

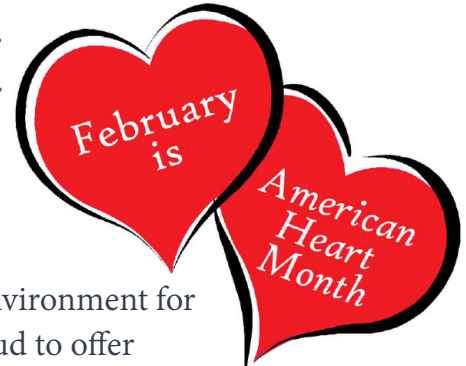


Superior LIVING



February 2017

Residents are the *Heart* of Superior Care Home



Superior Care Home is committed to providing a loving and caring environment for all of our residents, and a healthy living environment, too. We are proud to offer delicious gourmet meals and snacks that provide a heart healthy approach for every dining experience. February is National Heart Month and Go Red Day for Heart Health! We teamed up with our Morrison's Executive Chefs and our very own dietitian, Nicole Schmittou, to provide a heart healthy recipe for you- White Bean and Turkey Chili! See Page 2. Bon Appetit!

The first American Heart Month was declared by President Lyndon B. Johnson in 1964. Since then, February has been designated the annual awareness month for heart health. Cardiovascular disease is the nation's #1 fatal disease for both men and women, and building awareness for the advantages of a healthy lifestyle is the foundational message of the American Heart Association. The term **"Go Red"** is actually an acronym for living heart healthy!



G-Get your numbers-ask your doctor to check your blood pressure, cholesterol and glucose.

O-Own your Lifestyle-stop smoking, lose weight, be physically active and eat healthy.

R-Raise your voice: Advocate for more research and education.

E-Educate your family. Make healthy food choices and stay active.

D-Donate your time and resources for this healthy cause!



Our residents enjoy daily social event activities that keep them active.

Picture above: Ms. Garland and Ms. Beard enjoying a friendly, but competitive game of bowling!

A Monthly Publication of
Superior Care Home Nursing and Rehabilitation Center

Activities Appreciation



January is Activity Professionals Appreciation Month, and we are so thankful for our amazing Social Events team, who bring smiles to our residents and staff every day! Thank you, Dee Metcalf-Director, Kay Fields-Assistant, and our newest smile maker, Katie Kaufman!



What a joyous sound! Our sweet friends from the Easter Seals Choir recently shared their hearts and musical talents with our residents! Their music selections included gospel and contemporary music!

STAY UP-TO-DATE
& Follow Us on Facebook



View more pictures and information at
Facebook.com/SuperiorCareHomeKY

White Bean and Turkey Chili

Ingredients

- | | |
|---|------------------------------|
| 1 TBSP canola oil | 2 C diced yellow onion |
| 1 1/2 TBSP chili powder | 1 TBSP minced garlic |
| 1 1/2 TBSP ground cumin | 1 TSP dried oregano |
| 3 (15.8-OZ) cans Great Northern beans, rinsed and drained | 3 C chopped cooked turkey |
| 4 C fat-free, less-sodium chicken broth | 1/3 C chopped fresh cilantro |
| 1/2 C diced seeded plum tomato (about 1) | 1/2 TSP salt |
| 2 TBSP fresh lime juice | 8 lime wedges (optional) |
| 1/2 TSP freshly ground black pepper | |

Preparation

Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for 2 minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.

Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook 5 minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired. Yields 8 servings.

Nutritional Information-Serving Size=1 Cup

Calories 286

Fat 6 g

Saturated Fat 1.2 g

Monounsaturated Fat 2.1 g

Polyunsaturated Fat 1.6 g

Iron 4.8 mg

Calcium 105 mg

Protein 32.4 g

Carbohydrate 24.3 g

Fiber 5.5 g

Cholesterol 85 mg

Sodium 435 mg

Welcome, Stephen Hall - Assistant Administrator

Superior Care Home welcomes our new Assistant Administrator, Stephen Hall. A native of east Tennessee, Stephen graduated from East Tennessee State University with a BS in Public Health and earned a Masters Degree in Public Health Policy Planning & Administration from the University of Knoxville. "I am passionate about the long term care industry, and I look forward to working with our residents and families." Mr. Hall has many responsibilities including insurance verification and updating, assisting in resident care planning-admission through discharge, and preparing policies and procedures. "I am excited about Stephen's ability to effortlessly solve issues and tackle new responsibilities with energy and enthusiasm," shared Jennifer Myers, Administrator. Mike Sims, Owner & COO agreed, "We are happy to have Stephen as part of our team, and we look forward to him utilizing his experience and expertise!"



