, LPN  
Margaret Hoolihan, SRNA  
Alex Karnes, SRNA  
Lori Clark, LPN





## 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

Jessica Felden, RD, LD

### Executive Chef

Jason Ison

### Marketing & Community Relations

Darla Sims

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



## News and Notes



April Showers and Social Event Activities with Dee Myrick and Kay Fields bring May flowers! Ms. Mathues and Mr. Gibson helped plant a variety of spring time flowers in our Midtown community courtyard planters. Volunteer Marissa Mason from Achieve Medical Weight Loss helped our residents "dig in" the fun!

### *Superior Care Home 2016 Quilt Show Cont'd.*



Close-up view of quilt painting by Kay Fields, Social Events assistant.

## Superior Care Home Supports Our Community!

Upcoming Event Sponsorships for May 2016

Purchase Are 50+ Games - April 30 - May 2

Charity League Golf Scramble - May 2

Family Service Society Iron Mom Run - May 7