



Superior LIVING



September 2016

The Mary Ellen Thompson Health Education Center- Continuing our Commitment to Healthcare Education



On Friday, August 12, West Kentucky Community and Technical College System hosted an Open House for the Rededication of the Mary Ellen Thompson Health Education Center. Originally opened in 2006 at WKCTC's Elmwood Court office building, the new center is now located on the 2nd floor of the Anderson Technical building on WKCTC's main campus.

The Mary Ellen Thompson Health Education Center will continue to house WKCTC's certified nursing assistant program as well as serve as a regional testing center. Beth Durham, the nurse aid program coordinator shared "It will be easier to schedule classes with no commuting necessary, and they will have access to open computer labs...and have easier access to the faculty for advising and assistance as needed." Sally Roof, WKCTC nursing professor, agreed "Having the laboratory set up in the same room as the lecture space is vital for the student/teacher learning environment."

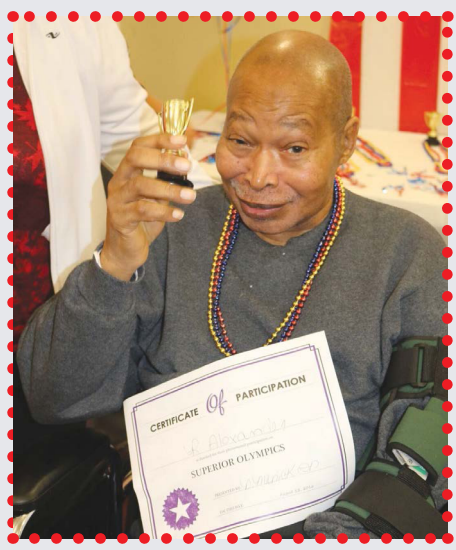
"We are honored to continue this commitment to healthcare education in our community," shared Helen Sims, Owner, CEO.



Pictured: Oil Portrait of Superior Care Home Founder, Mary Ellen Thompson. Family of Superior Care Home Founder, Mary Ellen Thompson - L to R: Mike Sims, Patrick Sims, Helen Sims, Darla Sims, Audrey Thompson, George and Judy Thompson, Anna Thompson, Jessica Thompson, and WKCTC professor, Julie Thompson. Student performs mock blood pressure check in laboratory. Superior Care Home and WKCTC staff attend the open house.

A Monthly Publication of
Superior Care Home Nursing and Rehabilitation Center

Superior Care Home gets into the Olympic Spirit!



Mr. Alexander and Ms. Morgan celebrate their achievements at the Superior Olympics Awards Ceremony! Ms. Clark goes for the gold in the Putt-Putt competition!

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Employee Recognition Banquet

On Thursday, August 4, 2016, Superior Care Home hosted its 24th Annual Employee Recognition Banquet, honoring all of our employees for their years of service with special awards recognizing extraordinary service in continuing our mission of superior care! We appreciate and honor our dedicated team, and congratulate all our award-winning employees!



Pictured Above L to R: Julie Painter-Rising Star Award, Richard Miers and Earl Watkins-Essential Piece Award, Rachel Curry-Making a Difference Award



Pictured L to R: Tori Tiller, Mary Jo Sprouse, Kellie Oliver, Donovan Riley and Bonnie Carrigan. Our Employee of the Year award was presented to our Social Events Director, Dee Myrick. Jennifer Myers, Administrator, shared "Dee possesses a talent to motivate, organize, inspire, is never without a smile on her face, and you can hear her laughter throughout our neighborhoods daily. To our residents and their families, she is known as the "Fun One"! Congratulations, Dee Myrick, and all our employees on another successful year! We are grateful for your ongoing commitment to our residents and families and for sharing your talents with all of us!

Superior Success Story

Ruth Harrington *Short Term Rehabilitation*

Ms. Ruth Harrington is our success story for the month of September. Ms. Harrington was born and raised in Newburn, Tennessee in 1911 and yes, that means she is 105 years young! Among her many accomplishments, including her most recent amazing rehabilitation success story at Superior Care, she is most notable for owning the iconic Calvert City Drive-In theater.



