



Superior LIVING



October 2017

Superior Care's Cornhole for a Cause

On Saturday, September 23, Superior Care Home hosted its 2nd Annual Cornhole Tournament benefiting the Alzheimer's Association.

"We are so honored to raise funds for the Alzheimer's Association Walk. We began our efforts actually last December with our Christmas Bazaar & Bakesale and then this past summer, we held our 1st Annual "A Ride to Remember", shared Dee Metcalf, Social Events Director. "Everyone gets involved in our fundraisers. For the Cornhole Tourney, our residents created banners, painted bird houses and wood crafts for the silent auction, and our administrative team all joined in either playing, keeping score, or cheering on the competitors! It truly is a team effort!"

Competitors, in a blind draw format, began play and continued through pool play until the final teams were battling for the championship. "The Metropolis American Legion is so supportive of our efforts, and we even had a few members compete this year!" shared Metcalf. "We are so appreciative of the American Legion-we could not have had such a successful event without their support!"

This year's Cornhole Tournament raised over \$1,500, which surpassed last year's tournament! Superior Care will proudly present a check to the Alzheimer's Association during the Walk to End Alzheimer's event on October 7 for over \$4,300. Please join us at the Walk! Thank you, everyone, for your support!



*Pictured L to R:
Team Superior-Kay Fields, Nancy Parish, Steven Hall, Carrie Armstrong, Darla Sims, Kattie Wheeler, Tori Tiller, Rae Street, Michelle Fellows, Joni Culp, Bonnie Carrigan & Dee Metcalf. Tori Tiller & Helen Sims; Bonnie Carrigan, Rae Street & Kay Fields; Art projects hand-crafted by Superior Care residents.*

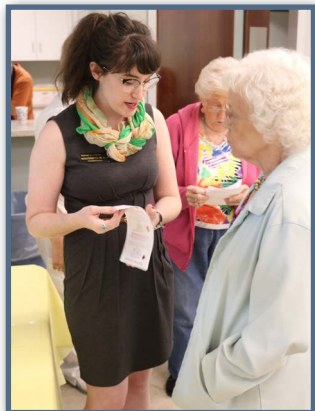


1st Place and 2nd Place Champions!



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Seniors & Hydration - Know the Facts



Recently, Superior Care hosted a community outreach program at the McCracken County Senior Center and the Ballard County Senior Center. Our Dietitian, Nicole Schmittou, shared a brief presentation on the importance of “Hydration for Seniors”. Here is a summary of her presentation.

There are many health conditions affecting seniors that can ultimately lead to unwanted hospital visits. Do you know what brings seniors into the hospital most often? Is it falls at home, heart disease, UTI's, or complications from cancer? If you guessed UTI's, then you are correct! Hydration for seniors is imperative to overall health and can prevent the recurrence of UTI's.

Here are some common signs of mild to moderate dehydration: thirst, dry mouth, fatigue, headache, infrequent urination, dry skin, constipation, dizziness or lightheadedness, muscle cramps, bad breath, cravings for sweets, altered mood, crankiness, fuzzy thinking. Signs of severe dehydration are: rapid breathing, rapid heartbeat, severe dizziness or lightheadedness, unconsciousness or delirium, not urinating or having dark-colored urine, extremely dry skin, sunken eyes, extreme thirst, low blood pressure, not sweating when you should be.

HERE ARE SOME COMMON MISCONCEPTIONS ABOUT HYDRATION.

1. Drinking any type of liquid will help improve hydration status.
FALSE - Drinks containing caffeine (tea, coffee, soda, energy drinks) act as diuretics that cause your body to lose fluid, worsening hydration status. Stick with caffeine free drinks such as juice, lemonade, water, and smoothies.
2. You should stop drinking beverages immediately after dinner to prevent having to get up and use the rest room in the middle of the night.
FALSE - You only need to stop drinking 2 hours prior to going to sleep to prevent middle of the night bathroom breaks.
3. Foods provide your body with hydration as well as beverages.
TRUE - All food contains some amount of water. You can improve your hydration status by snacking on water dense foods such as citrus fruits, berries, melons, apples, pears, and dark leafy greens.

At Superior Care, we encourage hydration with our flavored water stations throughout our neighborhoods. Stop by for a sip!

HERE ARE A FEW TIPS FOR INCORPORATING HYDRATION INTO YOUR DAILY ROUTINES.

1. Set a timer to remind yourself to drink a glass of water every 2 hours.
2. Take a bottle of water with you when you are traveling to the grocery store, doctor's appointment, church, etc.
3. Where do you spend the most time when you're relaxing at home? Keep a bottle of water next to these favorite spots, such as on your night stand, by the chair where you watch tv, on your bathroom counter where you get ready in the morning, etc.
4. Bored with water? Flavor water with tasty combos of fresh fruit. Try strawberry/kiwi, lemon/lime, orange/mango, apple/grape.
5. Make juices more refreshing by serving them over ice.
Sip on warm hot cocoa instead of coffee in the morning or after dinner.
Try some easy homemade smoothies. See back page for recipes.

