



Superior LIVING

HAPPY
Valentine's
DAY

February 2018

Full Hearts in February at Superior Care

According to the American Heart Association website, "The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.

The Congress, by joint resolution on that date, requested the President to issue annually a proclamation designating February as American Heart Month. At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.

While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year. That number is expected to rise to more than 23.6 million by 2030."

Superior Care's Director of Nursing, Doralyn Warren, encourages our staff to be more heart healthy and shares her tips for a healthy lifestyle. Warren stated, "To have a healthy heart, it is actually just a simple approach to nutrition, managing a healthy weight, and daily moderate exercise. Even something as simple as walking 10 steps counts as exercise." Warren continued, "Eating smart means eating some foods in smaller amounts and higher calorie foods less often. When you are hungry between meals, drink a glass of water and eat a small piece of fruit to tide you over."

If you would like more information regarding Heart Health and Heart Disease & Stroke Prevention, visit Superior Care on Friday, February 2. Our staff will have an informational table for both residents and visitors filled with flyers and brochures from the American Heart Association.



Healthy Heart Team-Tana Cooper-Assistant Director of Nursing, Elizabeth Harlacher-Staff Development, Leslie Williamson-Broadway Clinical Director, and Dee Metcalf-Social Event Director

Heart Healthy Recipe- Crunch Crusted Salmon Fillets

American Heart Association Patient Education Program

INGREDIENTS: 4 (4 oz) salmon fillets, 1/3 C low-fat buttermilk

COATING: 1/2 C uncooked quick oats, 1/4 C sliced almonds, 1 tsp dried oregano, 1/2 tsp garlic powder, 1/2 tsp paprika, 1/4 tsp salt & pepper

DIRECTIONS: Pour buttermilk into a pie plate and coat fish. Refrigerate covered for 10 min to 1 hour. Mix coating ingredients and set aside.

Turn oven to 400 Degrees. After fish has finished marinating, dip fillets in coating and turn and place on a baking sheet sprayed with cooking spray.

Bake 10 to 12 minutes until desired doneness.

NUTRITIONAL INFO: Calories per serving: 215, Total Fat-7.5 g, Saturated Fat-1 g, Polyunsaturated Fat-2.5 g, Monounsaturated Fat-3 g, Cholesterol-60 mg, Carbohydrates-10 g, Fiber-2 g, Protein-26 g

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Superior Care Home Nursing and Rehabilitation Center

Heart Smart
Starts with You!



Valentine's Day Poem

I carry your heart with me.
 I carry it in my heart.
 I am never without it.
 Anywhere I go, you go my dear;
 and whatever is done by only me is
 your doing, my darling.
 I fear no fate for you are my fate, my
 sweet.
 I want no world for beautiful, you are
 my world, my true.
 And it's you are whatever a moon has
 always meant and whatever a sun will
 always sing is you.

Here is the deepest secret nobody
 knows. Here is the root of the root and
 the bud of the bud and the sky of the
 sky of a tree called life:
 which grows higher than the soul can
 hope of mind can hide.
 And this is the wonder that's keeping
 the stars apart.

I carry your heart.
 I carry it in my heart.

E.E. Cummings

Renewing with Restorative Therapy



Restorative Nursing Program-

Ms. Clark enjoys daily exercise on the Omnicycle. Ms. Beard is working on upper body mobility and fine motor skills. Ms. Riedfort enjoys walking to and from her dining room during her weekly exercise program.

Employee of the Month

RICHARD MIERS - Maintenance Director



As we finished 2017 and the clocks turned to 2018, our Maintenance Director, Richard Miers, has faced his fair share of maintenance challenges. From the cleanup of Midtown to the snow-ice-snow forecast of mid-January, Richard Miers, once again proved that his commitment to our residents and families is a priority no matter what the situation or weather forecast! "The best part about my job is interacting with the residents. I want them to feel that their home is well cared for!" Miers shared. "He truly exemplifies the spirit of giving that we believe in at Superior Care! He is always willing to go above and beyond to keep our residents, families, and staff safe. We are so grateful for his commitment!" shared Mike Sims, COO. Richard and our newest Maintenance Staff member, Ryan Eubanks, have worked tirelessly this past month to keep our building safe and warm for our residents and families!

