



Superior LIVING



January 2018

The Most Wonderful Time of the Year

On Saturday & Sunday, December 16 & 17, Superior Care hosted its annual Christmas Dinner with residents and their families. The feast included roasted cornish game hens, garlic mashed potatoes, and green bean bundles with a delicious coconut cake for dessert. Santa arrived on Saturday and delivered presents to all of our residents, and he brought along Mrs. Claus on Sunday! We enjoy celebrating traditions and continuing the giving spirit that our founder, Mary Ellen Thompson, so graciously taught us.

Merry Christmas & Happy New Year to all our dear residents, staff & families!



A Monthly Publication of
Superior Care Home Nursing and Rehabilitation Center

Photos with Santa



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Volunteers Share Holiday Cheer

Superior Care would like to thank all of our wonderful volunteers who shared their holiday cheer with our residents this past season. Dee Metcalf, Social Event Director, shared "Every holiday season, we are amazed and humbled by the number of volunteers in our community who share their talents with our residents and families. It truly lifts up our spirits!"

Pictured below: Ms. Schultz & Jack Colvis sang Christmas carols. Sisters, Ms. Ramage & Ms. Carter knitted lap throws for our Lowertown residents. The Paducah Symphony Children's & Youth Choirs performed during our Annual Christmas Family Dinner.



Our Superior Success Story



Patti Pearson Rehabilitation

"My therapists made my rehabilitation enjoyable!"

Former travel agent and now the Carson Center Development Director, Patti Pearson, had one goal in mind before and after her recent knee replacement-getting stronger each and every day!

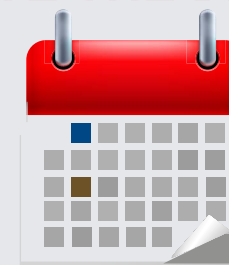
Mrs. Pearson came to Superior after a right total knee replacement. Prior to her surgery, she worked extensively with a personal trainer to strengthen her back, core and legs. "All my therapists at Superior were responsive, pleasant, and encouraging," shared Pearson. "Everyone was great to work with! Kelley, Krystal & Hannah were the physical and occupational therapists that I worked with the most."

After her brief stay in our Riverways neighborhood, Mrs. Pearson's gait improved from 60 feet with contact guard assist to unlimited distances with stand by assist and a rolling walker. She improved her stair climbing from 8 steps with assistance to 15 steps independently. Pearson shared her daily workouts, including the stair climbing sessions on her social media. Her pain decreased, and her balance score improved from 15/28 to 24/28 which is a low fall risk score on the Tinetti Balance test. "Her knee flexion improved to 123 degrees, which is remarkable after 1 week! She is able to now perform all activities of daily living from her successful occupation therapy sessions!" Mary Jo Sprouse, Encore Therapy Director, shared. "She worked very hard before and after the surgery to meet her goals and is now ready to continue with her love of traveling."

*Thank you, Mrs. Pearson,
for sharing your story with us!*



SAVE THE DATES



**MARTIN LUTHER KING
DAY OF SERVICE**

WELCOME New Staff!

Mary Gresham, Admissions RN

Dimitra Hill, SRNA

Racquell Lucio, Receptionist

Emily Maples, SRNA

Victoria Mills, SRNA

Ashley Nolan, SRNA

Stacey Welch, 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

Immune Boosting Tips for Seniors



Recently, Superior Care hosted a community outreach program "Lemonade & Learning" at Morningside Assisted Living. Our Dietitian, Nicole Schmittou, shared a brief presentation on the importance of "Hydration for Seniors" and also some nutritious drink recipes and immune boosting tips during the winter months. See Nutrition Tips for boosting your immune system below.

Nutrition Tips

boosting your immune system

 <p>Stay Hydrated Drink at least 8 glasses of fluids throughout your day</p>	 <p>Food Safety Cook foods to the proper temp to prevent foodborne illness: Beef: 145°F Ground beef: 165°F Chicken/Turkey: 165°F Pork: 145°F Fish/Shellfish: 145°F All leftovers: 165°F</p>
 <p>Eat Your Fruits & Veggies Fill half of your plate with fruits & veggies every meal</p>	 <p>Practice Good Handwashing Wash hands for 20 seconds with warm water and soap before preparing or eating meals</p>
 <p>Include Probiotics Probiotics are found in fermented foods including: yogurt, sauerkraut, & kefir</p>	 <p>Stay Active Find an activity you enjoy! Try to get 30 minutes moderate physical activity per day. Examples include: Walking/jogging Dancing Swimming Yoga</p>
 <p>Monitor Alcohol Intake No more than 2 servings/day for men & 1 serving/day for women</p>	

Holiday Cleaning Reminder

Thank you for making your residents' rooms cheerful with Christmas and seasonal decor. As we prepare for the New Year, please take home all additional seasonal decorations. Also, with each new season, additional personal items will be added to closets and side tables. Please be mindful of room space, so our housekeeping staff can prepare each room daily in the best way possible! Thank you!