



Superior LIVING



November 2017

A Fun Fall for All at Superior Care

Our amazing Superior Care Home team sure was busy on Saturday, October 7. The day started off bright and early at the Walk to End Alzheimer's which was held downtown at the Carson Center. Organizations and teams from all over the region converged on the Carson Center lawn and marched in memory of loved ones, alongside caregivers, and in overall support of all who have dedicated their time, talent, and treasure to support Alzheimer's research. Superior Care was awarded the Top Professional Caregiver Team, which means Superior Care raised more money than any other senior care center in the region. We are so honored to receive this award! "We could not raise this money without our residents' and families' support! It takes us all year to raise these needed funds, and we have a great time doing it!" shared Dee Metcalf, Social Events Director and Alzheimer's Walk Chair for Team Superior.

The Alzheimer's Walk ended shortly before noon, and our team was ready to take on its next fun event-the 2017 Fall Festival & Antique Car Show back at Superior Care! A little rain did not dampen the spirits of the residents and car aficionados who attended! "I love the face painting!" shared Maddox Metcalf, Dee Metcalf's grandson. Games, prizes, hot dogs, popcorn, and of course auction items were all a part of the afternoon's festivities. All proceeds were allocated for the Residents Council, which funds all activities and social events at Superior. "Our residents enjoy viewing the antique cars and participating in the festival games!" said Helen Sims, CEO/Owner. "We appreciate everyone who helped make this event possible for our residents and families!"

Happy Fall, Y'all!



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Superior Care Home Nursing and Rehabilitation Center

Fall Fest & Car Show



Pictured above: Kay Fields and Steven Hall help with the silent auction items. Below: Ms. Wilson enjoys the festivities and even played a few games of Ghost Toss with Steven Hall. Pictured left: A variety of vintage cars from the Southern Illinois-Ohio Valley Chapter of the Antique Automobile Club.



Employee of the Month Deborah Skinner - Broadway

It is an honor and a privilege to announce that **Deborah Skinner, LPN-Broadway**, is our November Employee of the Month. Deborah began her career at Superior Care over a year ago and has been taking care of our Broadway residents ever since! "She is so focused on taking care of each individual resident, meticulously following through, and making sure all the details have been taken care of" shared Doralyn Warren, Director of Nursing. "She is a great example of what a compassionate and a detail-oriented clinician truly is!" "I love her team spirit!" shared Dee Metcalf, Social Event Director. "She gladly volunteered to paint faces for our recent Fall Festival and did an outstanding job!"



Congratulations, Deborah Skinner!

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Our Superior Success Story

Deloris Futrell *Rehabilitation*

"They won't let you give up!"

Our latest success story is truly a story of determination. Delores Futrell was working on her farm in the St. John area of McCracken County. She fell from her tractor and sustained extensive injuries to her lower extremities.

Initially her pain was a big factor in the rehabilitation process. She was unable to bear weight on either leg, had difficulty sitting and needed assistance with most activities of daily living. Her range of motion was limited due to her strength and activity tolerance.

During her stay, Ms. Futrell participated fully and made consistent progress along with modifications due to her limited weight bearing status.

At discharge, her pain has decreased significantly. She is able to walk with a rolling walker 200 feet, and she is able to transfer and to negotiate up to 4 steps.

"I feel stronger now than even before my accident" shared Futrell. "I am thankful for all the therapists who helped me-Kelly, Jennifer and Christine! I have enjoyed the food, especially the breakfast options. I would recommend Superior Care to anyone needing rehabilitation. It has all been so good!"

"Thank you, Ms. Futrell, for sharing your amazing success story!"

Superior Care Home's Rehabilitation gyms are equipped with state of the art therapy machines.

Ms. Futrell's therapy sessions included the Omnicycle (pictured right), which is a motorized rehabilitation system that uses a "smart motor" to help patients exercise and increase range of motion when they have limited strength, endurance or muscle control.

In addition to the Omnicycle, Ms. Futrell used the Scifit Recumbent Stepper (below left). This machine's arm to leg movement encourages activities of daily living like climbing the stairs.



"Our focus is to help our residents attain their best possible outcomes, and with our cutting edge therapy gyms and equipment and dedicated and encouraging therapists, our residents will reach their goals in a timely matter, so they can "Get Well & Go Home!" shared Mary Jo Sprouse, Encore Rehabilitation Director.

SAVE THE DATES



Friday, November 10
Veteran's Day Program



Saturday, November 18
Residents'
Thanksgiving Dinner



Thursday, November 23
Thanksgiving Day



WELCOME
New Staff!

Caitlin Campbell, SRNA

Karlie Hatton, SRNA

Michelle Lain, SRNA

Ashley McKenty, SRNA

Laiken Vaughn, SRNA

Mary Walker, SRNA

Melissa Kelly,
Admissions



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

Holiday Dinner Times Set

Superior Care is honored to continue our holiday traditions, and we look forward to sharing Thanksgiving and Christmas dinners with all the residents and their families. Our **Thanksgiving dinner has been scheduled for Saturday, November 18**, with the following seatings and times.

10:30 AM - Lowertown

12:00 PM - Midtown -100 Hall

2:00 PM - Midtown - 200 Hall

4:00 PM - Broadway (300) & Riverways (400)

Please fill out the Thanksgiving Reservation Form by **Friday, November 10** and return to our receptionist at the main entrance.

Looking ahead to our Christmas Dinners. **We have scheduled our Christmas Dinner seatings for Saturday and Sunday, December 16 & 17.** Seating times will be set and included on the invitation that will be mailed to families at the end of November.



On Saturday, November 18, Superior Care is proud to sponsor the PADUCAH SYMPHONY'S "Salute To Our Armed Forces" CONCERT AT 7:30 PM AT THE CARSON CENTER

Do you know a veteran who would like to attend? Superior Care is giving away two seats to a proud veteran and a guest! Please contact Darla Sims at 270-442-6884 to put their name in the hat! Winner will be drawn during our Veterans Program on Friday, Nov. 10.

Have you been "Wowed" by our Superior Care team?

Our team strives to go above and beyond every day! At each of our neighborhood nurse stations, you will find the **Staff Recognition & WOW Card and Box**. If you see one or many of our team members exceeding your expectations, write down your comments and place them in the WOW box! **We will share these compliments with our entire staff on a weekly basis!**

Thank you for thanking them!

WOW CARD

Thank You

(Team Member Name) _____

for going Above & Beyond
My Expectations!

Comments: _____

Signed: _____