



Superior LIVING



December 2018

Gather Here with Grateful Hearts

On Saturday, November 17, Superior Care hosted its annual Thanksgiving Family Dinner to rave reviews. Residents and families feasted on a delicious gourmet menu including oven roasted turkey, savory dressing with giblet gravy, country green beans, creamy mashed potatoes, sugary sweet potatoes, seasonal Waldorf salad and fresh baked dinner rolls. Of course, delicious Thanksgiving desserts like Southern Pecan pie, Holiday Spiced Pumpkin pie, Vanilla Bean Cake, and Fresh Carrot Cake were served with smiles. Superior Care is grateful for our residents, families, and our entire care team, especially those who volunteered their time to serve! Thank you to everyone who made this Thanksgiving one to remember!

Ms. Ann Vaughan & Lynn Brown



Ms. Iva Court & Cathy Miller



Ms. Mildred Abell & Family



Ms. Magy Wilson & Family



Ms. Betty Smith & Family



Ms. Caroline Yaffe & Family



Ms. Shirley Manker & Family



Mr. Kenny Driver & Family



Ms. Mary Riedfort & Family



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Superior Care Home Nursing and Rehabilitation Center

HAPPY VETERANS DAY!



Superior Care hosted its annual Veteran's Day Celebration. Dee Metcalf-Resident Life Coordinator and Kay Fields-Activities Assistant and Veteran, coordinated the event and Kelley Chronister, Social Services, graciously hosted. The program began with the Pledge of Allegiance, followed by the recitation of the World War I poem "In Flanders Field". All our Superior veterans were presented poppies for remembrance of their sacrifice, and spouses were presented American Flag Ribbon pins.



The History about Poppies & Veterans

In the World War I poem "In Flanders Fields," the opening lines mention that poppies were the very first flowers to grow in the soil from soldiers' graves in the Flanders region of Belgium. These small symbolic red flowers were adopted by the National American Legion as their official symbol of remembrance in 1920.

Only Treats at Superior's Halloween Party

On Wednesday, October 31, Superior Care hosted its annual Halloween Party & Costume Parade. It was no surprise to see all of the imagination and creativity our care team AND residents used to create their colorful costumes. Judges tabulated the results and the winners included: 1st Place-Barbara Clark-Bride of Frankenstein, and 2nd Place-Rudean Wilhelm-Pumpkin Lady. Our 3rd Place prize was awarded to our fabulously talented and creative Therapy Team-a.k.a. the Dr. Seuss Team. Thank you to all of our residents, family members, and care team who dressed up for the party-you made it a fantastic celebration!



Ms. Iva Court as "Hickory Hilda the Clown"



Therapy Co-Managers-Kristi Cates & Micki Colson



1st Place-Barbara Clark as "Bride of Frankenstein"



2nd Place-Rudean Wilhelm as "Pumpkin Lady"



Ms. Joyce Canter as "Beautiful Witch"



Ms. Mary Matheus as "Adorable Cat"



Our amazing care team-administrators, nurses, nurse aides, all of our fantastic therapists, and of course, our fun residents made this year's Halloween party a grand success!

Our Superior Success Story

Sharon Scarborough *Short-Term Rehabilitation*

Sharon Scarbrough, a Paducah native, is our short-term rehabilitation success story for December. Scarborough graduated from Reidland High School and continued her education at Draughton's Business College. She also proudly shared she was a few months shy of a 30 year career at Metropolitan Insurance Office, helping in their office for close to 3 decades!

Ms. Scarbrough was admitted to Superior Care after suffering a fall resulting in a fracture of her left femur.

Ms. Scarbrough's goals were to increase upper extremity strength, improve balance, transferring and bed mobility. In November, she received weight-bearing status which then started her new phase of physical and occupational therapy goals.

Therapy Co-Manager, Micki Colson, stated "Ms. Scarbrough has improved so much since her admission. She is now on a regular diet, is ambulating 90 feet, is negotiating steps, and has improved to stand-by assist for transfers. She has a "can

do" spirit and will continue making great progress during her stay here!"

When asked what her expectations were prior to admission, Ms. Scarbrough shared "I had always heard that Superior was a nice place, but I had no idea how really nice it was until I came here for therapy. It was also a pleasant surprise to sit down for

my first meal and realize that I was given a menu with multiple choice options for my meal! The food has been delicious here!"