Our Superior Success Story

Sue Kressenburg - Short Term Rehabilitation



We are pleased to announce that Ms. Sue Kressenburg, is our Superior Success Story for February. Born and raised here in Paducah, Ms. Kressenburg graduated from Paducah Tilghman. She attended Murray State and earned her Masters Degree in Special Education from the University of Kentucky.

She has always been a worker. From lifeguarding at the local pool to working at Lowenthal's Clothing Store downtown, Ms. Kressenburg proudly states that working hard and helping others was how she

was raised. "It's just what we do! We help people!" This upbringing surely influenced her chosen profession as a special education teacher at Paducah Tilghman, and she also feels that this was passed down to her children. "They are helpers, too!"

Upon admission, Ms. Kressenburg was weak from her recent hospital stay which affected her ability to walk safely. She was fearful of falling due to a fall at home. Initially, her activity tolerance was low, performing activities for about 5 minutes before she needed to rest.

Ms. Kressenburg diligently worked in her therapy sessions, and she made remarkable progress in just 2 weeks! She was able to ambulate and transfer independently with stand by assistance only due to her vision challenges. Her activity tolerance increased to 25 minutes and she was able to walk over 1000 feet. Ms. Kressenburg was able to return to her private residence with family help.

Ms. Kressenburg shared her positive feedback about her short term stay. "I am stronger now than I was before I had my stroke! My endurance is better. The people who work here are great, so sweet and nice, and they go above and beyond! If I had to come back, I would in a New York second!"

Thank you, Ms. Kressenburg, for your "Can Do" spirit and for sharing your success story with us!


Thank you, Ms. Kressenburg!

SAVE THE DATES



Super Bowl Social
Friday, February 3



 **Valentine's Day Party**
Tuesday, February 14

Chili Cook-Off
Wednesday, February 22



Mardi Gras
Tuesday, February 28



WELCOME New Staff!

Angelika Zombeck, SRNA
Meagan Price, LPN
Sara Johnston, LPN
Ashley Underwood, SRNA
Heather Swenney,
Housekeeping
Sarah Walker, Receptionist
Paige Mayfield, SRNA



SUPERIOR CARE HOME

Nursing and Rehabilitation Center

100 Marshall Court, Paducah, KY 42001
Phone: 270-442-6884 • Fax: 270-442-3296

Owner and CEO
Helen Sims

Owner and COO
Mike Sims

Administrator
Jennifer Myers

Assistant
Administrator
Stephen Hall

Director of Nursing
Doralyn Warren, RN

Business Office
Manager
Tori Tiller

Rehabilitation Manager
Mary Jo Sprouse

Social Events Director
Dee Metcalf

Marketing &
Community Relations
Darla Sims

Visit Our Website
SuperiorCareHome.com



News and Notes

Superior Care Home Resident Council



\$5 Lunch includes delicious chili, toppings, drink & cookie!

Please join us for this fun and festive fundraiser for our Resident Council. Enter your chili or join us for lunch! Local celebrity judges will be taste testing and selecting their favorite chili! **All proceeds benefit our Resident Council activities.**



Paducah Sun Reader's Choice Nominations & Voting

Thank you for supporting us in the 2017 Paducah Sun Reader's Choice Awards. To nominate Superior Care Home as the [Best Nursing & Rehabilitation Center](#), simply go to the Paducah Sun website, paducahsun.com, and click on the Reader's Choice nomination button. Scroll through the categories and select "[Best Nursing Home/Rehabilitation Center](#)", and type in "Superior Care Home" in the Nomination Field. The nomination period started on **Thursday, January 26 and runs through February 7**. You may nominate us as many times as you like, limiting it to one email address per day. Once the nomination period ends, the Paducah Sun will list the top 5 in each category and then **online voting begins on February 8 and runs through February 23**. Don't forget to Nominate and Vote for Superior Care Home in the Paducah Sun Reader's Choice Awards today!