Ms. Harrington shared a little history about the theater. She and her husband started the drive-in in 1953. "My husband created it out of a cornfield!" she laughed. "We worked as partners all these years. Now, my sons, grandchildren, and great grandchildren, have all helped carry it on. We hope to keep it going!" The drive-in, the only one of its kind in Western Kentucky, is also famous for its cheeseburgers.

"When we first opened, we just had a snack bar, and so I told my husband that I could cook cheeseburgers. My husband told me to add a little more pepper, and we kept at it, adding different seasonings until we got the recipe just like we wanted it! With my first grill, I could only cook 8 burgers at a time. Now we cook them by the hundreds, and you can call in an order, and we will deliver to you if you're close enough!"

When asked what her favorite part about owning the theater is, she shared without hesitation "Seeing all these people! It is such a nice feeling knowing they want to spend time with us on their weekends!" Ms. Harrington credits her momma for her work ethic. "My momma didn't believe in lazy bones and if I start something, I'm gonna finish it!" She also shared her belief that having a positive outlook helped her throughout her life. "Look on the bright side! We all have our bad days, but I have had more happiness than sorrow!"

Ms. Harrington came to us from the hospital after a fall at home. Prior to her fall, she took care of herself with the help of her very supportive family. Upon admission, Ms. Harrington was unable to walk due to a decrease in overall strength and was dependent on oxygen. She experienced tightness in her knees and ankles causing her difficulty with standing and maintaining her balance. She needed improvement on her balance, scoring 0/28 on the Tinetti balance test and required maximum assistance for bed mobility and transfers. Ms. Harrington has had an amazing rehabilitation! She is now walking 300 feet with just contact guard assistance and a rolling walker and no longer requires oxygen. Her range of motion in her ankles and knees has improved which in turn improved her balance and overall strength. She is able to transfer from her bed independently and from all other surfaces with just supervision. "I would most definitely recommend Superior Care to anyone in need of short-term rehabilitation," said Ms. Harrington. "I enjoyed working with all the therapists, including Tana and Elizabeth, who has a great sense of humor!"



Thank You, Ms. Harrington for sharing your success story!

SAVE THE DATES



Labor Day

Monday, September 5

Grandparents Day

Sunday, September 11



WELCOME New Staff!

Shaniqua Coneal, Receptionis

Barbara Conyer, RN

Angela Kemp, Housekeeping

Darla Bunyan, SRNA

Emilee Wood, SRNA

Bobbi Phillips, SRNA

Wanona Crumble, SRNA

Mary Winters, Housekeeping

Brittany Huyck, SRNA

Samantha Crawford, Laundry

Carlie Reynolds, SRNA



SUPERIOR CARE HOME

Nursing and Rehabilitation Center

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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

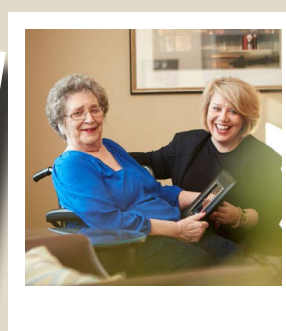
**Marketing &
Community Relations**
Darla Sims

Visit Our Website
SuperiorCareHome.com



News and Notes

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/Lowertown 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!



**Join Us for
The Walk to End
Alzheimer's**

Saturday, Oct. 1

**Carson Center
Walk Begins
at 10 AM**

*Would you like to honor
someone with a special
donation in their memory?*

Superior Care Home families and friends have chosen to make memorial donations to the Superior Care Home Resident Council Fund. This special fund provides the monetary resources for our social events, travel expenses for special resident outings, party and activity supplies, and so much more. If you are considering making a donation to honor a loved one, please consider the Superior Care Home Resident Council Fund.