Ms. Scarbrough continued "My

goal is to get stronger, and I approached my therapy with a "No Pain, No Gain" attitude right at the start. All of the staff, therapy, nursing, and dining, were all exceptional! I worked mostly with Tana for my physical therapy and with Natalie for my occupational therapy. All of my therapists have been wonderful and encouraging. They all clapped for me after I had returned from my doctor's appointment, and was upgraded to weight-bearing status! I appreciated them cheering me on like that!"

She has a "can do" spirit and will continue making great progress during her stay here!

Congratulations, Ms. Sharon Scarbrough, on your success!

Employee of the Month *Kattie Wheeler*



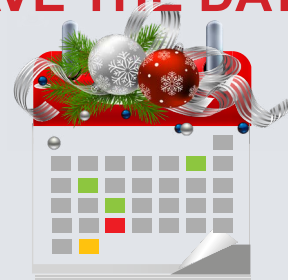
KATTIE WHEELER, *Midtown Clinical Director*, is our December Employee of the Month. Kattie began her career as a nurse aide in a long term care community in Southern Illinois over 25 years ago. She continued to train and eventually earned her LPN and RN degrees at Southeastern Illinois College. After a few years of geriatric home health and 14 years as an OB nurse, she began her Superior Care tenure over 2 1/2 years ago. "I have come full circle in my nursing career!" Kattie stated. When asked why she chose this career, Wheeler shared "I

have always wanted to make a difference, and I enjoy what I do!"

Director of Nursing, Doralyn Warren, stated "What I appreciate about Kattie is her exceptional clinical knowledge coupled with her willingness to continue to learn her profession. I believe she truly loves what she does! I hear this from our residents, families and our fellow care team members. I receive so much positive feedback about Kattie!"

Congratulations, Kattie Wheeler!

SAVE THE DATES



Holiday Choirs

FRIDAY, DEC. 7

Heath Elementary Choir

MONDAY, DEC. 10

Community Christian Academy

TUESDAY, DEC. 18

St. Mary Choir

TUESDAY, DEC. 18

Liz Schultz Christmas Recital



MERRY CHRISTMAS



Happy New Year



WELCOME New Staff!

Quanesheka Lowe, SRNA

Rose Castillo, SRNA

Jeri Findley, SRNA

Trisha Funke, Laundry



SUPERIOR CARE HOME

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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

Resident Life
Coordinator
Dee Metcalf-CDP

Human Resources
Director
Michelle Fellows-SHRM

Marketing/Community
Relations Director
Darla Sims

Visit Our Website
SuperiorCareHome.com



News and Notes

The Kentucky Association of Healthcare Facilities held its annual convention and awards banquet in Louisville, Kentucky, on November 13-15. Superior Care is honored to receive the following awards for our commitment to quality care. Superior Care has been designated as “**Best in Kentucky**”-**Top Nursing & Rehabilitation**. Our local community events during National Nursing Home Week garnered the “Best in Kentucky”-Public Relations for A Community Event Award. Most importantly, our fearless leader, Doralyn Warren, Director of Nursing for 41 years, was honored as the “Best Director of Nursing” for the state of Kentucky. **We are so honored to continue our mission of Award-winning Care!**



Christmas is just around the corner and Superior Care will be hosting its annual Christmas Dinner with Families on **Saturday and Sunday, December 8 & 9 in our Community Room**. A letter with reservation form has been mailed to families and responsible parties, so please **RSVP no later than Wednesday, Dec. 5**. “**Santa**” also brings presents to the residents during these Christmas dinners, so gift tags for those presents have also been mailed to responsible parties. Santa’s presents need to be delivered to Dee Metcalf, Resident Life Coordinator, no later than **Wednesday, Dec. 5**. We look forward to celebrating Christmas with your family!



The Christmas Mailbox

It has been a tradition of Superior Care Home to display a gratuity mailbox for our employees. Many families have often shared their desire to do something special for the employees. Each neighborhood community will have its own mailbox. On Christmas Eve, all the money in the gratuity mailboxes will be collected and distributed among every employee on the payroll that day. **We appreciate your kindness, however you choose to express it, and we wish you a**

Merry Christmas!

