

# SUPERIOR LIVING

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

November 2011

## REACHING NEW HEIGHTS WITH SUPERIOR CONNECTIONS

Technology has changed our lives. Desktops, laptops, netbooks, tablets and smart phones are a way of life. They keep us current and connected. Senior adults are one of the fastest growing users of the internet. In the last five years, the number of seniors utilizing the internet and social networking sites has increased by 55%. That's just one of the many reasons we have invested in technology, not only as a marketing tool, but as a means to add value to the Superior Care Home experience for our families, residents and staff, past, present and future.

**We are pleased to announce the launch of our new website, [www.superiorcarehome.com](http://www.superiorcarehome.com)!** With you in mind, the site is designed to be interactive, with information we hope you will find both informative and inspiring. We invite you to take a tour and visit often. We have some exciting new features that will be rotated, updated and expanded monthly. Take a look at how we are reaching new heights and making Superior connections. New features include:

### SUPERIOR STORIES

Everyone has a story to tell. The Superior Stories page is a collection of the personal experiences and insights of residents, families and staff. Discover how residents have overcome challenges to reach new heights of independence and get to know our staff and how they feel about their roles in providing Superior care.



### EDUCATION CENTER

With the goal of providing reputable information and resources to our families and neighbors living in the community, the new education center is a collection of helpful articles and external links to assist you in sorting through information and issues regarding senior health and care.

### NEWSROOM

Each month, our newsletter will be posted in the newsroom. You can even subscribe to the newsletter and receive a personal copy automatically each month by email. It's a great way to keep the entire family, near or far, in touch and connected.

### SUPERIOR INSIGHTS BLOG

We've joined the latest internet phenomena...blogging. Each month we will bring you information and insights into the latest thoughts, trends and issues within the senior healthcare industry. From helpful tips to food for thought, Superior Insights is designed to inform and inspire. You can subscribe by email, news feed, or simply access the blog directly from our website. You can even let your voice be heard by posting a comment. Don't miss our inaugural post on November 1!

### ASK SUPERIOR

Do you have a question? Or maybe a suggestion. Just click on the ask superior link and send us an email. We will respond to you as soon as possible.

If you like the site, help us spread the word. Pass along the link to friends, family, neighbors and business associates. Is there something you would like to see on the new site? It's a work in progress. Help us keep it fresh, current and relevant. Let us hear from you! Drop us a line directly from the site. It's easy. Just Ask Superior or click on the Contact Us page!

Don't forget, you can be among the first to catch the latest Superior Care Home news, share your thoughts and see us living the Superior Life in photographs. Become a facebook fan, join the conversation and look for a facebook facelift coming soon.



## SPOOKY SCIENCE LAB A REAL TREAT

Our not so spooky mad scientists, Erin Finke and Brenda Valentine had a few tricks up their sleeves for a magical Halloween science lab in the courtyard. From the plop, plop, fizz, fizz of a Menthos Pepsi fountain, to an inverted bottle of water held high over our heads, they gave us some thrills!

However, it was the balloon trick we enjoyed the most. Who would have thought a bottle, vinegar and baking soda, could produce enough hot air to inflate a balloon!

The one question that was never answered, Erin how did you make your nametag go vertical? Wow, that is spooky!



*Resident James Brooks is taken by surprise when his balloon magically inflated.*



*Catch a glimpse of all our Halloween fun in the Spook-tacular Photo Album on our facebook page.  
[www.facebook.com/superiorcarehomeky](http://www.facebook.com/superiorcarehomeky)*

## SUPERIOR BLOOMS STAKE THEIR CLAIM TO COURTYARD GARDEN

There is more than pansies growing in the Superior Blooms garden this month. In October, our attendance doubled and we planted lettuce seeds for a fall harvest. After digging in the dirt, Chris presented us with our official sign that, thanks to Rick, has a special place among our plantings.

When we chose our name last month, Chris went on a mission to find an artist to create an original hand painted sign for our garden. When she posted a call to action on facebook, she never expected to hear from an old friend in Raleigh, NC. Mr. Charles Doss, an 84 year old retired WWII veteran, took up painting after retirement. We are honored that he offered his services. The sign is perfect and just what our garden needed. Thank you Mr. Doss!

We are looking forward to our November Garden Club meeting. Chris never fails to surprise and delight us with a new idea.

Join us on November 9 at 2:00 PM for the next club gathering in the garden and watch our Superior garden grow!

We have a photo album on facebook. Check out all the fun we have and follow our progress at:  
[www.facebook.com/superiorcarehomeky](http://www.facebook.com/superiorcarehomeky).

