



# Superior LIVING



July 2017

## Superior Care Hosts "A Ride to Remember"

### A Bike Ride Fundraiser for the Alzheimer's Association

On the warm & breezy afternoon of Wednesday, June 21, Superior Care Home hosted its first ever "A Ride to Remember", a bike ride fund raiser for the Alzheimer's Association. Each neighborhood, Broadway, Riverways, Midtown and Lowertown, as well as our Housekeeping/Laundry department sponsored riders to represent them, with the goal of raising \$100 from each community!

"I thought having a bike ride on the first day of summer which is the longest day of the year, would be a fun way to celebrate all of our special people who have Alzheimer's and memory challenges!" shared Doralyn Warren, Director of Nursing, who came up with the bike ride idea.

"We try to have a few smaller fund raisers prior to the Memory Walk in October, and this bike ride idea was well received by our amazing employees who want to give back to the community by raising awareness and money for the Memory Walk," shared Dee Metcalf, Social Event Director. "Our residents helped paint route signs and even were cheerleaders for all the riders, encouraging them to keep going!"

Our fund raising efforts to support our Team Superior in the October Memory Walk will continue throughout the summer and fall. If you would like to sponsor us in honor of someone, please visit the Alzheimer's Association website at: [www.alz.org](http://www.alz.org), and select "Team Superior".



ALL PHOTOS ABOVE: Pictured L to R: Richard Miers, and his wife, Mary with their daughter, Diane Stevens and her children, Preston & Savanna, and Richard & Mary's other grandchildren, Eli and Grace Flowers. Kay Fields & Rider Debbie Ramsey. Shirley Manker, cheerleader. Riders Doralyn Warren & Tori Tiller. Cheerleaders-Carrie Armstrong, Melvia Garland, Rachel Curry, Hannah Reed. George Thompson & Joni Culp.

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## It's Music to Our Ears!



*We enjoyed our special young musicians from the Forsyth United Methodist Church, Forsyth, Georgia. They sang spiritual songs and performed moving and inspirational bible skits to rave reviews!*

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## Our CNA's are Super Heroes

June is CNA Appreciation month, and Super Care Home celebrated with a special breakfast & pizza luncheon & dinner! WKCTC Nursing students also joined in the celebration! *Thank you, CNA's, for all you do!*



## Superior Care Social Services Team



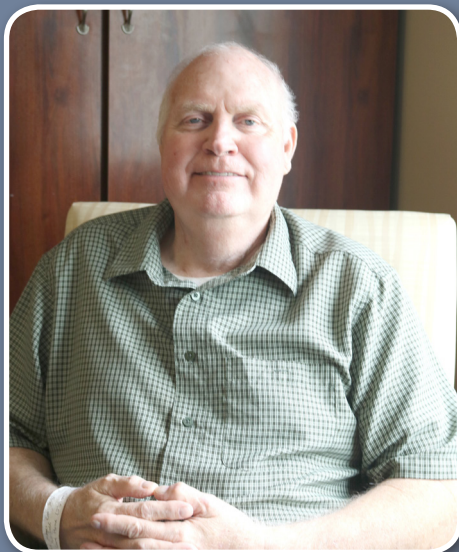
Webster's dictionary defines "team" as "coming together to achieve a common goal". Our Social Services duo of Gina Stenburg-BSW and Kelley Chronister-BSW is a perfect example of what a quality team can accomplish.

Gina Stenburg, born in Chicago, and raised in Murray, Kentucky, shared that her calling to help others made her change her college major from education to Social Work. Her true inspiration for her desire to do service work and work with the elder population comes from her grandfather. "He's the real reason behind my love of helping others." Before coming to Superior Care, Gina graduated from Murray State University with a degree in Social Work. She interned at the Anna Mae Owen Hospice House in Murray, and volunteered at the Murray-Calloway County Senior Citizens Center and the Spring Creek Health Care Nursing Home. At the root of her calling she stated, "God has blessed me with a giving heart, and I am happy to share it with the families at Superior Care."

Kelley Chronister, a native of Ballard County, agreed that her calling to become a social worker stems from her love of serving others. "It takes someone with a big heart," she shared. Kelley graduated in 2016 with a degree in Social Work from Murray State. She interned at the Calloway County Family Resource Center, where she assisted families with clothing, rent, food, and utilities. Kelley firmly believes in Murray State's Social Work department motto-"We're not in it for the income. We're in it for the outcome!"

*Welcome, Gina & Kelley!*

## Our Superior Success Story



### Eddie Mayes

#### Rehabilitation

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

*Eddie Mayes.*

**"I would recommend Superior Care to ANYONE!"**

Mr. Mayes, a southern Illinois native, moved to Paducah to work for the Illinois Central railroad company as a railroad engineer. He retired after 41 years and now spends his retirement trying to lower his golf handicap! When asked what he most looked forward to about going

home he laughed "I am looking forward to getting back out on the golf course!"

