



Superior LIVING



October 2018

Helping End Alzheimer's Year Long Fundraising Ends with Walk



On Saturday, September 23, Team Superior proudly marched in the 2018 Walk to End Alzheimer's at Noble Park. A few rain drops did not dampen the spirits of over 200 supporters, walking in honor of loved ones who have battled and are currently battling this disease.

Dee Metcalf, Resident Life Coordinator, spearheads our yearlong fundraising efforts. "We began our fundraising efforts for this year's Walk back in December 2017, with our annual Christmas Craft Bazaar and Bake Sale. Residents, staff, and families all create, bake, and craft their amazing wares to rave reviews in an all day shopping spree! We followed that inaugural event with additional fundraiser lunches, a bowling exhibition, and we concluded our efforts with a Cornhole Tournament on September 15."

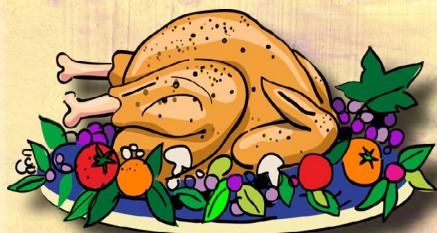


The 3rd Annual Cornhole Tournament was held at the Metropolis America Legion and was a grand success! Sixteen participants played cornhole in a blind draw double elimination tournament. Food and fellowship were enjoyed by all, especially the silent auction items, created and crafted by some of our residents, donated by our generous staff and local businesses Paducah Bank, Michelson Jewelers, Gander Outdoors, Weed Man Lawn Services, and Bertucci Watches in Metropolis to name a few.

"Thank you to everyone who has helped in some way to be a part of Team Superior this past year! Our efforts impact research opportunities for the Alzheimer's Association. That's why we work all year towards our team goals!" shared Metcalf. "Team work makes the dream work!"

A Monthly Publication of
Superior Care Home Nursing and Rehabilitation Center

Welcome Fall!



Every year, Superior Care hosts a Thanksgiving Dinner on **Saturday, November 17** in our Community Room. At the end of October, Superior Care will be sending home Thanksgiving Dinner reservation forms. Please RSVP to the dinner by Tuesday, November, 13. **We look forward to celebrating Thanksgiving with our families!**

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Rehabilitation Awareness Month



FRONT ROW: Aimee Woods-PTA, Kristi Cates-PTA/Therapy Program Manager, Christine Trussell-OTR/L, Micki Colson-M.S. CCC-SLP/Therapy Program Manager, Laken Cope-PTA, Samantha Elliott-Rehab Tech, Nickie Jasionowski-COTA/L, Moris Ann Thompson-PTA, Crystal Baird-COTA/L.

BACK ROW: Keri Bennett-OTR/L, Natalie Simpson-COTA/L, Jennifer Rowlett-COTA/L, Kristy Shanks-PT, DPT, Cheri Hampton-PT, MHS, Stephanie Hargis-COTA/L, Tanna England-PTA, Mitzi Steakley-M.S. CCC-SLP

September and October are National Awareness Months for Rehabilitation and Physical Therapy.

What types of therapy are offered at Superior Care? Recovery from an illness, injury or surgery can present challenges for seniors. With today's shortened hospital stays, a patients' recovery often requires comprehensive rehabilitation, medical supervision and support services that cannot be provided effectively at home. This is where Superior Care Home and our amazing Encore Therapy Team come in and help residents **get well, so they can go home!** We provide all therapy disciplines-Physical therapy, Speech and Occupational therapy. We are also certified LSVT BIG Technique Therapists for Parkinson's & other neurological conditions. Our physical therapy team also enjoys state of the art equipment, including the Omni VR system-the only virtual reality rehabilitation program available in the region!

What types of patients do you typically help at Superior Care? We help a variety of people with various physical/speech challenges such as residents who have chosen elective orthopedic reconstructive surgeries-hips, knees and shoulders, etc. We help people regain their overall strength back after a cardiac episode or extended hospital stay, and we help residents who have had strokes regain function and mobility. Our residents can be anyone who has had a decline in their overall health, and we can help them increase their strength and range of motion.



Kristi Shanks & Cheri Hampton - Physical Therapists

What makes our Superior Care Home Therapy Team so special? Our people. Inspired by the love of working with elders plus cherishing the opportunity to develop personal relationships with our residents, our therapy team has the heart for service and the love for our Superior family!

Our Superior Success Story

Risa Compton SHORT-TERM REHABILITATION



Paducah native, **Risa Compton**, is our Short-Term Rehabilitation Success Story. Her passion for education inspired her 18 years as a Special Education teacher in McCracken County, and she continued her career at Sylvan Learning Center for the next 11 years. Learning to do things in new ways summarizes her rehabilitation success story!

Ms. Compton had suffered a fall at home resulting in orthopedic surgery to repair her fractured tibia. Upon admission, Ms. Compton's goals were to increase her overall strength and endurance for activities, and to learn

how to care for herself while she was unable to bare weight on her left leg-a new learning process for her.

Initially her pain level was a 9/10, and she required assistance for most of her activities of daily living. "Ms. Compton pushed herself to achieve her goal of getting better and returning home following rehabilitation. She participated in all recommended therapy tasks and began venturing to the neighborhood dining room for meals and activities, interacting with other residents and encouraging them to get better!" shared Micki Colson, Therapy Program Manager.

