



# Superior LIVING



April 2017



## *Voted Best Nursing Home & Rehabilitation for past 5 Years!*

The Paducah Sun 2017 Reader's Choice Awards were announced in the Paducah Sun's March 27 edition. Paducah Sun readers voted for various businesses and professionals in a variety of categories. Superior Care Home was nominated and then selected as the Best Nursing Home and Rehabilitation Center for 2017, five years running.

When residents, families, and staff were asked why it is such an honor to receive this award, all of their answers were the same. "We believe it is a privilege to care for families since Superior Care Home started in 1972. We strive for excellence in all aspects of our care team-from housekeeping to dietary, from nursing to memory care, and from administration to our award-winning rehabilitation program. Everyone here is committed to providing quality care!" shared Helen Sims, CEO/Owner. "We are blessed and fortunate to give our residents the quality of life that they deserve! We strive to bring happiness and joy to help brighten their day! It takes a dedicated team willing to go the extra mile for our residents and for each other!" agreed Dee Metcalf, Social Events Director.



## *Thank you!*

*A Monthly Publication of*  
Superior Care Home Nursing and Rehabilitation Center

## *What are you passionate about?*

Passions bring inspiration, joy, and sometimes heartache, especially during March Madness! We asked our staff and residents about their passions and what inspires them!

### *Our Passionate Staff*

Beth Harlacher-Boating  
Angela Burgess-Fishing  
Jennifer Myers-Running & Family  
Joni Culp-Elderly People  
Gina Stenberg-Helping people  
Steven Hall-UT Sports  
Bonnie Carrigan-Reading  
Tana Cooper-Her children  
Nancy Parish-Her grandchildren  
Rachel Curry-Being Creative  
Blake Woods-Excellence in Care  
Teresa Dukes-Alzheimer's  
Amy Hick-Her family  
Dee Metcalf-Camping & ATVing  
Kelley Chronister-People with Special Needs

### *Our Passionate Residents*

Helen Morgan-UK Basketball  
Kenny Driver-Racecars  
Martha Love-Crossword Puzzles  
Leon Gibson-St. Louis Cardinals  
Betty Smith-Word Search Puzzles  
Barbara Clark-Gardening  
Joe Falconite-St. Louis Cardinals  
Carol Cothran-Elvis Presley & listening to country music!

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# Big Blue Nation at Superior Care Home

PADUCAH, Ky -  
by Justin Beasley, WPSDLocal6.com

Helen Morgan, 97, is quite the character inside the walls of Superior Care Home Nursing & Rehabilitation Center located in Paducah. For every Kentucky basketball game, the Benton native dresses up in her usual blue attire and jewelry.

"They all know I'm watching (the game)," Morgan said of her family. Since her arrival almost five years ago, it's clear to everyone at Superior Care Home when the Wildcats are playing by taking a quick look at Morgan. "They say 'oh we're going to have a ball game,' Morgan said. "I put my blue on. Even I put blue earrings (on)... I don't know why I love (Kentucky basketball) that much."

Just like everyone else in the Big Blue Nation, Morgan is loud and proud when it comes to watching her Wildcats. But that fandom comes with her personal advice for head coach John Calipari. "Play defense and let (Malik Monk) have the ball so he can shoot. I don't think they'll take my advice," Morgan said. "She's positive," Superior Care Home Nursing and Rehabilitation Center Marketing Director Darla Sims said. "But she will not hesitate to give suggestions on what coach (Calipari) needs to do for the next game!"

"She knows more about Kentucky than John Calipari," fellow Kentucky fan and friend Thomas Mathis said jokingly. "I found out that's almost true." But one thing is for sure.

"If they don't win, I'll be unhappy," Morgan said. "I'm going to be happy as long as they're winning."

*This story is posted on the WPSDLocal6.com website and aired on WPSD on Wednesday, March 22 during the 10 PM Newscast and on March 23 during the 6 AM morning newscast. A video link has been posted on the Superior Care Home facebook page-[www.facebook.com/superiorcarehomeky](https://www.facebook.com/superiorcarehomeky).*



*Ms. Morgan, Justin Beasley, & Mr. Mathis*





# Our Superior Success Story

## Annette Russell

- We are delighted to announce that Ms. Annette Russell is our Superior Success Story for the month of April. Born and raised in Ballard county, Ms. Russell has called Paducah home since she moved here when she was 17 years old. And she's been ACTIVE and MOVING ever since! She started volunteering with the Paducah Ambassadors/Red Coats in 1998, sharing her love of Paducah and its historic downtown with visitors from all over the world, even Argentina! She represented the Red Coats at the City Commission for two years, and has been named a Duchess of Paducah and a Kentucky Colonel! She has four children, two sons and two daughters. Ms. Russell came to Superior after a fracture of her femur. Initially, she was completely dependent for bed mobility and transfers and was unable to walk. After six weeks, she is now able to walk 200 feet with contact guard assistance, and she can negotiate four steps with handrails. Her balance and activities of daily living have greatly improved! "Everyone here has been great to work with!" shared Ms. Russell. "My secret to living is to keep active!" Mary Jo Sprouse, Therapy Director shared "She is such a hard worker! Her excellent work ethic is inspiring to our other residents!"

*Thank you, Ms. Russell for sharing your success story!*

## Employee of the Month- Amy Hicks, Admissions

It is an honor to announce that Amy Hicks, RN, Admissions Coordinator is our April Employee of the Month. Amy started her career at Superior Care a little over a year ago. Amy's responsibilities include meeting with families who are discharging from the hospital after an illness or surgery and are in need of short term care. She also meets with families who need permanent placement for their loved one's due to a decline in health or memory care issues. "Amy has extensive clinical knowledge which has been an incredible asset when assessing our ability to care for new residents. She is highly organized, driven to succeed, and most importantly, she is a comforting presence for families who are facing the challenge of care options for their loved ones," shared Jennifer Myers, Administrator. Helen Sims, CEO/Owner, agreed, "Amy does an outstanding job of marketing our services to the entire region. Her extensive nursing background has been invaluable in evaluating our new residents. Her diligence with resident insurance companies has made our admissions process flow smoothly, which gives our families peace of mind during an otherwise hectic process. Amy represents Superior Care so well, in her professionalism, her clinical approach, and above all her desire to help families with the care they deserve!"



*Congratulations, Amy Hicks!*

## SAVE THE DATES



### EASTER EGG HUNT

*for Residents &  
Staff Families*

**Saturday, April 8**



### EASTER

**Sunday, April 16**



**SUPERIOR  
CARE  
QUILT  
SHOW  
April 24-28**

## WELCOME New Staff!

**Madison Hale, HK**

**Latosha Cook, HK**

**Lyndsey Hendrix, PTA**

**Rehana Ford, HK**

**Heather Watwood, SRNA**



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



# News and Notes

## Please Join Us for the Superior Care Home Quilt Show\*



**April 24-28, 2017**

**Featuring Displays of  
Handmade Quilts from our very own  
Residents, Families and Staff!**

*\*We invite you to bring a favorite quilt to be a part of the  
Superior Care Home Quilt Show!*

*-Please deliver your quilt by Friday, April 21  
along with a short story about your quilt!*

*Quilt Pick-Up is Friday, April 28.*

*-Quilts will be displayed all week in the Community Room.*

**superior care Residents & Employees**  
**Saturday, April 8 10 AM - Noon**

**easter egg  
hunt**

**Refreshments  
& Fun**

**Easter Bunny  
will be here!**

*Come join the fun!*

