



Superior LIVING

I love you to
Kentucky & back

August 2018

Love Where You Live

SUPERIOR CARE'S COMMUNITY IMPACT

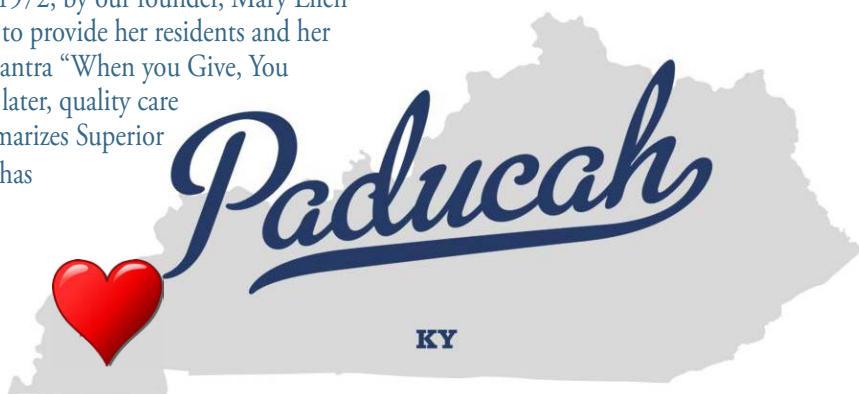
Superior Care Nursing & Rehabilitation started in 1972, by our founder, Mary Ellen Thompson, and was named for the quality she wanted to provide her residents and her community. This is the origin of her often expressed mantra "When you Give, You Gather." Four decades and third generation ownership later, quality care remains our priority, and "Love Where You Live" summarizes Superior Care's approach to giving back to the community that has supported us these past four decades.

"Love" for this context is a verb, a call to action, a call to service, to minister, etc. "Where You Live" is as much a goal of our residents as it is for Superior Care. "Superior Care has always believed in giving back, but what I appreciate is how much our residents enjoy being involved in our community outreach opportunities," shared Helen Sims, CEO/Owner. "Whether it's helping assemble care packages for local cancer patients, painting bowls for the Empty Bowls Project, or crafting items for the Alzheimer's Association, our residents inspire us to

continue to pursue ways to impact our community!" Dee Metcalf agreed, "Our activities create opportunities to give and gather, and the residents enjoy giving back and making a difference!" Not only do our residents enjoy making a difference, our 5-Star employees do as well! Our employees volunteer their time and

talent to the following organizations: American Legion Posts 6 & 306, Paducah Moose Lodge, Beyond Uganda, Shoe Box Gifts, Alzheimer's Association, Market House Theater, St. Mary School System, St. Jude's Children's Hospital, Purchase Players Community Performing Arts Center, our local homeless shelter, and the Alpha Kappa Alpha Service Sorority, to name a few.

For the past four decades, Superior Care has provided financial support for many events, businesses and educational programs across the region, via sponsorships, advertisements, event



donations, and scholarship funding. Superior Care is proud to provide support for Western Kentucky Community & Technical College's Nursing Department, via the Mary Ellen Thompson Health Education Center. "Over 1,000 nursing students have benefitted from this center, and we are grateful for this long

standing partnership, which provides on-site nursing clinical opportunities for the students at Superior Care. It's a win-win!" shared Doralyn Warren, Director of Nursing.

"It is a privilege to care for the residents of our community, and we are grateful for the community's

support. It is our mission to serve this community, to provide our support wherever possible," shared Mike Sims, CFO/Owner. "We support all kinds of opportunities to serve, big and small, for example, our partnerships with Baptist Health, Mercy Health, the Carson Center and Myre Foundation, the Paducah Symphony, the Chamber of Commerce, and the Community Kitchen, to name a few. Our goal will always be to make the greatest impact with our community contributions. My grandmother, our founder, is smiling at our giving and gathering, and so are we!"

*Giving, gathering,
and loving where you live...
impacting our community
for generations to come!*

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

A Recipe from Our Baker's Dozen

Recently, Superior Care's Baker's Dozen group cut out favorite recipes from magazines, and Ms. Helen Morgan shared her favorite dessert recipe for Chocolate Pie. She wrote it down from memory, and she always made it from scratch! If you would like to share one of your family recipes for the next Baker's Dozen meeting, please contact Dee Metcalf, Resident Life Coordinator.

Ms. Morgan's Chocolate Pie

INGREDIENTS:

1 C sugar
2 1/2 T flour
2 1/2 T cocoa
1/4 tsp salt
Yolks of 3 eggs
1 C sweet milk



Stir and cook until thick, add 1 tsp of vanilla. Pour into unbaked pie shell. Bake until firm at 350 degrees for 40 minutes.