"I knew I needed to work hard, so I could get stronger and so I could go home!" shared Compton. "Without hesitation, I would recommend Superior Care for anyone needing Short-term rehabilitation. The nurses and nurse aids and therapists were all wonderful-Chantal Drysdale, Viva Rudolph, Sherry Peck, Joy Smith, Kandas Parm, Holly Arnett, Amber Felker, Hannah Green, Stacy Cobb, Jerrilyn Thomas, Shakeetha Ferguson, Tanna England, Jennifer Rowlett, and Cheri Hampton!"

Ms. Compton returned home and she is able to ambulate, navigate steps, increased her independence and lowered her fall risk significantly!

Congratulations, Ms. Compton, on your successful rehabilitation!

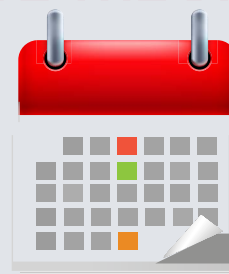
Employee of the Month Tisha Pearl, SRNA



Tisha Pearl is the October Employee of the Month. Tisha began her career at Superior in 2008. Kattie Wheeler, Clinical Director of our Midtown neighborhood shared "Tisha is always willing to help and has more energy than the Energizer Bunny! She is a great asset to Superior, has a wealth of nursing aid clinical knowledge, and is truly compassionate. Both the residents and staff love her!" Mrs. Sims, CEO, agreed "What

I value in Tisha is her leadership and the high quality of care she provides for our families!" Doralyn Warren, Director of Nursing, is grateful for Tisha. "Thank you, Tisha, for being on the TEAM of Excellence that gives Superior Care! Tisha is very dependable, is a leader to her peers and is quick to compliment her co-workers for a job well done!" *Congratulations, Tisha Pearl!*

SAVE THE DATES



Wednesday, October 3

Baker's Dozen



Wednesday, October 11

Resident Council

Wednesday, October 31

Halloween Party



"A Time to Talk"

A Support Group for Superior Families and Community Friends

Monday, October 22 @ 6 pm

Superior Care Community Room

An informal discussion about Communication and Caregiver Tips for Loved Ones with Dementia



**WELCOME
New Staff!**

Sara Black, LPN
Daniela Cardenas, SRNA
Kristen Conley, SRNA
Karen Ice, LPN
Staff Development Coordinator
Leslie Myers, LPN
Josie Riley, LPN
Olivia Smith, 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

Resident Life
Coordinator
Dee Metcalf - CDP

Human
Resources
Director
Michelle Fellows
- SHRM

Visit Our Website
SuperiorCareHome.com



News and Notes

We will begin giving flu vaccines in October, and a form has been mailed to all residents and/or resident representatives. Attending physicians have given orders for our residents to receive the vaccine if the resident/responsible party agrees.

All residents and/or resident representatives are asked to complete the form that has been mailed. You may mail it back or return it to the Social Services Office by Monday, October 15, 2018. Your signature acknowledges that you have receipt of the educational materials regarding flu vaccination and your authorization or decline of the vaccine. Thank you!

Adults 65 and Older Need a Flu Shot

FIGHT FLU



Information for adults 65 and older

Influenza (the flu) is a serious illness, especially for older adults.

FACT: People 65 years and older are at high risk of serious flu-related complications.

People's immune systems become weaker with age placing people 65 years and older at high risk of serious, flu-related complications. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. It's estimated that between about 70 percent and 85 percent of seasonal flu-related deaths in the United States have occurred among people 65 years and older. For seasonal flu-related hospitalizations, people 65 and older account for between about 50 percent and 70 percent of the estimated total.

An annual flu shot is the best protection against the flu.

FACT: While flu vaccine can vary in how well it works, vaccination is the first and most important step in protecting against the flu.

Annual flu vaccination is recommended for all people 6 months and older. Vaccination is especially important for people 65 years and older because of their high risk status.

Studies have shown that flu vaccination can prevent flu illness and flu hospitalization. Also, vaccination can make your illness milder if you do get sick.

People 65 years and older can get any flu shot that is approved for use in that age group. There also are two vaccine options available for people 65 years and older that are designed specifically for them, to promote a stronger immune response.

Flu shots are safe and do not cause the flu.

FACT: The side effects of flu shots are mild when compared to the disease itself.

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired.

The high dose and adjuvanted flu vaccines may result in more of the mild side effects that can occur with standard-dose seasonal shots.

Long-term medical conditions also can put you at high risk for serious flu complications.

FACT: The flu can make long-term health problems worse, even if they are well managed.

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common long-term medical conditions that place people at high risk of serious flu complications. It is particularly important that all adults with these or other chronic medical conditions receive a flu vaccine every year.

People **65 years and older** can get any flu shot that is approved for use in that age group. That includes some traditional, regular-dose flu shots, recombinant flu shots and two other flu shots designed specifically for people 65 and older.

1. **A high dose flu vaccine**
(Fluzone® High-Dose) contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.
2. **An adjuvanted vaccine**
(FLUAD™) is standard dose flu vaccine with an added adjuvant. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.