Now that Mr. Mayes is getting back into the swing of things, his road to recovery started a few weeks ago when he arrived at Superior Care after a stroke. He required assistance for walking, negotiating stairs, and his balance needed improvement. He scored 15/100 on the Barthel Index which measures a resident's overall mobility and ability to perform activities of daily living. A soft diet was initially required due to oral dysphagia.

After 5 weeks at Superior Care, Mr. Mayes is now at home! He is now able to transfer independently and walk unlimited distances with a walker. He is also able to negotiate stairs, and his balance has greatly improved. Through his occupational therapy, the strength and coordination in his left hand improved significantly. Through speech therapy exercises and therapeutic trials, he was able to safely advance to a regular diet with no restrictions. "He is such a hard worker!" shared Mary Jo Sprouse, Rehabilitation Director. Joni Reed, one of Mr. Mayes' therapists, agreed. "I could always count on Mr. Mayes to have a fun spirit about him, always willing to participate in any therapy exercise. He even won our Cornhole Contest!" Mr. Mayes will continue his road to recovery through our Outpatient Therapy at Superior Care!

*Thank you, Mr. Mayes, for sharing your Success Story!*

## Employee of the Month

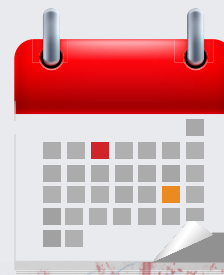
### Jerrilyn Thomas, SRNA

We are honored to announce that Jerrilyn Thomas, State Registered Nurse Aid, is our July Employee of the Month. Ms. Thomas began her career at Superior Care in June 2016. "Jerrilyn is determined, open and approachable, and flexible!" shared Doralyn Warren, Director of Nursing. "Also, the residents love her and she is a great team player with her co-workers." Helen Sims, Owner/CEO, agreed. "I have seen Jerrilyn blossom in her role during our day shift. She brings a positive attitude everyday and a willingness to learn, which is an invaluable characteristic of an exceptional employee!"

***Congratulations, Jerrilyn Thomas!***



## SAVE THE DATES



**Happy 4th**  
*of July*

**Tuesday, July 4**



**Friday, July 21**

**Paducah Bank**

**WOW! Ice Cream Truck**



**WELCOME**  
**New Staff!**

**Wakeetha Warren,**  
**Housekeeping**

**Destiny Dike, SRNA**

**Kalvansese Miller, SRNA**

**Jessica Broyles, SRNA**

**Michelle Johnson, LPN**

**Shantel Taylor,**  
**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

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[SuperiorCareHome.com](http://SuperiorCareHome.com)



## News and Notes

### New Certification for Superior Care Directors



Joni Culp-LPN, CDP, Lowertown Clinical Director, and Dee Metcalf-CDP, Social Events Director, recently attended an instructional seminar hosted by the National Council of Certified Dementia Practitioners and became certified as practitioners. A Certified Dementia Practitioner (CDP) completes extensive training in the area of Alzheimer's and Dementia. During training, each practitioner

receives resources in the areas of Alzheimer's and Dementia, including key aspects of dementia care such as communication techniques, disruptive behavior interventions and tools for addressing concerns such as wandering, aggressive behaviors, and poor nutrition. "It's important to continue our training and to attain this certification, so we can provide the best care we can to our residents," shared Joni Culp. "To become a Certified Dementia Practitioner means that we want to learn all we can about dementia care and memory care. There's always so much to learn, and we are willing to go the extra mile for our families," said Dee Metcalf.

## Purchase Area Mental Health & Aging Coalition



Recently, Superior Care Home participated in the 2017 Purchase Area Mental Health & Aging Coalition Annual Conference at Lone Oak First Baptist Church. The vision of the PAMHAC is to bring together consumers and providers of mental health and aging services, individuals from academic, medical, legislative, faith base entities, and other interested parties for the common purpose of improving the physical, mental, emotional, and spiritual well-being of residents through a comprehensive approach. This year's annual conference hosted a variety of keynote speakers, including Skip Wirth RN, BS Public Health, who spoke about how stress affects your health and how to incorporate the 7 characteristics of stress resistance in your lives. Another keynote speaker, Gerina Whethers, BA, JD, from the Office of the Attorney General, shared the Kentucky Attorney General's mission regarding Senior Kentuckians and spoke about the top trending scams for seniors, prevention tools and other techniques to protect against fraud. Ms. Whethers shared the following links to available resources for seniors.

#### Link to Office of Senior Protection Brochure:

<http://ag.ky.gov/family/seniorprotection/Documents/SeniorProtectionBrochure.pdf>

Link to the Attorney General's Website: <http://ag.ky.gov>