



Superior LIVING



March 2018



2018 Chili Cook-Off

Tough Competition. Tasty Results!



On Friday, February 23, Superior Care hosted its annual Chili Cook-Off Fundraiser! Thirteen culinary superstars entered the competition, and three winners were selected from our panel of discerning and hungry celebrity judges! Joni Culp, Lowertown Clinical Director, tied for Superior Choice Grand Champion with Helen Sims-CEO/Owner. Additional winners include Steven Hall, Assistant Administrator, Most Creative Grand Champion for his "Kitchen Sink Chili". Superior's very own Executive Chef Jason Hoskins won the "Bring the Heat" Award for his spicy entry.

"We appreciate everyone who entered the competition, everyone who joined us for lunch, and anyone who volunteered their time to help make this fundraiser for our Resident Council & the Alzheimer's Association such a grand success!" shared Dee Metcalf, Resident Life Coordinator. Our celebrity judge panel included in the picture are: Dr. Anton Reece-President of WKCTC, Attorney Sonny Smith, WPSD Newschannel 6's Jennifer Rukavina, and Craig Guess of BFW Engineers. Our other celebrity judges included Charlie Lindsey from Systems Solutions, Darlene Mazzone-Paducah Life, and Chad Lewis-Director of Marketing for Harrah's Casino.

Thank you, everyone, and look out for our next culinary competition!



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Superior Care Home Nursing and Rehabilitation Center

Paducah Bank Nows Our Residents

To commemorate their 70th anniversary, Paducah Bank committed 70 Random Acts of WOW in the community! Superior Care residents were "WOWed" with their beautiful Valentine's Cards. Paducah Bank's Teen Ambassadors were also on hand to spread the love!



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

Resident Life IS the Life!

Our Resident Life department is in charge of smiles on a daily basis at Superior Care. Here are photos of all the fun we have had in February!



*Mardi Gras-Let the Good Times Roll!
L to R: Holly Edging, Teresa Nance,
Judy Sledd, Jennifer Jones, Rebecca
Cordes, Kalela Rayford,
Shakeetha Ferguson, Michelle Lain,
Lisa Jackson, Holly Arnett, Lesley
Williamson. Bottom: Shanikqua
Vaughn and Chef Jason Hoskins.*



As part of their community wide Service Day, St. Mary High School students visited, played games, and laughed with our residents! Thank you, St. Mary, for your sharing your servant's heart!

Our Superior Success Story

Paul Vinyard - Short Term Rehabilitation

"I am 100% stronger!"

A native of Southern Illinois and a hard worker all his life, Paul Vinyard, is our March 2018 Short-Term Rehabilitation Success Story.

Mr. Vinyard admitted in January after a fall at home resulting in a left hip fracture. Upon admission, he required assistance with all activities of daily living. His goals were to regain his strength, improve his balance and lower his fall risk. After his short-term rehabilitation, Mr. Vinyard is walking unlimited distances with a walker with contact guard assistance. His balance has improved greatly, is able to climb up and down 4 steps, and requires only supervision for his activities of daily living.



"I was a previous short-term resident at the Clay Street location, and even though this was an unplanned stay, I am very pleased with my results. I would recommend Superior to anyone needing short-term therapy. I am able to walk better and my strength has gotten better in my arms. The staff are all so friendly, cordial, and they will do anything for you! Kelly, Crystal and Wendall have helped me with my therapy and they have all been great. My advice to anyone needing therapy is to "Work hard and you'll get the results you want!" shared Mr. Vinyard.

When asked about his review of the nutrition aspects of his stay, he shared "I'm a big eater, always have been. Breakfast is my favorite meal and I've enjoyed their eggs & bacon, pancakes, biscuits and jelly, and fruit cup, every morning." Mr. Vinyard has worked very hard to regain his strength and mobility. He attributes his success and longevity to being a hard worker ALL his life. His first job was working on the railroad at 16 years old. "I could do a man's work. I worked alongside family breadwinners and was proud and happy to do the work!" shared Vinyard.

Congratulations, Mr. Vinyard, on your success story!

Employee of the Month - Viva Rudolph

It is an honor to announce that Viva Rudolph-Riverways SRNA, is the 2018 March Employee of the Month. Viva started her career at Superior Care almost a year ago, but started her nursing career more that 3 decades earlier in 1977. Born and raised in Graves County, Ms. Rudolph, happily commutes from Mayfield and shared her love of caring for people. When asked why she chose her career, her passion for her job was evident. "I really enjoy working with the elderly. This job is so rewarding!" Doralyn Warren, Director of Nursing, praised Rudolph saying "Viva is ALWAYS so pleasant and smiles every day! I enjoy her being a part of our team! She is compassionate and kind and has an outstanding work ethic!" *Congratulations, Viva Rudolph, for being selected Employee of the Month for March 2018!*



SAVE THE DATES



Daylight Savings Time
Sunday, March 11



In the USA, at 2 a.m. on 11 March 2018, clocks will be forwarded one hour, marking the beginning of Daylight Saving Time

St. Patrick's Day Party
Friday, March 16



WELCOME
New Staff!

Cassandra Byrd, SRNA

Ashley Dunn, SRNA

Tammy Martin, Laundry

Jamie Puckett, MDS Coordinator

Katherine Staggs, SRNA

Kaitlyn Stone, SRNA

Leah Taylor, LPN

Nikki Walton, 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

Dementia Education Week



Superior Care celebrated **National Dementia Education week February 14-21**. Throughout the week, our Certified Dementia Practitioners - (Pictured Left) Resident Life Coordinator, Dee Metcalf-CDP and Lowertown Clinical Director, Joni Culp-LPN, CDP, organized a week of education for our staff and visiting family members. They provided helpful dementia care worksheets to our staff and guests and taped informational videos to help better understand the signs and symptoms of dementia and the unique care needs of someone with this diagnosis. Our

Registered Dietitian (right), Nicole Schmittou-MS, RD, LD, also shared some helpful nutritional tips including introducing finger foods and how to thicken liquids when swallowing challenges take place. All of these helpful videos are available on our Facebook page and will soon be available on our website. If you have any questions regarding dementia and caring for someone with dementia, please call Joni Culp, Dee Metcalf, or Nicole Schmittou at (270)442-6884. We would love to help you! Helping each other is the best way to help our loved ones!



Nominate

Best Nursing Home & Rehabilitation Center

The voting period continues for the Paducah Sun's Readers' Choice Awards. Superior Care was nominated in the Top 5, and so remember to continue to Vote for Superior Care! Go to the Paducah Sun website, www.paducahsun.com, and select the Health & Medical category and then choose Superior Care under the Best Nursing & Rehabilitation Center subcategory! Every vote counts!!