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Our Superior Success Story



Carla & Ronnie Peck

Ronnie Peck *Rehabilitation*

"I would definitely recommend Superior Care to anyone needing rehabilitation!"

A native of Symsonia, Mr. Peck, a 37 year retiree of the local Plumbers & Steamfitters Union, came to Superior Care after a total knee replacement by Dr. Thane DeWeese. A former resident recommended Superior Care for his short-term rehabilitation.

Upon admission, Mr. Peck needed to improve his knee flexion, overall balance and strength, and to lower his fall risk. Initially, Mr. Peck also required assistance for walking and transfers. His goals were to get stronger and more mobile, so he could return home.

"I worked with Kelly, Wendall and Crystal, and they were all very helpful, professional, and encouraging!" shared Peck. "After being here a few weeks, I have been able to walk around the neighborhoods here. You know what I like about this place?" Peck asked. "Everything is so CLEAN, and smells clean! And I appreciate that!" Mr. Peck has returned home, and his range of motion has improved to 115 degrees. He is able to transfer and walk independently with a walker. His balance has improved and he is now a low fall risk! Welcome home, Mr. Peck!

Thank you, Mr. Peck for sharing your story with us!

Employee of the Month **Holly Arnett, LPN-Lowertown**



It is an honor to announce that **Holly Arnett, LPN**, is our October Employee of the Month! Holly started her career with Superior Care almost 7 years ago. Joni Culp-Lowertown Clinic Director shared "Holly brings to Lowertown, not only this amazing heart for our residents, but a broad and extensive nursing background that has proven invaluable to our nursing team. There is no doubt that every single day, Holly brings 150% of her heart and compassion to our residents here. On her off days, Holly will volunteer with activities or take a resident to a doctor's appointment!" Holly shared that her love for this job at Superior was hard to put into words. *"I feel like I have 8 dear grandmothers around me. I feel that the residents are such a blessing to me and so very precious! I am thankful for my connections with our residents and their families!"*

We are thankful for YOU, Holly!

Congratulations on this honor!

SAVE THE DATES



Monday, Oct. 2

Season of Honor
Caregiver Support Group
@ First Baptist Church

Saturday, October 7

Antique Car Show
& Fall Festival
1 PM - 4 PM



Tuesday, October 31

Halloween Bash



WELCOME
New Staff!

Malinda Bickett, **SRNA**

Madyson Coil, **SRNA**

Sydney Kuiper, **Receptionist**

McKinsey McManus, **SRNA**

Donna Robinson-Williams, **RN**

Brenna Young, **Housekeeping**

Yolanda Wilkins, **Housekeeping**



SUPERIOR CARE HOME

Nursing and Rehabilitation Center

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Owner and CEO
Helen Sims

Owner and COO
Mike Sims

Administrator
Jennifer Myers

Assistant
Administrator
Steven 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

Join Us for the **Antique Car Show** Superior Care Home

FALL FESTIVAL
SAT. OCT. 7
1:00-4:00 PM

OPEN HOUSE TOURS
GAMES & PRIZES
FACE PAINTING - MUSIC & FUN!!
RAFFLE GIFT BASKETS
HOT DOGS & SODA POP

PROCEEDS BENEFIT THE RESIDENT COUNCIL

100 MARSHALL COURT
PADUCAH, KY

Antique Car Show

Antique Automobile Club
Southern Illinois
Region Ohio Valley
Chapter

SUPERIOR CARE HOME



Peanut Butter Cup Smoothie

- 1 large banana, peeled and sliced
- 2 Tablespoons peanut butter (smooth)
- 2 large dates (pitted) *Can find these by the raisins
- 1 Tablespoon cocoa powder
- 1 cup almond milk (original)
- ½ cup ice

-Add banana, peanut butter, dates, and cocoa powder into blender. Blend until combined. Slowly add in almond milk and ice until desired consistency is reached.

Nutrition info: 382 calories, 21 g fat, 43 g carbohydrates, 14 g protein, 9 g fiber



Strawberry Banana Smoothie

- 1 cup strawberries (fresh or frozen, stems removed)
- 1 small banana or ½ large banana
- ½ cup fresh spinach
- ¼ cup 100% apple juice
- ¼ cup ice
- ½ cup 2% milk

-Add strawberries, banana, spinach, apple juice, and ice into blender. Blend until combined. Slowly add in milk and blend. Can add additional ½ cup milk to reach desired consistency.

Nutrition info: 100 calories, 2.5 g fat, 25 g carbohydrates, 4 g protein, 4 g fiber



Pumpkin Cheesecake Smoothie

- ½ cup canned pumpkin
- ½ cup low-fat vanilla yogurt
- ½ cup 2% milk
- 1 Tablespoon honey

1 teaspoon cinnamon or pumpkin spice

-Add all ingredients to blender, blend until smooth

Nutrition info: 210 calories, 2.5 g fat, 41 g carbs, 12 g protein, 4 g fiber