Thank you, Maintenance Team and Congratulations, Richard Miers!

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View more pictures and information at
[Facebook.com/SuperiorCareHomeKY](https://www.facebook.com/SuperiorCareHomeKY)

Our Superior Success Story

Superior's Restorative Nursing - *Restore, Maintain, Renew*



Pictured: Angela Stanton, Restorative Nursing Director; Lyndsey Hendrix-PTA, Lisa Holeman-PTA, and Regina Price, SRNA-RA

According to HealthPro Heritage's website, the goals of any Restorative Nursing Program are to increase the residents' independence, promote safety, preserve function, increase self esteem, promote improvement in function and minimize deterioration. A resident's restorative care plan is required, measurable and recorded and includes specific resident goals, objectives and interventions. Superior Care's Restorative Nursing program begins when a resident is discharged from formalized physical, occupational, or speech rehabilitation therapy services. In some cases, a resident can start on a restorative program when a need arises during the course of their stay. To remain in a restorative nursing program, the resident must maintain or retain their level of functioning. Restorative nursing therapy works to maintain a resident's range of motion, passive range of motion for stroke patients, ambulation, communication/memory (short & long term), and dressing and grooming.

"Our Restorative Team is a point of pride here at Superior Care" shared Helen Sims, CEO/Owner. "Most skilled nursing communities do not have the highly trained Physical Therapy Assistants executing their restorative programs, but at Superior Care, we believe that both our Physical Therapy Assistants and our Certified SRNA team members take our Restorative program to the next level. Our residents deserve the best quality of life and our outstanding Restorative program helps them achieve this on a daily basis."

Angela Stanton, Restorative Nursing Director, agrees. "Our highly skilled team directs a defined program, monitors each resident for improvements and declines and responds accordingly." When asked about our restorative program success stories and the team agreed that successes happen daily and there were too many to mention. One particular resident came to mind, due to her complete change of function. This resident initially could not move to and from her room to the dining room independently or feed herself, and now she can do both without assistance! If you would like more information regarding our Restorative Nursing program, contact Angela Stanton, Restorative Nursing Director.

SAVE THE DATES



Superior Bowl
Sunday, February 4



Feb. 14

President's Day
Monday, February 19



WELCOME
New Staff!
Shantal Drysdale, SRNA

Hannah Green, RN

Emily Johnson, SRNA

Kaitlyn Pruemer, SRNA

Rachel St. Peter, SRNA

Amanda Whittington, 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



News and Notes

Superior Care Home Resident Council



Friday, February 23
11 am - 2 pm

\$5 Lunch includes delicious chili, toppings, drink & cookie

Proceeds benefit the Resident Council.

Please join us for this fun and festive fundraiser for our Resident Council. Enter your chili or join us for lunch! Local celebrity judges will be taste testing and selecting their favorite chili! See you at the Chili-Cook off!



Thank you for supporting us in the 2018 Paducah Sun Reader's Choice Awards. To nominate Superior Care Home as the Best Nursing & Rehabilitation Center, simply go to the Paducah Sun website, paducahsun.com, and click on the Reader's Choice nomination button. Scroll through the Health & Medical category, and select "**Best Nursing Home/Rehabilitation Center**", and type in "Superior Care Home" in the Nomination Field. The nomination period starts on **Monday, January 29**. You may nominate us as many times as you like, limiting it to one IP address per day. Once the nomination period ends, the Paducah Sun will list the top 5 in each category and then **online voting begins on February 12**. Don't forget to Nominate and Vote for Superior Care Home in the Paducah Sun Reader's Choice Awards today!

Voted #1 Nursing Home for 5 Years in a Row!