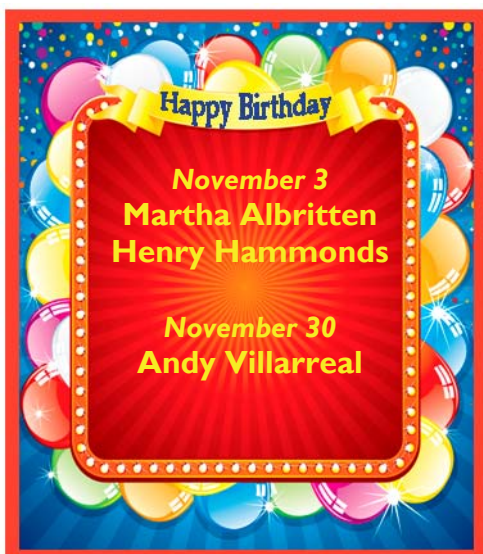


*Clockwise: Rick Mustion drives our "shingle" in the rocks; Martha Jones with advice from Chris & Erin plants her lettuce; Charles Doss proudly displays our sign before sending it on its' way to Paducah.*



**In Loving Memory**

**Mary Clark  
Howard Gray  
Dorothy Rowland**



**Happy Birthday**

**November 3  
Martha Albritten  
Henry Hammonds**

**November 30  
Andy Villarreal**



### Welcome New Residents

- Joyce Bonee
- Cozette Casper
- Eva Cornwell
- Susan Grankauski
- Lera Hall
- Henry Hammonds
- Rachel Hammonds
- Harry Housman
- Dorotha Mason
- Sammie Mayfield
- Anna McManus
- Ira Myers
- Mary Patry
- Frances Rawlings
- Thomas Troup

# Puppet Workshop

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## THINK PINK

Resident, Luenell Ross stitched pink ribbons for residents and staff to wear as a tribute to breast cancer survivors during Breast Cancer Awareness Month.

On September 30 residents enjoyed a puppet making workshop by The Wood & Strings Theatre, a group that conducts over 300 performances nationwide each year. The Sisters of Service, a youth service organization sponsored by the Daughters of Isabella, St. Francis de Sales Circle 258, joined us to assist residents during the workshop.

The artist residency was possible through a partnership with The Carson Center. In addition to a family performance and educational performances at The Carson Center, the artists visited not only Superior Care Home, but also held workshops at McNabb Elementary and Paducah Middle Schools.

In one short hour, new friendships were forged and blocks of foam, piles of fabric, scraps of yarn and boxes of trinkets were transformed into whimsical hand puppets expressing the imagination and creativity of each artists.

To enjoy more photos of the event, a photo album is available on our facebook page. ([www.facebook.com/superiorcarehomeky](http://www.facebook.com/superiorcarehomeky)).



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Nursing & Rehabilitation Center

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Visit Us On The Web  
[www.superiorcarehome.com](http://www.superiorcarehome.com)



Find Us On Facebook  
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**Administrator/Owner**  
Helen Sims

**Management & Finance**  
Mike Sims

**Assistant Administrator**  
Tonya Sensing

**Director of Nursing**  
Doralyn Warren, RN

**Director of Marketing**  
Cynthia Foster

**Business Office Manager**  
Nancy Ray

**Human Resources Generalist**  
Rachel English

**Social Services Director**  
Jennifer Myers

**Activity Director**  
Erin Finke

**Registered Dietitian**  
Josie Fehrenbacher, RD,LD

**Dietary Manager**  
Judy Sledd

## SUPERIOR SUCCESS STORY

On a routine grocery shopping trip, Shirley Boyd fell and fractured her left hip. When it was time to leave the hospital, she and husband Phillip chose Superior Care Home for her recovery and rehabilitation. Shirley's recovery was interrupted by cardio-respiratory failure, resulting in a second hospitalization shortly after her arrival.

Underlying medical conditions may have delayed her rehab, but they did not dampen her cheerful spirit and will to heal and return home. With the support of husband Phil and six weeks of skilled nursing care and rehab, she restored her strength, improved her balance and returned home.



Shirley and Phillip Boyd

*"I don't remember much about my first days here, but I will never forget how kind and helpful everyone has been. I could not have asked for a better place to go." As they departed, Phil added, "I have been in many nursing homes, but I have never seen a place as nice as this one. Everyone smiles and the care my wife received was better than I ever thought it could be. Thank you for all you have done for us. I'm so happy to be taking Shirley home with me."*

Shirley and Phil have been married for 52 years. They have five children and 14 grandchildren. One of those grandchildren is our very own PTA, Christy Cates!



### November Notes

November 12  
10:30 AM

Eric Horner in Concert  
to Honor  
Superior Care Home Veterans

November 19  
11:30 AM & 12:30 PM

Family Thanksgiving Feast  
Reservations a must by the 14th!  
See Thanksgiving insert for details.

## FAMILY FAVORITE RECIPE REQUEST



Nothing brings back memories like a favorite family recipe. Activity Director, Erin Finke needs your help! She has planned a "Make a Cookbook Craft" activity for residents on November 15th at 2:00 PM.

Please bring one of your loved ones' favorite recipes and drop it off for Erin before the 15th. As always, you are invited to join your loved one for this new activity. It's sure to be an afternoon filled with fond memories and lively conversation!