



Superior LIVING



June 2017

Superior Celebrates The Spirit of America

National Nursing Home Week May 15-19

During the week of May 15-19, nursing homes all across the country celebrated National Nursing Home Week. The theme for this year's celebration was "The Spirit of America" to honor the different cultural backgrounds of all our residents and staff members, and how this diversity brings a culture of caring to our community. Our Executive Chef Jason Hoskins and his culinary team prepared amazing dishes celebrating the cultural cuisines of China, Mexico, Italy, Canada, and of course, America! The residents really enjoyed all the delectable meals! Our social events team, Dee Metcalf and Kay Fields, held fun activities everyday to coincide with our "Spirit of America" theme-Mexican paper flowers and Chinese lanterns to name a few. Paducah's Mayor, Brandi Harless, visited Superior Care and presented an official proclamation from the city of Paducah, declaring it "National Nursing Home Week". To top off the week's festivities, residents and some brave staff members, performed their amazing talents at the "Superior's Got Talent Show" to rave reviews!! What a fun, spirited week of celebration!

The spirit of Superior Care is truly alive and well!



A Monthly Publication of
Superior Care Home Nursing and Rehabilitation Center

Superior Care Care Packages



Ms. Barbara Clark



Ms. Martha Love



Ms. Carol Cothran



Residents made non-slip socks as part of their cancer care packages. Packages will be delivered this month to the Paducah Oncology Group.

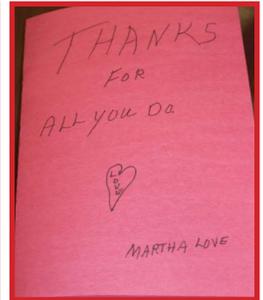
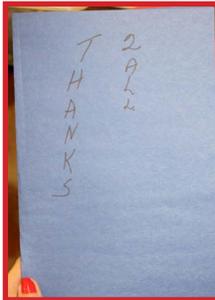
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Superior Care Residents Share the Spirit

Superior Care Home's commitment to the community continues into its 4th decade and third generation ownership. Superior Care residents continue this tradition and what better way to share their spirit of community than to participate in the National Nursing Home Week theme "Spirit of America"! Our residents decorated cards and created a large banner to thank our local sheriff, Jon Hayden, and his deputies. Dee Metcalf, Social Event Director, delivered the banner along with cupcakes and cookies. Sheriff Hayden and his team expressed gratitude for our thoughtful residents.



Employee of the Month

Bonnie Carrigan, RN-Riverways Clinical Director

We are honored to announce that Bonnie Carrigan, RN, Clinical Director of our Riverways neighborhood is our June Employee of the Month. Bonnie's nursing career spans four decades with most of it in the oncology field. "I enjoy caring for older people. I learn from my nursing team every day, and they make me look good!" shared Bonnie.

"I would describe Bonnie as a strong leader, whose compassion and extensive nursing experience sets the bar high for her care team," Doralyn Warren, Director of Nursing stated. Tana Cooper, Assistant Director of Nursing, added "Bonnie's clinical expertise is extensive and her genuine compassion is contagious! She is truly an exceptional care giver!" "Her ability to easily manage changing situations, her outstanding work ethic and easy-going attitude helps promote a special team approach with her nursing staff. She is an excellent example of the quality care that Superior Care strives to do everyday. I truly appreciate the special relationships she builds with each of our residents and their families. She goes out of her way to make connections and that makes all the difference!" said Helen Sims, CEO.

Congratulations, Bonnie Carrigan!

Our Superior Success Story



Simon Michelson Rehabilitation

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

Mr. Michelson was born and raised in Paducah and graduated from Paducah Tilghman High

School. He earned his Business degree from Drake University in Des Moines, Iowa. After his National Guard service in Vietnam, he came back to Paducah to help run his family's jewelry business, Michelson Jewelers. He retired and enjoyed the sunny life in Florida, but Kentucky called him back home.

Mr. Michelson came to Superior Care in October 2016 after a hospital stay due to complications from diabetes, a lower extremity infection, and PVD. He was unable to walk or bare weight on his legs and required maximum assistance for activities of daily living.

"The whole team approach at Superior Care contributed to my successful short-term rehabilitation," shared Michelson. "Every care team helped me heal and get stronger." Michelson credits the nutrition, the nursing, the outstanding wound care, and of course, the physical therapy team as the reasons for his successful transition back home.

With our excellent nursing care, the wound began to heal. Mr. Michelson's successful skin graft surgery allowed him to return to Superior Care for additional rehabilitation, nutrition and wound care. After five additional weeks of therapy, he was able to transfer independently and walk with a cane. His balance improved greatly, and he was independent with an assistive device.

Mr. Michelson decided to return to Superior Care to take advantage of our Outpatient Therapy program. He has a low fall risk, and he now walks independently without assistive devices. He continues to work on strength, gait pattern and community ambulation in order to reach his goals of independence and good physical condition.

"When I first arrived at Superior, I mostly stayed in my room. But after two weeks, it started to turn around for me. 'Superior Care' is the perfect name for what I received from the administration, to the nutrition, to the nursing and to the therapy care. No question about it! Also, the personal attention of the owner doing the grunt work everyday is what keeps this place being #1 in the region!"

*Thank you, Mr. Michelson,
for sharing your success story with us!*

SAVE THE DATES



Sunday, June 18

WELCOME New Staff!

Whitney Vaughn, SRNA
Kara Kelley, SRNA
Brandon McClain, SRNA
Madison Ford, SRNA
April Carmon, SRNA
Rajiah Harvey, SRNA
Patience Stephens, Housekeeping
Karen Roeller, Housekeeping
Amber Felker, RN
Jessica Bordenkircher, SRNA
Destiny Bustle, SRNA
Viva Toon, SRNA
Ciara Bell, SRNA
Cindy Allbritten, RN
Kate Clark, RN
Bruce Taffer, Housekeeping Supervisor
Erin Smith, SRNA
Tiffany Boaz, SRNA
Katelynn Turner, LPN
Morgan McCutcheon, LPN



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**
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

Celebrating Speech Therapy Month!



L to R: Marley Snow-MS, CCC-SLP, Mitzi Steakley-MS, CCC-SLP, Micki Colson-MS, CCC-SLP, and Heather Perdue, MS, CCC-SLP.

Did you know that the month of May is Speech Therapy Appreciation Month? Our dedicated speech therapists bring decades of experience to our care team.

As Speech Language pathologists, they provide a broad spectrum of services. "It not just talking!" shared Mitzi Steakley. "We provide cognitive treatment to address memory, concentration, medication management, and problem solving/safety awareness to improve a resident's ability to safely function in the home environment after discharge."

Speech Language Pathologists also evaluate and treat dysphagia (swallowing deficits) by utilizing VitalStim-neuromuscular electrical stimulation, along with swallow exercises, diet modification and patient/family education in order to improve our resident's ability to safely eat and drink. Our therapists also improve a resident's ability to communicate effectively basic wants and needs and to increase socialization opportunities. This includes focusing on speech production, language and vocal quality.

Our speech team treats a variety of disorders from multiple medical diagnosis including stroke, Parkinson's Disease, Alzheimer's, traumatic brain injury, multiple sclerosis and any medical event resulting in deficits in the ability to communicate or swallow.

We asked our amazing speech therapists why they chose this career, and they shared that they LOVE what they do, because it allows them to build relationships with our residents and their families, becoming personally invested in their care, and assisting them in returning to their highest potential.

Thank you to our Speech Therapy Team!