SUPERIOR CARE HOME

Superior LIVING

October 2016

Celebrating Rehabilitation Awareness

SUPERIOR CARE HOME'S ENCORE REHABILITATION STAFF

Pictured Front Row: Heather Perdue, Micki Colson, Marley Snow, Lori Cathey, April Evans
Back Row: Sami Elliott, Christine Esteves, Aimeee Woods, Mary Jo Sprouse, Keri Bennett, Tanna England, Mitzi Steakley, Joni Reed, Kristi Cates, Leslie Lovett, Crystal Baird, Elizabeth May, Wendall May
Not Pictured: **Kristy Shanks, Kelly White, Stephanie Hargis, Jennifer Rowlett**

As part of the National Rehabilitation Awareness Month, Kristi Cates-PTA and Micki Colson-SLP, participated in WPSD Local 6's Family Health Expert call-in show. This was a great opportunity to answer questions regarding our rehabilitation services and our successful outcomes.

What types of therapy are offered at Superior Care? Recovery from an illness, injury or surgery can present challenges for seniors. With today's shortened hospital stays, a patients' recovery often requires comprehensive rehabilitation, medical supervision and support services that cannot be provided effectively at home. This is where Superior Care Home and our amazing Encore Therapy Team come in and help residents ***get well, so they can go home!*** We provide all therapy disciplines-Physical therapy, Speech and Occupational therapy. We are also certified LSVT BIG Technique Therapists for Parkinson's & other neurological conditions. Our physical therapy team also enjoys state of the art equipment, including the Omni VR system-the only virtual reality rehabilitation program available in the region!

What types of patients do you typically help at Superior Care? We help a variety of people with various physical/speech challenges such as residents who have chosen elective orthopedic reconstructive surgeries-hips, knees and shoulders, etc. We help people regain their overall strength back after a cardiac episode or extended hospital stay, and we help residents who have had strokes regain function and mobility. Our residents can be anyone who has had a decline in their overall health, and we can help them increase their strength and range of motion.

What makes our Superior Care Home Therapy Team so special? **Our people.** We have an amazing team of 19 full-time certified therapists, and coupled with our state of the art rehabilitation equipment, our outcomes are second to none!

A Monthly Publication of
Superior Care Home Nursing and Rehabilitation Center

Painted Memories Project

Our residents painted wood crafts that were raffled off to raise money for the Walk to End Alzheimer's. Ms. Morgan and Ms. Chipps proudly show off their painting masterpieces!

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Facebook.com/SuperiorCareHomeKY

Honoring 70 Years of Service

Howard Gibson - *Midtown Resident*

A special honor was bestowed recently on Mr. Howard Gibson, Midtown Resident! The North Ballard County Mason Lodge #537 presented him with his 70th Year of Service pin, a distinction few masons achieve! Congratulations to Mr. Gibson, and thank you to all the Masons who helped commemorate this remarkable achievement of service-Mark Womble-District Deputy Grand Master, Roger Allcock-Chaplain, Talley Allen-Jr. Warden, Ryan Scott-Past Master, and Randy Scott-Secretary.

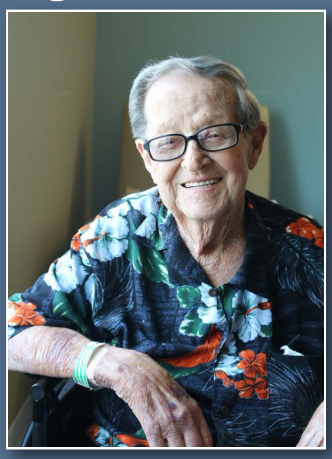
BBQ for a Great Cause!

On Thursday, September 22, Superior Care Home supported Cassidy's Cause-Therapeutic Riding Academy, by providing barbecue lunches for all employees and our therapy team members. **Cassidy's Cause** and **The Regulators BBQ team** prepared their award-winning barbecue chicken to rave reviews!

Superior Success Story

John Cissell Short Term Rehabilitation

"The Best Thing in the World"



Mr. John Cissell is our October Success Story of the month.

