



Superior LIVING



May 2018

Volunteers are the Heart of Our Team

To celebrate National Volunteer Week, Superior Care celebrated our amazing volunteers with a special luncheon on Friday, April, 20, in the Mary Ellen Thompson Community Room. A special curry chicken salad with sliced fruit was prepared by our Executive Chef Jason Hoskins and his culinary team to rave reviews. Residents Ms. Loraine Chappell, Ms. Helen Morgan, Ms. Shirley Manker, Ms. Martha Love, and Ms. Magy Wilson, all expressed their gratitude for our volunteers, while other residents decorated "Thankful Hearts" cards for each of our honored guests. Throughout the year, Dee Metcalf, Resident Life Coordinator, and Kay Fields, Activities Assistant, organize hundreds of activities and understand how important our volunteers are to make these activities so special for our residents. "Our volunteers, whether they are musicians, Bingo helpers, spiritual servants, ventriloquists, card playing partners, you name it...are truly the Heart of our Team. We hope everyone who volunteers at Superior Care truly feels appreciated!" shared Dee Metcalf. Thank you, Volunteers, for making our residents' lives full of joyful memories! See more photographs of our wonderful Volunteer Luncheon on Page 4. Pictured L to R: Loraine Chappell, Helen Morgan, Shirley Manker, Martha Love, and more volunteers enjoying the luncheon!



Special guests from Southland Baptist Church, and Rae Street, generous volunteer and mother of Dee Metcalf!

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

2018 Quilt Show



Employee of the Month

TANA COOPER, RN *Assistant Director of Nursing*



It is an honor to announce that Tana Cooper, RN, Assistant Director of Nursing, is our May 2018 Employee of Month. Tana was born in North Carolina, and raised in Ballard County where she still lives with her husband of 25 years and her 5 puppies!

Tana's inspiration for nursing comes from her grandmother who was a CNA/LPN for Lourdes Hospital. "What I appreciate most about working at Superior is the professional collaboration and openness to new ideas or suggestions," Cooper stated. Helen Sims, CEO/Owner shared "Tana's 25 years of experience in the long term care industry serves Superior well." Doralyn Warren, Director of Nursing, agrees. "Tana is THE nurse described in this quote-'Nurses are compassionate and it would not be possible to praise a nurse too highly!'-that's Tana!" Tana started her professional career in the long term care industry as a Rehabilitation Aide and continued on to achieve her Associate Nursing degree from Paducah Community College. She has achieved specialized training in MDS, wound care, and dementia care. "I feel that the compassion I can give someone is the most important part of being a nurse!"

Congratulations, Tana Cooper, Assistant Director of Nursing!

Superior Care Quilt Show



Superior Care recently hosted the 2018 Superior Care Quilt Show. Pictured above: Resident Helen Morgan proudly shares her quilts with her daughter, Cathy Eli. Residents and staff quilts were displayed during the week of April 16-20, which coincides with the American Quilter's Society National Quilt Week in Paducah, Kentucky.

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Executive Chef Jason Hoskins shared a special family heirloom made by his grandmother. His family took a trip of a lifetime to see relatives in Ireland. To commemorate this special expedition, his grandmother made the border quilt blocks to resemble photographs of their unique excursions, with the middle center block a map of Ireland, and an embroidery thread trail of the entire trip! A quilt full of memories!

Our Superior Success Story

Shirley McCauley Bunch

Short-Term Rehabilitation & Outpatient Therapy

Born & raised in Paducah, Kentucky, Shirley McCauley Bunch is our May 2018 Short-term Rehabilitation Success Story.

Ms. Bunch and her late husband and children were an Army family and travelled across the country, making their living and their home wherever Uncle Sam needed them. After her husband's passing, Ms. Bunch, began a very diverse career with a wide variety of occupations-public education, healthcare surgical tech, a sheriff's deputy, and also an employee of Honeywell and Air Products. She enjoyed her time as a Kindergarten teacher the most! Her strong work ethic played a key role in her successful rehabilitation.

Ms. Bunch came to Superior after a right total knee replacement for short-term rehabilitation. Her range of motion and balance needed improvement, and she required maximum assistance with transfers and activities of daily living. Initially, she was able to walk 30 feet. After 4 weeks of therapy, Ms. Bunch's range of motion improved to -8 degrees extension and 110 degrees of flexion. She became independent in transfers and was able to walk with a walker up to 350 feet! Her balance improved which lowered her risk of falling. She became independent in her activities of daily living, and she accomplished her goal of negotiating steps, which she was unable to perform upon admission. Mary Jo Sprouse, Encore Rehabilitation Director, shared "Ms. Bunch and our therapy team set up goals for her to accomplish, and she worked diligently in all her therapy sessions and accomplished them. She will continue with Outpatient Therapy to improve her mobility and advance her ambulation without an assistive device."

"My requirements for my short-term rehabilitation were quality care and successful therapy that would help me be able to do what I did before in my everyday living. Those were my expectations before I came to Superior Care, and they have met my expectations! Bunch said. Ms. Bunch is an active member of Rosary Chapel Catholic Church, sings in the choir, is involved in the Women's Club, and also the Fish Fry. **Bunch stated ...**

"The nurses and nurse aides were all very attentive, kind and caring, and all my co-residents were friendly, too! The therapists were all friendly, and I would recommend Superior Care to anyone in need of short-term rehabilitation."

SAVE THE DATES



Friday, May 4
Horse Races



Friday, May 18



May 22
Spring Concert



WELCOME New Staff!

Courtney Allen, SRNA
Brianna Brooks, SRNA
Breanna Clayton, Activities
Alexandria Fulton SRNA
Madison Hoover, SRNA
Delissia Maxie, SRNA
Alexis Moore, SRNA
Autumn Parrott, SRNA
Xzana Parson, SRNA
Megan Winger, 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

Resident Life Coordinator
Dee Metcalf-CDP

Human Resources
Director
Michelle Fellows-SHRM

Visit Our Website
SuperiorCareHome.com



News and Notes



CELEBRATING LIFE'S STORIES

National Skilled Nursing Care Week
May 13-19, 2018

ahcanca.org/NSNCW | #NSNCW

We are so excited about our upcoming National Skilled Nursing Care Week, formerly known as National Nursing Home Week! This year's theme is Celebrating Life's Stories, and we are going to do just that... Celebrate everyone's story! Dee Metcalf and Kay Fields, with our Resident Life Department, have planned some amazing activities for this week! Please review the attached calendar and come join in on the fun!

Volunteer Appreciation Luncheon (cont'd.)