Cool completely before adding egg whites for meringue. Be sure to add 1 1/2 tsp of sugar to egg whites before browning. *Enjoy!*

STAY UP-TO-DATE

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[Facebook.com/SuperiorCareHomeKY](https://www.facebook.com/SuperiorCareHomeKY)

Employee of the Month Michelle Johnson

We are excited to announce that Michelle Johnson, LPN, is our August 2018 Employee of the Month. She has been an LPN for sixteen years, and started her career at Superior Care a year ago. She received her nursing education at the University of Arkansas at Cossatot. She and her husband of 30 years, Michael, have two children, Reese and Marissa, and two beautiful granddaughters, Madilyn and Harley. She shared "I entered the nursing profession as a way to serve and care for others. I love the relationship and bond that nurses are able to form with their patients. It's a privilege to be able to be at a patient's side during their highs and their lows. I love my residents at Superior and can't picture myself in any other profession!"



"I truly appreciate Michelle's compassion, and her willingness to help her team with anything," shared Kattie Wheeler, Midtown Clinical Director. "Michelle is sincere and is very thorough in her clinical approach." Michelle's team work approach is also evident to Midtown CNA's. Tisha Pearl, CNA, agreed "Michelle will do ANYTHING to help us help our residents. We can always count on her to assist us, no matter how busy."

Congratulations, Michelle Johnson!



*Ms. Betty Smith
enjoyed her special birthday lunch
and party with her family!*

Our Superior Success Story

Jerry Belt Short-Term Rehabilitation

Jerry Belt, Short-Term Rehabilitation, is our August Success Story. Born and raised in Marion, Kentucky, Mr. Belt graduated from Crittenden County High School. After high school, he worked in manufacturing and eventually retired from Siemens/Special Metals, which made alloy for jet engines. He was proud to share about how supportive his family has been throughout his hospital stay and rehabilitation. "I am married to a wonderful lady who has stayed with me this entire time, and my children have stayed and helped me as well. I am blessed!" Belt stated.

Mr. Belt admitted to Superior Care following a hospital stay after complications arose from a heart procedure. Upon admission, Mr. Belt needed improvement in activity endurance, required assistance with transfers, gait and activities of daily living. His balance also needed improvement to help lower his fall risk. Mr. Belt actively participated in both physical and occupational therapies.

"Everyone was absolutely wonderful to me-the therapists, the aids, EVERYONE!" Belt continued. "I'm the type of person who can't sit still. I am on the move, so when I came to Superior, which my brother highly recommended from his experience there, I knew I needed to work hard, so I could get back home. I believe the housekeeping did an excellent job with my room, and I really enjoyed the dining. I liked the food and even enjoyed making new friends with the other residents at my dining table."

Upon discharge, Mr. Belt is now a low fall risk because of his much improved balance, has increased his endurance, and is able to walk with a walker up to 250 feet without assistance. On his first day home, Mr. Belt shared that the first thing he did was eat a big breakfast at Cracker Barrel, visited an elderly church friend, and is now looking forward to just being at home and relaxing!

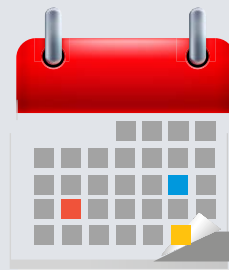
Congratulations, Mr. Belt, on your Success Story!

Fun for All & All for Fun!

Our Resident Life department's mission is to provide engaging one-on-one and group activities for our residents and their families. Whether it's a spirit-filled church service or creative craft making session, a music and/or puppet performance, or playing cards and puzzles, there's a fun activity for everyone! Ms. Love enjoys our weekly Thursday Bingo. Ms. Vaughan enjoys ice cream with her family. Ms. Linn competes in our foam darts game.



SAVE THE DATES



Friday, August 17
Paducah Bank Wow Wagon



Monday, August 20
Easter Seals Choir



Friday, August 31
Popcorn & Movie



WELCOME
New Staff!

Je'na Patterson-Cole, Receptionist

Brittany Chamberlain, SRNA

Shaniqua Dickerson, LPN

Brooke Dunaway, SRNA

Hannah Harris, Laundry

Ciearra Mcallister, SRNA

Sierra Kincaid, Laundry

Trinity O'Neill, SRNA

Jamesha Henderson, SRNA

Stacie Highfill, SRNA

Tammy Dennis, SRNA

Katelyn Birman, SRNA

Camille Ferns, SRNA

Chelcie Lynch, 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

Resident Life
Coordinator
Dee Metcalf-CDP

Human Resources
Director
Michelle Fellows-SHRM

Visit Our Website
SuperiorCareHome.com



News and Notes

In the latest issue of Paducah Life magazine, our recent “Celebrating Life’s Stories” event was featured. Paducah Life’s focus has always been celebrating the unique stories of the people and places in our region, and so it was a perfect match when we shared our event with them. Enjoy our special feature in the July/August of Paducah Life today, on stands now.



Superior Care strives to be the “Go To” resource for aging adults and families who care for them in this region. Below is a flyer for an upcoming informational “Senior Protection Forum” being held at the McCracken County Public Library, on **Wednesday, August 22, from 9:30-11:30 AM.** This forum is free and open to the public.

SENIOR PROTECTION FORUM

LOCATION

The McCracken County Public Library
(Large community room upstairs near the children’s book section.)

TIME

**August 22, 2018
9:30-11:30**

TOPICS INCLUDE:

Preventing Financial Fraud in the Senior Population

Preparing Ahead for Rehabilitation & Long Term Care

What to Watch for to Protect our Elders