Mr. Cissell came to Superior Care to help with his overall strength and mobility. He required assistance to move around in bed, his balance was poor, and he had a history of falls at home. He was dependent on oxygen and was challenged with activities. After six weeks at Superior Care Home with physical, occupational and speech therapy services along with skilled nursing care, Mr. Cissell was able to go home alone with family support. His strength and balance improved enough to lower his risk for falls. He was able to walk unlimited distances with a rolling walker. He was independent with transfers and bed mobility and was able to negotiate up and down 4 steps. Speech therapy worked on safety, problem solving, and memory, and when he discharged to home, he had no impairments.

Mr. Cissell reached his goals of independent personal care activities, and our nursing department helped him wean off oxygen completely. He truly is a "Superior" success story and we wish him the best!

Mr. Cissell shared "I decided to go to Superior Care, because my family recommended it. I couldn't walk when I came here, and now I am going to dance out of here! I did everything the nurses and therapy staff told me to do! I even have my appetite back!" When asked if he would recommend Superior Care for short-term rehabilitation, Mr. Cissell exclaimed "It would be the 'Best Thing in the World' to do in my experience!"

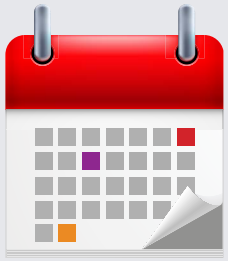
Congratulations Mr. Cissell, and thank you for sharing your success story!

Employee of the Month - Tori Tiller

It is an honor to announce that Tori Tiller, Business Office Manager, is our Employee of the Month for October. Tori joined our Superior team in July 2015. Tori, a native of Ballard County, and resident of Kuttawa, brings almost a decade of finance and accounting management experience to our Business Office. "Her unwavering commitment to Superior Care and professionalism with her department and our families, makes her an outstanding role model!" shared Mike Sims, Owner/COO. Tori's enthusiasm and work ethic is contagious! "I just love it here!" Tori said. We love you here, too!

Congratulations, Tori Tiller!

SAVE THE DATES



October 1
Walk to End Alzheimer's
10 AM-Carson Center

October 4
"A Time to Talk"
Family Support Group
6 PM Community Room

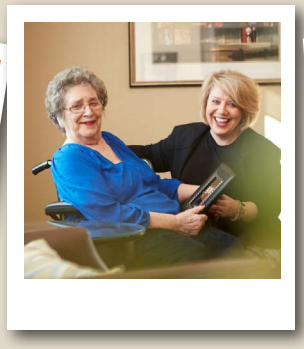
October 31
Halloween Party

WELCOME New Staff!

Katie Masters, Housekeeping
Tapainga Riley, SRNA
Hannah Reed, Receptionist
Gwen Newton, Dietary
Meili Couch, Social Services
Mary Kobilus, SRNA
Barry Shelton, Dietary

News and Notes

A Time to Talk... A Superior Care Family Support Group



Introducing our first support group for families. We want to give families and loved ones a chance to share their stories and experiences of caring for a loved one. ***"A Time to Talk"*** will be an informal discussion including helpful tips on elder care as well as Q & A. **Joni Culp, LPN**, Clinical Director of our Memory Care/Midtown Neighborhood will be moderating the sessions. Please join us for this special group on **Tuesday, October 4, at 6 pm** in the Community Room. Light refreshments will be provided.

You're there for them ... Superior Care is here for you!

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
Jennifer Myers

Director of Nursing
Doralyn Warren, RN

Business Office Manager
Tori Tiller

Human Resources Generalist
Rachel English

Social Services
Meili Couch & Kellie Oliver

Rehabilitation Manager
Mary Jo Sprouse

Social Events Director
Dee Myrick

Registered Dietitian
Nicole Schmittou, MS, RD, LD

Executive Chef
Jason Ison

Marketing & Community Relations
Darla Sims

Visit Our Website
SuperiorCareHome.com

The Paducah Sun Readers' Choice 2014 Winner
The Paducah Sun Readers' Choice 2015 Winner
The Paducah Sun Readers' Choice 2016 Winner

You make a difference.

Join our team and make a difference for *your* family.

Effective October 1, 2016

Introducing New Wage Scale

RN Wage Scale-$30-$32/hour

LPN Wage Scale-$25-$27.25/hour

CNA Wage Scale-$11-$12.75/hour

100 Marshall Court Paducah, KY

Apply in person or online at:

www.SuperiorCareHome.com

270-442-6884

EOE