



Superior LIVING

September 2017

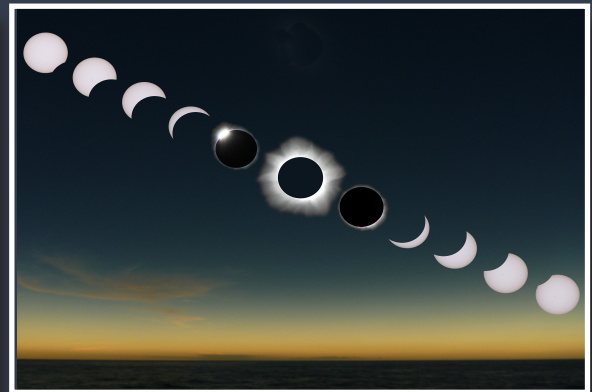
Sun, Moon, & Night @ Noon

Superior Care Celebrates the 2017 Solar Eclipse

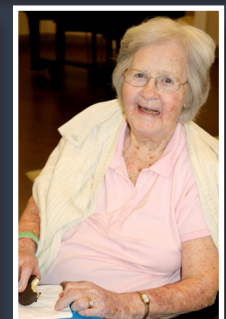
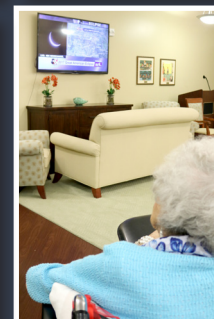
On Monday, August 21, Superior Care Home and the rest of the United States celebrated the 2017 Great American Solar Eclipse! *"We want to make sure our residents safely enjoy this special moment in their lives!"* commented Jennifer Myers, Administrator. *"Our priority everyday is safety."*

The week prior to the eclipse, Superior Care hosted **MELLISA DUNCAN**, Director of the Challenger Learning Center. She spoke about the science behind the eclipse, shared a brief *YouTube video simulation*, and answered safety questions from our residents.

After the totality was complete, Superior Care hosted an **Eclipse party**, where lemonade and of course, **Moonpies** were served and enjoyed!



Ms. Wilson & Family



Pictured L to R: Mellisa Duncan-Challenger Learning Center Director, Jennifer Myers-Adminstrator, Steven Hall-Assistant Administrator, Doralyn Warren-Director of Nursing, Residents Joe Falconite and Loren Carter enjoy the eclipse viewing, Residents Betty Smith, Helen Morgan, and Mary Mathues enjoy the viewing party inside.

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Superior Care Home Nursing and Rehabilitation Center

*Superior Supports
Cold War Patriots*

**cold war
patriots**

**RESOURCE
F A I R**

EXHIBITS • INFORMATION • COMMUNITY



It was an honor to participate in the Cold War Patriots Resource Fair on August 10, benefitting all former employees of the Paducah Gaseous Diffusion Plant and Allied Chemical. Superior Care's Medical Director, Dr. Danny Butler, was presented a special Excellence award during the program! **Congratulations, Dr. Butler!**

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Superior Achieves 5-Star Rating



It is an honor to announce that Superior Care Home has achieved a 5-Star rating by the Centers for Medicare and Medicaid. According to the CMS.gov website, "CMS created the Five-Star Quality Rating System to help consumers, their families, and caregivers compare nursing homes more easily and to help identify areas about which you may want to ask questions." Our founder, Mary Ellen Thompson, named the company "Superior Care" as the standard of excellence that we strive for each and every day for our residents. The highest quality of care in turn achieves the highest 5 Star Rating. We are proud to achieve this mark, and we congratulate our amazing staff for this honor!



As part of Superior Care's commitment to being the "Go To" resource for all things "Seniors", we have created community outreach programs designed specifically for seniors about seniors. Our first one is entitled "Seniors & Hydration" and our Registered Dietician, Nicole Schmittou, will present important information about how essential hydration is for the senior population. Join us on **Thursday, September 7, at the Ballard County Senior Center at noon**. Enjoy some lemonade and learn about "Seniors & Hydration"!



