



Superior LIVING



December 2017

A Season of Thanks & Giving



On Saturday, November 18, Superior Care hosted its annual **Thanksgiving Dinner for residents and their families.** Delicious turkey and dressing with cranberry sauce, country green beans, and sweet potato casserole were the main course, followed by a choice of five different delicious desserts! Staff members and their children volunteered as servers to continue this tradition of giving back to our residents. Helen Sims, CEO, stated "Traditions are so important, and we are so thankful to share in this tradition with our residents."

Happy Thanksgiving to all our families!

Pictured below L to R: Mr. Gibson & family, Ms. Bushong & family, Mr. Wallace & family, Ms. Scott & family, Ms. Clark & family, and Ms. Harrison & family.



Pictured above: Ms. Elliott & family, Ms. Beyer & family, and Ms. Reidfort & family.



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Superior Care Home Nursing and Rehabilitation Center

More Thanksgiving Photos



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Halloween Fun!



They did not do the **"MONSTER MASH"**, but they pulled out all the stops during our Halloween Party! Residents and our employees got into the Halloween spirit with very clever and creative costumes. Our group costumes were outstanding this year and required a lot planning and creativity! Thank you to all of our team members and our residents for making our Halloween party so festive and fun! We can't wait to see what you'll be next year!

Pictured above L to R: Encore Therapy Staff, Costume Contest Winners: Cinderella (Ms. Clark) and Scarecrow (Ms. Scott). Below L to R: Nursing Team, and CEO Ms. Sims and her grandchildren.



Veteran's Day Celebration



On Friday, November 10, Superior Care celebrated **Veteran's Day** with a special program. Dee Metcalf and Blake Woods co-hosted the event and the Community Christian Academy Children's Choir sang patriotic songs. Certificates were presented to our resident veterans, and a moment of silence was given for all the Fallen Soldiers, with a special commemorative table set up in their honor. *"We would do it all over again!"* shared a resident veteran. We salute our veterans and their families for all the sacrifices they have made to protect this country and our freedoms we enjoy!

May God Bless our Veterans!

Our Superior Success Story

Gwendolyn Peyton

"Superior Care saved my life!"

Our latest success story is about how quality rehabilitation is truly life-changing. Paducah native and Tilghman graduate, Gwendolyn Peyton, is our December Success Story. Ms. Peyton came to Superior after complications from COPD and heart issues, and she wanted to regain strength and increase her mobility. "My quality of life has improved 1,000%!" Ms. Peyton exclaimed. "My three children have told me that I am my old self again! The people here are so loving, and everything is so clean! And, with the help of Nicole, the dietician, I have been able to manage my diabetes with just my diet!"

Upon admission, Ms. Peyton had very low tolerance for activity, 1-2 minutes with impaired balance and scoring 13/28 on the Tinetti test. She could walk only a limited distance, about 5 feet with a walker, and needed assistance to transfer from bed to chair.

Upon discharge, Ms. Peyton's balance has greatly improved from 13/28 to 24/28, considerably lowering her risk of falling. Her activity tolerance has also improved from 1-2 minutes to 25 minutes. Her transfers are independent from all surfaces, and she can walk 150 feet with a walker and negotiate 4 steps. Ms. Peyton's attitude and not giving up spirit have helped her with her outstanding rehabilitation.

Congratulations, Ms. Peyton, on your Success Story!



SAVE THE DATES



Christmas Bazaar & Bake Sale

Friday, December 8



Bootscooters

Tuesday, December 12



Monday, December 25



WELCOME New Staff!

Elevi Balzer, Social Services

Jennifer Birmingham, SRNA

Andrew McManus, LPN

Corey Milam, SRNA

Keturah Pierce, SRNA

Christmas Bazaar & Bake Sale

Where: Community Event Room

When: Friday, December 8th, 2017

Time: 10:30AM-3PM

Bring your baked goods & your Christmas Crafts! Deliver items by December 6.





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

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News and Notes Best in the State!



On Thursday, November 16, our Social Events Director, **DEE METCALF**, was awarded the **"Best in Kentucky"** State Overall Winner in Supportive Care at the annual Kentucky Association of Health Care Facilities Convention in Louisville. Dee is an inspiration to all of us and a joyful team member! *Congratulations, Dee!*

On Saturday, November 18, Superior Care proudly sponsored the Paducah Symphony's **"Salute To Our Armed Forces"** concert. Superior Care donated our sponsorship's complimentary tickets to local veterans and their families.



SUPERIOR CARE is proud to sponsor the Lourdes Foundation's **NURSING EDUCATION PROGRAM**. State of the art simulation mannequins have been purchased and these will help health care professionals learn to safely administer medications and to treat patients with real life scenarios- heart failure, blood loss, and or a blocked airway.

Pictured Left: Helen Sims, CEO, Jessica Toren, Lourdes Foundation Director, and Mike Sims, COO.