Employee of the Month Kay Fields, Activities

It is an honor to announce that Kay Fields, Activities Assistant, is our September Employee of the Month. Kay started her career at Superior over 1 1/2 years ago. Kay's passion for the health care field started in the Army where she trained as a Field Medic and a Physical Therapy Tech, beginning at Ft. Sam Houston, TX and then Ft. Leonardwood, MO. She continued her career and retired as a Physical Therapy tech from Lourdes Hospital after 42 years. Dee Metcalf, Social Event

Director, complimented Kay saying "I am very appreciative of her as my teammate. She's very loving, kind and always looks for the positive in every situation. She is always very thoughtful of others. Residents appreciate her kind words and her contagious smile. She is always there to listen to our residents. She's the best!" Congratulations, Kay Fields! You are an excellent example of having a "Servant's Heart"!

Our Superior Success Story

Hannah Sego *Rehabilitation*

We are proud to share this month's Superior Success Story -

Hannah Sego

"The nurses and aides and therapists are so sweet."



Long time Marshall County resident and retired elementary school teacher, Ms. Sego, shared some of the lessons learned from her short-term rehabilitation at Superior Care.

Ms. Sego came to Superior Care after a total hip replacement the first week of August. Upon admission, Ms. Sego, needed assistance with walking and with some activities of daily living. Her goals were to gain strength and mobility, improve her balance, and return home independently.

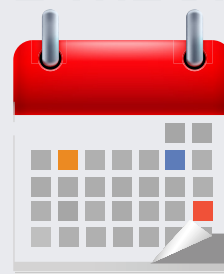
After just two weeks of physical and occupational therapy, Ms. Sego, gained back her lower extremity strength and mobility. She was able to walk independently with use of a standard cane. She was able to go up and down steps, and worked with our Occupational Therapy department to ensure that she could perform all the tasks that living independently at home would require, such as laundry and meal prep.

"I worked with several therapists-Kelly, Jennifer and Wendall. They have a lot of fun about them," stated Sego. Sego shared this about working with Kelly. "He encouraged me in a tough love kind of way. He wanted me to work hard so I could go home! After the hard work, you feel so good about yourself, because of what you have accomplished! I feel so much stronger than before my surgery."

When asked if Sego would recommend Superior Care, she answered without hesitation "Yes, I would most definitely recommend Superior for rehabilitation! Everyone, the nurses, the aides, and the therapists are all so kind and sweet!"

Congratulations, Ms. Sego, on your success story!

SAVE THE DATES



Monday, Sept. 4 - Labor Day



Friday, Sept. 8 Paducah Bank
WOW! Ice Cream Truck



Saturday, September 23



at Metropolis American Legion



WELCOME
New Staff!

Naureen Rendelman, LPN

Lesley Williamson, RN

Ashley Spears, SRNA

Ryan Eubanks, Maintenance

Morgan McCutcheon, LPN

Erika Troutt, Activities



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



Happy Birthday, Ms. Hook!

A special milestone birthday was recently celebrated! Ms. Elizabeth Hook, turned **105 years young** and our Lowertown neighbors celebrated with cake and smiles.

In honor of her birthday, Susan

Guess with Paducah Bank, presented a cake and an amazing user friendly music box, for our entire Lowertown neighborhood to enjoy! Thank you, Paducah Bank for celebrating this amazing milestone and for sharing your giving spirit with our community!

Meet Our New Team Members



We are proud to announce our newest team member, **Michelle Fellows-SHRM-SCP**, as our Human Resources Director. Born in Richmond, Virginia, and raised in western Kentucky, Ms. Fellows, brings to Superior Care an extensive background in human resources, employee development, customer service, internal company communication and management experience. "Superior's staff is truly dedicated to providing residents with commiserative support. The team unity of staff members results in collaborative knowledge and innovative care.

Superior Care has many tenured staff, and I feel blessed to be a part of the organization," shared Fellows. "As an HR professional, I will continually strive to bring top talent to Superior Care Home." Welcome, Michelle Fellows, to Superior's Award-Winning Team!

Introducing our **Executive Chef, Jason Hoskins with Morrisons**

Healthcare-Compass Group. Chef Hoskins is a native of western Kentucky and he received his Culinary Arts degree from Johnson & Wales University in Charleston, South Carolina. Hoskins brings over 20 years of culinary expertise, restaurant and staff management, food inventory control, and chef training experience to Superior. Chef Hoskins and his Compass Team have one goal every day, and that is to provide a superior dining experience at every meal for every resident. "Good food is the foundation of genuine happiness. I and my staff strive to give the best food and the best service every day to all the residents. Our goal is to enrich the lives of seniors every day!" Hoskins stated. Please welcome, Chef Jason Hoskins, Superior Care's Executive Chef.

